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Mushroom Ravioli

Filling Source: Serious Eats

Pasta Source: *Pasta*, Food & Wine Books, 3-egg pasta recipe, pp. 11

Modified By: Michael D'Attilo, Heather Hayden

Yield: Makes ~6 dozen Ravioli

Dough

(Requires ~2 recipes(?) for 1 filling recipe)

1 1/4 cup all purpose flour

1/2 cup + 2 tbsp semolina flour (3/4 cup if using machine)

3 eggs

1. Put flour and eggs in a large food processor. Process the dough until it forms a ball, about 45 seconds.
 - a. If the dough comes together in a sticky mass in just a few seconds, it is too moist. Pull the dough into several pieces, sprinkle with about 2 tbsp flour, and process another 30 seconds.
 - b. If the dough forms large crumbs and does not come together in a mass, press some of the crumbs together. If they stick, the dough is the right consistency. If they are small and dry, add a few tsp beaten egg or water. Process again for 30 seconds.
2. Transfer the dough to a work surface and knead for ~5 seconds. If rolling by hand, dust with flour, cover with plastic wrap, and let rest for 30 minutes. If using machine, dough can be rolled immediately.
3. Roll pasta dough to 1/16 inch thickness. Press, fill, and roll ravioli using ravioli mold.

Filling

5 oz shiitake mushrooms, cleaned and trimmed

5 oz cremini mushrooms, cleaned and trimmed

5 oz oyster mushrooms, cleaned and trimmed

2 1/2 tbsp unsalted butter

2 small shallots, finely minced (about 1/4 cup)

3 medium cloves garlic, minced (about 1 tablespoon)

1 teaspoon fresh thyme leaves, minced

~1/4 tsp salt

~1/8 tsp black pepper

1/2 cup dry red wine

1 teaspoon Worcestershire sauce

1.5 oz Parmesan cheese (about 1 cup)

Instructions

- 1. Place mushrooms in the work bowl of a food processor. Pulse until chopped into pieces no larger than 1/4 inch, 8 to 10 short pulses.
- 2. Melt butter in a large skillet over medium heat. Add mushrooms and cook until softened, 3 to 5 minutes. Add shallots, garlic, and thyme and season with salt and pepper. Reduce heat to medium low and continue cooking, stirring frequently, until mixture is dry and starting to brown, 15 to 20 minutes.
- 3. Add red wine and Worcesterhire sauce. Increase heat to high and cook, stirring, until no visible liquid remains, approximately 1 minute. Remove from heat and stir in Parmesan cheese. Season to taste with salt and pepper. Transfer mixture to a food processor or blender and process until smooth. Transfer to a plate and spread into a thin layer. Transfer to refrigerator to cool completely.
- 4. Fill and roll ravioli using ravioli mold.

Cost Breakdown:

5oz shiitake	\$6.00/lb
5oz cremini	\$4.00/lb
5oz oyster	\$4.00/5oz
2 shallots	
3 cloves garlic	
1 tsp thyme	
6 eggs	
1/2 c red wine	
1.5 oz parm	
2.5 c flour	
.75 c semolina	

Nutrition Breakdown

Serving Size: 1 Ravioli Calories: 44 Total Fat: 1g Cholesterol: 15mg Sodium: 29mg Total Carbohydrate: 6.3g Dietary Fiber: 0.5g Total Sugars: 0.2g Protein: 2g Vitamin D: 2mcg Calcium: 9mg Iron: 1mg Potassium: 29mg	Serving Size: 1 Dozen Calories: 523 Total Fat: 11.5g Cholesterol: 181mg Sodium: 346mg Total Carbohydrate: 76.2g Dietary Fiber: 5.4g Total Sugars: 2.1g Protein: 24g Vitamin D: 19mcg Calcium: 112mg Iron: 7mg Potassium: 347mg	Ingredients: 2.5 cups all purpose flour .75 cups semolina flour 6 eggs 5 oz shitake mushrooms 5 oz cremini mushrooms 5 oz oyster mushrooms 2.5 tbsp unsalted butter 6 tbsp chopped shallots 3 cloves garlic .25 tsp salt .5 cup red wine 1 tsp worcestershire sauce 1.5 oz Parmesan cheese
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Tabbouli

Ingredients

- 1/2 cup uncooked bulgur
- 3 bunches of parsley, minced finely (can food processor)
- 5 roma tomatoes, minced
- 1/3 bunch of chives, minced
- 1/4 cup olive oil
- 1/4 cup lemon juice
- salt + pepper to taste

Directions

1. Cook bulgur and drain. Allow to cool.
2. Once bulgur has cooled, mix all ingredients together. Allow to sit in the fridge for a few hours or eat immediately.

Spring Rolls

Source: Heather Hayden, Michael D'Attilo

Ingredients

Fillings

Carrots, julienned

Cabbage, sliced into strips

Cucumber, sliced into strips

Bean sprouts

Rice or bean noodles, cooked and drained

Fresh cilantro, minced

Ginger tofu

Ginger tofu

1/2 container firm or extra firm tofu, well pressed

2 tbsp soy sauce

1 tbsp olive oil

2 tbsp sesame oil

1/2 tsp ginger

Directions:

Ginger tofu:

Slice the pressed tofu into thin strips. Heat the soy sauce, olive oil, sesame oil and ginger in a skillet and saute the tofu for 5-7 minutes, just until lightly crisp. Sometimes it is hard to get it to crisp; still tastes great when soft.

Spring rolls:

In a large bowl, toss together fillings gently. Tofu sometimes breaks apart; it is better to keep it aside and add it to the spring roll during assembly.

Submerge spring roll wrappers in water until pliable one at a time. Using hot water helps; it only takes a few seconds for the wrapper to soften. Take it out before it goes completely soft (it will feel solid but not brittle) as it will continue to soften as you are filling it. With practice you'll get a feel for when it is right.

