

# Afterschool Cooking Program

*Cookbook*

**PYRAMID**  
**YOUTH PROGRAMS**

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## Introduction

*These recipes were made by the youth of Pyramid during our Afterschool cooking program. They are a collection of tasty and quick recipes for the whole family to enjoy.*

Happy Cooking!

# Breakfast

*The most important meal of the day- use these recipes to start the day with protein, grains, fruits, and even some vegetables.*

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## Fruit Smoothie

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*Smoothies are very customizable, but ideally they should include approximately a 1:1 liquid to fruit ratio. Bananas help thicken the smoothie and add great flavor, while frozen fruit helps keep the smoothie cold. If you're feeling adventurous, add spinach or avocado!*

1 cup vanilla yogurt  
1 cup milk or orange juice  
1 Tablespoon of honey  
1 cup banana  
1 cup fruit of choice

### Directions

1. Add the yogurt, chosen liquid, and honey to the blender.
2. Add the banana and chosen fruits.
3. Blend until smooth and pour into cups.

*Makes about 4 smoothies.*

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## Baked Eggs

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*Baked eggs are a breakfast complete with protein and grain for energy.*

8 crusty dinner rolls  
8 large eggs  
2 Tablespoons heavy cream  
4 Tablespoons shredded cheese  
Pinch of salt  
Pepper to taste  
¼ cup chopped herbs of choice (parsley, chives, thyme, etc.)

### Directions

1. Preheat the oven to 350 degrees
2. Slice the top off of each dinner roll and remove enough bread to fit an egg.
3. Crack an egg into each roll, top with a bit of cream and toppings of choice. Sprinkle with cheese.
4. Bake until the eggs are set to desired consistency, between 15 and 25 minutes. Serve warm.

*Makes 8 egg cups.*

## Sausage and Spinach Frittata

*Frittatas are kind of like quiches, but they don't have a crust. They're also started on the stove and finished in the oven.*

2 Tablespoons olive oil  
About 10 ounces sausage  
½ 10 ounce package thawed frozen chopped spinach  
10 eggs, lightly beaten  
½ cup shredded parmesan or other shredded cheese

### Directions

1. Preheat the oven to 400 degrees.
2. In a large, nonstick, ovenproof skillet, warm the olive oil.
3. Crumble the sausage in to the pan and cook until no longer pink.
4. Squeeze as much water out of the spinach as possible and add to the skillet. Sprinkle half of the cheese (1/4 cup) over the spinach.
5. Pour the eggs into the skillet and cook over medium heat until set. As the eggs cook, lift the edges of the frittata with a spatula to let uncooked eggs flow underneath.
6. Sprinkle the remaining cheese over the top of the eggs. Transfer the pan to the oven and bake, uncovered, until frittata is lightly browned on top and set in the middle.
7. Lift the frittata around the edges, gently shake the pan until loosened, and slide out on a cutting board. Cut into wedges.

*Makes 6 servings.*

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## Ham and Tomato Strata

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*A “strata” is basically a casserole layered with bread cubes. It doesn’t have to contain eggs, but when it does it has a wonderful custard-like texture.*

2 cups stale bread, cubed  
4 eggs, lightly beaten  
1 cup milk  
2 teaspoons Dijon mustard  
1 cup ham, cubed  
½ cup chopped tomatoes, drained very well  
½ teaspoon salt  
1 teaspoon dried basil  
1/3 cup shredded cheddar or Swiss cheese

### Directions:

1. Preheat the oven to 350 degrees.
2. Grease an 8x8 pan or casserole dish.
3. Cut up the bread and distribute the bread cubes across the bottom of the pan.
4. In a medium mixing bowl, whisk together the eggs, milk, and mustard; then stir in the ham tomatoes, salt, and basil.
5. Pour the mixture over the bread cubes.
6. Bake, uncovered, for 30 minutes or until the center of the strata is set.  
Sprinkle with cheese and bake until lightly browned.

