ROOKIES COOKING CLASS

Recipe Ideas for **Class TWO**: November 7, 2024

Breakfasts!

Apple Cinnamon Overnight Oats

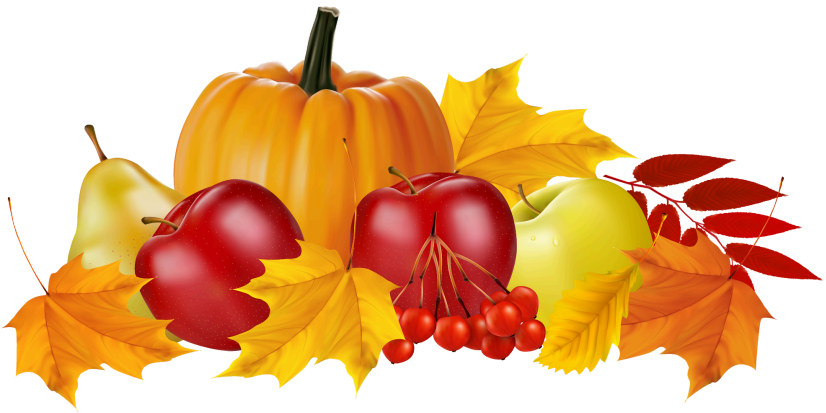


Ingredients:

- 1 cup rolled oats
- 1 cup milk, or dairy-free milk
- 1/2 cup vanilla yogurt, or a dairy-free yogurt
- 1 apple, peeled, cored, and diced
- 1 tbsp honey or maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- Optional toppings: chopped nuts, raisins, or additional diced apples

Instructions:

1. **Combine Ingredients:** In a bowl or jar, mix together rolled oats, milk, yogurt, diced apple, honey (or maple syrup), cinnamon, and vanilla extract.
2. **Refrigerate:** Cover and refrigerate overnight, or for at least 4 hours.
3. **Serve:** In the morning, stir the oats and add optional toppings like nuts, raisins, or additional diced apples. Serve cold.



Pumpkin Pancakes

Ingredients:



- 1 cup whole wheat flour
- 1/2 cup canned pumpkin puree
- 1 cup milk (or a dairy-free milk)
- 1 egg
- 1 tbsp honey or maple syrup
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- Pinch of salt
- Butter or oil for cooking

Instructions:

1. **Mix Wet Ingredients:** In a bowl, whisk together canned pumpkin, milk, egg, and honey (or maple syrup) until smooth.
2. **Combine Dry Ingredients:** In another bowl, mix whole wheat flour, baking powder, cinnamon, nutmeg, and salt.
3. **Combine Mixtures:** Add the dry ingredients to the wet ingredients and stir until just combined. The batter will be thick.
4. **Cook Pancakes:** Heat a skillet or griddle over medium heat and lightly grease with butter or oil. Pour batter onto the skillet to form pancakes. Cook until bubbles appear on the surface, then flip and cook until golden brown on both sides.
5. **Serve:** Serve warm with your favorite toppings, such as a drizzle of maple syrup or a sprinkle of powdered sugar.

Apple and Pear Oatmeal Bars

Ingredients:



- 1 cup rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup honey or maple syrup
- 1/4 cup olive oil
- 1/2 cup grated apple (peeled)
- 1/2 cup grated pear (peeled)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/4 cup chopped walnuts or pecans (optional)

Instructions:

1. **Preheat Oven:** Preheat your oven to 350°F (175°C). Line an 8x8 inch baking pan with parchment paper.
2. **Mix Wet Ingredients:** In a large bowl, whisk together honey (or maple syrup) and olive oil until combined.
3. **Combine Dry Ingredients:** In another bowl, mix oats, whole wheat flour, cinnamon, nutmeg, and salt.
4. **Combine Mixtures:** Add the dry ingredients to the wet ingredients and mix well. Fold in the grated apple, pear, and optional nuts.
5. **Spread Batter:** Spread the mixture evenly in the prepared baking pan.
6. **Bake:** Bake for 25-30 minutes, or until the top is golden brown and the bars are set. Let cool completely before cutting into squares.