Arrange fillings in wrapper. Fold the bottom of the wrapper over the top of the ingredients, fold in sides and roll up like a burrito. Repeat with remaining wrappers.

Seitan

Ingredients

- 150 grams vital wheat gluten
- 1 tsp garlic powder (~5 grams)
- 2 tbsp soy sauce + water to 1 cup

Directions

1. Mix together and knead for a few minutes by hand. Alternatively, use stand mixer and knead for 5-15 minutes.
2. Shape into a log and allow to rest on a cutting board for ~30 minutes. Slice into uniformly thick pieces and gently stretch, then allow to rest again for a bit.
3. Boil a large pot of water (can add 1/4 to 1/2 cup of soy sauce if desired to water). Once the water is boiling, add the seitan pieces, stir briefly to stop them from sticking, and cover. Simmer for an hour covered, occasionally stirring to avoid them sticking and to flip the pieces over.
4. Allow to cool. Can be used immediately for recipes or stored in fridge in the same liquid until needed.

Marinated Chickpeas

Recipe adapted from Appetizers by Mable Hoffman

Ingredients

- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 1/4 tsp garlic salt
- 1/8 tsp pepper
- 1/2 tsp fines herbes (optional)
- 2 tbsps minced parsley
- 2 tbsps minced chives
- 2 cans garbanzo beans (chickpeas), drained

Directions

In a medium bowl, combine all ingredients except chickpeas and stir. Add beans and mix. Cover and refrigerate 6 hours or overnight. Drain, arrange on an antipasto tray. Makes 4 cups.

Bread

Rosemary-Herb Bread

Source: Heather Hayden

Ingredients

Two-Loaf Machine	One-Loaf Machine
2/3 c milk	1/3 c milk
3 tbsp butter	1.5 tbsp butter
2 eggs	1 egg
3 c bread flour	1.5 c bread flour
1.5 tsp salt	.75 tsp salt
2.5 tbsp sugar	1 tbsp + .75 tsp sugar
4 tsp chopped fresh rosemary <i>(dried works as well; decrease amount to 1 tsp)*</i>	2 - 2.5 tsp chopped fresh rosemary <i>(dried works as well; decrease amount to .5 tsp)*</i>
1 tsp dried thyme <i>(fresh works as well, just adjust amount)</i>	.5 tsp dried thyme <i>(fresh works as well, just adjust amount)</i>
1 tsp dried marjoram <i>(oregano also works if no marjoram available)</i>	.5 tsp dried marjoram <i>(oregano also works if no marjoram available)</i>
2 tsp yeast <i>(a little more if you want extra rising)</i>	~1 tsp yeast <i>(a little more if you want extra rising)</i>

Directions

Use basic white bread dough setting on bread machine.

Separate into two well-buttered loaf pans. Allow to rise until about doubled in size.

Bake at 350°F for ~15-20 minutes until golden brown and hollow-sounding when knocked.

*"not enough rosemary" according to Thomas...might need to increase amount for two-loaf batch?

Note: Increased to ~5+ tsp fresh rosemary--seems to be about the right amount now.

Bread

Portugese Sweet Bread (Machine)

Ingredients

1 c milk
1 egg
2 tbsp butter
1/3 c sugar
3/4 tsp salt
3 c flour
2 1/2 tsp yeast

Instructions

Use sweet bread dough setting on bread machine.

Separate dough into two loaf pans and allow to rise until ready to bake.

Bake at 325°F for about 20 minutes, until golden brown and hollow-sounding when tapped.

Flour Tortillas

Yield: 8 tortillas.

Ingredients

- ~~2 cups all-purpose flour~~ 1.5 cups AP flour .5 cups whole wheat flour
- 1/2 teaspoon salt
- 3/4 cup water
- 3 tablespoons olive oil

Directions

1. In a large bowl, combine flour and salt.
2. Stir in water and oil.
3. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
4. Let rest for 10 minutes.
5. Divide dough into eight portions.
6. On a lightly floured surface, roll each portion into a 7-in. circle.
7. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned.
8. Keep warm.

No-Knead Whitebread

Source: Alexandra's Kitchen

Modified By: Heather Hayden

Ingredients:

4 cups (484 g to 510 g | 1 lb. 2 oz) unbleached all-purpose flour (*can also use bread flour or a mix; measure scant cups if going by volume*)

2 tsp kosher salt

2 cups lukewarm water (*Mix 1 1/2 cups cold water with 1/2 cup boiling water and it will be perfect*)

2-3 tsp sugar (*I use 2, my mom uses 3 — difference is negligible*)

2 tsp active-dry yeast (*If using packets, just go ahead and use one whole one. Activated instant-rise yeast works fine too.*)

~2 tbsp room temperature butter

Instructions:

1. Mixing the dough:
 - If you are using active-dry yeast: In a small mixing bowl, dissolve the sugar into the water. Sprinkle the yeast over top. There is no need to stir it up. Let it stand for about 10 to 15 minutes or until the mixture is foamy and/or bubbling just a bit — this step will ensure that the yeast is active. Meanwhile, in a large bowl, whisk together the flour and salt. When the yeast-water-sugar mixture is foamy, stir it up, and add it to the flour bowl. Mix until the flour is absorbed.
 - If you are using instant yeast: In a large mixing bowl, whisk together the flour, salt, sugar, and instant yeast. Add the water. Mix until the flour is absorbed.
2. Cover bowl with a tea towel or plastic wrap and set aside in a warm spot to rise for at least an hour. (In the winter or if you are letting the bread rise in a cool place, it might take as long as two hours to rise.) This is how to create a slightly warm spot for your bread to rise in: Turn the oven on at any temperature (350°F or so) for one minute, then turn it off. Note: Do not allow the oven to get up to 300°F, for example, and then heat at that setting for 1 minute — this will be too hot. Just let the oven preheat for a total of 1 minute — it likely won't get above 300°F. The goal is to just create a slightly warm environment for the bread.
3. Preheat the oven to 425°F. Grease two oven-safe bowls (such as the pyrex bowls I mentioned above) with about a tablespoon of butter each. Using two forks, punch

down your dough, scraping it from the sides of the bowl, which it will be clinging to. As you scrape it down try to turn the dough up onto itself if that makes sense. You want to loosen the dough entirely from the sides of the bowl, and you want to make sure you've punched it down.

