

NewHorizons



A Collection of Recipes
from the Community

This cookbook is
a compilation of
our community's
favorite recipes.

Enjoy!

Contents

BREAKFAST 4

SOUPS, SALADS, & SHAREABLES 12

PASTAS 24

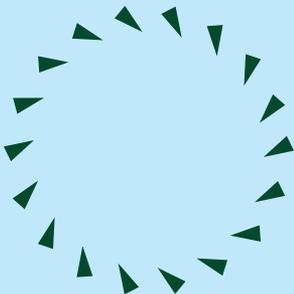
ENTREES 36

SWEETS 54



Breakfast

BREAKFAST BAKE	6
GERMAN PANCAKE RECIPE	7
SPINACH QUICHE	8
BAGEL EGGS	9
BLUEBERRY ALMOND SMOOTHIE	10
EVERYTHING SCONES	11





Breakfast Bake

👤 Christine Mascarenas, Caregiver

6 Servings

INGREDIENTS

1 package sausage

¼ cup milk

10 slices bacon

salt & pepper

8 eggs

shredded cheese

2 to 3 potatoes, cut up

cooking spray

INSTRUCTIONS

1. Cook and drain the sausage and bacon, then chop up
2. Crack all eggs into bowl and mix with milk, salt and pepper
3. Mix all together and pour into a sprayed baking pan
4. Cook at 375 until eggs are set and the top begins to brown
5. Sprinkle cheese over top and melt
6. Enjoy!

German Pancake Recipe

👤 Cherity Laub, Caregiver
6 Servings

INGREDIENTS

6 eggs	½ cup granulated sugar
1 Cup milk	½ cup dark brown sugar
1 tbsp vanilla extract	1 cup flour
½ tsp salt	5 tbsp butter
½ tbsp cinnamon	(optional) fresh fruit for toppings
¼ tbsp nutmeg	

INSTRUCTIONS

1. Preheat oven to 425 degrees and put an oven safe dish (preferably cast iron) into oven with the 5 tbs of butter and the fresh fruit
2. Combine all ingredients (excluding fruit) into a blender and blend until smooth
3. Once butter has melted, carefully pour batter into dish and immediately put into preheated oven.
4. Bake for 25 min or until the crust is golden
5. Top with powdered sugar
6. Other toppings could include, syrup, whipped cream, chocolate, fruit, nuts.

You can also make Mini German Pancakes by using cupcake tins. Same bake temp, bake time is 13-15 min. Cool thing about the minis is that you can customize each pancake with different flavors.



Spinach Quiche

👤 Candy Nelson, Caregiver

4 Servings

INGREDIENTS

1 cooked pie crust

1 onion - chopped

5 eggs

6 strips of bacon

¼ cup whole milk or cream

2 minced cloves of garlic

1 bunch of spinach - chopped

2 ½ cups shredded cheese

INSTRUCTIONS

1. Cook bacon. Remove grease. Cut into pieces.
2. Cook onion and garlic in 3 Tablespoons of butter.
3. Add spinach and cook it down.
4. Layer ingredients, starting with bacon on the bottom of the crust, then spinach, then cheese.
5. Beat eggs and milk or cream and pour onto layers in the pie shell.
6. Bake at 350 degrees for 59 minutes.
7. Let cool for 15 minutes and then enjoy it!

Bagel Eggs

★ NH Favorite

4 Servings

INGREDIENTS

2 plain bagels

2 tbsp unsalted butter

2 cloves garlic, chopped

2 tbsp unsalted butter

2 shallots, thinly sliced

¼ Tsp kosher salt

6 large eggs

½ tsp freshly ground black pepper

2 oz. cream cheese, cut into small pieces

6 fresh chives

INSTRUCTIONS

1. Heat the broiler to high (with the oven rack about 4 inches from the top).
2. For the bagels, cut them in half so you have 4 rounds and scoop out the fluffy-doughy insides. Broil the bagels for 1 to 2 minutes, until golden brown.
3. In a small skillet, melt the butter over medium heat. Add the garlic. Swirl the pan for 1 to 2 minutes, until the garlic is toasty and pale brown.
4. For the eggs, in a medium nonstick skillet, melt the butter over medium-high heat. Add the shallots and $\frac{1}{8}$ teaspoon of the salt. Cook for 7 to 8 minutes, stirring occasionally, until caramelized. Reduce the heat to medium-low.
5. In a medium bowl, whisk together the eggs, the remaining $\frac{1}{4}$ teaspoon salt, and the pepper. Pour the eggs over the shallots and scramble until very soft. Dot the pieces of cream cheese over the eggs. Continue to scramble the eggs to your liking.
6. Drizzle the warm garlic butter into the wells of the bagels and fill them with the eggs. Use scissors to snip the chives over the tops.



Blueberry Almond Smoothie

★ NH Favorite

1 Serving

INGREDIENTS

1 cup frozen blueberries

½ of a banana

2 tbsp coconut water

2 tbsp almond butter

2 tbsp plain, Greek or coconut yogurt

2 tbsp spinach puree or 1 cup fresh spinach leaves

INSTRUCTIONS

1. Place all of the ingredients in a blender and blend until smooth. Add a little more coconut water if the consistency is too thick.

Everything Scones

★ NH Favorite

8 Servings

INGREDIENTS

2 cups all-purpose flour

3 tbsp sugar

2 ½ tsp baking powder

¼ tsp baking soda

½ tsp kosher salt

½ cup (1 stick) cold unsalted butter

6 tbsp buttermilk (shaken), plus more if necessary

1 large egg

¼ cup “everything” seasoning

INSTRUCTIONS

1. Heat the oven (with the oven rack in the middle) to 400°F. Line a sheet pan with parchment paper.
2. In a food processor, combine the flour, sugar, baking powder, baking soda, and salt. Pulse several times to mix. Cut the butter into small pieces and add. Pulse a few times until the butter pieces are pea-size. Transfer to a large bowl.
3. Drizzle in ¼ cup of the buttermilk. Use your fingertips mix it into the flour mixture. Now add the remaining 2 tablespoons and mix in. The crumbs should be moist, not dry, and hold together when pinched. You want to have just enough moisture but not too much.
4. Pour the mixture onto a clean work surface. Use your hands to bring it together. If it just won't hold together, add another tablespoon of buttermilk. Gently knead a few times - it will seem at dry to start, but it should start to come together. Gently knead a couple more times. Shape into a disk a little less than one inch thick.
5. Use a large chef's knife to cut into 8 triangles. Place on the prepared pan.
6. In a small bowl, beat the egg. Brush the tops and sides of the scones. Pour the “everything” onto a plate. Dip the tops and sides of each scone into the seasoning.
7. Bake the scones 16 to 18 minutes, until the sides hold their shape when touched and golden brown at the edges.



Soups, Salads, & Shareables

CHICKEN TORTILLA SOUP	14
CROCKPOT CHICKEN ENCHILADA SOUP	15
LEEK POTATO SOUP	16
BROWN SUGAR & SPICE ROASTED CARROTS	17
CHICKEN NOODLE SOUP	18
CHICKPEA PASTA SALAD W/ TOMATOES, CUCUMBER, & FETA	19
COBB SALAD PLATTER	20
CUCUMBER-FETA SALAD WITH CHICKPEAS & BASIL	21
TOMATO & RICOTTA TART	22
WATERMELON WEDGES WITH FETA AND BASIL	23





Chicken Tortilla Soup

👤 Siobhan Olsen, Care Coordinator

4 Servings

INGREDIENTS

1 lb. shredded chicken breast cooked

1 medium yellow onion chopped

2 garlic cloves

¼ cup cilantro

2 - 14 oz. cans fire roasted diced tomatoes undrained

28 oz. store bought enchilada sauce

3 cups chicken broth

1 can black beans undrained

1 - 10 oz. bag frozen corn

1 tbsp ground cumin

1 tsp chili powder

1 tsp smoked paprika

1 - 4 oz. can diced green chilis

INSTRUCTIONS

1. Saute onion & garlic together, toss all ingredients into a slow cooker and cook on low for 5 hours or high for 2 hours. Top with desired topping and enjoy. Double the recipe & freeze half for a later time.

