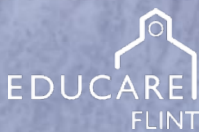


What's Cookin'

Educare Flint & Cummings Great Expectations Family Recipe Book



Volume 1, December 2020

A warm, close-up photograph of a family of four. A man with a beard and a woman with curly hair are smiling, looking at a tablet held by a young child. Another child is visible in the foreground, also smiling. The background is softly blurred, showing a window and some indoor decor. The overall mood is joyful and intimate.

Dedicated to...

All Flint families by Flint families.

What's Cookin'

Volume 1, December 2020

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Beverages





BASIC SMOOTHIE

Anonymous

Preparation Time:

10 minutes

Cooking Time:

10 minutes

Number of Servings:

1

Difficulty Level:

Easy

Ingredients:

2 cups frozen fruit

1 cup liquid

1/2 cup nonfat Greek yogurt

1/2 tablespoon ground chia seeds

1/4 cup whey protein powder

And a handful of kale.

Directions:

1. Place frozen fruit, liquid, non-fat Greek yogurt, chia seeds, whey protein, and kale into a high-speed blender.
2. Blend on high until smooth (add more liquid depending on how thick you like your smoothie).
3. Top with your favorite toppings and serve immediately.

Enjoy!



Beverages

PEACHY COCONUT SMOOTHIE

LaDelvin Walker - Parent, AmeriCorps Member, Educare Flint & Cummings Great Expectations



Preparation Time:

10 minutes

Cooking Time:

0

Number of Servings:

2

Difficulty Level:

Easy

Ingredients:

- 5 ounces vanilla yogurt
- 1 1/2 cup fresh or frozen peaches
- 1/2 cup crushed ice
- 3/4 cup coconut milk
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon sugar

Directions:

1. Combine all ingredients in a blender
2. Blend until smooth.

Enjoy!

PEANUT BUTTER BANANA SMOOTHIE

Chakara Wheeler -Executive Assistant, Educare Flint & Flint Early Childhood Collaborative
Community Foundation of Greater Flint



Preparation Time:

10 minutes

Cooking Time:

10 minutes

Number of Servings:

1

Difficulty Level:

Easy

Ingredients:

- 2 Cups of Sliced Bananas
- 1/2 Cup Nonfat Greek Yogurt
- 1/2 Tablespoon Ground Flax Seeds
- 1 Cup Sweetened Vanilla Almond Milk
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons of Peanut Butter

Directions:

1. Place all ingredients into a high-speed blender.
2. Blend on high until smooth. Add more almond milk as needed.
3. Serve immediately.

Enjoy!

PEAR & APPLE SMOOTHIE

Anonymous



Beverages

Preparation Time:

5 minutes

Cooking Time:

0 minutes

Number of Servings:

1

Difficulty Level:

Easy

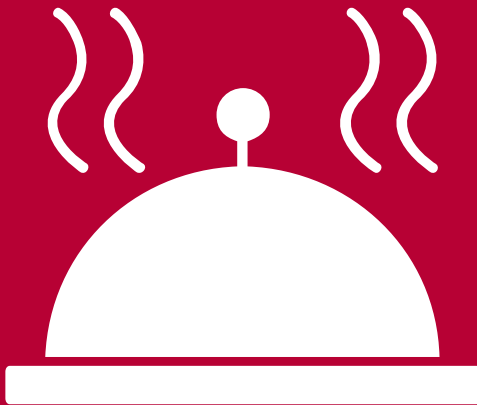
Ingredients:

- 1/2 Cup Old-Fashioned Oats
- 1 Cup Plain Greek Yogurt
- 1 Medium Apple (cored and chopped)
- 1 Medium Pear (cored and chopped)
- 1/4 Cup Almond Milk
- 1/4 Tsp. Ground Cinnamon
- 1 Pinch of Ground Nutmeg
- 1/4 Tsp. Pure Vanilla Extract
- 1 Cup Ice Cubes

Directions:

1. Place oats in blender.
2. Process until finely chopped.
3. Add the rest of the ingredients, starting with just 1/4 cup of almond milk.
4. Puree until smooth, about 2 minutes, adding more milk by the tablespoon as needed to reach desired consistency.
5. Top with a sprinkle of cinnamon, if desired.

Comfort Food



What's Cookin'



BAKED MACARONI

Palena Chambers - Cummings Service Member, Cummings Great Expectations

Preparation Time:

45 minutes

Cooking Time:

45 minutes

Number of Servings:

6

Difficulty Level:

Easy

Ingredients:

1x 2x 3x. 1 lb. dried elbow pasta

1/2 cup unsalted butter

1/2 cup all purpose flour

1 1/2 cups whole milk

2 1/2 cups half and half

4 cups grated medium sharp cheddar cheese - divided (measured after grating)

2 cups grated Gruyere cheese - divided (measured after grating)

1/2 Tbsp. salt.

Directions:

1. Place the lightly cooked macaroni in the prepared baking dish.
2. Pour the egg and cheese liquid over the macaroni, sprinkle with salt and pepper, and stir well.
3. Press the mixture evenly around the baking dish.
4. Bake uncovered, for 30 to 40 minutes, or until the top is brown.

BROCCOLI HAM RING

Vicki Cantrell - Lead EHS Teacher Cummings Great Expectations ,

Preparation Time:

30 minutes

Cooking Time:

25 - 30 minutes

Number of Servings:

8

Difficulty Level:

Easy

Ingredients:

- 4 ounces ham, chopped (1cup)
- 1/4 pound broccoli, chopped (1cup)
- 1/4 cup onion, chopped
- 1/2 cup fresh parsley, snipped
- 6 ounces shredded Swiss or cheddar cheese (1 1/2 cup)
- 2 Tablespoons Dijon mustard
- 1 teaspoon lemon juice
- 2 packages refrigerator crescent rolls (8 ounce)

Directions:

1. Preheat oven 350*.
2. Chop ham, broccoli, onion. Put in mixing bowl.
3. Snip parsley into ingredients.
4. Add cheese, lemon juice, and Dijon mustard into bowl. Mix well. Set aside.
5. Open crescent rolls. Separate triangles.
6. Arrange on baking sheet in a circle with large end in center overlapping. (like a sun) There should be about a 5 inch diameter in the center.
7. Scoop filling onto widest end of each triangle.
8. Bring outside points to the center. Tuck under large ends. Not all filling will be covered.
9. Bake until deep golden brown.

