

Your Recipes

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Your Recipes

What to do with the items included in your hamper

The following are some ideas to use to make easy, tasty, and delicious dishes with your food hamper items. The ideas are followed by some simple healthy recipes to guide you through creating a great selection of meals for you to enjoy. The recipes may have some ingredients you don't have. Go ahead and be brave by substituting like ingredients. For example, if you don't have fresh vegetables use canned or if you don't have a particular herb or spice substitute with one you like. Have fun.

Juices:

You can use fruit juices to make smoothies or have some fun and make healthy jelly desserts and popsicles

Use vegetable juices for soups and sauces or season them to make a vegetable cocktail

Soups:

Add potatoes, canned beans, canned tomatoes and fresh vegetables to stretch your soups to end up with more servings. (if the soup requires water make sure you add it at the same time as the added ingredients)

Use soups as a replacement of water when making rice. It turns rice into a great lunch or side dish for dinner

Tomato Products:

Diced tomatoes, Crushed tomatoes, Whole Tomatoes Tomato sauce

Add to soups to stretch your soup and end up with more portions

Simmer and season to make a great pasta sauce or topping for meat and pizza

Canned Fruit:

Blend into a smoothie

Serve on top of ice cream

Serve on top of cake

Mix into oatmeal

Chili:

Add more canned beans to stretch your chili and end up with more portions
Use to top mashed or baked potatoes and add some grated cheese and chili powder or peppers
Simmer with ground beef and serve on a bun to make a Sloppy Joe sandwich
Add to tomato based soups to stretch your soup and end up with more portions

Canned Beans:

Mix with chopped celery, onions, and Italian dressing to make a bean salad
Mash and mix with olive oil, garlic and seasoning to make a bean hummus to spread on crackers or celery and carrot sticks
Add to soups and change a soup into a stew
Simmer with chopped celery, carrots, onions, canned diced tomatoes, ground beef and seasoning to make a chili
Use to make vegetarian burgers

Dried Beans:

Sprout beans to add to salads or for a nutritional addition to sandwiches
Soak beans overnight in water and add to canned bean recipes. It is best to simmer them after soaking them until they are tender

Canned Fish:

Make into a salad for sandwiches
Add to salads
Add to pasta to make a casserole

Canned Vegetables:

Add to canned stew or chili to end up with more portions
Serve as a side with meat and potatoes

Pasta:

Add to soups or chili to end up with more portion
Make into a casserole with canned tuna

Rice:

Make rice pudding

Add to soups to end up with more portions

Mix with chili and ground beef

Mix with canned vegetables and diced tomatoes and stir fry

Broths:

Used to make soups with canned vegetables and beans

Use instead of water to make rice for a more tasty and nutritional dish

Baking Bag:

Tea biscuits are easy and fast to make

Simple cookie recipes can be made with the very basics

Some basic muffin recipes can be made by adding a bit of dried fruit

Kraft Dinner/Macaroni and Cheese:

Add sautéed onions, mushrooms and some herbs for a tasty more nutritious meal

Add cooked ground beef and some tomato for a tasty meal

Add soups to end up with more portions

Add tuna for a quick tuna casserole

Condensed Milk:

Simmer to make a custard dessert

Add to cream soups

Make a cream sauce for salmon

Use to make a fruit or vegetable smoothie

Chic Peas:

Add to salads for a nutritional addition

Make a chic pea salad

Purée to make a Hummus to spread on crackers or bread

Add to soup and stews

Eggs:

Breakfast dishes

Desserts

Salads

Ground Beef:

Make meat balls or burgers

Add to pastas or soup

Make chili, spaghetti sauce or sloppy Joe's

Add to nachos

Salmon:

Grill, poach, bake or pan fry

Make fresh salmon salad

Add to potato soup

Onions, Potatoes, Mushrooms and Carrots:

All can be used for salads, hot vegetables or added to soups and stews

Make Shepard's Pie with ground beef

Oranges, Grapefruits and Apples:

All can be used for salads and desserts

Noodle Box's:

Add steamed vegetables

Add cooked meat or fish

Cereals:

Make into energy bars

Mix with fruit and yogurt for breakfast

Oats:

Make energy bars

Make topping for fruit crumble

Peanut Butter:

Make cookies

Make peanut sauce for chicken or pork

Add to Oatmeal for added protein

Bread and Buns:

Make bread pudding

Make pizza snacks

Make egg meals for breakfast

Make Bread crumbs

Recipes

Basic Fruit Smoothie

This is a great smoothie consisting of fruit, fruit juice and ice. I like to use whatever fresh fruits I crave that day. Any kind of soft fruit and an apple, et cetera makes a great smoothie. Experiment with your favorites! You can also use a combination of canned fruit.