Optional but delicious toppings:

Shredded Cheese

Chopped Avocado

Sour Cream

Crunchy or soft tortilla strips

Crockpot Chicken Enchilada Soup

👤 Rebecca Gama, Caregiver
6 Servings

INGREDIENTS

½ onion, finely chopped

1 tsp chili powder

1 tsp cumin

1 tsp garlic powder

19 oz. can red enchilada sauce

28 oz. can fire-roasted diced tomatoes

15 oz. can black beans, drained and rinsed

15 oz. can corn, drained and rinsed

2 lbs. boneless, skinless chicken breasts, cut into thirds

2 ½ cups chicken broth

½ cup cheddar cheese, plus more for serving

¼ cup heavy cream

sour cream, for serving

chopped cilantro, for serving

sliced lime, for serving

crushed tortilla chips, for serving

INSTRUCTIONS

1. Combine onion, spices, enchilada sauce, tomatoes, beans, corn, chicken and broth in the bowl of your Crock-Pot. Stir together to combine. Set on high and cook for 3 hours, or until chicken is tender.
2. Remove chicken from Crock-Pot and shred. Return to pot and stir in cheese and cream. Stir and heat on low until cheese is melted. Taste and season with salt if needed.
3. Serve into bowls and top with sour cream, cilantro, crushed chips, more cheddar and a slice of lime if desired.



Leek Potato Soup

👤 Sharron Warren, Caregiver

6 Servings

INGREDIENTS

2 tbsp of butter

1 carton of chicken broth

1 bundle of Leeks

3 cups of cream

4 large potatoes

INSTRUCTIONS

1. Slice and wash leek stalks.
2. Melt butter in large pot then add leeks. Cook until soft. Set aside.
3. In large pot boil potatoes until soft and drain.
4. Add cooked potatoes to cooked leeks. Then add chicken broth and seasoning to your taste.
5. Take a mixer and while mixing all together add cream.

Brown Sugar & Spice Roasted Carrots

★ NH Favorite
4-6 Servings

INGREDIENTS

1 ½ pounds thin carrots	½ tsp kosher salt
2 tbsp extra virgin olive oil	¼ tsp freshly ground black pepper
2 tbsp packed dark brown sugar	⅛ tsp cayenne pepper
½ tsp smoked paprika	1 tbsp chopped fresh dill
½ tsp ground cumin	

INSTRUCTIONS

1. Heat the oven (with the oven rack in the middle) to 425°F.
2. Peel the carrots. If they are longer than 7 inches, cut them in half crosswise. If they are thicker than ¾ inch, cut them in half lengthwise. Otherwise, leave them whole.
3. Put the carrots on a rimmed sheet pan. Drizzle with the oil and, using your hands, toss them together to coat.
4. In a small bowl, stir together the brown sugar, paprika, cumin, salt, black pepper, and cayenne. Sprinkle over the carrots and toss again. Spread in a single layer and roast for 25 to 30 minutes, shaking the pan half-way through, until the carrots are tender. They will be candied and a little burnt in spots.
5. Sprinkle with dill and serve.



Chicken Noodle Soup

★ NH Favorite

6 Servings

INGREDIENTS

3½ lbs. chicken parts (or a whole chicken, cut up)

1 yellow onion

6 carrots

4 ribs celery

1 Tsp whole black peppercorns

2 dried bay leaves

2 Tsp kosher salt

1 cup small noodles, such as tubetti or ditalini

¼ Tsp freshly ground black pepper

1 lemon, cut into wedges

INSTRUCTIONS

1. Rinse the chicken under cold running water and place in a large pot. Cut the onion in half, peel, and add to the pot. Cut 2 of the carrots (no need to peel) crosswise into 3-inch pieces; do the same with 2 ribs of the celery. Add to the pot. Add the peppercorns, bay leaves, and salt. Now add enough cold water to cover everything (about 10 cups).
2. Place on the stove and turn the heat on to high. Let it come to a boil. If any yucky foam rises to the surface, skim it off the top and discard. Lower the heat to medium and let simmer until the chicken pulls easily off the bone, about 50 minutes.
3. Meanwhile, peel the remaining 4 carrots. Slice them lengthwise down the middle (you can, first, cut them crosswise in half if it makes it easier). Now slice crosswise into 1/2-inch thick half moons. Cut the last 2 ribs of celery down the middle then crosswise into 1/2-inch pieces. Set aside.
4. Use tongs to lift the cooked chicken out of the pot and place in a large bowl.
5. Place a strainer in another large pot. Pour the broth and vegetables into the strainer; discard the vegetables.
6. Place the pot on the stove and bring the broth to a boil. Add the chopped vegetables and simmer until just tender, about 8 minutes. Add the noodles and simmer until al dente (according to the timing on the package).
7. While the vegetables and noodles simmer and when the chicken is cool enough to handle, use your hands to pull it into bite-size pieces. Add the chicken to the soup and let simmer a few minutes to heat through. Add the pepper (about 12 turns on pepper mill) and taste for salt- add more if you like. Serve with lemon wedges.

Chickpea Pasta Salad w/ Tomatoes, Cucumber, & Feta

★ NH Favorite
8 Servings

INGREDIENTS

8 oz. chickpea (or regular) small pasta shells	¼ cup chopped flat-leaf parsley
1 pint cherry or grape tomatoes, quartered	2 tbsp red wine vinegar
1 cucumber, cut into ½-inch pieces	1 tbsp fresh lemon juice
1 red bell pepper, cut into ½-inch pieces	3 tbsp extra virgin olive oil
½ of a medium red onion, chopped	½ tsp dried oregano
½ cup pitted kalamata olives, halved	½ tsp kosher salt
	¼ tsp freshly ground black pepper
	1 cup feta cheese, crumbled

INSTRUCTIONS

1. Bring a large pot of water to a boil over medium-high heat. Cook the pasta according to the package directions. Drain the pasta and pass under cold water to stop the cooking. Shake out excess water.
2. In a large bowl, combine the tomatoes, cucumber, bell pepper, onion, olives, and parsley. Add the pasta.
3. In a small bowl, whisk together the vinegar, lemon juice, oil, oregano, salt, and pepper. Pour over the salad and toss well. Crumble the feta over the top and serve.



Cobb Salad Platter

★ NH Favorite

4 Servings

INGREDIENTS

4 slices bacon (optional)	8 fresh chives
1 cucumber	1 ½ tsp dijon mustard
1 pint cherry or grape tomatoes	1 tbsp red wine vinegar
2 to 3 hearts of romaine	3 tbsp extra virgin olive oil
1 avocado	¼ tsp kosher salt
4 oz. of your favorite blue cheese	¼ tsp freshly ground black pepper

INSTRUCTIONS

1. If adding bacon: In a medium skillet, cook the bacon over medium heat for 6 to 8 minutes, until crisp. Transfer to a paper towel-lined plate.
2. Slice the cucumber in half lengthwise then slice crosswise into small pieces. Cut the tomatoes in half.
3. Separate the romaine leaves and place them on a large serving platter. Scatter the cucumber and tomatoes over the romaine.
4. Cut the avocado in half and remove the pit. Without cutting through the skin, dice the avocado. Scoop out the pieces and scatter over the salad. Crumble the blue cheese and bacon over the top. Use scissors to snip the chives over the top.
5. To make the vinaigrette, in a small bowl, whisk together the mustard, vinegar, oil, salt, and pepper. Drizzle over the salad.