Lunch or Dinner

Lentil and Veggie Stuffed Sweet Potatoes

Ingredients:



- 4 medium sweet potatoes
- 1 cup cooked lentils (green or brown)
- 1 cup chopped spinach or kale
- 1/2 cup shredded cheese (cheddar or feta)
- 1/2 cup diced tomatoes (fresh or canned)
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions:

1. **Cook Sweet Potatoes:** Preheat your oven to 400°F (200°C). Prick sweet potatoes with a fork and place them on a baking sheet. Bake for 40-50 minutes, or until tender.
2. **Prepare Filling:** In a bowl, mix cooked lentils, chopped spinach or kale, diced tomatoes, shredded cheese, cumin, paprika, garlic powder, salt, and pepper.
3. **Stuff Sweet Potatoes:** When sweet potatoes are cool enough to handle, cut them open and fluff the insides with a fork. Spoon the lentil mixture into the sweet potatoes, mounding it slightly.
4. **Bake:** Return the stuffed sweet potatoes to the oven and bake for an additional 10-15 minutes, until the cheese is melted and the filling is heated through.
5. **Serve:** Garnish with fresh parsley if desired and serve warm.



Cheesy Butternut Squash and Kale Baked Pasta

Ingredients:



- 2 cups whole wheat pasta (such as penne or macaroni)
- 1 small butternut squash, peeled, seeded, and cubed
- 1 cup chopped kale (stems removed)
- 1 cup shredded cheese (mozzarella or cheddar)
- 1 cup milk, or non-dairy milk
- 1 tbsp olive oil
- 2 tbsp flour
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried thyme
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese (optional)

Instructions:

1. **Preheat Oven:** Preheat your oven to 375°F (190°C). Lightly grease a baking dish.
2. **Cook Pasta:** Cook the pasta according to package directions until al dente. Drain and set aside.
3. **Roast Squash:** Toss butternut squash cubes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes, or until tender and caramelized.
4. **Prepare Cheese Sauce:** In a saucepan over medium heat, whisk together flour and milk until smooth. Cook, stirring constantly, until the mixture thickens. Stir in shredded cheese, garlic powder, onion powder, thyme, salt, and pepper until the cheese is melted and the sauce is smooth.
5. **Combine Ingredients:** In a large bowl, mix cooked pasta, roasted squash, chopped kale, and cheese sauce. Stir well to combine.
6. **Bake:** Transfer the mixture to the prepared baking dish. Top with Parmesan cheese if using. Bake for 20-25 minutes, or until bubbly and golden on top.
7. **Serve:** Let cool slightly before serving.

Dairy-Free Butternut Squash and Kale Baked Pasta

Ingredients:



- 2 cups whole wheat pasta (such as penne or macaroni)
- 1 small butternut squash, peeled, seeded, and cubed
- 1 cup chopped kale (stems removed)
- 1 cup unsweetened almond milk (or another dairy-free milk)
- 1 tbsp olive oil
- 2 tbsp all-purpose flour (or a gluten-free alternative)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried thyme
- 1/4 cup nutritional yeast
- Salt and pepper to taste
- 1/4 cup gluten-free breadcrumbs (optional, for topping)

Instructions:

1. **Preheat Oven:** Preheat your oven to 375°F (190°C). Lightly grease a baking dish.
2. **Cook Pasta:** Cook the pasta according to package directions until al dente. Drain and set aside.
3. **Roast Squash:** Toss butternut squash cubes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes, or until tender and caramelized.
4. **Prepare Nutritional Yeast Sauce:**
    - In a saucepan over medium heat, whisk together flour and almond milk until smooth.
    - Cook, stirring constantly, until the mixture begins to thicken.
    - Stir in nutritional yeast, garlic powder, onion powder, thyme, salt, and pepper. Continue to cook, stirring, until the sauce is well combined and slightly thickened.
5. **Combine Ingredients:** In a large bowl, mix the cooked pasta, roasted butternut squash, chopped kale, and nutritional yeast sauce. Stir well to combine.