Enjoy!



CHICKEN EGGROLLS

Samantha Glover - Lead Teacher, Cummings Great Expectations

Preparation Time:

10 - 15 minutes

Cooking Time:

15 - 20 minutes

Number of Servings:

4

Difficulty Level:

Hard

Ingredients:

3 medium boneless skinless Chicken breasts

1 medium/ large head of cabbage

1 medium onion

1 cup shredded carrots(optional)

1Tbs fresh garlic

1-2tbs fresh ginger

1/2tsp pepper 1tsp salt 2 tsp ground ginger

2tsp garlic powder

2 tbs olive oil

1-2 cups vegetable oil (for frying)

Eggroll wraps(found in the vegetable aisle with tofu and bean sprouts)

Directions:

1. Peel and mince ginger. Split in half and set aside.
2. Peel and mince garlic (or use the garlic in a jar). Set aside.
3. Mince or dice(I prefer it very small) onion. Set aside.
4. Cut the cabbage into 4 then very thinly slice (the bigger the pieces the longer it will take to cook).
5. Shred about 2&1/2 whole medium carrots.
6. Cut the chicken breasts into cubes(1 inch or smaller if they get too big it will rip the wrap.)
7. In a medium pan on medium heat, heat 2 Tbs olive oil. Once it's hot add half of the garlic, half of the onion, and half of the ginger(be careful for oil popping).
8. Stir and cook until onions are tender.
9. Add chicken, stir add garlic powder and ground ginger, salt and pepper.
10. In a large pot on medium heat add the remaining garlic, ginger, onion, and carrots. Stir and cook until carrots and onions are tender. Add more salt and pepper to taste.
11. In the pot add cabbage and cover stirring frequently to make sure it doesn't stick and cooks evenly.
12. Once the chicken is cooked add the whole pan into the pot with the cabbage scraping the pan to make sure all the flavor gets in the pot. Stir and keep cooking the cabbage until tender.
13. Once the cabbage is done put it in a bowl or set off the heat to cool.
14. Put the oil in a medium pan or pot (I like a pot because less splatter.)
15. Use the egg roll wrappers in diamond shape. Put about 1 TBS of mixture on top of two wraps. Pull the sides in and then the bottom tuck all the mixture in and roll it closed seal with a dab of water under the top flap.
16. Fry on each side until brown
17. Pull out and place on paper towel and then let cool and serve.

CHICKEN POT PIE

Christi Law - Early Childhood Specialist, Educare Flint

Preparation Time:

60 minutes

Cooking Time:

30 minutes

Number of Servings:

4 - 6

Difficulty Level:

Moderate

Ingredients:

3 cups cubed chicken or turkey
1-10oz package of frozen mixed veggies
1/2 cup chopped onion
1/4c butter/margarine
1/4 c flour
1/2t salt
1/4t sage
1/8t pepper
2 cups chicken broth/stock
3/4 cup milk
2 pre-made refrigerator pie crusts

Directions:

1. Take pie crusts out of fridge to come to room temperature.
2. Cook mixed veggies according to package directions, drain.
3. Cook onion in butter/margarine until tender, but not brown.
4. Stir in flour, salt, sage, and pepper.
5. Add water, milk, and chicken broth/stock all at once.
6. Cook and stir until thickened and bubbles.
7. Cook and stir 1-2 more minutes.
8. Stir in cooked, drained veggies, precooked chicken or turkey. Heat until bubbly.
9. Line deep dish pie pan with one pie crust, dump filling in and top with other pie crust and put a few slits in the top.
10. Put on a cookie sheet if you are afraid it will bubble over.
11. This recipe doubles nicely and the filling can be put in a freezer bag and frozen for a meal at a later time.
12. Bake pot pie on 400 degrees for 25-30 minutes.



DEBBIE'S QUESO DIP

Marissa Cobleigh - Early Childhood Specialist, Cummings Great Expectations

Preparation Time:

20 minutes

Cooking Time:

30 minutes

Difficulty Level:

Easy

Ingredients:

1 lb White American Cheese

4 oz Cream Cheese

Green Salsa Verde

1 Diced Jalapeno

1 cup Half and Half

1 cup Shredded Mexican Blend Cheese

Directions:

1. Cut White American Cheese into cubes or break into small pieces.
2. Chop jalapenos. Keep seeds if wanting more spice or skip all together if not wanting too much spice.
3. Take cream cheese out to soften.
4. Place White American cheese, green salsa verde, and half and half in a pan over low-med heat to melt.
5. Add as much green salsa verde as you like, the more added the spicier the queso. Stir mixture occasionally until smooth and melted.
6. Add cream cheese, stirring until mixed in.
7. Add jalapenos and shredded Mexican blend cheese. If queso seems too thick, add more half and half.
8. Ready to serve or place in a crock pot on low to keep warm.

GRANDMA JANE'S TURKEY ROLLS

Marissa Cobleigh - Early Childhood Specialist, Cummings Great Expectations

Preparation Time:

30 minutes

Cooking Time:

35 - 40 minutes

Difficulty Level:

Moderate

Ingredients:

- 1 8 oz Cream Cheese
- 2-3 Cups Shredded Turkey
- 1/2 Onions
- 1/2 Celery
- 1/2 Chopped Walnuts
- 1 Can Cream of Mushroom Soup
- 1 Can of Crescent Rolls

Directions:

1. Pre-heat oven to 375.
2. Take out cream cheese to soften.
3. Chop onions and celery.
4. Boil onions and celery in unsalted water until translucent.
5. Drain and let cool.
6. Add cream cheese, shredded turkey, and nuts. Mix together well.
7. Place crescent rolls in baking pan.
8. Roll the dough down flat with the point at the top.
9. Put a good amount of mixture onto the bottom part of crescent rolls.
10. Roll the dough up and seal the sides. The finished rolls should be touching each other in pan.
11. Bake for 20 minutes.
12. Add cream of mushroom soup and bake for another 10-15 minutes.