Ingredients

1 quart berries,
1 banana, broken into chunks
2 apples, 1 cup juice
2 cups ice

Directions

In a blender, combine fruit. Blend until fruit is pureed. Blend in the juice. Add ice and blend to desired consistency. Pour into glasses and serve.

Natural Fruit Jelly

Ingredients

1 (12g) Envelope gelatine powder
250ml Water (9 fl.oz)
250 ml Juice (9 fl.oz)
75 g Granulated Sugar
(3 oz.) 4 – 5 oz. Moulds or Cups

Directions

1. Place the water and sugar in a saucepan over a low heat and stir until the sugar dissolves.

2. Sprinkle the Gelatine over the surface of the water and stir in until dissolved.
 3. Remove from the heat and add the juice. Pour into individual moulds and place in the fridge until set.
 4. Decorate with blueberries, raspberries and mint leaves.
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FRUIT JUICE POPS

Ingredients

- 2 cups water
- 1-1/2 cups sugar
- 4 cups unsweetened apple juice
- 1 cup unsweetened pineapple or orange juice
- 1/2 cup lemon juice
- 12 freezer pop molds or 12 paper cups (3 ounces each) and wooden pop sticks

Directions

In a large saucepan, combine water and sugar; bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes or until sugar is dissolved, stirring occasionally. Remove from the heat; stir in juices.

Fill molds or cups with ¼ cup juice mixture. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm. Yield: 1 dozen.

Sauces from Vegetable Juice

1. Cook the vegetables in a small amount of water. When cooked till tender there should be just enough water to serve as sauce for the vegetable. Prepare as follows:
2. Drain- vegetable, saving the juice (Water). Stir into this a small amount of flour which has been moistened with a little water. Stir until thick. Add butter and seasoning. Put the drained vegetables back into the sauce, heat and serve.

3. You can also thicken tomato or vegetable juice the same way. Add some hot sauce and our fresh herbs and spices to season the sauce

Tomato and White Bean Soup

We've used canned white beans here for their convenience. If you want you can take this soup up a notch and use dry beans that you've soaked overnight and cooked until soft.

Ingredients

1/4 pound bacon, diced (optional)
1 large onion, chopped
2 cloves garlic, minced
2 cups peeled, diced potatoes
6 cups canned whole tomatoes with juice
2 cups chicken broth or any canned soup
1 Tbsp. dark brown sugar
1 15-ounce can white beans, drained
Salt and pepper to taste

Directions

1. If you are using bacon cook bacon on medium heat in a large saucepan until lightly browned and fat is rendered. Use a slotted spoon to remove bacon from the pan. Set on a plate lined with a paper towel.
2. Add the chopped onion to the pot, cook in the bacon fat on medium heat until soft. Add the minced garlic and cook a minute more. Add the chopped peeled potatoes and cook a few minutes more.
3. Add the tomatoes and chicken broth or soup. Cook until potatoes are cooked through, about 20 minutes (or longer).

4. Stir in the brown sugar. Add half of the beans to the mixture. Use an immersion blender to blend about half of the soup mixture (or blend half of the soup in a standing blender and return to the pot).

5. Add bacon to the soup and the rest of the beans. Add salt and pepper to taste. Serve with crusty bread.

Creamy Souper Rice

Ingredients

10 1/2 oz. Can condensed cream of mushroom soup or any condensed cream soup

1 1/2 Cups Chicken Broth or water

1 1/2 Cups uncooked instant white rice

1 tbsp. grate parmesan cheese (optional)

Directions

Heat the soup and broth over medium high heat to a boil

Stir the rice and cheese into the saucepan

Cover the sauce pan and turn off heat and let stand for 10 minutes

Stir in more cheese if you like

12 Easy Ways to Dress Up Soup

While nothing is better than a hot bowl of the stuff with a grilled cheese sandwich, our recent taste test left me thinking that when the grilled cheese is missing, that store-bought soup needs a little...help. Here are 12 creative add-ins to doctor up a classic.