Cucumber-Feta Salad with Chickpeas & Basil

★ NH Favorite
4-6 Servings

INGREDIENTS

1 hot house cucumber, cut into thin half moons

15 oz. can chickpeas, drained and rinsed

$\frac{1}{2}$ of a small red onion, thinly sliced

24 cherry or grape tomatoes, halved

2 tbsp extra virgin olive oil

2 tbsp fresh lemon juice

$\frac{1}{4}$ **tsp** kosher salt

$\frac{1}{4}$ **tsp** freshly ground black pepper

1 cup crumbled feta cheese

12 fresh basil leaves, torn

INSTRUCTIONS

1. In a large bowl, combine the cucumber, chickpeas, onion, tomatoes, oil, lemon juice, salt, and pepper. Stir to combine. Add the feta and basil and toss once before serving.



Tomato & Ricotta Tart

★ NH Favorite

4-6 Servings

INGREDIENTS

1 sheet frozen puff pastry, thawed

1 pint cherry tomatoes

1 cup ricotta cheese

extra virgin olive oil for drizzling

1 tbsp fresh thyme leaves

1 tbsp snipped fresh chives

½ tsp kosher or flaky sea salt

½ tsp freshly ground black pepper

¼ tsp crushed red pepper flakes

INSTRUCTIONS

1. Heat the oven to 400°F. Line a sheet pan with parchment paper.
2. Cut the puff pastry sheet in half and place the rectangles on the pan. Using the tip of your paring knife, lightly score (without cutting through) a ½-inch border around the perimeters.
3. Cut the tomatoes in half.
4. Dividing evenly, spread the ricotta within the scored borders of the pastry sheets. Top with the tomatoes. Bake until the puff pastry edges are golden brown and crisp, 20 to 25 minutes.
5. Drizzle a little olive oil over the tops. Sprinkle on the thyme, chives, salt, black pepper, and red pepper. Serve warm.

Watermelon Wedges with Feta & Basil

★ NH Favorite
8-12 Servings

INGREDIENTS

½ of a watermelon

½ of a hothouse cucumber, thinly sliced

1 jalapeño, thinly sliced

4 oz. feta, crumbled

fresh basil or mint leaves

extra virgin olive oil, flaky sea salt, freshly ground black pepper to taste

1 lime, cut into wedges

INSTRUCTIONS

1. Cut the watermelon into four 1-inch thick rounds then cut them into wedges. Top each with cucumber, jalapeño, feta, and basil leaves. Drizzle with oil and sprinkle with salt and pepper to taste. Squeeze lime over the wedges.



Pastas

LEMON GARLIC PASTA	26
CHEESE & PEPPER PASTA (W/ CAULIFLOWER)	27
FREAKY GREEK PASTA	28
FRESH TOMATO & MOZZARELLA PASTA	29
ONE-POT BROCCOLI PASTA	30
SWEET CHERRY TOMATO PASTA	31
PASTA PRIMAVERA	32
ROASTED CAULIFLOWER & PARMESAN PASTA	33
ROASTED TOMATO PASTA	34
SPICY GARLICKY PASTA	35





Lemon Garlic Pasta

👤 Wade Askegreen, Caregiver

4 Servings

INGREDIENTS

1 head of garlic (10-15 cloves)	pinch of salt
¼ cup extra virgin olive oil	⅛ tsp red pepper flakes
4-5 tbsp fresh lemon juice, 1 large or 2 small lemons	½ lb. angel hair pasta
lemon zest	fresh grated parmesan

INSTRUCTIONS

1. Place peeled garlic cloves in an oven safe dish, drizzle with olive oil and cover with foil. Oven roast at 400° for 30-40 minutes (until lightly golden browned). Let cool for 2-3 minutes, then chop.
2. Cook pasta according to package directions. Feel free to use a different type of pasta if you prefer.
3. In a large saute pan over medium/low heat - heat the olive oil and chopped garlic for 4-5 minutes while stirring.
4. Add the lemon juice and continue cooking for 2-3 minutes
5. Reduce heat to low - add the salt and red pepper flakes
6. Add the cooked pasta and toss with the lemon garlic sauce until fully coated
7. Transfer to serving dishes and top with a drizzle of olive oil, lemon zest, fresh grated parmesan cheese and red pepper flakes (optional)

Cheese & Pepper Pasta (w/ Cauliflower)

★ NH Favorite

4-6 Servings

INGREDIENTS

1 head cauliflower

3 tbsp extra virgin olive oil

¾ tsp kosher salt, plus more to taste

¾ tsp freshly ground black pepper

¾ cup grated parmesan, plus more for serving

1 lb. spaghetti or bucatini

INSTRUCTIONS

1. Heat the oven (with the oven rack in the middle) to 425°F.
2. Cut the cauliflower into florets (about 8 cups) and put them on a large rimmed sheet pan. Drizzle with the oil and sprinkle with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Roast 25 to 30 minutes, or until the cauliflower is tender and golden brown at the edges. Let cool.
3. Bring a large pot of salted water to a boil.
4. In a food processor or blender, puree the cauliflower until smooth (you should get about 1¼ cups). Transfer to a medium bowl. Stir in the Parmesan and the remaining ½ teaspoon salt and ½ teaspoon pepper.
5. Cook the pasta according to the package directions. Reserve 1 cup pasta water before draining the pasta into a colander. Return the pasta to the pot.
6. Stir in ¾ cup of the reserved pasta water into the cauliflower mixture, then pour the mixture over the pasta. Stir well until the Parmesan is melted. Add a little more pasta water to make it more creamy, if necessary.
7. Serve topped with a little more Parmesan and pepper.



Freaky Greek Pasta

★ NH Favorite

4 Servings

INGREDIENTS

2 tsp kosher salt, plus more to taste	½ tsp dried oregano
1 lb. penne	¼ tsp red pepper flakes
1 large bunch broccoli (or a 1 lb. bag frozen broccoli florets)	¼ tsp freshly ground black pepper
8 oz. Feta cheese, crumbled (2 cups)	½ cup sliced almonds
1 tsp grated lemon zest (about 1 lemon)	2 tbsp extra virgin olive oil

INSTRUCTIONS

1. Fill a large pot with water 2 inches from the top. Place on the stove over high heat and let come to a boil; add 2 teaspoons of the salt. Meanwhile, cut the broccoli (if using fresh) into florets (you should get about 5 cups).
2. When the water boils, cook the pasta 3 minutes less than the package directions call for, then add the broccoli (fresh or frozen) to the pot and cook 3 minutes more, until the broccoli is tender and the pasta is al dente.
3. Meanwhile, in a large bowl, combine the Feta, lemon zest, oregano, red pepper and black pepper (12 turns on pepper mill.)
4. Place the almonds in a small skillet over medium heat and cook, stirring occasionally, until toasted and fragrant, 3 to 5 minutes.
5. When the pasta and broccoli are done cooking, drain them, immediately add to the large bowl, and toss. Drizzle with oil, add the toasted almonds, and toss again. Salt to taste.

Fresh Tomato & Mozzarella Pasta

★ NH Favorite

4-6 Servings

INGREDIENTS

2 pints cherry or grape tomatoes

¼ tsp crushed red pepper

4 oz. fresh mozzarella

¾ tsp kosher salt

1 clove garlic

¼ tsp freshly ground black pepper

12 leaves fresh basil

1 lb. pasta

¼ cup extra virgin olive oil

INSTRUCTIONS

1. Using a paring or chef's knife, cut the tomatoes into quarters (or in half if they are small) and place into a large bowl. Cut the mozzarella into small cubes and add to the bowl.
2. Peel the garlic and thinly slice (with a paring knife) or, if it's easier, you can chop it (with a chef's knife); add to the bowl. Wash the basil, pat dry with a paper towel, then tear and add to the bowl along with the oil, red pepper, salt, and black pepper (about 12 turns on pepper mill). Stir well. If you have the time, let this marinate at room temperature for an hour.
3. Fill a large pot with water 2 inches from the top. Place on the stove, turn heat to high, and let come to a boil. Add the pasta and cook according to the package directions. Drain the pasta into a colander and immediately add it to the tomato mixture. Stir well and serve.