6. **Bake:** Transfer the mixture to the prepared baking dish. If using, sprinkle gluten-free breadcrumbs over the top for a crunchy topping. Bake for 20-25 minutes, or until bubbly and golden on top.
7. **Serve:** Let cool slightly before serving.

This recipe uses nutritional yeast to add a cheesy, savory flavor while keeping it completely dairy-free. Enjoy your creamy and satisfying pasta dish!



ON SALADS

Sprinkle 2 tablespoons on top of salad or mix / blend with liquid aminos, olive oil, and lemon juice for a thicker dressing.

IN TOFU SCRAMBLE

Combine with turmeric, salt and pepper to season tofu to perfection.

IN CHEESY SAUCES

Nutritional yeast adds that cheesy, umami flavor to vegan mac & cheese or vegan cheddar soups.

ON STIR-FRIED VEGETABLES

Feeling lazy? Saute veggies in a pan with 1 TBSP olive oil, then throw some nutritional yeast on and call it a day.

ON POPCORN

Nutritional yeast + liquid aminos spray + cayenne. That's all you need to know.

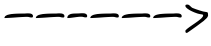
FOR MORE INFO: WHITNEYCATALANO.COM



Have you ever heard of nutritional yeast?

It is not the same as yeast for baking.

More info this way



Snacks!

Pumpkin Spice Energy Balls

Ingredients:



- 1 cup rolled oats
- 1/2 cup canned pumpkin puree
- 1/4 cup almond butter (or other nut or seed butter)
- 1/4 cup honey or maple syrup
- 1/4 cup chopped nuts (such as walnuts or almonds)
- 1/4 cup raisins or dried cranberries
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg

Instructions:

1. **Combine Ingredients:** In a bowl, mix together rolled oats, pumpkin puree, almond butter, honey (or maple syrup), chopped nuts, raisins (or dried cranberries), cinnamon, ginger, and nutmeg until well combined.
2. **Form Balls:** Roll the mixture into small balls, about 1 inch in diameter.
3. **Chill:** Place the balls on a baking sheet and refrigerate for at least 30 minutes to firm up.
4. **Serve:** Enjoy as a nutritious and tasty snack or dessert.

Nutritional Yeast Popcorn

Ingredients:

- 1/2 cup popcorn kernels
- 2-3 tablespoons coconut oil or avocado oil (for popping)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon onion powder (optional)
- Salt to taste



Instructions:

1. **Pop the popcorn:**
    - In a large pot, heat the oil over medium heat.
    - Add a few popcorn kernels to the pot and cover with a lid. Wait until they pop to know the oil is hot enough.
    - Once the test kernels pop, add the rest of the popcorn kernels in an even layer. Cover the pot with a lid, leaving it slightly ajar to allow steam to escape.
    - Shake the pot occasionally to ensure even popping and prevent burning. Once the popping slows down (about 2-3 seconds between pops), remove the pot from the heat.
2. **Season the popcorn:**
    - Transfer the popped popcorn to a large bowl.
    - Immediately sprinkle the nutritional yeast, garlic powder, onion powder, and salt over the popcorn while it's still warm. Toss well to ensure even coating.
3. **Serve:**
    - Enjoy your flavorful and healthy nutritional yeast popcorn as a snack!

Tips:

- Feel free to adjust the seasonings to your taste! You can add other spices like paprika or smoked paprika for a smoky flavor.
- For extra richness, you can drizzle a little melted coconut oil or olive oil over the popcorn before adding the seasonings.