1. Add a can of diced tomatoes, a bit of cream, and torn fresh basil leaves.
2. Swirl some red wine vinegar into the soup and serve with a stack of mozzarella and fresh basil leaves on a toasted baguette.

3. Add a drizzle of pesto (homemade or store bought) and finish with toasted pine nuts and croutons.
 4. Add a teaspoon or two of Thai red curry paste and some cooked rice, then top with cooked shrimp.
 5. Rub a slice of bread with raw garlic, top with Gruyere, broil until cheese melts and bread is toasted, and then float on your soup.
 6. Add a teaspoon or two of sherry to the soup then pour it over, top with baby spinach, and crumble in goat cheese.
 7. Sautee some chopped bacon and onions and set a little bacon aside. Pour the soup into the sauté pan, add some cream, then pour soup into a bowl and garnish with reserved bacon.
 8. Sautee bell peppers and onions, add the soup. Top with a fried egg and serve with crusty bread.
 9. Sautee onions, garlic, and slivered kale until tender. Add to the soup with a big squeeze of lemon. Top with shaved Parmesan.
 10. Add cooked barley, cubed chicken breast, and spinach to soup in a sauce pan and warm through. Place in bowl and crumble a little feta on top.
 11. Buy pre-made polenta and cut into squares. Sautee sliced Swiss chard then set aside. Sauté polenta in a little olive oil until warm, add the soup and chard, then shave Parmesan on top.
 12. Sautee garlic and onion with an anchovy or two, add some diced tomatoes, capers, and pitted chopped olives. Pulse in a food processor and add as a relish on top of the soup with some fresh parsley. Serve with garlic bread.
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Chili Baked Potatoes

Ingredients

- 6 Russet Potatoes
- Olive oil or butter
- Sea salt
- 2 Cans Chili
- ½ cup Sour cream

1 cup Grated cheddar cheese
Fresh parsley or cilantro for garnish (optional)

Instructions

Preheat oven to 400° F. Adjust oven rack to the center of the oven. Place second oven rack underneath with a baking sheet lined with aluminum foil to catch any drippings.

Scrub potatoes with a medium bristled brush. Rub with olive oil or butter and sprinkle with sea salt. Pierce the potato with a sharp knife or fork about 3-5 times around the potato to allow steam to escape as cooking. Place directly onto the oven rack placed in the center of the oven.

Test potatoes for doneness by squeezing the center of the potato while using a pot holder to determine if tender or checking the internal temperature of the potato with an instant read thermometer. The potato should register 210° F.

Remove potatoes from the oven and place on the sheet pan used on the rack underneath or another platter for serving.

To serve, split open potatoes with a knife and gently squeeze the potato from both ends to open the contents. Use a large spoon to ladle chili into the center of the potato. Top with sour cream, cheese and optional garnish

Best Bean Salad

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.5 ounce) can garbanzo beans, drained
1 (14.5 ounce) can kidney beans, drained
1 (14.5 ounce) can black beans, drained
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery

1/2 cup salad oil
1/2 cup vinegar
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup white sugar

Directions

Combine the green beans, wax beans, garbanzo beans, kidney beans, green pepper, onion, and celery in a large bowl; toss to mix.

Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved; pour over the bean mixture. Refrigerate 8 hours or overnight before serving.

Note: you can replace the 5 cans of various beans with 2 cans of mixed beans and use half of the remaining ingredients

Low Fat Spicy Black Bean Hummus Without Tahini

Serve with veggies & crackers for a healthy snack or spread on sandwich for extra protein & spice!

Ingredients

1 15 oz. can black beans, no salt added, drained & rinsed
1 jalapeno pepper ends & seeds removed
1/4 cup fresh cilantro
4 garlic cloves
1 tsp cumin
1/4 tsp paprika
1/4 tsp cayenne pepper
1 tbsp. sesame oil
4 tbsp. lime juice