*This would be great topped with fresh salsa and served with a side of fruit. Makes about 6 servings.*

## **Snacks and Appetizers**

*Nutritious snacks are well-balanced and include fresh vegetables and fruit, whole grains, and protein. Try to limit snack foods that contain a lot of salt, sugar, or fat.*

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## **Peanut Butter Cereal Balls**

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*These peanut butter balls are a good source of protein and energy, plus they're easy and quick to make. They could also be eaten as a quick breakfast.*

¾ cup peanut butter  
¾ cup honey  
½ cup evaporated milk  
¾ cup quick oats  
1 cup crispy rice or cereal of choice

### **Directions**

1. Put peanut butter, honey, evaporated milk, oats, and 1/4 cup of cereal in a mixing bowl.
2. Mix all ingredients together.
3. Put the rest of the cereal into a Ziploc bag and crush it with your hands, then pour onto a plate.
4. Shape peanut butter mixture into 1.5 inch balls using your hands and a spoon.
5. Roll each one of the balls in the crushed cereal.
6. Put on a plate to serve.

*Makes about 12 1.5-in. balls.*



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## Baked Tortilla Cups

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*These tortilla cups are quick, full of delicious dairy, and make a great snack or appetizer.*

2 extra-large tortillas or 8 small tortillas  
½ cup sour cream  
4 ounce cream cheese, softened  
1 cup shredded cheese  
1 cup bell pepper, diced  
½ cup frozen corn  
2 teaspoons of taco seasoning

### Directions

1. Preheat oven to 350 degrees.
2. Cut 4 small (3.5 inch) round circles out of the tortillas.
3. Grease a muffin tin and press tortilla circles into the tin.
4. In a medium bowl, whip the sour cream and cream cheese until combined.
5. Stir in 1/2 cup of cheese, bell pepper, corn, and the taco seasoning.
6. Spoon the mixture into the cups, fill to just below the top of the cups.
7. Bake for 10 minutes, then sprinkle the remaining cheese on top of the cups.  
Continue baking for 3-5 minutes until cheese is bubbly and crust is golden.

*Serve with salsa or any other toppings such as green onion, olives, avocado, etc.  
Makes 8 tortilla cups.*

## Corn and Black Bean Salsa

*This well-rounded salsa is great because it has protein, grain, and vegetables. And it's delicious!*

¾ cup frozen corn  
1 can of black beans, drained and rinsed  
1 ½ cup of fresh tomatoes, chopped  
½ cup of onion, diced  
¼ cup of cilantro, chopped  
¼ cup Italian dressing or similar vinaigrette  
1 teaspoon minced garlic  
2 Tablespoons lime juice  
Pinch of salt  
Cilantro to taste

### Directions

1. Chop the tomatoes, onion, and cilantro into small pieces.
2. Combine all ingredients into a large bowl.

*Serve with tortilla chips. Makes about 8 servings.*

## Hummus

*Hummus originates from Greece, where it is traditionally used as a spread on pita bread. Homemade hummus just tastes better than purchased hummus, and it's a great protein-packed snack.*

1 can chickpeas  
2 Tablespoon olive oil  
¼ cup tahini  
4 Tablespoons fresh lemon juice  
2 small garlic cloves (or 1 Tablespoon pre-minced garlic)  
¼ cup water  
½ teaspoon salt

### Directions

1. Combine all ingredients in a blender or food processor, blend until creamy.  
Add water to reach desired consistency.

*Serve with crackers, bread, pita, or fresh vegetables, or spread on wraps and sandwiches. Makes 6-8 servings.*

## Mango Chutney (Jam)

*Chutney is a condiment common in India and can be made with many variations. Chutneys usually contain a mix of fruits or vegetables, spices, vinegar, and sugar.*

1 Tablespoon olive oil  
1 Tablespoon minced fresh ginger  
2 mangoes, peeled and chopped  
½ cup canned crushed pineapple  
¼ cup raisins  
2 Tablespoons brown sugar  
2 Tablespoons apple cider vinegar  
1 teaspoon minced garlic  
1 Tablespoon lemon juice  
½ teaspoon cinnamon  
½ teaspoon salt