Then, take your two forks and divide the dough into two equal portions — eye the center of the mass of dough, and starting from the center and working out, pull the dough apart with the two forks. Then scoop up each half and place into your prepared bowls. This part can be a little messy — the dough is very wet and will slip all over the place. Using small forks or forks with short tines makes this easier — my small salad forks work best; my dinner forks make it harder. It's best to scoop it up fast and plop it in the bowl in one fell swoop.

4. Let the dough rise for about 20 to 30 minutes on the countertop near the oven (or near a warm spot) or until it has risen to just below or above (depending on what size bowl you are using) the top of the bowls. (Note: Do not do the warm-oven trick for the second rise, and do not cover your bowls for the second rise. Simply set your bowls on top of your oven, so that they are in a warm spot. Twenty minutes in this spot usually is enough for my loaves.)
5. Bake for 15 minutes. Reduce the heat to 375° and make for 15 to 17 minutes longer. Remove from the oven and turn the loaves onto cooling racks. If you've greased the bowls well, the loaves should fall right out onto the cooling racks. If the loaves look a little pale and soft when you've turned them out onto your cooling racks, place the loaves into the oven (outside of their bowls) and let them bake for about 5 minutes longer. Remove from oven and let cool for 10 minutes before cutting.

Bread

Spelt Tortillas

Spelt Tortillas

Yield: 8 tortillas.

Ingredients

- 1 cup all-purpose flour
- 1 cup spelt flour
- 1 1/2 teaspoons salt
- 1/2 cup warm water (a bit more if using King Arthur flour)
- 1/4 cup oil

Directions

1. In a large bowl, combine flours and salt.
2. Stir in water and oil.
3. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
4. Let rest for 15 minutes.
5. Divide dough into eight portions.
6. On a lightly floured surface, roll each portion into a 7-in. circle.
7. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned.
8. Keep warm.

Notes

- Doubling the batch works better for a full batch of spinach wraps... Make the tortillas larger and roll not quite as thin, cook gently so that they are still pliable (original recipe was a direct update to my mom's flour tortilla recipe).

Bread

"Hybrid" Sourdough Bread Bowls

Makes: 8-12 bowls depending on size; I often make a half batch since I don't need quite so many.

Ingredients

Dry ingredients

500g all-purpose flour

450g bread flour (can just use all-purpose flour if you don't have bread flour on hand; you can also replace up to 200g with whole wheat or spelt flour if you like the flavor)

20-30g salt (depends on if you want a slightly saltier bread for soup)

4 tsp active dry yeast

Wet ingredients

200g starter mix

650g water

Optional

1 egg, well beaten, for egg wash

Ingredients (half batch - skip egg wash)

Dry ingredients

250g all-purpose flour

225g bread flour (can just use all-purpose flour if you don't have bread flour on hand; you can also replace up to 200g with whole wheat or spelt flour if you like the flavor)

15g salt (depends on if you want a slightly saltier bread for soup)

2 tsp active dry yeast

Wet ingredients

100g starter mix

325g water

Directions

1. 4-12 hours before making the dough, mix 50g starter, 100g water, and 100g all-purpose flour (25, 50, 50 if doing half batch). Cover and leave on the counter until at least doubled in size and bubbly; this can take more or less time depending on the starter and the temperature. I'll often mix it up the night before and start the dough first thing in the morning when it's cold out, but warmer temperatures make the process faster.
2. Mix dry ingredients, then add all the wet ingredients, stir, then knead briefly with your hand for a minute or two to get it mixed. It'll be a bit shaggy and sticky, but as long as it forms a dough, it's good. If it seems a bit dry and isn't coming together, you can add a little water--some flours absorb more than others. Cover and let sit for 15 minutes.
3. Fold the dough (gently scoop on one side, lift, fold over itself, turn 90 degrees, repeat three times). Cover and let rest another 15 minutes, fold a second time, rest another 15, fold a third time, rest 30, fold a fourth time, rest 30, fold a fifth time. The dough will puff up a lot toward the end, but don't worry too much about that. Sometimes I'll do six folds total, sometimes only four, depends on if I lose count. As long as you do at least four or five, it should be good. By the end of this folding process, the dough should be much smoother and soft.
4. Divide the dough into 8-12 balls. I use a kitchen scale to get them roughly equal weights, either ~220g per or ~150g per for smaller ones, but you can also just eyeball it. Gently roll each ball and set on parchment paper on a flat cookie sheet. Leave PLENTY of space between them, I learned that the hard way! I can usually get 3-4 big bowls or 5-6 little ones on a good-sized cookie sheet. A full batch will likely take two rounds of baking unless you have a giant oven and very big cookie sheet.
5. Allow to rise until about doubled--this may take an hour or two. Toward the end, preheat the oven to either 500°F (darker crust) or 425°F (lighter crust). You want a rack in the middle and a second rack underneath--put a metal cake pan or loaf pan on the second rack, with a cup or so of water inside, during the preheat. This helps create steam to improve the crust. I use an old solid aluminum cake pan, but anything metal will work.
 1. *Optional -- you can brush the bowls with an egg wash (1 well-beaten beaten egg) right before baking if you want to give them a nice shine. Since I often make half a recipe, which doesn't use nearly the full egg wash, I don't bother, but if you're making a full batch or want them to look even nicer for company, it's a lovely touch. Brush each bowl gently on top and sides, careful not to use too much pressure.*
6. Once the bread is risen and the oven has heated, put the pan in the oven. When putting the bread into the oven, you can carefully pour some boiling water into the cake pan on the lower rack to give it an extra burst of steam right before closing the door--this isn't necessary, it just helps with creating more steam to improve the crust. I've splashed myself before, so wear oven gloves and be careful if you do this step.
7. **Starting at 500°F** - As you put the dough into the oven, lower the temperature to 475°F. Bake large bread bowls for 15 minutes, then lower the temperature again to 425°F and bake for ~20 minutes. Bake small bread bowls for 10 minutes, then ~15 minutes at 425°F. **Starting at 425°F** - Bake large bread bowls for ~35 minutes. Bake small bread bowls for ~25 minutes. *If you have a baking thermometer, you want the bread to be*