Apple and Almond Butter Sandwiches

Ingredients:



- 2 medium apples (such as Honeycrisp or Fuji)
- 1/4 cup almond butter (or any nut or seed butter)
- 2 tbsp honey or maple syrup (optional)
- 1/4 cup granola (optional)
- 1/4 cup raisins or dried cranberries (optional)
- A sprinkle of ground cinnamon (optional)

Instructions:

1. **Prepare Apples:**
    - Core and slice the apples into thin rounds, about 1/4 inch thick. Aim for uniform slices to make it easier to assemble the sandwiches.
2. **Assemble Sandwiches:**
    - Spread almond butter evenly over half of the apple slices.
    - If using, drizzle honey or maple syrup over the almond butter for extra sweetness.
    - Sprinkle granola and raisins (or dried cranberries) on top of the almond butter. This adds a nice crunch and additional flavor.
    - Place another apple slice on top to form a sandwich.
3. **Serve:**
    - Arrange the apple sandwiches on a plate. Optionally, sprinkle with a little ground cinnamon for extra flavor.
    - Serve immediately for the best texture, or refrigerate for a short time if preparing ahead.

Chocolate Zucchini Muffins



Ingredients:

- 1 cup grated zucchini (about 1 medium zucchini)
- 1/2 cup cocoa powder
- 1 cup whole wheat flour
- 1/2 cup honey (or maple syrup)
- 2 large eggs
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- Optional: 1/2 teaspoon vanilla extract, chocolate chips or nuts for added texture

Instructions:

1. **Preheat the oven:** Preheat to 350°F (175°C) and line a muffin tin with paper liners or lightly grease it.
2. **Prepare the zucchini:** Grate the zucchini using a box grater or food processor. Place the grated zucchini in a clean kitchen towel and squeeze out excess moisture. Set aside.
3. **Mix dry ingredients:** In a large bowl, combine whole wheat flour, cocoa powder, baking soda, baking powder, and salt. Mix well.
4. **Mix wet ingredients:** In another bowl, combine the grated zucchini, honey, eggs, and vanilla extract (if using). Mix until well combined.
5. **Combine mixtures:** Pour the wet ingredients into the dry ingredients. Gently stir until just combined. Be careful not to overmix.
6. **Fill muffin tins:** Divide the batter evenly among the muffin cups, filling each about 2/3 full. If desired, sprinkle chocolate chips or nuts on top of each muffin.
7. **Bake:** Bake in the preheated oven for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
8. **Cool and serve:** Allow the muffins to cool in the tin for a few minutes, then transfer to a wire rack to cool completely. Enjoy!

Desserts!

Sweet Potato Brownies

Ingredients:



- 1 cup cooked sweet potatoes, mashed (about 1 medium sweet potato)
- 1/2 cup cocoa powder
- 1/2 cup oats (blended into a flour or whole)
- 1/4 cup honey (or maple syrup)
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- Optional: 1/4 cup chocolate chips or nuts for added texture

Instructions:

1. **Preheat the oven:** Preheat to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper.
2. **Mix ingredients:** In a large bowl, combine the mashed sweet potatoes, cocoa powder, oats, honey, salt, and vanilla extract. Mix until well combined and smooth. Fold in chocolate chips or nuts if desired.
3. **Spread in pan:** Pour the batter into the lined baking pan and spread evenly.
4. **Bake:** Bake for 25-30 minutes or until a toothpick comes out mostly clean.
5. **Cool and cut:** Let cool in the pan for 10-15 minutes before lifting out and cutting into squares.
6. **Serve:** Enjoy these fudgy brownies as a healthy dessert option!

Spiced Pear Crisp

Ingredients:

- 4-5 ripe pears, sliced
- 1 cup oats
- 2 tablespoons honey (or maple syrup)
- 1 teaspoon cinnamon (plus extra for sprinkling)
- 2 tablespoons butter or coconut oil, melted
- 1/4 cup chopped nuts (optional)



Instructions:

1. **Preheat the oven:** Preheat to 350°F (175°C).
2. **Prepare the pears:** Slice the pears and place them in a baking dish. Sprinkle with 1 teaspoon of cinnamon and drizzle with honey. Toss to combine.
3. **Make the topping:** In a bowl, combine oats, melted butter or coconut oil, and the remaining cinnamon. Add nuts if using, and mix until well combined.
4. **Assemble:** Sprinkle the oat mixture over the pears in the baking dish.
5. **Bake:** Bake for 25-30 minutes until the pears are tender and the topping is golden brown.
6. **Serve:** Enjoy warm on its own or with a dollop of yogurt!