MEXICAN CROCK POT CHICKEN

Amy, Elizabeth and Eleanor Krug - Community Foundation of Greater Flint



Preparation Time:

5 minutes

Cooking Time:

6 - 8 hours

Number of Servings:

6

Difficulty Level:

Easy

Ingredients:

2-3 chicken breasts (boneless skinless)

1 can black beans (drained)

1 can whole corn (drained)

16 oz. jar salsa

1/2 cup chopped fresh cilantro (optional)

Sides:

Rice

Tortilla shells

Cheese and other taco fixings such as sour cream, guacamole

Directions:

1. Spray crockpot with cooking spray.
2. Place chicken breasts in the bottom of a crock pot .
3. Salt and pepper.
4. Dump in beans, corn and salsa.
5. Add cilantro to mix.
6. Cover and cook for 6-8 hours.
7. Remove chicken from crock pot.
8. Shred chicken and return to crock pot and stir.
9. Serve on tortillas for chicken tacos (with fixings) or with a side of rice.

TEXAS CAVIAR

Vicki Cantrell - Lead EHS Teacher, Cummings Great Expectations

Preparation Time:

30 Minutes prep
2 hour marinade time

Number of Servings:

6 - 8

Cooking Time:

Just bring marinade to
boil

Difficulty Level:

Easy

Ingredients:

1 each green, yellow, red, orange peppers, diced
1 red onion medium, diced
1 can each drain and rinse black bean, white corn, black eyed
peas
Marinade
1/2 cup oil
3/4 apple cider vinegar
1 cup sugar
Tortilla chips

Directions:

1. Dice onion and peppers.
2. Put in bowl.
3. Drain and rinse corn, peas, beans. Add to peppers and onion.
4. Mix together.
5. Bring marinade ingredients to boil either on stove in a sauce pan or in a bowl in the microwave.
6. Pour over mixture while hot. Mix well.
7. Marinate in refrigerator for 2 hours.
8. Drain. Serve with Tortilla chips.

Dessert





APPLE NACHOS (KIDS SNACK)

Charese McLean - Parent Navigator, Educare Flint & Cummings Great Expectations

Preparation Time:

5 minutes

Cooking Time:

0 minutes

Number of Servings:

2

Difficulty Level:

Easy

Ingredients:

2 Apples

Peanut butter or your favorite nut butter

Lemon or lime juice (small amount to keep apples from browning)

Granola

Chocolate chips

Cinnamon

Directions:

1. Prep the apples.
2. Wash and dry the apples.
3. Cut them into quarters and remove the core.
4. Slice the quarters into thin slices, about 1/4 - 1/2 inch.
5. Drizzle with lemon juice. This is optional, but you can drizzle lemon or lime juice over the apple, mixing them to coat, to keep the apples from browning.
6. Layer apples on a serving plate.
7. Top with remaining ingredients.
8. Warm the nut butter and drizzle in a circular motion over the apple slices.
9. Top with granola, chocolate chips, and any other topping you like.
10. Add a dash or two of cinnamon overtop.

Enjoy!



ASMA'S COFFEE CAKE

Marissa Cobleigh - Early Childhood Specialist, Cummings Great Expectations

Preparation Time:

20 minutes

Number of Servings:

11

Cooking Time:

2 Hours in Fridge or 30
Minutes in Freezer

Difficulty Level:

Easy

Ingredients:

- 2 Packages of Biscoff Coffee Cookies
- 1 Lg Cup of Brewed Coffee (any brand)
- 3 Bananas
- 1 Container of Cool Whip
- 1.5 Cups of Sliced Almonds

Directions:

1. Brew coffee and let cool
2. Slice bananas
3. Dip cookies into coffee. Place cookies on bottom of a baking dish until full layer is made
4. Add a layer of banana slices
5. Add a thin layer of cool whip
6. Sprinkle thin layer of sliced almonds
7. Repeat layers (recommend at least 3 layers)
8. Once finished with layers, cover and refrigerate for 2 hours or freeze for 30 minutes.

Enjoy!



CAKE COOKIES

Christi Law - Early Childhood Specialist, Educare Flint

Preparation Time:

5 minutes

Cooking Time:

11 minutes

Number of Servings:

12

Difficulty Level:

Easy

Ingredients:

1 box of any kind of cake mix

1/3 cup oil

2 eggs

Directions:

1. Mix ingredients all together
2. Spoon out for cookies on a baking sheet.
3. Bake on 350 for 11 min.

Enjoy!



CHOCOLATE PIE

Deanna Taylor - Teacher, Cummings Great Expectations

Preparation Time:

5 minutes

Cooking Time:

10 minutes

Number of Servings:

8

Difficulty Level:

Easy

Ingredients:

1/2 Cup cocoa

1/4 Cup cornstarch

3 egg yolks

1 1/2 Cup sugar

1/4 tsp. salt

2 Cups milk

1 tsp. vanilla

1 graham cracker pie crust or (prepared pie crust of your choice)

Directions:

1. Mix cocoa, cornstarch, beaten egg yolks; sugar, salt and vanilla in a medium sauce pan.
2. Place over medium heat adding milk in gradually, whisking constantly to keep mix smooth and from sticking to the bottom of the pan.
3. Once the mixture is thick, pour into your pie shell and refrigerate until cool.

Enjoy!



COTTAGE CHEESE FRUIT SALAD

Rob Royce - Family Engagement Coordinator, Cummings Great Expectations

Preparation Time:

20 minutes

Cooking Time:

Please don't cook it

Number of Servings:

15

Difficulty Level:

Moderate

Ingredients:

1-24 oz. small curd cottage cheese
1 large can fruit cocktail
1 large can chunk pineapple
Maraschino cherries (as many as you can afford)
Fresh grapes (optional)
1 firm Banana (optional)
1/2 pint heavy whipping cream
1 tsp vanilla
3 Tbls sugar

Directions:

1. Freeze mixer beaters
2. In medium bowl, whip whipping cream, sugar and vanilla.
3. Drain pineapple and fruit cocktail thoroughly.
4. Slice washed grapes in half.
5. Cut maraschino cherries in half.
6. Cut banana in small pieces.
7. In large bowl with lid add; cottage cheese, fruit cocktail, pineapple, maraschino cherries, grapes, bananas and blend.
8. Add whip cream and mix.
9. Chill and set.