around 210°F internally. Otherwise, just keep an eye on them around the 35/25-minute mark and take them out when they have a nice dark crust (they'll be darker if you start at 500°F vs. 425°F).

8. Allow bread bowls to cool on racks. Serve that day or store in an airtight container. They can be reheated in the toaster if you want to crisp them up a little a few days down the road...assuming any make it that long.

Some notes

- Every starter and every oven is different, so there may be a bit of trial and error with your first batch or two. Don't get discouraged! I've been baking sourdough for years and still have flops sometimes, though more often with regular sourdough; the hybrid version seems to work really well so far. The bread tastes good regardless--I often turn not-so-great batches into an egg-and-cheese souffle.
- I want to test doing all the folds of step #3 with 15 minutes between, to shorten the time required for that step, but I haven't done so yet. However, I do know that a little extra time between steps doesn't seem to cause issues, since sometimes the alarm goes off while I'm focused on work and I turn it off and forget to go fold the dough immediately, haha. The important thing is just to make sure there's a series of folds and rests, since that helps with developing the dough's structure.

Walnut Bread (FFXIV)

Ingredients

- 2 cups (190 g) walnuts
- 4 cups (600 g) bread flour
- 1 tbsp salt
- 2 tbsps sugar
- 1 cup (250 ml) lukewarm water
- 2 1/4 tsp active dry yeast
- 1/4 cup (85 g) maple cream
- 1/4 cup (60 g) butter, melted and cooled
- olive oil for greasing

Directions

1. In a medium pan over medium-high heat, toast the walnuts. Toss them frequently to avoid burning them. Transfer the walnuts to a food processor and blend until finely crumbled. Transfer to a bowl, add the bread flour, salt, and sugar, and stir to combine.
2. In a large bowl, combine the water and yeast. Let rest for 5 minutes, allowing the yeast to become active. Whisk in the maple cream and melted butter.
3. Add the flour mixture to the maple cream mixture in two batches, stirring until fully combined after each addition, then knead the dough for 5 minutes.
4. Brush a bowl with oil. Transfer the dough to the oiled bowl, cover, and let rest until doubled in size, 2 hours. This dough takes a little longer to rise because of the weight of the walnuts.
5. Punch the dough down, transfer to a clean surface, and knead slightly. Form the dough into a log shape that will fit into a loaf pan. Grease the loaf pan and place the dough in it. Cover with a kitchen towel and let rise for one hour.
6. Preheat the oven to 350F. Bake the loaf until the top has begun to brown, 20 to 25 minutes. Remove the pan from the oven and cover with aluminum foil. This will help prevent the crust from turning too dark or burning.
7. Return the pan to the oven and bake until a kitchen thermometer registers 190F when inserted into the center of the loaf, 20 to 30 minutes. Transfer the loaf to a cooling rack and let cool completely, at least 30 minutes.

Slow Cooker

Slow Cooker

Honey-Soy Chicken

Ingredients

6-8 Chicken thighs, breasts, cut into large cubes or whole
(Can also use some kind of fake-meat alternative)

1/2 small onion or 1 shallot, chopped

3 cloves of garlic, minced (~2 tbsp)

2 tsp fresh ginger, minced

1/4 tsp red pepper flakes

1 tsp dried basil

1/2 cup soy sauce

1/2 cup ketchup

1/3 cup honey

Instructions

Place chicken in a 4-quart slow cooker.

Whisk sauce ingredients together in a bowl; pour over chicken.

Cook on low for ~6 hours, or high for ~2 hours

Additions:

- Add a small amount of toasted sesame oil and/or sesame seeds to sauce.
- Add chunks of pineapple, bell pepper, and chopped onion for the last 30 minutes of cooking.

Slow Cooker

Lemon-Garlic Chicken

Source: <http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii>

- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 pounds skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1/4 cup water
- 3 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon chicken bouillon granules
- 1 teaspoon chopped fresh parsley

In a bowl, mix the oregano, salt, and pepper. Rub the mixture into chicken. Melt the butter in a skillet over medium heat. Brown chicken in butter for 3 to 5 minutes on each side. Place chicken in a slow cooker.

In the same skillet, mix the water, lemon juice, garlic, and bouillon. Bring the mixture to boil. Pour over the chicken in the slow cooker.

Cover, and cook on High for 3 hours, or Low for 6 hours. Add the parsley to the slow cooker 15 to 30 minutes before the end of the cook time.