### Directions

1. Add olive oil to a saucepan, bring to medium heat. Add ginger, sauté until slightly browned.
2. Add mangoes, pineapple, raisins, brown sugar, and cider vinegar and bring to a boil over medium-high heat.
3. Reduce heat to medium-low and boil gently, uncovered, for 20 minutes or until fruit is tender and mixture is thickened.
4. Add remaining ingredients (lemon juice, cinnamon, and salt) and simmer for 5 minutes.

*Add hot sauce or pepper flakes if you like it spicy. Try it with naan (an Indian flatbread), crackers, or pair with meat. Makes about 10 servings.*

## Main Dishes

*These nutritious dishes can all be made in less than an hour! For a well-rounded meal, make sure your sides include at least two other food groups.*

## Homemade Pasta with Pesto

*This pasta comes out something like gnocchi if you don't have a pasta roller to make it really thin. It's delicious made into small shapes like orecchiette.*

2 ¼ cups all-purpose flour

3 large eggs

### Directions

1. Pour the flour into a large bowl. Make a mound with a well in the center.
2. Break the eggs into the well and beat them carefully without disturbing the walls of flour.
3. When the eggs are beaten, slowly stir the flour into the eggs, starting with small circles and then getting bigger.
4. When flour is mostly mixed in, use your hands to work the mixture until a dough forms. Knead the dough for about 8 minutes until springy.
5. Divide the dough into 3 balls and cover with plastic wrap.
6. Let rest for 30 minutes
7. Sprinkle dough with flour and flatten with your hand. Use a rolling pin to roll the dough into a large flat disc (really thin!), or a pasta roller if you have one.
8. Use a pizza cutter to cut into desired shape, or use your hands to make smaller shapes.
9. Add the noodles to salted boiling water. Cook for a few minutes and drain.

*Top with homemade pesto sauce, marinara, or any other desired sauce! Makes 4-6 servings.*

## Pesto

3 cups basil, loosely packed

¼ cup pine nuts (or other nut, like almonds)

¼ cup grated parmesan cheese

1 large garlic clove

¼ teaspoon salt

½ cup olive oil

### Directions

1. Blend the basil, pine nuts, parmesan cheese, garlic, and salt in a food processor until finely chopped.
2. Stream in the olive oil with the food processor running. Scrape down the sides if needed. Keep blending until smooth.

*Serve on pasta or spread on sandwiches or pizza. Makes about 1/2 cup.*

## Spanish Rice with Sausage

*Sausage and cumin add a kick to traditional Spanish rice. Using brown rice will add extra whole grain to the dish, just adjust the cooking time (at least 45 minutes).*

14 ounce cooked smoked or Italian sausage  
2 Tablespoons butter  
1 ½ cups long-grain white rice  
1 onion, chopped  
1 bell pepper, chopped  
2 Tablespoons pre-minced garlic (or 3 cloves)  
1 28 ounce can of diced tomatoes with green chilies  
1 teaspoon ground cumin  
¼ teaspoon salt  
Hot sauce to taste

### Directions

1. Sear sausage in a pan until browned, remove and let cool.
2. Melt the butter into a saucepan over medium heat.
3. Add rice, onion, bell pepper, and garlic and sauté until rice is slightly browned.
4. Stir in tomatoes, salt, and cumin.
5. Bring to a boil, cover, and reduce heat to low. Simmer for 20 minutes, then fluff with a fork.
6. Slice the sausage and mix with the rice.