Enjoy!



KOOL-AID PIE

JarNel Jamerson - Executive Director, Educare Flint & Flint
Early Childhood Collaborative Community Foundation

Preparation Time:

15 minutes

Cooking Time:

4 hours

Number of Servings:

8

Difficulty Level:

Easy

Ingredients:

- 1 - 0.13 ounce Kool-Aid drink packet flavor of your choice
- 1 - cup cool-whip (or whipped cream)
- 1 - 14 ounce sweetened condensed milk can
- 1 - 9 inch graham cracker crust

Directions:

1. Filling: stir Kool - Aid packet, whipped cream, and condensed milk together until well blended.
2. Add pie filling to graham cracker crust.
3. Refrigerate for 4 hours and serve.

Enjoy!



LELE'S BANANA PUDDING

Leann Littlejohn - Family Engagement Advocate, Educare Flint

Preparation Time:

30 minutes

Cooking Time:

0

Number of Servings:

10

Difficulty Level:

Moderate

Ingredients:

- 1 (8 oz) package of cream cheese - at room temperature
- 1 (14 oz) can of sweetened condensed milk
- 1 (5 oz) package of INSTANT vanilla pudding mix
- 3 cups cold milk (recommend whole milk)
- 1 teaspoon vanilla extract
- 1 (8 oz) container of Cool Whip - thawed
- 4 ripe bananas - sliced
- 1 box of vanilla wafer cookies

Directions:

1. In a large mixing bowl beat cream cheese until smooth
 2. Slowly beat in sweetened condensed milk
 3. Add box pudding powder and mix until smooth
 4. Slowly add in milk a half a cup at a time
 5. Add in vanilla and mix until blended
 6. In a separate bowl, mix half of the container of Cool Whip with one cup of the pudding mixture until blended - do not over mix
 7. Pour cool while mixture into pudding mixture and blend until smooth
 8. Place layer of cookies in the bottom of a casserole dish, add layer of sliced bananas, and then pudding mix; repeat 2-3 times (depending on size of dish)
 9. Spread remaining half of the Cool Whip on top
 10. Crumble up remaining cookies and sprinkle on top of Cool Whip
 11. Cover and refrigerate for at least three hours
- this desert is often better the longer it sits and may be made up to a day in advance -

Enjoy!



LELE'S SWEET POTATO PIE

Leann Littlejohn - Family Engagement Advocate, Educare Flint

Preparation Time:

Approx. 30 minutes

Cooking Time:

Approx. 1 hour

Number of Servings:

8

Difficulty Level:

Moderate

Ingredients:

1 lb sweet potato (approx. 2 medium potatoes)

1/2 C. Butter - softened, but not melted

1 C. Sugar

1/2 Milk

2 Eggs - at room temperature

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1teaspoon vanilla

1 unbaked pie crust

Directions:

1. Cut sweet potatoes up into large chunks and boil until tender. Drain, run under cold water to cool, remove skin, and break apart with fork.
2. In large bowl mix sweet potato and butter with hand or stand mixer. Add in sugar, milk, eggs, cinnamon, nutmeg, and vanilla. Beat on medium speed until mixture is smooth.
3. Pour into unbaked pie crust (I recommend placing pie crust on cookie sheet covered with pie of aluminum foil)
4. Bake at 350 degrees for approximately 1 hour. You may test to see if pie is done by sticking a sharp knife in the center - if it comes out clean the pie is done.
- - Pie will poof up while baking, and then sink down as it cools - -

Enjoy!



PEANUT BUTTER BARS

Christi Law - Early Childhood Specialist, Educare Flint

Preparation Time:

10 minutes

Cooking Time:

15 minutes

Number of Servings:

6 - 8

Difficulty Level:

Easy

Ingredients:

- 1 c butter melted
- 1 3/4 cup graham cracker crumbs
- 1 cup creamy peanut butter
- 2 1/3 cups powdered sugar
- 1 cup chocolate chips
- 3/4 peanut butter

Directions:

1. Mix together butter, graham cracker crumbs, 1 cup PB, and sugar.
2. Press into a prepared 9x13 pan.
3. For topping: melt the chocolate chips and 3/4 cup PB in a saucepan and spread over bars.
4. Cool and cut into squares.

Enjoy!



SAMOA PIE

Jenny Hail - Family Engagement Coordinator, Educare Flint

Preparation Time:

20 minutes

Cooking Time:

1 hour

Number of Servings:

8

Difficulty Level:

Easy

Ingredients:

8 oz cream cheese
1/4 cup sugar
1/4 cup powdered sugar
2 cups caramel
2 cups heavy cream
1 store bought pie crust
1 cup sweetened coconut
Melted chocolate for drizzling

Directions:

Filling:

1. In a bowl using a hand mixer beat the cream cheese, both sugars, and 1/2 cup of caramel until fluffy and combined. Add heavy cream and beat until medium peaks form. Add mixture to pie crust and smooth the top. Refrigerate until firm.
2. Make topping:
3. In a small bowl mix together the coconut and 1 cup of caramel until combined
4. Spread remaining 1 cup of caramel on top of chilled pie
5. Then top with coconut mixture, press down to make an even layer
6. Drizzle with more caramel and chocolate
7. Chill until ready to serve

Enjoy!



YUMMY OREO DELIGHT

Danielle Sweet - Teacher, Cummings Great Expectations

Preparation Time:

20 minutes

Cooking Time:

0

Number of Servings:

9

Difficulty Level:

Easy

Ingredients:

- 1 package (14oz) oreo cookies
- 3/4 sticks butter melted
- 2(8 oz) container of cool whip
- 1 (8oz) of cream cheese softened
- 1 cup of confectioners powdered sugar
- 1 (5.9 oz) package of chocolate instant pudding
- 2 3/4 cup of milk

Directions:

1. Use a food processor or your hands to crush the whole container of Oreos
2. Set one cup of the crushed Oreos aside. Mix the rest with the melted butter. Press the mixture into the bottom of a 9x13 inch pan to make a crust no back Oreo
3. Use a hand mixer to combine 1 container of cool whip with the cream cheese and sugar. Next, spread it across the Oreo crust.
4. Whisk milk and instant pudding for two minutes. Then let it sit for 5 mins. Spread it over the whip cream/sugar mixture.
5. Top with the remaining cool ship, then sprinkle with the cup of crushed Oreos that was previously set aside.