Heather's Variation

- 1 tsp dried oregano
- ground black pepper to taste (I did about six grinds)
- 2 pounds skinless, boneless chicken breasts
- 2 tbsp butter
- 2.5 cups chicken broth
- 3 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 2 potatoes, chopped
- 4-5 cloves garlic, smashed

Layer potatoes and smashed garlic cloves on bottom of slow cooker. Mix oregano and pepper in a bowl. Rub the mixture into chicken. Melt the butter in a dutch oven over medium heat. Brown chicken in butter for 5 minutes on each side. Place chicken in the slow cooker. In the same dutch oven, mix chicken broth, minced garlic, and lemon juice. Bring to a boil. Pour over chicken. Cover and cook on low for 2 hours.

NOTES, COMMENTS, SUGGESTIONS

WOW this was good. I followed posters suggestions and used 2C water and dissolved a bouillon cube in it. I also added a little white wine, the garlic and a shallot to deglaze the pan b4 adding the water/spice mixture. Even then, I had to add about a cup more water while it was cooking. I also dredged the chik breasts in a lemon pepper seasoning in addition to the oregano. I omitted all the salt from the recipe too, since bouillon is so salty. Made the leftover broth into gravy, cooked up the Uncle Bens Chicken rice, and dinner was AbFab!! I will def be making this again!

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/115628/>>

My first crock pot experience, and it turned out great! I took a lot of advice from the posts here: I covered the bottom of the pot with potatoes, onions, mushrooms, and lots of garlic (about 6 cloves). I used bone-in breasts (I did brown them first, using butter, salt and lemon-pepper mix, awesome), then deglazed the pan with 1 cup white wine. Added all that to the pot, along with 2 cans of chicken stock, 6 tablespoons lemon juice, and a little more salt. I cooked on high for 2 hours, then low for 1 hour - perfect! I think the bone-in chicken made a big difference, it was wonderful and falling apart. I would be careful with the lemon juice - I love strong flavors and was tempted to add more, but my 6 tablespoons was bordering on too bitter - excellent though! Also turned the extra juice into gravy for veggies and it was yummy, with side of chicken couscous!

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/647122/>>

Very good, would be 5 stars with a few tweaks. The recipe was a little salty for my taste, I will reduce the salt next time. Also, I cooked for 6 hours on low but chicken turned out a little overcooked. Next time, I think 4-5 hours would be plenty. Will definatley make this again, thanks.

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/851617/>>

YUMMY! This was incredible! I used bottled lemon juice, since I didn't have any lemons on hand, and it was still great. I also used the boillon and it was fine. I did double the amount of sauce, and thicken it with a little cornstarch at the end. But, oh, my -- this is definitely going into regular rotation! :-)

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/272839/>>

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/272839/>>

Easy and moist. I did as others suggested and added more liquids: 1/2 c chicken broth, 1/3 lemon juice, and since I had it on hand, about 1/2 c white wine. When ready to plate, I thickened sauce with cornstarch. It was great over egg noodles! Took less than 3 hrs. in crockpot.

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/274016/>>

This chicken is truly delicious. I have made this recipe four or five times already, it's definitely a keeper. It doesn't make much extra sauce so if you want some to scoop over potatoes or pasta you should double the sauce. The only thing I do differently is I use boneless skinless chicken tenders instead of chicken breast halves. The chicken pieces are smaller which allows them to soak up more of the juices and seasonings making them very flavorful and tender. I have also added sliced mushrooms... yum.

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/250974/>>

An awesome lo-carb dish. You don't have to brown the chicken. Just mix the seasonings in a pot on the stove and boil slightly then pour over the chicken in the slow cooker. Use xanthum to thicken the left over juices into a very flavorful gravy!

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/809596/>>

This turned out surprisingly good!!! I used two boneless skinless breasts, (1lb) and I did everything by the recipe except used more garlic as we LOVE garlic...I used the already minced garlic...I also took everyone else's advice & used chicken broth instead of water...I made enough to cover chicken so it did not dry out...I also cooked this for about 4 1/2 hours on low.....I took juice out of crockpot, added cornstarch to thicken it up & made a yummy gravy! returned gravy & chicken to crockpot & left on warm..chicken fell apart & soaked in so much flavor it was unreal! I served w/Uncle Ben's whole grain brown rice w/garlic flavors & steamed broccoli & cauliflower & it was sensational! My fiancé is NOT a big chicken eater & he ate every bite of his & complimented the flavor! Will definitely make again...I def. agree that making sure the breasts are covered in liquid is key..also, my chicken breast were kind of thick & so I think this helped it not to dry out! Sooo yummy!

Pasted from <<http://allrecipes.com/recipe/18032/slow-cooker-lemon-garlic-chicken-ii/reviews/1268786/>>

Easy Honey Garlic Pork Chops

Ingredients

- 4 pork chops bone-in or boneless
- 1 pinch salt to season
- 1 pinch pepper to season
- 1 teaspoon garlic powder
- 2 tablespoons olive oil (I used canola because higher smoking point)
- 1 tablespoon unsalted butter
- 6 cloves garlic, minced
- 1/4 cup honey
- 1/4 cup chicken broth or water
- 2 tablespoons vinegar (apple cider, rice wine, or any white)
- Parsley (optional, for garnish)

Instructions

- ~~Preheat the oven broiler (or grill) to medium-high heat.~~ Season the chops with salt, pepper, and garlic powder before cooking.
- Heat oil in a pan or skillet over medium-high heat until hot. Sear chops until golden on each side and cooked through (about 4-5 minutes on each side). Transfer to a plate; set aside.
- Reduce heat to medium. Melt butter in the same pan, scraping up any browned bits from the bottom of the pan. Sauté garlic until fragrant (about 30 seconds). Add the honey, water, and vinegar. Increase heat to medium-high and continue to cook until the sauce reduces and thickens slightly (about 3-4 minutes) while stirring occasionally.
- Add pork back to the pan, baste generously with the sauce, ~~and broil/grill for 1-2 minutes or until edges are slightly charred.~~
- Garnish with parsley and serve over vegetables, rice, pasta, or salad.