*Top with cheese and fresh herbs or green onion. Makes about 8 servings.*

## Breaded Chicken

*This baked breaded chicken recipe has less fat than fried and breaded chicken. For a fried version, panfry the chicken pieces until browned on each side and bake in the oven until chicken is cooked all the way through.*

1/3 cup all-purpose flour  
2 eggs  
1 Tablespoon water  
2 cups Italian bread crumbs  
½ cup grated Parmesan cheese  
1 package (1 ½ lbs) chicken tenders or chicken breasts sliced into strips

### Directions

1. Heat oven to 425 degrees.
2. Line a cookie sheet with foil and top with a wire rack.
3. Place the flour in a shallow dish. In a bowl, beat the egg and water. In another dish, mix the bread crumbs and cheese.
4. First coat the chicken with flour, then dip in the egg mixture, then coat with the bread crumb mixture. Place on the wire rack.
5. Bake for 15-20 minutes, until the chicken is no longer pink in the center and the coating is golden brown.

*Serve with dipping sauce of choice, or melt cheese over the top and serve with tomato pasta. Makes about 4 servings.*

## **Beef Kebabs with Creamy Avocado Dipping Sauce**

*“Kebab” refers to meat on a stick that is grilled or cooked on a spit. Adding vegetables to these sweet/savory kebabs makes it a more well-rounded meal.*

### **Marinade:**

½ cup extra-virgin olive oil  
¼ cup Worcestershire sauce  
3 Tablespoons soy sauce  
1 Tablespoon lemon juice  
1 Tablespoon Dijon mustard  
1 Tablespoon minced garlic  
2 Tablespoons brown sugar  
Black pepper

### **Kebabs:**

1 ½ lbs beef sirloin, cut into 1 ½ inch cubes  
Vegetables of choice (mushrooms, onions, peppers, tomatoes, etc.) cut into bite sized pieces.  
Italian salad dressing or similar vinaigrette

### **Directions**

1. Add all marinade ingredients and beef cubes to a plastic bag
2. Marinate between 1 and 5 hours.
3. Toss the vegetables in dressing.
4. Assemble the kebabs on wooden or metal skewers.
5. Grill or broil for about 3 minutes on each side, or until the center of the beef registers 125-130. Let rest 5 minutes before serving.

*Makes 4-6 servings.*

## **Creamy Avocado Dipping Sauce**

1 ripe avocado  
½ cup Greek yogurt  
2 tsp lemon juice  
¼ tsp salt  
1 tsp minced garlic

### **Directions**

1. Blend all the ingredients together in a food processor or with a hand mixer.

*Makes about 4 servings.*



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## **Black Bean Fritters**

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*A “fritter” is a fried combination of batter or breading with small pieces of meats or other ingredients. This versatile recipe can be served as a side, an appetizer, or a main dish. It’s also a great vegetarian option.*

½ cup vegetable oil, for pan frying  
½ cup cornmeal  
¼ cup all-purpose flour  
½ teaspoon cumin  
2 ½ Tablespoons taco seasoning  
¼ teaspoon salt  
1 egg  
¾ cup shredded cheese  
3-4 Tablespoons milk  
1 can black beans, drained and rinsed

### Directions

1. Mix all the dry ingredients in a bowl. Stir in the egg and cheese.
2. Add milk slowly until it forms a paste.
3. Add beans and mash. Leave some of the beans chunky. If the mixture is too dry, add more milk.
4. Heat some oil on griddle or skillet on medium-high heat.
5. Form into patties about 3 inches in diameter and panfry for a couple of minutes on each side, or until crispy.

*Serve with sour cream, salsa, guacamole, chipotle mayo, or any other topping of choice. Makes 4-6 servings.*

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## **Creamy Rosemary Baked Chicken**

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*A flavorful and comforting dish.*

1 Tablespoon olive oil  
4 boneless skinless chicken breasts or thighs  
Salt and pepper  
½ of a small onion  
1 cup of chicken broth  
2 Tablespoons lemon juice  
1 Tablespoon minced garlic  
1 Tablespoon chopped rosemary  
2 Tablespoons butter  
1 Tablespoon flour  
¾ cup heavy cream

### **Directions**

1. Preheat the oven to 375 degrees.
2. Sprinkle salt and pepper on both sides of the chicken breast.
3. Heat olive oil in a large skillet over medium-high heat. Add the chicken breast and brown on both sides. Remove and put in a baking dish.
4. In the same skillet, add the onion and reduce the heat to medium. Cook until translucent. Add the chicken broth, lemon juice, garlic, and rosemary. Let the sauce reduce to about half.
5. Add the butter and stir until melted. Whisk in the flour, then add the heavy cream.
6. Pour the sauce over the chicken in the baking dish. Place the dish in the oven for 7-10 minutes or until the chicken is cooked.