Instructions

To a food processor or blender, add all ingredients

Blend until ingredients are smooth

Remove & enjoy

Keep in the refrigerator in a storage container up to a week

Three-Bean Chili

Ingredients

2 teaspoons olive oil

1 cup chopped onion

1/2 cup chopped green bell pepper

2 teaspoons minced garlic

3/4 cup water

2 tablespoons tomato paste

2 teaspoons chili powder

2 teaspoons ground cumin

1/4 teaspoon black pepper

1 (15 1/2-ounce) can garbanzo beans, rinsed and drained

1 (15 1/2-ounce) can red kidney beans, rinsed and drained

1 (15 1/2-ounce) can black beans, rinsed and drained

1 (14 1/2-ounce) can vegetable broth or water

1 (15 oz. can of diced tomato

1 tablespoon yellow cornmeal

1/4 cup chopped fresh cilantro

6 tablespoons reduced-fat sour cream

Directions

Heat olive oil in a large saucepan over medium-high heat. Add onion, bell pepper, and garlic to pan; sauté 3 minutes. Stir in 3/4 cup water and next 9 ingredients

(through diced tomatoes); bring to a boil. Reduce heat, and simmer 8 minutes. Stir in cornmeal; cook 2 minutes. Remove from heat; stir in cilantro. Serve with sour cream.

Quick Black Bean Burger

Ingredients

1 (2-ounce) hamburger bun, torn into pieces
3 tablespoons olive oil, divided
2 teaspoons chopped garlic
1 (15.25-ounce) can black beans, rinsed and drained
1 teaspoon grated lime rind
3/4 teaspoon chili powder
1/2 teaspoon chopped fresh oregano
1/4 teaspoon salt
1 large egg, lightly beaten
1 large egg white, lightly beaten

Directions

Place bun in a food processor; process 4 times or until crumbs measure about 1 cup. Transfer to a bowl.

Combine 1 tablespoon oil, garlic, and beans in processor; pulse 8 times or until beans make a thick paste. Scrape bean mixture into bowl with breadcrumbs. Stir in rind and remaining ingredients. With moistened hands, divide bean mixture into 4 equal portions (about 1/3 cup mixture per portion), shaping each into a 3-inch patty.

Heat the remaining 2 tablespoons oil in a large non-stick skillet over medium-high heat. Add patties to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned. Carefully turn patties over; cook 3 minutes or until bottom edges are done.

Bean Sprouts

A diet of seeds will give you scurvy. A diet of sprouted seeds will give you better nutrition than you have now. Yachties (person who sails), survivalists, and Mormons count on sprouts as a way to thrive on cheap stored food. There's not much to it. Soak the seeds or beans for a day, then rinse and drain them once a day.

After the first day they've magically become fresh vegetables.

Mung beans and lentils are the easiest to find and sprout.

Eat them quick! They'll keep growing and you'll have too much.

Some sprouts are better grown in the dark. When exposed to light they start making green leaves. These are fine.

That's all you really need to know.

That and the fact that a lot of your food is contaminated with poison.

So you better find a source of safe water and switch to a diet of sprouts.

Tuna Pasta Salad

Ingredients

130g can Tuna

Green beans or 1 can green beans

150g pasta shells, cooked and refreshed under cold water

25g fresh rocket or lettuce

½ zest of lemon

1 tsp capers

½ red onion, finely sliced

Directions

This tuna pasta salad recipe does not require very much work. Simply cook the green beans in boiling water for 3 to 4 minutes, drain and leave to cool slightly. In a large mixing bowl add the tuna infusion, capers, red onion, warm green beans and lemon and toss together. Now add the pasta shells, fresh rocket and give it one final mix and serve.

Feel free to experiment with different herbs and vegetables to make your tuna pasta salad recipe your very own.

Ways to Use a Can of Tuna Or any Canned Fish

OK, it's really boring if all you ever do is make it into tuna fish sandwiches. We've got a couple of ways to make this pantry staple a more interesting meal.

So here are a few ways to eat a can:

Bean and tuna salad. Some creamy white beans, something crunchy (maybe celery or fennel) and chunks of tuna, dressed with a little lemon juice and olive oil.

Pasta salad. Cold pasta salad with crisp vegetables, light vinaigrette, and flecks of tuna is a great alternative to pasta salad with chicken.

Tuna croquettes. Tuna croquettes are a fun (kid-friendly!) way to use up several pantry staples—tuna and crackers.

Layered with eggplant. Chunks of tuna are layered with grilled eggplant (from a jar!) and tomatoes

Tuna melts! Technically, this is still tuna salad. But good cheese makes it much more interesting. We've been making them lately with parmesan. Run under the broiler for a few minutes, and then top with arugula.