Baked Pork Chops:

1. Preheat oven to 390°F | 200°C.
2. Sear seasoned chops in a hot oven-proof pan or skillet over medium-high for 2 minutes per side -- get them crisp.
3. Remove chops and make your sauce following the recipe above (Step 3).
4. Baste with sauce and bake in the oven for 10-15 minutes or until you reach your desired doneness.
5. Broil/grill for 2 minutes to get those caramelized edges!

Breakfast

Breakfast Strata

*We should probably get around to rewriting this recipe to the proper one, H...
-M*

Ingredients

- 8 - 10 slices supermarket French bread (1/2-inch thick) or Italian bread (6 - 7 ounces)
- 3 tablespoons unsalted butter, softened
- 8 ounces bulk breakfast sausage, crumbled
- 3 medium shallots, minced (about 1/3 cup)
- 8 ounces white button mushrooms, cleaned and quartered
- Salt and ground black pepper
- 1/2 cup medium-dry white wine, such as Sauvignon Blanc
- 6 ounces Monterey Jack cheese, grated (about 1 1/2 cups)
- 6 large eggs
- 1 3/4 cups half-and-half
- 2 tablespoons minced fresh parsley leaves

Recipe

To weigh down the assembled strata, we found that two 1-pound boxes of brown or powdered sugar, laid side by side over the plastic-covered surface, make ideal weights. A gallon-sized zipper-lock bag filled with about 2 pounds of sugar or rice also works. This recipe doubles easily; use a 9 by 13-inch baking dish greased with only 1 1/2 tablespoons butter and increase the baking time as directed in step 4. Feel free to substitute any good melting cheese, such as Havarti, sharp cheddar, or colby.

1. Adjust oven rack to middle position and heat oven to 225 degrees. Arrange bread in single layer on large baking sheet and bake until dry and crisp, about 40 minutes, turning slices over halfway through drying time. (Alternatively, leave slices out overnight to dry.) When cooled, butter slices on one side with 2 tablespoons butter; set aside.

2. Fry sausage in medium nonstick skillet over medium heat, breaking sausage apart with wooden spoon, until sausage has lost raw color and begins to brown, about 4 minutes; add shallots and cook, stirring frequently, until softened and translucent, about 1 minute longer. Add mushrooms to skillet, and cook until mushrooms no longer release liquid, about 6 minutes; transfer mixture to medium bowl and season to taste with salt and pepper. Add wine to skillet, increase heat to medium-high, and simmer until reduced to 1/4 cup, 2 to 3 minutes; set aside.

3. Butter 8-inch square baking dish with remaining 1 tablespoon butter; arrange half the buttered bread slices, buttered-side up, in single layer in dish. Sprinkle half of sausage mixture, then 1/2 cup grated cheese evenly over bread slices. Arrange remaining bread slices in single layer over cheese; sprinkle remaining sausage mixture and another 1/2 cup cheese evenly over bread. Whisk eggs

and parsley in medium bowl until combined; whisk in reduced wine, half-and-half, 1 teaspoon salt, and pepper to taste. Pour egg mixture evenly over bread layers; cover surface flush with plastic wrap, weigh down (see note, above), and refrigerate at least 1 hour or up to overnight.

4. Remove dish from refrigerator and let stand at room temperature 20 minutes. Meanwhile, adjust oven rack to middle position and heat oven to 325 degrees. Uncover strata and sprinkle remaining 1/2 cup cheese evenly over surface; bake until both edges and center are puffed and edges have pulled away slightly from sides of dish, 50 to 55 minutes (or about 80 minutes for doubled recipe). Cool on wire rack 5 minutes; serve.

Breakfast

Pancakes (Hayden Family)

Ingredients

1 cup milk

1 tbsp oil (or butter)

1 egg

1 cup flour*

1 tbsp sugar (can add more if you prefer a sweeter pancake)

1/2 tsp salt

2 tsp baking powder

*if using self-rising flour, omit salt and baking powder

Directions

Mix dry ingredients, then mix in wet. You can whisk the wet separately or just dump everything into the bowl like my mom does. Heat griddle over medium heat until drops of water dance, then lower heat a little. Grease with butter or pan spray. Cook until the bubbles pop and stay on top and the edges are slightly dry, then flip. Cook until golden on the other side. Drown in maple syrup and butter.

Waffles (CoA Style)

Source: Heather Hayden

Ingredients:

Standard Recipe (~6 Waffles)	Half Recipe (~3 Waffles)	Double Recipe (~12 Waffles)
2 cups all-purpose flour 1 tablespoon baking powder 1 tablespoon sugar 1/4 teaspoon salt	1 cup all-purpose flour 1 1/2 tsp baking powder 1 1/2 tsp sugar 1/8 tsp salt	4 cups all-purpose flour 2 tablespoon baking powder 2 tablespoon sugar 1/2 teaspoon salt
1-3/4 cups milk 2 eggs 2 tablespoons vegetable oil	3/4 cup + 2 tbsp milk 1 egg 1 tbsp vegetable oil	3 1/2 cups milk 4 eggs 4 tablespoons vegetable oil

Instructions:

Preheat the waffle maker; Before it is hot, grease with cooking spray or oil if necessary.

In a large bowl: Combine flour, sugar, baking powder, and salt.

In a smaller bowl or measuring cup: Whisk milk, eggs, and oil.

Whisk milk mixture into dry ingredients just until dry ingredients are thoroughly moistened.

Pour ~1 cup batter onto the center of the bottom grid. Close top and flip waffle maker. Bake until brown, about 4 minutes. *(Or follow your waffle maker’s instructions; they may vary.)*

For best results, serve waffles *Immediately*. They will lose their crisp within 5-8 minutes.