*Garnish with more rosemary, basil, or other herbs.*

*Makes 4 servings.*

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## Cornbread Chili Bake

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*A warm, easy, and delicious casserole. This would also be great for using up leftover chili if you have any!*

1 pound ground beef  
1 cup whole kernel corn  
1 cup black beans, drained  
1 8 oz can of tomato sauce  
½ cup chopped green pepper  
¼ cup of water  
1 envelope taco seasoning  
1 package of corn bread mix  
1/3 cup shredded cheese

### Directions:

1. Preheat the oven to 400 degrees.
2. Cook the beef over medium heat until no longer pink, drain.
3. Stir in the corn, beans, tomato sauce, green pepper, water, and taco seasoning.
4. Spoon the mixture into an 8x8 or 2 quart baking dish.
5. Prepare the corn bread batter according to the package instructions. Spread over the beef mixture.
6. Bake, uncovered, for 20 minutes. Sprinkle with the cheese. Bake 3-5 more minutes until cheese is melted and a toothpick inserted into the bread layer comes out clean.

*Top with sour cream, sliced lettuce, tomato, salsa, or other ingredients of choice.  
Makes 6 servings.*

# Soups

*A warm and hearty way to eat a balanced meal.*

## Pumpkin and Sweet Potato Soup

*If you like cumin you'll love this soup. If you like a chunkier consistency, don't fully blend it or garnish with crispy toppings. If you like it a little sweeter, add an apple.*

1 cup cooked sweet potato  
2 cups chicken stock  
1 medium onion, diced  
1 cup canned pumpkin puree  
½ cup plain yogurt or 2% milk  
1 Tablespoon minced garlic  
1 teaspoon curry powder  
½ teaspoon cumin  
½ tsp salt  
Pepper to taste

### Directions

1. Cut 1 medium sweet potato into cubes and add to a medium-sized pot with the chicken stock.
2. Bring to boil and cook for 10 minutes or until potatoes are soft when stabbed with a fork.
3. Add all the other ingredients to the pot.
4. Bring to a simmer over medium heat. Reduce heat and simmer for 10 minutes.
5. Let the soup cool slightly and pour into a blender or food processor. Blend until smooth.
6. Return to pot and bring to a simmer again. Cook for about 5 minutes, then serve.

*Garnish with toppings like spiced or sugared nuts, cheese, bacon, green onion, croutons, etc. Makes 4 cups of soup.*

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## Cheesy Potato Soup

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*This soup is creamy and filling. To add extra protein, cook some ground beef and add it before the milk and flour mixture.*

1 medium potato, peeled and chopped  
2 carrots, sliced  
1 small onion, diced  
1 garlic clove, minced  
1 Tablespoon chicken bouillon granules  
1 cup water  
¼ teaspoon salt  
2 cups milk  
2 Tablespoons flour  
8 ounces of Velveeta, cubed

### Directions

1. Chop the potato, slice the carrots, dice the onion, and mince the garlic. Add these with the chicken bouillon, water, and salt in a pot.
2. Combine the milk and flour in a liquid measuring cup and whisk until smooth, set aside.
3. Cube the Velveeta and set aside.
4. Bring the pot of vegetables to a boil, then simmer for 20 minutes.
5. Slowly add the milk and flour mixture while stirring, then add the Velveeta.
6. Continue cooking the soup for 5 minutes or so until the cheese has melted and the soup has thickened a little.