One-Pot Broccoli Pasta

★ NH Favorite

4 Servings

INGREDIENTS

1 yellow onion	12 oz. ($\frac{3}{4}$ of a 1 pound box) orecchiette pasta
2 cloves garlic	
3 tbsp extra virgin olive oil	1 bunch broccoli (or 1 lb. frozen broccoli florets)
$\frac{3}{4}$ tsp kosher salt	$\frac{1}{2}$ cup grated fresh parmesan, plus more for serving
$\frac{1}{4}$ tsp crushed red pepper flakes	freshly ground black pepper, for serving
4 cups water	
1 sprig fresh basil, plus more leaves for serving	

INSTRUCTIONS

1. Chop the onion and garlic.
2. In a large pot, heat the oil over medium-high heat. Add the onion and salt and cook, stirring often, until very tender, 6 to 7 minutes. Stir in the garlic and red pepper flakes and cook, stirring, until fragrant, about 30 seconds.
3. Add the water and basil sprig and let come to a boil.
4. Add the pasta and cook, stirring occasionally, for 7 minutes. Remove the basil and discard.
5. While the pasta cooks, cut the broccoli into small florets and grate the Parmesan.
6. Stir the broccoli into the pasta, cover tightly, and cook over medium heat until the broccoli is just tender, 2 to 3 minutes. Remove the lid and stir. At this point, most of the pasta water should have been absorbed and become saucy. If it's dry, add a little water. Stir in the cheese until melted. The pasta should be nice and creamy.
7. Serve topped with basil leaves, Parmesan, and black pepper.

Sweet Cherry Tomato Pasta

★ NH Favorite

4 Servings

INGREDIENTS

1 lb. spaghetti

2 tbsp extra virgin olive oil

2 large cloves garlic, chopped

1 cup fresh basil leaves, torn, plus extra for sprinkling

2 pints cherry tomatoes

2 tsp kosher salt

¼ tsp freshly ground black pepper

1 cup fresh ricotta

INSTRUCTIONS

1. Fill a large pot with water 2 inches from the top. Place on the stove over high heat and let come to a boil; add 2 teaspoons of the salt. Cook the pasta according to the package directions (until al dente). Place a colander in the sink. Chop the garlic.
2. Meanwhile, heat 1 tablespoon of the oil in a large pot over medium-high heat. Add the garlic and basil and cook, stirring, for 15 seconds. Stir in the tomatoes, salt and pepper (12 turns on pepper mill) and cook, covered, for 8 minutes. Remove the lid and continue to cook, stirring, until the tomatoes split. Your pasta should be about done. Drain it. Toss the pasta with the tomatoes and stir in the ricotta and the remaining tablespoon of oil. Serve sprinkled with the extra basil.



Pasta Primavera

★ NH Favorite

4-6 Servings

INGREDIENTS

1 lb. orecchiette pasta	¼ cup extra virgin olive oil
1 head broccoli, cut into small florets	¾ tsp kosher salt
3 cloves garlic, chopped	¼ tsp freshly ground black pepper, plus more for serving
1 pint cherry or grape tomatoes, halved	¼ tsp crushed red pepper
1 ear corn (about 1/2 cup corn)	16 leaves fresh basil
½ cup grated parmesan, plus more for serving	

INSTRUCTIONS

1. Fill a large pot with water 2 inches from the top. Place on the stove over high heat and let come to a boil. Cook the pasta according to the package directions until al dente. Put a colander in the sink.
2. While the pasta cooks, cut the broccoli into small florets. Chop the garlic and cut the tomatoes in half. Grate the Parmesan.
3. Remove the husks and silk from the corn. Hold the ear of corn upright in a medium bowl to catch the flying kernels of corn and, using a serrated knife, shave downward to cut the kernels off the cob.
4. Place a large skillet on the stove and turn the heat on to medium. Add the oil and heat until it shimmers (about 1 minute). Add the garlic and cook until fragrant but do not let it brown, about 30 seconds. Add the broccoli and 3 tablespoons water. Cook, stirring, for 1 minute.
5. Add the tomatoes, ¼ teaspoon of the salt, the black pepper (about 12 turns on pepper mill), and the red pepper. Continue to cook and stir until the broccoli is just tender, 3 to 4 minutes more. Remove from the heat and stir in the corn.
6. Right before you drain the pasta, scoop out ½ cup of the pasta water. Put the drained pasta back in the pot and add the broccoli mixture, reserved water, Parmesan, and the remaining ½ teaspoon salt. Stir until the Parmesan is melted and creamy. Serve. Lots of extra cheese and black pepper is key here.

Roasted Cauliflower & Parmesan Pasta

★ NH Favorite

4 Servings

INGREDIENTS

- | | |
|--|---|
| 1 head cauliflower | 1 lb. regular or whole wheat spaghetti |
| 2 cloves garlic, smashed | ¼ cup chopped flat leaf parsley |
| 3 tbsp extra virgin olive oil | ½ cup grated parmesan |
| 1 tsp kosher salt | ¼ tsp crushed red pepper |
| ¼ tsp freshly ground black pepper | |

INSTRUCTIONS

1. Heat the oven (with oven rack in the middle) to 425°F. Fill a large pot with water 2 inches from the top and let come to a boil.
2. Rinse the cauliflower the cut it into bite-size florets; discard the core. Transfer to a rimmed sheet pan.
3. Smash the garlic and add to the pan. Drizzle with the oil and sprinkle with the salt and pepper (about 12 turns on pepper mill). Toss together with your hands and spread into a single layer.
4. Roast for 15 minutes, pull the pan out of the oven and turn the cauliflower with a spatula. Return to the oven to finish roasting until golden brown and tender, 10 to 15 minutes more.
5. Is the water boiling yet? Add the pasta and cook according to the package directions.
6. Meanwhile, chop the parsley and grate the cheese.
7. Once the pasta is al dente, use a liquid measuring cup to scoop out 3/4 cup of the pasta water from the pot and set aside. Then, drain the pasta and the rest of the water into the colander. Return the pasta to the pot along reserved pasta water. Turn the heat on to low. Sprinkle in the Parmesan and stir until it melts and coats the pasta. Remove from the heat and stir in the roasted cauliflower, chopped parsley, and red pepper. Taste to see if it needs more salt before serving.



Roasted Tomato Pasta

★ NH Favorite

4-6 Servings

INGREDIENTS

3 pints grape tomatoes

5 cloves garlic

¼ cup extra virgin olive oil, plus more for serving

½ tsp kosher salt

¼ tsp freshly ground black pepper

¼ tsp crushed red pepper flakes to taste

1 lb. pasta, such as cavatappi

¼ cup grated parmesan, for serving

10 fresh basil leaves

INSTRUCTIONS

1. Fill a large pot with water 2 inches from the top. Place on the stove over high heat and let come to a boil. Cook the pasta according to the package directions until al dente. Put a colander in the sink.
2. While the pasta cooks, cut the broccoli into small florets. Chop the garlic and cut the tomatoes in half. Grate the Parmesan.
3. Remove the husks and silk from the corn. Hold the ear of corn upright in a medium bowl to catch the flying kernels of corn and, using a serrated knife, shave downward to cut the kernels off the cob.
4. Place a large skillet on the stove and turn the heat on to medium. Add the oil and heat until it shimmers (about 1 minute). Add the garlic and cook until fragrant but do not let it brown, about 30 seconds. Add the broccoli and 3 tablespoons water. Cook, stirring, for 1 minute.
5. Add the tomatoes, ¼ teaspoon of the salt, the black pepper (about 12 turns on pepper mill), and the red pepper. Continue to cook and stir until the broccoli is just tender, 3 to 4 minutes more. Remove from the heat and stir in the corn.
6. Right before you drain the pasta, scoop out ½ cup of the pasta water. Put the drained pasta back in the pot and add the broccoli mixture, reserved water, Parmesan, and the remaining ½ teaspoon salt. Stir until the Parmesan is melted and creamy. Serve. Lots of extra cheese and black pepper is key here.