Enjoy!





Fit & Lean



What's Cookin'



CAJUN SALMON

Charese McLean - Parent Navigator, Cummings Great Expectations & Educare Flint

Preparation Time:

10 minutes

Cooking Time:

10 - 15 minutes

Number of Servings:

2

Difficulty Level:

Easy

Ingredients:

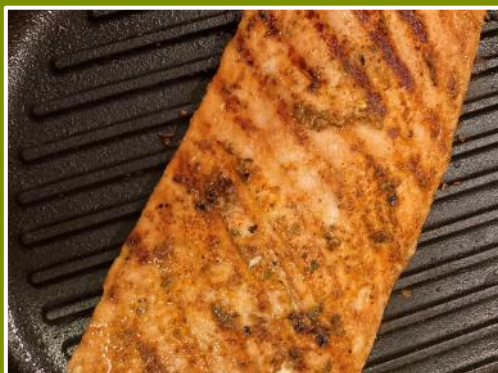
2 skinless boneless salmon fillets

Your favorite cajun seasoning

Directions:

1. Rub your salmon with the cajun seasoning on both sides.
2. Set aside your fillets while you prepare your cast iron skillet.
3. Drizzle a little olive oil in the center of the pan and use a paper towel to spread over entire surface.
4. Heat pan on medium heat, add salmon, and cover with lid to keep in moisture.
5. Cook for 5 minutes then flip for another 5 minutes. Your fillet should be moist and flaky.

Enjoy!



CHILI LIME SHRIMP LETTUCE WRAP

Charese McLean - Parent Navigator, Cummings Great Expectations & Educare Flint

Preparation Time:

30 minutes

Cooking Time:

5 minutes

Number of Servings:

4

Difficulty Level:

Easy

Ingredients:

- 1.5 lb. raw shrimp, peeled and deveined
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 2 cloves fresh garlic, minced
- 2 Tbsp avocado oil, or extra-virgin olive oil, divided in half
- sea salt and fresh ground black pepper
- 2 fresh limes
- a handful of fresh cilantro leaves, chopped
- 8-10 romaine or butter lettuce leaves, rinsed and pat dried
- 1 large avocado, diced
- 1 red chili, thinly sliced

Directions:

1. In a large glass bowl, add shrimp, all seasonings, juice of 1 lime, garlic, and 1 Tablespoon of oil.
2. Season with sea salt and pepper to your taste, then stir well to coat.
3. If time allows, refrigerate/marinate for 15 minutes or so, covered.
4. Heat oil in a large skillet over medium heat. Add shrimp and cook until just pink, about 3-4 minutes
5. In a very large bowl add cooked shrimp, diced avocado, cilantro, chili slices, juice of 1 lime and remaining oil.
6. Gently stir to combine.
7. Taste test and season with a pinch of sea salt and pepper if needed.
8. Add spoonfuls of the avocado shrimp mixture to lettuce leaves.

CREAMY SALMON

Chakara Wheeler -Executive Assistant, Educare Flint & Flint Early Childhood Collaborative Community Foundation of Greater Flint

Preparation Time:

5 minutes

Cooking Time:

20 minutes

Number of Servings:

4

Difficulty Level:

Easy

Ingredients:

4 Salmon Fillets, Skin Off

Your Favorite Seasonings

2 Teaspoons Olive Oil

3 Cups baby spinach leaves

1 Cup of Half and Half or Heavy Cream

(Optional: Corn Starch)

Directions:

1. Heat the oil in a large skillet over medium-high heat.
2. Season the salmon filets on both sides and cook in the hot pan, flesh-side down first, for 5 - 7 minutes on each side, or until cooked to your liking.
3. Once cooked to your liking pour the half and half (or heavy cream) over the salmon, and reduce to low heat.
4. Bring to a gentle simmer, while stirring occasionally.
5. Add in the spinach leaves and allow to wilt in the sauce.
6. For a thicker sauce, add cornstarch mixture to the center of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens.
7. Serve over rice and steamed vegetables.

HONEY GLAZED SALMON

Anonymous

Preparation Time:

5 minutes

Cooking Time:

20 minutes

Number of Servings:

4

Difficulty Level:

Easy

Ingredients:

1/3 Cups of Honey

1/4 Cups of Soy Sauce

2 Tbsp. Lemon Juice

1 Tsp. Red Pepper Flakes

3 Tbsp. Extra-Virgin Olive Oil, divided

4 6oz. Skinless Salmon Fillets

Add Spices of Your Liking

1 Lemon

Directions:

1. In a medium bowl, whisk together honey, soy sauce, and lemon juice.
2. Season salmon to your liking with your preferred spices.
3. In a large skillet over medium-high heat, heat two tablespoons of oil.
4. When oil is warm, add seasoned salmon.
5. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
6. Add the honey mixture and cook on reduced heat until salmon is bronze.
7. Baste salmon with the sauce.

Soup & Stews





BAKED POTATO SOUP

Deanna Taylor - Teacher, Cummings Great Expectations

Preparation Time:

1 hour (for potatoes)

Cooking Time:

20 minutes

Number of Servings:

10

Difficulty Level:

Moderate

Ingredients:

2/3 cup butter

1/3 cup flour

7 cups milk

4 large potatoes baked and chopped (bake at 400 for 1 hour)

1/4 cup diced onion

12 slices of bacon cooked and crumbled

1 1/4 cup cheddar cheese shredded

1 cup sour cream

3/4 tsp salt

1/2 tsp. black pepper

Directions:

1. In a large soup pot melt butter, stir in flour.
2. Heat and whisk until smooth.
3. Add milk stirring constantly until thickened.
4. Add potatoes and onions.
5. Bring to a boil stirring constantly.
6. Reduce heat simmer 10 minutes.
7. Add remaining ingredients.
8. Stir until cheese is fully melted.