Waffles can be served with any or all of the following:

- Maple Syrup (best when heated slightly on the stovetop)
- Butter (best when softened)
- Whipped Cream (best when house-made just prior)
- Ice Cream (suggested plain vanilla or chocolate, or a special pairing for special waffles)
- Fresh Berries (raspberries, blackberries, sliced strawberries, or blueberries)

Recipe Modifications:

Buttermilk: Substitute 1:1 buttermilk for milk

Lemon poppyseed: add lemon extract to taste and 1 tsp of poppyseeds

Orange cranberry: add orange extract to taste and dried cranberries

Banana chocolate chip: add one mashed banana and chocolate chips (You can decrease or omit oil; make sure you spray your waffle iron with cooking spray though; even in a non-stick iron, bananas tend to make waffles stick!)

Cinnamon pecan: add cinnamon to taste and chopped pecans

Blueberry: add blueberries (Not advised: blueberry waffles will always stick to the pan)

Cornmeal Waffles:

Ingredients:

1-3/4 cups all purpose flour

1-1/4 cups yellow cornmeal

1 tbsp baking powder

1 tbsp brown sugar

1/2 tsp kosher salt

2 cups milk

3 tbsp vegetable oil

2 eggs, beaten

1-1/2 tsp vanilla extract

Prepare in the same manner as the other recipe. Makes about six waffles.

French Toast

Source: [SeriousEats.com](#)

This easy recipe should be your go-to for basic French toast, designed for when you wake up in the morning and have a craving for French toast but haven't planned for it in advance. It uses only staples like bread, milk, and eggs, and pantry items like cinnamon, sugar, and nutmeg. The key to why it's so delicious and custardy is that the ratio of egg, milk, and sugar strikes the ideal balance—neither too wet and soggy nor too firm and eggy.

Serves 2-3

Ingredients:

Half Recipe (Serves 2-3)	Standard Recipe (Serves 4-8)
1. 3 large eggs 2. 2 tablespoons sugar, plus more for sprinkling 3. Pinch kosher salt 4. Smaller Pinch ground cinnamon 5. Tiny Pinch freshly grated nutmeg 6. 1/8 teaspoon vanilla extract 7. 1 cups whole milk 8. 4 tablespoons unsalted butter for the pan 9. About 4 large slices white bread (or 8 small slices) 10. Maple syrup & salted butter, for serving	1. 6 large eggs 2. 4 tablespoons sugar, plus more for sprinkling 3. Pinch kosher salt 4. Pinch ground cinnamon 5. Pinch freshly grated nutmeg 6. 1/4 teaspoon vanilla extract 7. 2 cups whole milk 8. 8 tablespoons unsalted butter for the pan 9. About 8 large slices white bread (or 16 small slices) 10. Maple syrup & salted butter, for serving

Set a wire rack on a rimmed baking sheet in the oven and preheat to 200°F. If using very fresh, moist bread, arrange slices in a single layer on the rack and cook in oven, turning once, until lightly toasted, about 10 minutes.

Meanwhile, in a large mixing bowl, whisk together eggs, sugar, salt, cinnamon, nutmeg, and vanilla until thoroughly combined. Add milk and whisk to blend.

Heat 1 tablespoon butter in a large non-stick or cast iron skillet over medium heat, swirling skillet, until foaming subsides, about 5 minutes. Soak 2 slices of bread in egg bath, turning, until saturated. Add soaked bread to skillet and cook, swirling occasionally, until browned on bottom side, about 3 minutes. Sprinkle top side of bread with sugar, flip, and continue to cook, swirling occasionally, until browned on second side, about 3 minutes longer. Transfer French toast to the rack in the oven in a single layer to keep warm and repeat with remaining slices of bread and egg bath.

Serve French toast with pats of butter and maple syrup.

Gluten-Free Sweet Potato Muffins

Ingredients

MUFFINS

- 2-1/4 cups gluten-free all-purpose baking flour (without xanthan gum)
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 3 large eggs, room temperature
- 1 cup mashed sweet potatoes
- 2/3 cup honey
- 2 tablespoons coconut oil, melted
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract

TOPPING (Optional)

- 3 tablespoons sugar
- 1/4 teaspoon ground cinnamon

Directions

1. Preheat oven to 350°. In a large bowl, whisk the first 8 ingredients. In another bowl, whisk eggs, sweet potatoes, honey, coconut oil, olive oil and vanilla until blended. Add to flour mixture; stir just until moistened.
2. Fill 12 greased or paper-lined muffin cups three-fourths full. Combine topping ingredients; sprinkle over batter. Bake until a toothpick inserted in center comes out clean, 25-30

minutes. Cool 5 minutes before removing from pan to a wire rack. Serve warm.

Breakfast

Pancakes (simple small batch)

Makes a small batch of pancakes, perfect for a quick breakfast for a dear one.

Ingredients

- 1 cup flour
- 1/8 cup sugar
- 2 tsp baking powder
- 1/8 tsp baking soda
- 1/4 tsp salt
- 2-3 tbsp flaked coconut (optional)
- 3/4 +1/8 cup milk
- 1/8 cup butter or oil
- 1 tsp extract (vanilla if making plain pancakes, coconut if adding flaked coconut)
- 1 egg

Directions

1. Whisk together dry ingredients. In another bowl or measuring cup, whisk together wet ingredients. Mix wet into dry just until mixed, some lumps are fine. Cook pancakes (~1/4 batter each is a good amount) on stove and serve with butter and maple syrup.