Spicy Garlicky Pasta

★ NH Favorite

4-6 Servings

INGREDIENTS

1 bunch kale	¼ tsp crushed red pepper
4 cloves garlic, chopped	¼ tsp freshly ground black pepper
3 tbsp extra virgin olive oil	1 lb. pasta like cavatappi
½ cup water	¾ cup grated parmesan, plus more for serving
½ tsp kosher salt, plus more to taste	

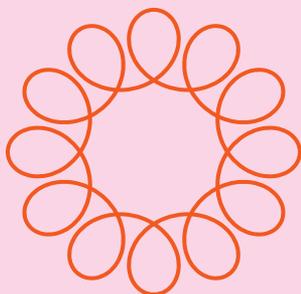
INSTRUCTIONS

1. Fill a large pot with water about 1 inch from the top. Place on the stove, turn heat on to high, and let the water come to a boil. Place your colander in the sink.
2. Pull the kale leaves from the stems; discard the stems. Tear the leaves into small pieces (you will get about 10 cups total). Put into a salad spinner, wash, and spin dry. Chop the garlic.
3. Place another large pot on the stove and turn the heat on to medium-high. Add 2 tablespoons of the oil and heat until it shimmers (1 to 2 minutes). Add the garlic and cook until fragrant, 30 seconds. Add the kale and toss with tongs so it's coated with the oil and garlic then add the water. Cover and cook, stirring once or twice, until the kale is tender, 5 to 7 minutes. Stir in the salt, red pepper, and black pepper (about 12 turns of pepper mill). Remove from the heat.
4. Your water should be boiling by this point. Add the pasta and cook according to the package directions. When the pasta is al dente, use a liquid measuring cup to scoop out ¾ cup of the pasta water. Drain the pasta and the remaining water.
5. Add the pasta to the kale and turn the heat on to medium. Add the reserved pasta water. Once it comes to a boil, add the cheese and stir, using a wooden spoon, until it melts and coats the pasta. Keep stirring until it's nice and creamy. Stir in the remaining tablespoon of the oil. Taste it. You may want to add a little more salt. Serve with a little more Parmesan.



Entrees

TATER TOT CASSEROLE	38
CROCKPOT CHICKEN DINNER	39
CHICKEN TACOS	40
HAWAIIAN STYLE AHI	41
SHRIMP CREOLE	42
CROCKPOT PORK LOIN DINNER	43
THAI INSPIRED CHICKEN	44
CHICKEN ENCHILADAS	45
GEN'S MILD CHILI	46
GRILLED PIZZA W/ MOZZARELLA, ZUCCHINI & CORN	47
PIZZA	48
VEGGIE TACOS	49
BUTTERMILK PAN FRIED CHICKEN	50
ONE POT CHICKEN W/ WINE & POTATOES	51
STIR FRIED RICE W/ BACON & MUSHROOMS	52
CHICKEN W/ RICE & PEAS	53





Tater Tot Casserole

👤 Jaiden Reeves, Caregiver

4 Servings

INGREDIENTS

1 lb. ground beef or ground turkey	grated cheese of your choice
1 can corn	salt & pepper
1 can green beans	onion powder
¼ onion, chopped	garlic powder
1 can cream of chicken soup	basil
½ bag of frozen tater tots	

INSTRUCTIONS

1. Preheat oven to 400°F
2. Cook ground beef/turkey until cooked through in a skillet. Add onions and all seasonings or preferred seasonings to the meat. Let onions become soft.
3. In a casserole dish, add your meat and onion to the bottom.
4. Scoop out your cream of chicken on top of the meat. Spread evenly.
5. Add your corn and green beans (or one or the other) on top. You may only need half a can of each.
6. Put an even layer of tots on top, over the entire dish.
7. Add your graded cheese above the tots.
8. Bake in the oven, uncovered, for 25-30 minutes, or until cheese is melted and tots are golden brown.
9. Easy to serve and enjoy right away, or can be stored in the fridge or freezer!

Crockpot Chicken Dinner

👤 Candy Nelson, Caregiver
6 Servings

INGREDIENTS

3 lbs. boneless chicken thighs, cooked in chicken broth at 350 degrees for 1 hour, separated

2 carrots, peeled and diced

2 stalks of celery, diced

½ onion, diced

4 cups chicken broth - use the rest of what you cooked the chicken thighs

INSTRUCTIONS

1. Cook raw vegetables in a couple of tablespoons of butter. Add to the crock pot. Cut up the chicken into bite sized pieces. Add to the crock pot. Add broth. Let cook for 5 - 6 hours on low.
2. Cook a couple handfuls of noodles according to package directions. These you will add to the crock pot About an hour before you want to eat.



Hawaiian Style Ahi

👤 Shannon Warren, Caregiver

4 Servings

INGREDIENTS

2 lbs. fresh ahi (yellow fin tuna)

oyster sauce (fish sauce, bottled)

½ lb. mushrooms, sliced

1 onion, sliced-divided into rings

1 tomato, cut into small wedges

monterey jack cheese, shredded

INSTRUCTIONS

1. Sear ahi on both sides then place into baking dish. Cover with mushrooms, onions, and tomatoes. Pour oyster sauce over entire fish, let the fish swim in the sauce. Then top with shredded cheese.
2. Cover with foil and cook at 350 for 45 minutes.



Shrimp Creole

📍 Ms. C.R., Client

4 Servings

INGREDIENTS

½ cup salted butter

1 medium onion diced

1 cup celery diced

1 minced garlic clove

2 tbsp flour

1 tsp salt

½ tsp black pepper

¼ tsp paprika

1 tsp chili powder

2 drops Tabasco sauce

24 oz. favorite marinara sauce

1 cup water

1 lb. shrimp

INSTRUCTIONS

1. Make the seasoning: sauté vegetables in the butte. Add flour, salt, pepper, paprika, chili powder, and Tabasco.
2. Stir in marinara sauce and water and simmer for 15 minutes.
3. Add shrimp and simmer for another 5 minutes.
4. Serve over rice & enjoy!

Crockpot Pork Loin Dinner

👤 Candy Nelson, Caregiver
4 Servings

INGREDIENTS

1 Smithfield pork tenderloin, 18.4 ounces sweet teriyaki flavored

2 cans Campbell's mushroom gravy

2 large russet potatoes, peeled and quartered

8 oz. mushrooms, sliced

1 white onion, diced

several carrots, peeled and quartered

INSTRUCTIONS

1. Place all ingredients in the crockpot and cook on low for 8 hours. Dinner is ready when potatoes are tender.
2. To plate, remove the tenderloin and cut into thin slices. Place on a platter, surrounded by the vegetables.
3. Taste the gravy, and season with salt and pepper as needed. Pour the gravy over the pork and serve.