BLACK BEAN CHILI

Leann Buffmyer - Littlejohn - Family Engagement Advocate, Educare Flint

Preparation Time:

30 minutes

Cooking Time:

Approx. 30 minutes

Number of Servings:

6

Difficulty Level:

Moderate

Ingredients:

- 1 package of Morningstar Farm Crumbles - cooked
- 1 teaspoon Olive Oil
- 1 Onion - diced
- 1 Green Bell Pepper - diced
- 1 Yellow Bell Pepper - diced
- 1 Orange Bell Pepper - diced
- 1 Red Bell Pepper - diced
- 2 cans Black Beans - DO NOT DRAIN
- 1 package Taco Seasoning mix
- Additional seasons to taste

Directions:

1. Prepare Morningstar Farm Crumbles as directed - set aside
2. Heat olive oil over medium heat
3. Add onion, green, yellow, orange, and red bell peppers. Sauté until tender, but be cautious to not overcook
4. Add black beans, liquid included; stir mixture
5. Add cooked crumbles to mixture; stir mixture
6. Add taco season mix; stir mixture and cook over low heat until thickened (you may add additional seasonings of your choice)
7. Allow to simmer for approximately 30 minutes, stirring occasionally
8. Eat alone, with toppings (cheese, sour cream, crackers, etc.) or serve over a baked potato



CHEDDAR BROCCOLI SOUP

Christi Law - Early Childhood Specialist, Educare Flint

Preparation Time:

15 minutes

Cooking Time:

20 minutes

Number of Servings:

2 families of 4 - 6

Difficulty Level:

Easy

Ingredients:

- 1- 16 oz frozen broccoli
- 6 carrots sliced
- 4 stalks celery sliced
- 1 medium onion chopped
- 3 sticks of butter/margarine
- 1 1/2 cups flour,
- 10 cups water,
- 10-12 chicken bouillon cubes (to taste)
or substitute to 10 cups chicken broth instead of
water and bouillon.
- 1- 16oz container of cheez whiz or Velveeta cheese

Directions:

1. Steam vegetables in almost tender.
2. In a separate bowl, microwave butter/margarine until melted.
3. Stir in flour and mix until smooth.
4. In a large saucepan, dissolve bouillon cubes in boiling water or bring the chicken broth to a boil.
5. Add a cup of the hot bouillon water/chicken broth to the butter and flour and whisk together.
6. Then add to boiling water and stir.
7. Add drained vegetables to soup.
8. Add Cheez Whiz or Velveeta cheese.
9. Stir until melted.
10. This is a good meal to freeze: let soup cool and put in a freezer bag.
11. Lay flat in the freezer.



CHICKEN CHILI

Christi Law - Early Childhood Specialist, Educare Flint

Preparation Time:

20 minutes

Cooking Time:

1 - 4 hours

Number of Servings:

6 - 8

Difficulty Level:

Easy

Ingredients:

- 1 big container of chicken broth
- 1 large can of diced tomatoes
- 1 can of tomato paste
- 1 can of the following beans, navy beans, pinto beans, garbanzo(chick) beans, Northern beans
- 1 small can of green chilis
- 2-3 T of Old Bay Seasoning
- 1 T pepper
- 1/2 c of chopped and sauteed onions
- 4 large chicken breasts (precooked and diced)

Directions:

1. Put all the ingredients in a crock pot and simmer on high for 1 hour and turn to low heat.
2. Serve when ready!



MEXICAN CHICKEN RICE SOUP

Amy, Elizabeth and Eleanor Krug - Community Foundation of Greater Flint

Preparation Time:

5 minutes

Cooking Time:

6 - 8 hours

Number of Servings:

6

Difficulty Level:

Moderate

Ingredients:

2-3 chicken breasts (boneless skinless)

1 can black beans (drained)

1 can whole corn (drained)

16 oz. jar salsa

1/2 cup chopped fresh cilantro (optional)

Sides:

Rice

Tortilla shells

Cheese and other taco fixings such as sour cream, guacamole

Second meal; Mexican Chicken Soup

Ingredients

1 can black beans (drained)

1 can corn (drained)

Large carton or can of chicken broth

Chopped cilantro (optional)

Serve with shredded cheese and tortilla chips.

Directions:

1. Spray crockpot with cooking spray.
2. Place chicken breasts in the bottom of a crock pot.
3. Salt and pepper.
4. Dump in beans, corn and salsa.
5. Add cilantro to mix.
6. Cover and cook for 6-8 hours.
7. Remove chicken from crock pot. Shred chicken and return to crock pot and stir.
8. Serve on tortillas for chicken tacos (with fixings) or with a side of rice.

MEXICAN WHITE CHICKEN CHILI

Kim Worth - Early Childhood Specialist, Educare Flint

Preparation Time:

45 - 60 minutes

Cooking Time:

6 hours

Number of Servings:

10 - 12

Difficulty Level:

Moderate

Ingredients:

3-4 chicken breasts, cooked, shredded

2 cans Great Northern beans (drain and rinse)

3 1/2 cups Salsa

1 teaspoon Cumin

1 can White corn (drain)

1 can Creamed corn

1 1/2 cups water

3-4 cups Shredded 4 cheese Mexican blend

Additional items: (to add to individual serving if desired)

Sour cream

Additional salsa

Additional shredded cheese

Directions:

1. Add all ingredients into a slow cooker but the cheese and additional items.
2. After cooking it for about 3 hours, add cheese.
3. Scoop out individual servings and top with additional items if desired.



VEGAN CARROT SOUP

Charese McLean - Parent Navigator, Cummings Great Expectations & Educare Flint

Preparation Time:

25 minutes

Cooking Time:

30 minutes

Number of Servings:

8 servings

Difficulty Level:

Easy

Ingredients:

8 large carrots (chopped small)

2 medium onions (chopped small)

1 1/2 tsp curry pwd (then add to taste)

Himalayan salt (to taste)

1 (11oz) carton coconut milk

1 (32oz) carton low-sodium vegetable broth.

Optional ingredients:

cinnamon

nutmeg

1tbsp of honey if you want a little sweetness (reminds me of a lite Panera's Autumn Squash soup or a sweet potato flavor).