No-mayo tuna salad. Why not try an olive oil-and-vinegar based dressing instead of mayonnaise?

In a casserole. Heat it up with some cheese and pasta.

Plain. Not exciting, we know, but have you ever just eaten tuna out of the can with some good salt and pepper? It's actually kind of nice. Don't feel like you have to have bread and mayonnaise. A cracker and a drizzle of lemon juice may be all you need.

FRUIT COCKTAIL CAKE

Ingredients

1 1/2 c. sugar

2 c. flour

2 tsp. soda

2 eggs

1 can fruit cocktail

1/2 c. brown sugar, approximately

Mix first 3 ingredients together; add eggs and fruit cocktail. Sprinkle brown sugar over top. Bake in 11 x 8 inch pan 40 minutes at 350 degrees.

TOPPING:

1/2 c. brown sugar

1/2 c. canned milk

1 stick butter

1/2 tsp. vanilla

Bring to a good boil. Remove from heat; add 1/2 teaspoon vanilla. Let cool slightly. Pour over warm cake.

Punch holes in top of cake with toothpick so icing will soak in.

10 Minute Tomato Sauce

This simple recipe so it is suggested that it be followed closely in order to achieve a fresh tasting sauce from canned tomatoes.

Ingredients

- 1/4 cup onion, grated
- 2 tbsp. oil
- 1/4 tsp. dried oregano
- 1/2 tsp. salt
- 2 garlic cloves, crushed
- 1 (28 ounce) can crushed tomatoes
- 1/4 tsp. sugar
- 1 tbsp. olive oil
- 2 tbsp. fresh basil, chopped or 1 of dried basil

Directions

Place oil in saucepan over medium heat. Add 1/4 cup grated onion. Sauté 2 minutes, add oregano and 1/2 tsp salt. Cook with stirring 3 minutes until onions begin to brown. Add crushed garlic. Cook 30 seconds. Add crushed tomatoes and sugar. Turn heat to high and cook with stirring until simmering. Turn heat to medium low. Simmer 10 minutes. Remove from heat. Stir in olive oil and basil. Season with salt and pepper to taste. Serve over pasta.

Creamy Rice Pudding

Ingredients

- 1 1/2 cups water
- 1/2 cup uncooked long grain rice
- 1 cinnamon stick

Dash of salt
2/3 cup Sweetened Condensed Milk
2/3 cup Evaporated Milk
2/3 cup milk
1/2 cup raisins or pecan halves
Ground cinnamon

Directions

Combine water, rice, cinnamon stick and salt in medium saucepan. Bring to a boil; reduce heat to low. Cover and simmer 20 minutes.

Stir in sweetened condensed milk, evaporated milk and milk. Simmer uncovered, stirring frequently, about 20 to 25 minutes or until rice is tender. Remove cinnamon stick.

Stir in raisins or nuts, if desired. Pudding thickens as it cools. Sprinkle with ground cinnamon before serving. Serve warm or chilled. Store covered in refrigerator.

Prize Winning Tea Biscuits

Ingredients

2 cups of flour
4 teaspoons of baking powder
1 teaspoon of salt
1/4 cup of shortening
1 cup of milk

Directions:

Mix together flour, baking powder and salt.
Cut in shortening with 2 knives or a pastry blender, until mixture is the consistency of coarse cornmeal.

Make a well in the centre of these ingredients; add liquid slowly.
When all the liquid has been added, stir dough rather vigorously until it comes freely from the side of the bowl.
Turn dough onto lightly floured board and kneed lightly for a few minutes.
Roll or pat out to desired thickness – about 1/2 inch.
Cut dough with a knife or biscuit cutter, place on greased baking sheet.
Bake in a hot oven (450F) for 12 – 15 minutes.

Variations of Tea Biscuits

Cheese - Decrease shortening to 3 tablespoons and salt to 3/4 teaspoon. Cut in 1/2 cup of grated cheddar cheese with shortening.

Buttermilk – Decrease baking powder to 2 teaspoons; add 1/2 teaspoon of baking soda. Substitute 1 cup of buttermilk for milk

Fruit or Nuts - Add 1/4 cups of granulated sugar and decrease milk to 3/4 cup. Add 3/4 cup of raisins, currants or nuts with milk.