*Garnish with green onion, shredded cheese, bacon, soup crackers, or sour cream.  
Makes 4 servings.*

## Salads and Sides

*These are quick and a great way to include vegetables into your meals.*

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## **Fruit Salad with Mint and Sugared Almonds**

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*Mint in fruit salad may sound a little strange, but it adds a great fresh flavor.*

1 cup of frozen peach slices, cut in half  
1 cup of honeydew melon, cut into bite sized pieces  
1 cup of grapes, cut in half  
1 cup of strawberries, cut into four pieces  
¼ cup of sugar or honey  
1 Tablespoon chopped fresh mint  
1 Tablespoon lemon juice  
1 cup slivered almonds, toasted with sugar

### **Directions**

1. Pick springs of mint, wash, and chop into small pieces.
2. Cut peaches, melon, grapes, and strawberries to appropriate size and mix in a large bowl.
3. Add lemon juice, sugar, and mint to fruit mixture.
4. Top each dish with sugared almonds just before serving.

*Garnish with a whole mint leaf. Makes about 6 servings.*

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## **Smashed Potatoes**

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*“Smashed” potatoes are still a little bit chunky, rather than totally smooth like typical mashed potatoes. Leaving the peel on adds a little bit of fiber to this creamy dish.*

3 medium chopped, boiled potatoes (with peel)  
2 Tablespoons butter  
¼ cup sour cream  
¼ cup parmesan cheese  
1 teaspoon minced garlic  
½ teaspoon salt  
Black pepper to taste

### **Directions**

1. Add boiled potato and butter to a medium bowl. Mash until slightly chunky.
2. Stir in remaining ingredients.

*Garnish with green onion or chive. Makes about 4 servings.*



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## Sumi Salad

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*I think this Asian-inspired cabbage salad is the tastiest version of coleslaw. This is a great way to start liking cabbage!*

### Dressing

¾ cup vegetable oil (or part vegetable oil, part sesame oil)  
¾ cup seasoned rice vinegar  
1/8 cup sugar  
½ teaspoon salt  
Black pepper to taste

### Salad

1 Tablespoon olive oil  
¾ cup sliced almonds  
1/8 cup sesame seeds  
1 package ramen noodles  
½ large head of cabbage (or 1 small head)  
1/3 cup dried cranberries  
2 green onions, chopped

### Directions

1. Add dressing ingredients to a jar and shake to combine.
2. Add olive oil to a medium skillet and sauté almonds, sesame seeds, and noodles over medium-high until lightly browned.
3. Grate cabbage into a large bowl. Add nut/noodle mixture, dried cranberries, and green onion.
4. Toss with the dressing.

*For best results, let sit at least 30 minutes before serving. Makes about 5 servings.*

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## Lemon Parmesan Couscous

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*A light and easy way to make pasta. If you can't find couscous, substitute with any small pasta and cook according to package instructions.*

2 cups chicken broth  
1 Tablespoon butter  
10 ounces plain couscous (or acini di pepe)  
1/3 cup grated Parmesan cheese  
1 Tablespoon lemon juice  
1 Tablespoon olive oil  
¼ teaspoon salt  
Black pepper to taste

### Directions

1. Put the chicken broth and the butter in a saucepan and bring to a boil. Stir in the couscous, cover the pot, and remove from the heat. Let the pot stand for 5 minutes.
2. Fluff with a fork.
3. Stir in the Parmesan cheese, lemon juice, olive oil, salt, and black pepper.
4. Serve warm or at room temperature.