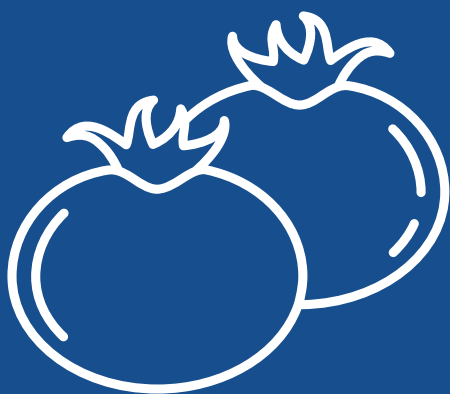
Directions:

1. Add carrots, onions, and curry powder to a soup pot and cover with the vegetable broth.
2. Simmer for 20-25 minutes until carrots are soft.
3. Allow to slightly cool and then puree in a blender working in small batches to avoid damaging your blender.
4. Return to the heat and stir in coconut milk until well mixed (pour in small amounts until desired thickness).
5. Add salt to taste, pour in bowl, and garnish with chopped chives with a drizzle of coconut milk.





Vegetarian





BLACK BEAN BURGER

Anonymous

Preparation Time:

15 minutes

Cooking Time:

1hr 15 minutes

Number of Servings:

4

Difficulty Level:

Moderate

Ingredients:

2 (15-oz.) cans black beans, drained and rinsed
1 (3.5-oz.) shiitake mushrooms, roughly chopped
1/2 yellow onion, thinly sliced
1 tbsp. extra-virgin olive oil
Kosher salt
Ground black pepper
1/2 c. old-fashioned oats
1/2 avocado, chopped
1/4 c. loosely packed cilantro or parsley leaves
2 cloves garlic, chopped
2 tsp. smoked paprika
1 tsp. chili powder
1 tsp. ground cumin
Vegetable oil, for cooking

Directions:

1. Preheat oven to 375°.
2. Spread beans in an even layer on a large baking sheet.
3. Place mushrooms and onion on another large baking sheet and drizzle with olive oil. Season with salt and pepper and toss to coat, then spread in an even layer.
4. Bake beans for 7 to 9 minutes or until they are dry and the skins are beginning to split.
5. Bake mushrooms and onions for 18 - 20 minutes or until tender.
6. Add beans, mushrooms, and onion to the bowl of a food processor, along with oats, avocado, cilantro, garlic, paprika, chili powder, and cumin. Blend until smooth, scraping down sides of food processor as needed.
7. Let mixture rest 10 minutes in refrigerator, then form into 4 patties.
8. In a large skillet over medium heat, heat enough vegetable oil to coat the bottom of the pan. Add veggie burgers to skillet and cook until outside is crisp and golden, and inside is heated through, about 4 minutes per side.

Assemble burgers with preferred toppings.

BLACK BEAN CORN MUFFIN BAKE

Leann Bufmyer - Littlejohn - Family Engagement Advocate, Educare Flint

Preparation Time:

30 minutes

Cooking Time:

35 minutes

Number of Servings:

6

Difficulty Level:

Moderate

Ingredients:

- 1 teaspoon Olive Oil
- 1 Onion - diced
- 1 Green Bell Pepper - diced
- 1 Yellow Bell Pepper - diced
- 1 Orange Bell Pepper - diced
- 1 Red Bell Pepper - diced
- 1 can Black Beans - DO NOT DRAIN
- 1 package Taco Seasoning mix
- 1 box Jiffy Corn Muffin Mix
- 1 Egg
- 1/3 cup Milk
- 1/2 cup Shredded Cheese - recommend Cheddar or Mexican

Directions:

1. Heat olive oil over medium heat
2. Add onion, green, yellow, orange, and red bell peppers. Sauté until tender, but be cautious to not overcook
3. Add can of black beans, liquid included; stir mixture
4. Add taco season mix; stir mixture and cook over low heat until thickened (you may add additional seasonings of your choice)
5. Pour mixture into casserole dish - set aside
6. Combine Jiffy Corn Muffin mix, egg, and milk; mix until blended; mixture will still be lumpy; set aside for 1 minute
7. Add shredded cheese to corn muffin mix
8. Drop Corn muffin mix by spoonful over the top of black bean mixture; gently spread it out as evenly as possible
9. Bake at 350 degrees for 35 minutes, or until golden brown
10. Allow to cool approx. 10 minutes; serve with toppings of your choice (i.e., sour cream, avocado, salsa, lettuce, etc.)

BROCCOLI CAKES

Anonymous

Preparation Time:

20 minutes

Cooking Time:

10 minutes

Number of Servings:

4

Difficulty Level:

Moderate

Ingredients:

- 1/2 cup quinoa (uncooked) or 1 1/2 cups cooked (see notes)
- 1 cup of water
- 4 -5 cups fresh broccoli florets (1/2 lb)
- 2 scallions, diced
- 1 egg
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 garlic clove, finely minced (or 1/2 teaspoon granulated garlic)
- 1/4 cup almond flour (or use regular flour or bread crumbs), more as needed
- 1/2 cup grated cheese (cheddar, jack, mozzarella or vegan cheese)
- 2 - 3 tablespoons oil for searing

Directions:

1. Bring quinoa and water to boil in a very small pot, cover, lower heat to low and cook 12-15 minutes or until all the water is gone.
2. Turn off heat, let stand 5 minutes covered.
3. Steam broccoli (at the same time) until just tender and drain well, and pat dry.
4. Combine: Place broccoli, scallions, quinoa, egg, salt, pepper, garlic, and cheese into a food processor and pulse until finely ground.
5. Pulse in the almond flour, mixing in well. The mixture should easily mound on a spoon and just be slightly wet, but easily forming a patty. If the mixture seems very wet, continue adding almond flour a tablespoon at a time until manageable.
6. Form 4 large patties. You shouldn't need to coat these in flour, but do as you like.
7. Sear: Heat oil in a skillet over medium heat.
8. Carefully place patties in the skillet, lowering heat to medium-low- resisting the temptation to move or fiddle with them.
9. As they form the deep golden crust, they will naturally release themselves from the pan, and not stick- making flipping much easier. (I like to use a thin metal spatula here. Rubber spatula have thicker edges, much harder to get under delicate things.)
10. Flip when golden and releasing, about 5 minutes.
11. Cook the other side until slightly puffed in the center, lowering heat more if need be.