Whole Wheat – use 1 cup of whole wheat flour and 1 cup of all purpose flour

Sugar Cookies

Ingredients

2 eggs
3/4 cup vegetable oil
2 tsp vanilla
3/4 c sugar
2 cups flour
2 tsp baking powder
1/2 tsp salt
Optional small saucer of sugar.

Directions

Heat oven to 400 (F). Mix all dry ingredients then beat together wet ingredients and fold together. Drop cookies onto a cookie sheet lined with parchment paper, then wet the bottom of a glass in water, press into bowl of sugar and flatten cookies. Bake about 8 minutes. (timing may vary depending on your oven).
Serving Size: makes 21-24 large cookies

Basic Muffins

Begin with our basic batter and add your choice of mix-ins from our list of variations below to make blueberry, chocolate chip, bran-raisin, cherry-pecan, or corn muffins.

INGREDIENTS

3/4 cup (1 1/2 sticks) butter, melted, plus more for pan
2 cups all-purpose flour (spooned and leveled), plus more for pan
2 large eggs
1/2 cup whole milk
1/2 teaspoon pure vanilla extract
3/4 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon salt
Mix-ins (see variations; optional)
2 tablespoons sanding sugar (optional)

DIRECTIONS

Preheat oven to 375 degrees, with rack in lower third. Butter and flour a standard 12-cup muffin pan, tapping out excess. Set aside.
In a small bowl, whisk together butter, eggs, milk, and vanilla; set aside. In a large bowl, whisk together dry ingredients; make a well in the center. Add egg mixture to well. With a rubber spatula, gently stir ingredients just until batter is moistened (do not over-mix; a few lumps are fine). Add mix-ins, if desired.

Spoon batter into prepared muffin cups, filling each about two-thirds full; sprinkle with sanding sugar, if desired. Bake until a toothpick inserted in center of a muffin comes out clean, 15 to 20 minutes. Loosen muffins, and tip them on their sides to cool in pan. Serve warm or at room temperature (muffins are best the day they are made).

VARIATIONS ON MUFFINS

Corn

In Step 2, reduce flour to 1 cup, and add 3/4 cup yellow cornmeal.

Bran-Raisin

In Step 2, reduce flour to 1 1/2 cups, and add 1 cup bran and 1 teaspoon ground cinnamon; replace butter with 3/4 cup vegetable oil (such as safflower). At the end of Step 2, fold 3/4 cup raisins into batter.

Chocolate-Chip

At the end of Step 2, fold 1 1/2 cups semisweet chocolate chips into batter.

Blueberry

At the end of Step 2, fold 1 1/2 cups blueberries (fresh or frozen) into batter.

Cherry-Pecan

At the end of Step 2, fold 3/4 cup chopped pecans and 3/4 cup dried cherries into batter.

COOK'S NOTES

To freeze muffins: Place in a re-sealable plastic bag, and freeze up to 3 months.

Mac and Cheese Variations

For this pizza mac, brown off some hot Italian sausage (or if you're not exactly the picante type, mild is fine), then cook some sliced pepperoni in the hot fat until it crisps and curls. Toss it all together with your mac & cheese, along with some diced tomatoes, sliced olives, sliced pepperoncini, and oh, what heck, some extra handfuls of mozzarella, parmesan, and basil. This is what happens when the moon hits your eye like a big bowl o' mac.

Everyone loves cheese burgers. Everyone loves mac & cheese. Put the two together, and what do you have? **You do the math.**

Brown some ground beef in a skillet, make your mac & cheese, then stir in the beef, a can of tomatoes, and a handful of sliced scallions. Pickled jalapeños if you want bonus points from the chili heads.

A date-worthy vegetarian mac & cheese made by combining standard mac with a can of drained chickpeas, some chopped blanched (or microwaved or frozen) spinach, and a sprinkle of paprika.

Chopped chipotles and creamy oozy cheese are a natural combo, and black beans seem to fit nicely into that bowl. If you want to spice it up even more, stir in some fresh or pickled chopped chilies for extra heat.

BUFFALO CHICKEN

We all know that Max is a fan of the buffalo, and personally, I can't get enough of Frank's. I put that s*&t on everything. Buffalo mac & cheese is as easy as adding some shredded chicken, a good pour of buffalo sauce, and a handful of crumbled blue cheese. Beer and celery optional.

NOTES

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Special thanks to
Chef Pat Hogan
of the Sooke Lions
for the Recipes.

Thanks to the Sooke
Lions for printing.