Thai Inspired Chicken

👤 Ali Dean, Chief Care Officer

4 Servings

INGREDIENTS

- | | |
|---|---|
| 1 (4-inch) piece fresh ginger, peeled | 2 tbsp vegetable or coconut oil, plus more as needed |
| 6 garlic cloves, peeled | 2 cups chicken broth |
| 1 jalapeño | 14 oz. full-fat coconut milk |
| 2 lbs. ground chicken | ½ tsp granulated sugar |
| 1 large bunch cilantro, leaves and stems finely chopped, a few whole leaves reserved for serving | 5 oz. baby spinach |
| 3 tbsp fish sauce | 1 tbsp lime juice, plus lime wedges for serving |
| kosher salt | steamed white or brown rice |
-

INSTRUCTIONS

1. Using the small holes of a box grater, or a Microplane, grate the ginger, garlic and jalapeño (or finely chop them by hand). Transfer half to a large bowl and set the rest aside. To the large bowl, add the chicken, finely chopped cilantro, 2 tablespoons fish sauce and 1 teaspoon salt. Use your hands or a fork to fully combine but do not overmix.
2. Use your hands or an ice cream scoop to form 2-inch meatballs (about 2 ounces each). In a large Dutch oven or pot, heat the oil over medium-high heat. Working in batches, add the meatballs in a single layer and cook, flipping halfway through, until golden brown on two sides, 5 to 8 minutes. Transfer to a plate and repeat, adding oil as needed.
3. Once all the meatballs are browned and out of the pot, if the oil is burned, wipe it out and add a bit more to the pot. Reduce the heat to medium, add the reserved ginger mixture and sauté until fragrant, about 1 minute. Add the chicken broth, coconut milk, sugar and the remaining 1 tablespoon fish sauce, and bring to a simmer. Add the meatballs and any juices from the plate, and simmer until the flavors come together and the meatballs are cooked through, 5 to 8 minutes.
4. Remove from heat, and stir in the spinach and lime juice. Divide rice among bowls, then top with meatballs, broth and cilantro. Serve with lime wedges.

Chicken Enchiladas

👤 Bill, Caregiver

4 Servings

INGREDIENTS

2 tbsp avocado oil (or olive oil)

1 small white onion, peeled and diced

1 ½ lbs. boneless skinless chicken breasts, diced into small ½ inch pieces

4 oz. black beans, rinsed and drained

8 large flour tortillas

3 cups Mexican-blend shredded cheese

1 batch red enchilada sauce

optional toppings: fresh cilantro, chopped red onions, diced avocado, sour cream, and/or crumbled cotija cheese

INSTRUCTIONS

1. Prep oven and enchilada sauce. Preheat oven to 350°F. Prepare your enchilada sauce.
2. Sauté the filling mixture. In large sauté pan, heat oil over medium-high heat. Add onion and sauté for 3 minutes, stirring occasionally. Add diced chicken and green chiles, and season with a generous pinch of salt and pepper. Sauté the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through. Add in the beans and stir until evenly combined. Remove pan from heat and set aside.
3. Assemble the enchiladas. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, chicken mixture, and cheese. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup cheese. Roll up tortilla and place in a greased 9 x 13-inch baking dish. Assemble the remaining enchiladas. Then spread any remaining sauce evenly over the top of the enchiladas, followed by any extra cheese.
4. Bake uncovered for 20 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside. Transfer the baking dish to a wire baking rack.
5. Serve the enchiladas immediately while they're nice and hot and melty, garnished with lots of fresh toppings. Enjoy!



Gen's Mild Chili

👤 Genevieve Daley, Caregiver

8 Servings

INGREDIENTS

1 lb. thinly sliced steak, pre-seasoned

1 lb. ground sirloin, pre-seasoned

1 tbsp vegetable oil

(3) 14.5 oz. cans of diced tomatoes

16 oz. dark red kidney beans, drained and rinsed

16 oz. black beans, drained and rinsed

16 oz. pinto beans, drained and rinsed

1 qt. tomato juice

1 medium "yellow" onion, diced

2 Anaheim chili peppers, seeded and cut brunoise (1/8"3)

1 red pepper, seeded and cut brunoise

1 green pepper, seeded and cut brunoise

1 tbsp fresh garlic, minced

1 tsp cayenne pepper

1 tsp ground cumin

1 tsp dark chili powder

1 tsp garlic powder

1 tsp onion powder

*The spices can be mixed together in advance to make the "Cajun Season" needed to pre-season the meat; prior to the sauté process. Reserve some of the "Cajun Season" for Gen's Mild Chili to be seasoned to taste.

INSTRUCTIONS

1. Add 2T. Veggie oil to a 5.5 qt. rondeau, pre-heated to a medium high heat.
2. Add pre-seasoned sliced steak and ground sirloin steak. Sprinkle lightly with "Cajun seasoning" and cook, stirring frequently, until browned/cooked all the way through.
3. Meanwhile in a separate 10 in. sauté pan, heat 2T. Veggie oil. Add all of the fresh veggies and sauté until the onions look translucent,
4. Remove browned meat from the heat and drain the fat. Return to the burner at a medium-high heat.
5. Add the cooked fresh veggies to the cool. Add the drained and rinsed beans (kidney, pinto, and black beans) Stir well.
6. Add enough tomato juice to cover all.
7. Heat to boiling, stirring occasionally.
8. Reduce heat, cover and simmer.
9. Simmer from 3-5 hours, stirring occasionally, depending on desired thickness.

Grilled Pizza w/ Mozzarella, Zucchini & Corn

★ NH Favorite
4 Servings

INGREDIENTS

extra virgin olive oil

12 oz. store-bought or homemade
pizza dough

8 oz. fresh mozzarella

1 medium zucchini

½ of a small red onion

1 ear of corn

½ tsp kosher salt

¼ tsp crushed red pepper flakes

¼ cup grated parmesan

8 fresh basil leaves

INSTRUCTIONS

1. Add a few drops of oil to a medium bowl. Add the dough and turn to coat in the oil. Cover with plastic wrap. Let the dough rest until it reaches room temperature.
2. Slice the mozzarella. Slice the zucchini into very thin rounds. Slice the onion half into very thin rounds then separate into rings.
3. Use a serrated knife to shave the corn kernels from the ear of corn (you'll only need ½ cup of kernels).
4. Heat the grill to medium-high. Lightly oil the pizza grill pan.
5. Using your hands (or a rolling pin, if you prefer), stretch the dough to the size of the grill pan (12 inches). Lay the dough on the pan, stretching to fit.
6. Top the dough with the mozzarella, zucchini, onion, and corn. Drizzle with a little olive oil and sprinkle with the salt and crushed red pepper. Top with the Parmesan.
7. Use tongs to place the pizza pan on the grill. Grill with the lid closed (and at no higher than 450°F) for 10 to 12 minutes, until the crust is golden brown.
8. Transfer the pizza to a cutting board. Top with the basil leaves and slice.



Pizza

★ NH Favorite

4 Servings

INGREDIENTS

28 oz. whole plum tomatoes

1 ½ tsp dried oregano

½ tsp kosher salt

1 tbsp extra virgin olive oil

1 small clove garlic

1 ½ lbs. pizza parlor or store-bought pizza dough

6 oz. fresh mozzarella

¼ cup grated parmesan

fresh basil, for serving

crushed red pepper flakes, for serving

other toppings: thinly sliced bell peppers, red onion, mushrooms, olives, etc.