Breakfast

Nutrient-Rich Porridge (FFXIV)

Adapted from the FFXIV Cookbook

Ingredients

- 3/4 cup oats
- 1/8 tsp cardamon
- 1/2 tsp cinnamon
- pinch of allspice
- 1/8 tsp ginger
- 1 tbsp teff
- 1 tbsp flaxseed
- 1 tsp chia seeds
- 1/2 tsp salt
- 1 1/2 tbsp sugar
- 30 g dried cherries
- 45 g golden raisins
- 1 3/4 c soy milk

Directions

1. Mix all ingredients together in large bowl. Cover with plastic wrap.
2. Let sit in fridge overnight, stirring occasionally. Serve chilled.

Sandwiches

Vegetarian Deli Sandwich

Ingredients

2 slices Litalife veggie meat
2 slices bread
1 oz. cheddar cheese, sliced

Directions

1. Place bread in toaster with cheese arranged on top of each slice. Toast until cheese has started to melt.
2. Place a slice of veggie meat over cheese on each slice of bread.
3. Continue toasting until cheese has melted.
4. Combine bread slices and enjoy!

Cost Breakdown

Vegetarian Deli Meat-Cheese Sandwich -- ~\$1.80; 1 meal for 1 person
2 slices Litalife chickpea and red pepper veggie meat (10 slices for \$3.99) -- \$.80
2 slices bread (16 slices for \$2.99) -- ~\$.37
1 oz. cheddar cheese (\$9.99/lb) -- ~\$.63

Gina Sabatini's Lavash Wraps

Source: Gina Sabatini

Ingredients

Avocado Spread

1 large avocado or 2 small avos
1-2 cloves garlic, crushed
2 tablespoons olive oil
2 tablespoons water
dried cilantro, to taste
salt, pepper
1 teaspoon cumin
half a serrano pepper
juice of 1/2 a lime

Veggies

1 large head of cauliflower, chopped
2 14oz cans chickpeas
2 teaspoons + chilli powder
2+ teaspoons garam masala
1/2 teaspoon cayenne
oil, salt, pepper

lavash (or pita bread)

Greek yogurt (I recommend Fage brand, full fat, for this recipe)

Instructions

1. Preheat oven to 425F. Pat cauliflower and chickpeas dry. Spread on rimmed cookie sheet.
2. Drizzle with olive oil and coat with spices. Stir. Roast for 15 to 20 minutes (or more time if you like things crunchy)
3. Puree avocado spread ingredients in a food processor.
4. Spread avocado dip on pita or lavash, top with veggies and a few dollops of yogurt. Wrap like a burrito and enjoy!

Spinach Wraps

Spinach Wraps

Usually made with the spelt tortillas.

Ingredients

- 1 cup onion, minced
- 8-10 garlic cloves, minced (can also add powdered garlic for more garlicky flavor)
- 1 tsp salt (additional to taste if needed)
- 2 bunches spinach, sliced into strips
- 3/4 tsp dried thyme or 1 1/2 tsp fresh thyme
- 10 oz French lentils
- 1-2 tsp cider vinegar
- ~1/4 cup pine nuts, slightly crushed
- 1 tsp veggie broth paste
- Olive oil
- Water

Directions

1. Saute half the garlic and all the onion in some olive oil with salt.
2. Add thyme and saute a bit more, then add lentils and mix.
3. Add 3 cups of water, veggie broth paste, vinegar, and pine nuts. Simmer, stirring regularly and adding a bit more water as needed, until lentils are soft.
4. Saute the rest of the garlic and the spinach separately in some olive oil. Adds it to the lentil mix toward the end and continue cooking until the mixture is dry enough to put into wraps.
5. Fill each wrap with filling and roll up. Serve warm or cold.

Desserts

Blueberry Pie

Blueberry Pie

Source: Betty Crocker Cookbook

Ingredients

- 1 recipe for oil pie crust (two-crust)
- 6 cups fresh blueberries
- 3/4 cup sugar
- 1/2 cup all-purpose flour
- 1/2 teaspoon ground cinnamon (optional, Mom doesn't always use)
- 1 tablespoon lemon juice
- 1 tablespoon butter (optional, Mom doesn't use)

Directions

1. Heat oven to 425°F. Roll out bottom crust and place in pie plate. Roll out top crust for later.
2. In large bowl, mix sugar, flour, and cinnamon (if using). Stir in blueberries.
3. Spoon blueberry mixture into pastry-lined pie plate. Sprinkle any remaining sugar mixture over blueberry mixture. Sprinkle with lemon juice. Cut butter (if using) into small pieces; sprinkle over blueberries.
4. Cover pie with top crust, seal and flute, cut several slits in the top. Cover edge with 2- to 3-inch strip of foil or silicon pie crust protector to prevent excessive browning.
5. Bake 35 to 45 minutes or until crust is golden brown and juice begins to bubble through slits in crust, removing foil for last 15 minutes of baking. Cool on cooling rack at least 2 hours.

Alfredo Sauce (with optional sundried tomatoes)

Adapted from Cook's Illustrated's Fettuccine Alfredo recipe

Ingredients

- 2 cups heavy cream, preferably not ultrapasteurized
- 5 tablespoons unsalted butter
- 2 ounces (1 cup) parmesan cheese, freshly grated
- Ground black pepper
- Pinch freshly grated nutmeg
- 1/2 cup sundried tomatoes, destemmed and sliced into strips (optional)

Directions

1. Combine cream and butter in a sauté pan large enough to accommodate the cooked pasta. Heat over low heat until the butter is melted and the cream comes to a bare simmer.
2. Add pepper, nutmeg, and parmesan, whisking well, and continue cooking over a very low heat until sauce has slightly thickened (can add a bit of pasta water if desired as well). Add sundried tomatoes (if using) and mix until distributed.
3. Serve immediately with pasta (fettuccine is favored!) and any toppings (such as scallops!).