*Makes 4 servings.*

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## **Peanut Butter Cereal Balls**

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*A great autumn side dish, especially at Thanksgiving!*

3 medium or 2 large sweet potatoes  
2 large eggs, lightly beaten  
4 Tablespoons butter, melted  
¼ cup packed brown sugar  
¼ cup milk  
1 teaspoon vanilla extract  
½ teaspoon salt  
½ teaspoon ground cinnamon  
¼ teaspoon ground ginger

### Topping:

½ cup chopped pecans  
½ cup brown packed brown sugar  
¼ cup all-purpose flour  
2 Tablespoons butter, softened

### Directions:

1. Preheat the oven to 400 degrees.
2. Put the sweet potatoes on a baking sheet and pierce with a fork 2-3 times. Bake for 45-50 minutes or until soft. Let cool.
3. Turn down the oven to 350 degrees.
4. Scoop the sweet potato out of their skins and mash until smooth. Add eggs through ginger. Blend until smooth using a hand mixer or whisk.
5. Prepare the topping by combining the pecans, brown sugar, flour, and butter in a small bowl.
6. Grease an 8x8 inch casserole dish. Pour the mixture into the pan and sprinkle with topping. Bake until slightly browned, about 30 minutes.

*Makes about 6 servings.*

## **Baked Goods and Sweets**

*Sweets are fun to make and delicious to eat, but remember to limit your intake of sugar and fat and eat enough of all the food groups!*

## **Peanut Butter Banana Muffins**

*Peanut butter, banana, and chocolate- delicious. Substitute chocolate chips with any type of nuts or fruit to make a slightly healthier version.*

1 cup all-purpose or whole wheat flour  
1 cup rolled oats  
¾ cup brown sugar  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
¼ teaspoon salt  
½ cup mashed bananas (about 2 medium)  
½ cup peanut butter  
½ cup plain yogurt  
2 eggs  
1 teaspoon vanilla  
½ cup chocolate chips

### Directions

1. Preheat oven to 375 degrees.
2. Mix all the dry ingredients in a large bowl (flour through salt).
3. Mix all wet ingredients in a separate small bowl (bananas through vanilla).
4. Add the wet ingredients to the dry ingredients. Stir until combined, but don't over-stir. Gently fold in the chocolate chips.
5. Put muffin liners in a muffin tin and spoon the batter into the liners.
6. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean.

*Makes 12 muffins.*

## Cornbread from Scratch

*No need to buy cornbread mixes. Cornbread is easy and the corn provides a source of whole grain. Eat plain or serve as a side to chili and other hearty soups.*

1 cup cornmeal  
¾ cup all-purpose flour  
1 Tablespoon sugar  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
2 large eggs, lightly beaten  
1 ½ cups buttermilk  
6 Tablespoons butter, melted

### Directions

1. Preheat the oven to 425 degrees.
2. Lightly grease an 8 in. baking dish.
3. In a large bowl, mix together cornmeal, flour, sugar, baking powder, baking soda, and salt.
4. In a separate bowl, mix together the eggs, buttermilk, and the butter.
5. Pour the wet mixture into the dry ingredients and fold together until there are no dry spots (it's ok for the batter to be a little lumpy). Pour the batter into the greased baking dish.
6. Bake until the top is golden brown and toothpick inserted into the center comes out clean, about 20 to 25 minutes. Remove the cornbread from the oven and let it cool for 10 minutes.

*Top with butter and honey. Makes about 9 servings.*

## Buttermilk Drop Biscuits

*Drop biscuits are an easier version of biscuits that don't require rolling, they're just "dropped" on the pan. These biscuits are flaky and way better than purchased biscuits.*

3 cups all-purpose flour  
2 Tablespoons sugar  
4 teaspoons baking powder  
½ teaspoon salt  
1 teaspoon baking soda  
¾ cup butter, cut into pieces  
1 cup buttermilk

### Directions

1. Preheat oven to 425 degrees.
2. Whisk flour, sugar, baking powder, salt, and baking soda together in a large bowl.
3. Using your fingertips, rub the butter into the dry ingredients until blended into clumps.
4. Add the buttermilk and stir until evenly moist, but don't over-stir.
5. Drop ¾ cup of dough for each biscuit onto a baking sheet (spaced 2 in. apart).
6. Bake until biscuits are golden brown on top (about 15 minutes).

*Serve with butter and jam or honey, or other desired toppings. Makes 12 servings.*