INSTRUCTIONS

1. Heat the oven (with the oven rack in the lowest position) to as high as it can go. If you have a pizza stone, great, use it. If, like us, you don't, lightly oil the back of a large sheet pan.
2. Make the sauce: Scoop out the tomatoes from the can into a food processor (saving the liquid in the can for another use). Add the oregano, salt, and oil. Using a microplane or the small holes on a cheese grater, grate in the garlic. Puree until smooth.
3. For the pizza, if you want one type of pizza, gently flatten and stretch the dough over the back of the pan. If you want 2 types of pizza, first cut the dough in half. Gently flatten each piece of dough with your fingertips. Then stretch it evenly, starting at the edges, until it's 8 to 10 inches in diameter. You can pick the dough up and gently pull at the edges while rotating to help stretch it. It should be thin but not see-through. If the dough refuses to stretch, let it rest for 10 minutes to relax the glutes. It's okay if they are a little wonky and not perfect circles.
4. Spread a thin layer of the sauce over each pizza, leaving a one inch border around the edges. You will have extra sauce – refrigerate or freeze it. Slice the mozzarella and arrange over the sauce. Add more toppings if you like. Sprinkle Parmesan over the pizza(s).
5. Bake 15 to 18 minutes, until the crust is golden brown and crisp. Slide the pizzas onto a cutting board. Top with the basil and crushed red pepper. Slice and serve.

Veggie Tacos

★ NH Favorite

4 Servings

INGREDIENTS

2 shallots	½ tsp kosher salt
2 poblano peppers	¼ tsp freshly ground black pepper
3 medium zucchini	½ cup fresh cilantro leaves
1 cup cherry tomatoes	8 corn tortillas
1 ear of corn	guacamole and salsa, for serving
3 tbsp extra virgin olive oil	

INSTRUCTIONS

1. To prep: Thinly slice the shallots. Cut the poblano into quarters lengthwise. Remove the core and seeds then slice crosswise into thin pieces. Thinly slice the zucchini into rounds. Halve the tomatoes. Shave the corn from the cob.
2. In a large skillet, heat the oil over medium heat. Add the shallots and poblanos and cook, stirring often, until tender, about 5 minutes. Add the zucchini and cook, stirring, until tender, about 5 minutes. Stir in the tomatoes, corn, salt, and pepper and cook, stirring, for about 3 minutes, until heated through. Stir in the cilantro.
3. To heat the tortillas, using tongs, hold a tortilla over the flame of your stove. Flip so both sides are slightly charred but still pliable. Repeat with all of the tortillas and keep them warm in towel.
4. Fill the tortillas with the vegetable mixture and top with guacamole and salsa.



Buttermilk Pan Fried Chicken

★ NH Favorite

4 Servings

INGREDIENTS

3 ½ lb. whole chicken, cut into 10 pieces (breasts halved)

1 ½ tsp kosher salt

2 cups all-purpose flour

1 tsp garlic powder

½ tsp onion powder

¾ tsp cayenne pepper

½ tsp freshly ground black pepper

1 ½ cups buttermilk

extra virgin olive oil, for frying

6 fresh rosemary sprigs

honey, for serving (optional)

INSTRUCTIONS

1. Pat the chicken dry with paper towels and sprinkle both sides with ½ teaspoon of the salt. Let the chicken come to room temperature.
2. In a large bowl, combine the flour, garlic powder, onion powder, cayenne, black pepper, and the remaining 1 teaspoon salt. Pour the buttermilk into a medium bowl.
3. Dredge the chicken in the flour mixture, making sure each piece is completely coated. Then dip into the buttermilk. Now dredge once more in the flour mixture. Place on a rimmed sheet pan lined with a wire rack.
4. Fill a large heavy-bottomed, high-sided pot or a Dutch oven with ¾ inch of oil. Place over medium heat (and no higher than medium) and heat the oil until a deep-fry thermometer reads 325°F. If you don't have a thermometer, test the oil by sprinkling in a little flour—it should sizzle immediately.
5. Carefully add the chicken, skin side down, to the pot without overcrowding (you will most likely have to cook in batches). Fry the chicken, turning occasionally, for 12 to 18 minutes, until golden brown and crisp and cooked through (you can cut into the thickest part of the thigh near the bone to make sure it's no longer pink—the dark meat will take the longest). The oil should maintain rapid but in-control bubbles and the oil temperature should stay around 325°F, so adjust the heat as necessary. Let the chicken drain on a paper towel-lined plate.
6. Fry the rosemary sprigs in the hot oil for about 30 seconds, or until crisp.
7. Serve the chicken hot or cold with the fried rosemary. Drizzle with honey, if you like.

One Pot Chicken w/ Wine & Potatoes

★ NH Favorite
4 Servings

INGREDIENTS

3 ½ lb. chicken, cut up into 10 pieces (breasts halved)	2 large beefsteak tomatoes
¾ tsp kosher salt	½ cup dry sherry or dry white wine (such as pinot grigio)
½ tsp freshly ground black pepper	8 sprigs fresh thyme
4 cloves garlic, thinly sliced	¼ cup chopped flat leaf parsley
2 tbsp extra virgin olive oil	1 baguette, warmed
1 ½ lbs. medium Yukon gold potatoes	

INSTRUCTIONS

1. Pat the chicken dry with paper towels. Season with ½ teaspoon of the salt and the pepper. Thinly slice the garlic.
2. In a large heavy bottomed pot or Dutch oven, heat the oil over medium-high heat. Add the chicken, skin side down, and cook until the undersides are dark golden brown (the chicken should release easily from the pot), 5 to 6 minutes. Flip the chicken and cook until the other sides are golden brown, 4 to 5 minutes. Transfer to a large plate. Depending on the size of your pot, you may have to cook the chicken in batches.
3. While the chicken cooks, cut the potatoes into quarters. Cut the tomatoes into ½-inch thick pieces.
4. As soon as the chicken has been removed, add the garlic to the pot and cook, stirring, until the garlic is light golden brown, 1 to 2 minutes. Add the sherry and, using a wooden spoon, scrape up the yummy brown bits from the bottom of the pot. Add 2 cups of water, the potatoes, tomatoes, thyme, and the remaining ¼ teaspoon of salt. Let come to a boil. Nestle in the chicken. The potatoes should be just barely submerged but the chicken only partially- the skin should be exposed. If necessary, add a little more water. Partially cover the pot, reduce the heat to medium-low so it simmers gently. Simmer until the potatoes are tender and the chicken is cooked through, 30 to 35 minutes.
5. Sprinkle with parsley. Divide the chicken and potatoes among bowls and spoon in some of the sauce. Serve with the baguette.



Stir Fried Rice w/ Bacon & Mushrooms

★ NH Favorite

4 Servings

INGREDIENTS

4 cups leftover brown rice (from about 1¼ cups dry)

8 slices bacon

8 oz. shitake mushrooms

1 red bell pepper

¼ of a small green cabbage

1 tbsp grated fresh ginger

2 tbsp less sodium soy sauce

2 tbsp hoisin sauce

2 scallions

INSTRUCTIONS

1. Prep all of your ingredients before you get started cooking. We like to make the rice a day ahead of time – it's easier to work with when it's cold. But if you haven't made it yet, do that first.
2. Slice the bacon crosswise into ½-inch wide pieces. Slice the bell pepper into strips. Shred the cabbage (you should get about 4 cups).
3. Wipe the mushroom caps clean with a damp paper towel. Remove and discard the stems. Thinly slice the mushroom caps.
4. In a small bowl, combine the ginger, soy sauce, and hoisin.
5. Thinly slice the scallions.
6. In a large skillet, cook the bacon over medium heat until crisp, 5-6 minutes. Use tongs to transfer the bacon to a paper towel to drain. Pour off all but 2 tablespoons of the bacon fat from the skillet into a small bowl and reserve.
7. Increase the heat to medium-high. Add the mushrooms to the skillet and let them cooked, untouched, for 1 minute. After that, stir them occasionally until they're golden brown and tender, 3 to 5 minutes. Transfer the mushrooms to a small plate.
8. Add 1 tbsp of the reserved bacon fat to the skillet. Add the bell pepper and cabbage to the skillet and cook until crisp-tender, about 2 minutes.
9. Make a well in the center of the skillet, pushing the bell pepper and cabbage to the sides. Add the rice to the well and pour in the sauce. Stir everything together until heated through. Stir in the bacon and mushrooms. Divide among bowls and top with the scallions.