COLE SLAW

Kim Worth - Early Childhood Specialist, Educare Flint

Preparation Time:

10 - 15 minutes

Cooking Time:

none

Number of Servings:

6 - 8

Difficulty Level:

Easy

Ingredients:

- 1/4 cup oil
- 1/4 cup sugar
- 1/3 cup apple cider or apple cider vinegar
- 1/4 teaspoon celery seed
- 1/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 onion chopped
- 12-16 oz bag shredded cabbage
- 1/2 can rice noodles

Directions:

1. Medium size bowl: Mix together onions and shredded cabbage.
2. Small bowl: Mix together (dressing) oil, sugar, cider/ vinegar, celery seed, dry mustard and salt.
3. Add dressing and rice noodles to the cabbage and onions shortly before serving.

CRANBERRY SALAD

Marissa Cobleigh - Early Childhood Specialist, Cummings Great Expectations

Preparation Time:

20 minutes

Cooking Time:

In fridge for 10-12 hours

Difficulty Level:

Easy

Ingredients:

- 1 Pkg Fresh Cranberries
- 1.5 Cup Sugar
- 1 Lg Can of Pineapple Tidbits
- 1 Lg Box Raspberry Jello
- 1 Cup Chopped Walnuts

Directions:

1. Add cranberries, sugar, and pineapple juice to a saucepan.
2. Add water to pineapple juice if needed to make 1.5 cups of liquid.
3. Bring to a boil.
4. Let simmer until cranberries pop.
5. Add jello and pineapple chunks.
6. Stir well. Let cool.
7. Add chopped nuts.
8. Put in bowl or jello mold.
9. Let sit in fridge over night.

POTATO SALAD

Sandra Thayer - Teacher, Educare Flint

Preparation Time:

60 minutes

Cooking Time:

30 minutes

Number of Servings:

10

Difficulty Level:

Moderate

Ingredients:

5 peeled cooked potatoes

1 medium white onion

2 cucumbers

7 hard boiled eggs cut up in small pieces

SAUCE

1/2 to a full jar miracle whip

A capful of vinegar

Enough sugar to your taste

Directions:

1. Cook the potatoes just enough to be soft but not mushy.
2. Cut them into cube shapes and put them in a large bowl.
3. Add chopped onion and eggs.
4. Cut the seeds out of the cucumber and chop the remaining into small pieces.
5. Add to the bowl. Mix well.
6. Mix sauce ingredients in a separate bowl. Taste it to make sure you have enough sugar, add to the bowl and mix well. Add salt to taste.



ROASTED CAULIFLOWER PASTA

Anonymous

Preparation Time:

10 minutes

Cooking Time:

20 minutes

Number of Servings:

2 - 3

Difficulty Level:

Easy

Ingredients:

1 Head cauliflower

1 Lemon

4 Ounces Preferred Pasta

2 Tablespoons of Olive Oil

Spices: Garlic Powder, Salt, Pepper, Chili Flakes, Parsley

(Optional) 1/2 cup toasted walnuts, chopped

(Optional) 2 tablespoons capers

Directions:

1. Preheat oven to 425 F
2. Trim and cut cauliflower into small bite-sized florets and place in a bowl.
3. Drizzle with olive oil to coat, 1/2 of the lemon, and sprinkle spices.
4. Toss well and spread out in a single layer on a parchment-lined sheet pan, and place into the middle of the hot oven.
5. Roast for 20 - 25 minutes or until tender and golden.

While the cauliflower is roasting, cook the pasta. Drain and place in a bowl. Drizzle pasta generously with olive oil to coat the noodles, then add remaining lemon, crushed toasted walnuts, and capers. When cauliflower is done, add it to the bowl and toss. Sprinkle with chili flakes.

Taste, adjust salt and pepper and add more if necessary.

VEGETARIAN BURRITOS

Chakara Wheeler - Executive Assistant, Educare Flint & Flint Early Childhood Collaborative Community Foundation of Greater Flint

Preparation Time:

10 minutes

Cooking Time:

10 minutes

Number of Servings:

3 - 4

Difficulty Level:

Easy

Ingredients:

1 Tablespoon Olive Oil
1 Cup Onion, Diced
1 Red Bell Pepper, Diced
1 Cup of Rice
1/2 Cup Boca, Ground Vegetables
1 Can of Black Beans, rinsed and strained
1/2 to 3/4 cup shredded cheese
3 to 4 10-12-inch tortillas, warmed
Spices: garlic powder and onion powder
(Optional) 1-2 scallions, chopped

Directions:

1. In a large skillet, heat oil over medium heat. Saute onion and bell pepper for 4 - 5 minutes or until tender.
2. Add rice, ground veggies and black beans, stirring to combine. Season with your favorite spices and scallions.
3. Add optional cheese to the pan and gently melt, stirring for about one minute.
4. Divide filling into the center of the warm tortillas, and wrap up into a burrito.

Serve immediately!

YUMMY PASTA SALAD

Charese McLean - Parent Navigator, Cummings Great Expectations & Educare Flint

Preparation Time:

20 minutes

Cooking Time:

8 - 12 minutes

Number of Servings:

10

Difficulty Level:

Easy

Ingredients:

- 1 package (12 oz) tricolor spiral pasta
- 1 pint grape tomatoes
- 4 cups fresh broccoli florets,
- 1/2 cup fetta cheese
- 1 medium red onion finely chopped
- 1 green bell pepper chopped small
- Salad supreme (original flavor) to taste
- 1 1/2 cups of your favorite Italian dressing.

Directions:

1. Cook pasta according to package directions. If you prefer cooked broccoli, add to pasta during the last 2 minutes of cooking.
2. Drain and rinse pasta in cool water. In a large mixing bowl add pasta, broccoli, red onion, bell pepper, fetta cheese, salad supreme, Italian dressing and mix well. Refrigerate until ready to serve. Give your salad a good stir before serving.





What's Cookin



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