Chicken w/ Rice & Peas

★ NH Favorite

4 Servings

INGREDIENTS

8 small chicken thighs (about 2 lbs.)	8 sprigs fresh thyme
½ tsp kosher salt	1 ½ cups brown rice
¼ tsp freshly ground black pepper	2 cups low-sodium chicken broth
1 tbsp extra virgin olive oil	1 cup water
3 cloves garlic, chopped	1 cup frozen peas, thawed
1 tsp grated lemon zest	1 lemon, cut into wedges

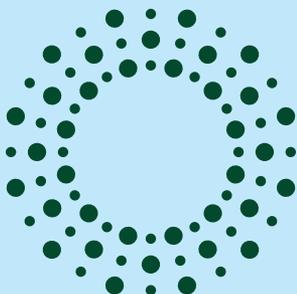
INSTRUCTIONS

1. Pat the chicken dry with paper towels. Season the chicken with the salt and pepper (¼ teaspoon salt & 6 turns on pepper mill per side).
2. Heat the oil in a large (5- to 6-quart) pot with a tight fitting lid. Add the chicken skin-side down and cook until the skin is golden brown and crisp, about 10 minutes; turn the chicken over and cook 2 minutes more. While the chicken cooks, prepare and measure the remaining ingredients.
3. Stir the garlic and thyme into the pot and cook until fragrant, about 1 minute. Add the rice and stir to coat it evenly with the oil. Add the chicken broth, water, and lemon zest and bring to a boil. Cover the pot, reduce heat to low and simmer until the rice is tender and the chicken is cooked through, 45 to 50 minutes. Stir in the peas and cook until heated through, 2 to 3 minutes. Serve with the lemon wedges.



Sweets

BANANA CREAM PIE	56
CARROT SOUFFLÉ	57
CHOCOLATE CAKE	58
EASY 4 INGREDIENT LEMON & LIME PIE	59
BANANA NUT BREAD	60
BROILED HONEY-NUT BANANAS	61





Banana Cream Pie

👤 Candy Nelson, Caregiver

6 Servings

INGREDIENTS

- | | |
|---|--|
| 1 baked pie crust | 2 sliced bananas, spritzed with lemon juice |
| 1 large box of instant vanilla jello pudding mix | 2 tsp vanilla, separated |
| 1 softened brick of cream cheese | 1 tub of Cool Whip, separated |
| 3 cups milk | ½ cup powdered sugar |
-

INSTRUCTIONS

1. Layer the bananas onto the pie crust.
2. Use a mixer to blend powdered sugar, 1 tsp vanilla and softened cream cheese. Add 1/2 cup cool whip and finish blending.
3. Gently layer onto the bananas using a spoon.
4. Use the mixer to mix 3 cups milk, 1 tsp vanilla and the instant pudding. Blend until mixed and it has started to thicken. Gently fold in 1 cup cool whip until mixed.
5. Add it to the pie shell.
6. Refrigerate for 3 hours!

Carrot Soufflé

👤 Sharron Warren, Caregiver

6 Servings

INGREDIENTS

1 ¾ lbs. peeled carrots

¾ cup sugar

1 ½ tsp baking powder

1 ½ tsp vanilla

2 tbsp flour

3 eggs

¼ lb. margarine, softened

powdered sugar

INSTRUCTIONS

1. Steam or boil carrots til extra soft & drain well.
2. While carrots are warm, add sugar, baking powder and vanilla.
3. Whip with mixer until smooth.
4. Add flour and mix well.
5. Whip eggs separately and add to mixture, blending well.
6. Add margarine and blend well.
7. Pour mixture into baking dish. Make sure the dish is only filled halfway as the soufflé will rise.
8. Bake at 350 degrees for about 1 hour or until top is light brown.
9. Sprinkle lightly with powdered sugar before serving.



Chocolate Cake

👤 Darla Jones, Caregiver

6 Servings

INGREDIENTS

1 ½ cups flour

1 ½ cups sugar

1 tsp vanilla

½ tsp salt

6 tbsp vegetable oil

4 tbsp cocoa powder

1 cup water (leftover coffee)

1 tbsp white or cider vinegar

1 tsp baking soda

INSTRUCTIONS

1. Spray your 9 inch cake pan
2. Mix all dry ingredients except baking soda
3. Add your water or coffee (richer chocolate flavor) add oil
4. Mix well. Add the baking soda mix slightly next add vinegar. Mix lightly should foam a bit
5. Add to your favorite cake pan
6. Bake at 350 degrees in the center of oven until toothpick comes out clean. About 20-30 minutes

Easy 4 Ingredient Lemon & Lime Pie

👤 Heidi Evans, Caregiver
6 Servings

INGREDIENTS

2 limes	24 oz. extra rich Cool Whip
3 large lemons	2 prepared or store-bought graham cracker pie crusts
1 can sweetened condensed milk	

INSTRUCTIONS

1. Juice both limes and lemons put in large mixing bowl.
2. Zest both limes and lemons put half the zest in the lime and lemon juices, keep other half a side for later use.
3. Assemble the pie. Add both the whip cream and sweet condensed milk to the lemon and lime juice and zest. Mix them all together until the juice, condensed milk and cool whip evenly combined. Then put the mixture in the pie shells and add remaining zest as garnish.
4. Place in refrigerator for at least 2 hours or until firm.



Banana Nut Bread

★ NH Favorite

8 Servings

INGREDIENTS

vegetable oil nonstick cooking spray	1 tsp pure vanilla extract
½ cup coconut oil	2 cups gluten-free all-purpose flour
1 cup walnuts	1 ½ tsp baking powder
3 ripe bananas	½ tsp baking soda
¾ cup sugar	½ tsp ground cinnamon

INSTRUCTIONS

1. Heat the oven (with the oven rack in the middle) to 350°F. Spray and 8½ x 4½-inch loaf pan with cooking spray.
2. Spread the walnuts onto a rimmed sheet pan and bake until fragrant and crisp, about 10 minutes. Let cool then chop.
3. In a small skillet, melt the coconut oil over low heat.
4. In a large bowl, use a potato masher to mash the bananas. Add the sugar and vanilla extract and whisk in. Whisk in the oil. Add the flour, baking powder, baking soda, salt, and cinnamon and stir in. Stir in the walnuts.
5. Scrape the batter (it will be thick) into the prepared pan and smooth the top. Bake until a toothpick inserted into the center comes out with a few moist crumbs attached, 50 to 55 minutes. Let cool on a wire cooling rack for 5 minutes in the pan before unmolding. Let cool completely before slicing.

*This is a great way to use those brown bananas on your counter and it is a great serving of potassium and healthy fats. Freezes well if you slice the bread and wrap each slice individually in foil. You can place the foil wrapped pieces directly in the oven to reheat one slice at a time!

Broiled Honey-Nut Bananas

★ NH Favorite
4 Servings

INGREDIENTS

½ cup walnut halves

¼ Tsp kosher salt

½ cup sliced almonds

2 Tbsp unsalted butter

2 Tbsp dark brown sugar

4 bananas

2 Tbsp honey

INSTRUCTIONS

1. Heat the broiler (with the oven rack about 4 inches from the top). Chop the walnuts and add to a medium bowl along with the almonds, brown sugar, honey, and salt. Stir together. Cut the butter into small pieces and add to the bowl. Use your fingers to break the butter into very small pieces and combine with the nut mixture.
2. Peel the bananas and slice them in half lengthwise. Place them, cut side up, on a rimmed sheet pan. Crumble the nut mixture over each half. Broil until the nuts are golden brown, 1 to 2 minutes.



