**Breakfast**

Name the dish: _________________________

1. Circle 1 dish, 1-5 ingredients, and 1-2 toppings

<table>
<thead>
<tr>
<th>Dish</th>
<th>Ingredients</th>
<th>Toppings</th>
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</thead>
<tbody>
<tr>
<td>Scramble / Breakfast</td>
<td>Sweet: Apples, Peaches, Pears, Oranges, Berries: Strawberries, blueberries</td>
<td>Savory: Tomatoes: Fresh or sundried, Mushrooms, Bell peppers, Spinach, Artichoke hearts, Avocado, Olives, Zucchini, Asparagus, Carmelized onions, Beans: Black, pinto</td>
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<tr>
<td>Sandwich</td>
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<tr>
<td>Omelet</td>
<td>Sweet: Apples, Peaches, Pears, Oranges, Berries: Strawberries, blueberries</td>
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<td>Crepes</td>
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<td>Pancakes</td>
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<tr>
<td>French toast</td>
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</tbody>
</table>

*Dairy products have almost as high an impact as beef, but are usually consumed in smaller quantities

2. Circle the recipe

- **Eggs/Scramble**
  For fried eggs: simply crack the eggs on the edge of the pan and drop the egg in gently, after following the heating instructions below. Beat ahead of time for scrambles. Use w/ E. muffin.

- **Omelet**:
  1-3 beaten eggs per omelet depending on preferred thickness. Coat bottom of pan with the eggs. Cook until browned, ~45 sec for one egg, longer if more. Flip and fill. Fold sides in.

- **Crepes**:
  1 beaten egg, 1 cup milk & 2/3 cup flour makes ~4 crepes. Use the smallest amount of batter needed to coat the bottom of the pan. Cook until browned, ~45 sec per side. Flip and fill. Fold sides in.

- **Pancakes**:
  Pancake mix recipe (or 1 beaten egg, 1 1/2 cups milk, 2 - 1/2 tspn baking powder, 1/2 teaspoon salt for 4 pancakes). See cooking tips below.

- **French toast**:
  Mix 1 beaten egg & 1 cup of milk. Dip bread on both sides until fairly saturated. Broil, chaffle, or other breads made with egg are tastiest. Raisin, pumpkin, squash, and banana breads are also delicious. Cut breads ~1cm thick (the thickness of your thumbnail). Cook until browned, ~1 ½ minutes per side. Dense breads may need to be cooked longer at a slightly lower heat to cook the egg saturated in the bread.

3. **Ingredient Tips**:
   - For Sweet: Use uncooked fruit. Alternatively: slice fruit; cover the bottom of a frying pan with water, a slice of butter, and fruit; cover; and sauté (cook) at medium heat until they begin to appear slightly see-through or a fork goes through them easily.
   - For Savory: See instructions under “Dinner”.

4. **Cooking Tips**:
   - Set stove to medium heat. For a gas stove, put a pat of butter in the frying pan right away (only enough butter to cover the bottom of the frying pan with a thin coating) and then put in the food. For an electric stove, wait ~1 minute and then put a few drops of water in the pan… the temperature is ready when the water sizzles immediately… then add the butter.
   - The only tricky part of cooking these items is getting the temperature just right and cooking them for the right amount of time. Use these guidelines:
     - The side of the food that is touching the pan will get brown/look done after the time indicated above, but won’t burn/tarn black (oftentimes the first ones you make won’t come out perfect and the temperature will need to be adjusted slightly).
     - The side that has not touched the pan (i.e., the side that is facing you/up) will start to cook before it is ready to flip (e.g., the omelet won’t be drippy, the crepe batter will go from looking glossy/liquid to matte/slightly cooked, and the pancakes will appear matte around the edges and will have little air bubbles throughout the side you are looking at).

Preparation notes: ____________________________________________

Comments: ____________________________________________

Cooking time: ___________ Rating: __________________________
### Snack or Lunch

#### Finger Food

- **Popcorn**
- **Fruit**: grapes, apples, oranges, etc.
- **Vegetables**:
  - Celery sticks, baby carrots, zucchini, broccoli
  - Edamame (soy beans)
  - Seaweed
- **Parmesan**
- **Nut butters**: Peanut, almond, cashew
- **Honey or maple syrup**
- **Dips**: Salsa, guacamole, pesto, yogurt, hummus, baba ganoush
- **Dressing**: Italian, honey-mustard

#### Bar or Trail Mix

- **Nuts**: Almonds, pecans, walnuts, pinenuts
- **Seeds**: Sunflower or pumpkin
- **Dried fruit**: raisins, apricots, cherries, etc.
- **Honey or maple syrup**
- **Nut butters**: Peanut, almond, cashew
- **Chocolate chips**
- **Salt**
- **Chili powder**
- **Wasabi peas**

#### Smoothie

- **Fruit**: Peaches/nectarines, oranges, berries (strawberries, blueberries, blackberries)
- **Yogurt** (dairy* or soy)
- **Frozen fruit/berries**
- **Fruit juice**
- **Ice**

#### Salad

**Savory**

- **Greens**: Lettuce, spring mix, watercress (spicy)
- **Beans**: Kidney, garbanzo, black, lentil (Tip: rinse and drain beans 2x)
- **Seeds**: Sunflower, or pumpkin (all without shells)
- **Vegetables**:
  - Tomatoes (fresh or sun dried)
  - Cucumbers
  - Avocado
  - Onion
  - Mushrooms: Portabella, button, etc.
  - Bell peppers
  - Eggplant
  - Sprouts: Alfalfa, broccoli, or radish (spicy)
- **Marinated firm tofu**
- **Hardboiled egg**
- **Tabouli**
- **Olive**
- **Basil or cilantro**
- **Cheese**: Cottage, mozzarella
- **Chilis or jalepenos**
- **Pomegranate seeds**
- **Dried fruit**: Cranberries, raisins, cherries
- **Cheese**: Goat, cottage
- **Oil & vinegar** (and try experimenting with lemon juice, mustard, fresh herbs, or black pepper)
- **Yogurt** or sour cream* & herbs
- **Fresh berries** (e.g. raspberries) & orange juice

**Sweet**

- **Greens**: Spring mix, spinach, endives, fennel
- **Fruit**: Pears, oranges, apples, grapes, strawberries
- **Nuts**: Almonds, pecans, walnuts, pinenuts
- **Honey or jam**
- **Dried fruit**: Cranberries, raisins, cherries
- **Cheese**: Goat, cream cheese

**Dressings**

- **Select Greens from Salad list above**
- **Select Vegetables from Salad list above**
- **Condiments**: Mayonnaise, mustard, ketchup, relish, cranberry sauce
- **Honey or jam**
- **Dried fruit**: Cranberries, raisins, cherries
- **Cheese**: Goat, cream cheese

#### Sandwich or Burger

**Bread**

- **Standard**: White, wheat, rye, dark rye/pumpernickel, sourdough, French, Dutch crunch
- **Other**: Walnut, olive, pumpkin, zucchini

**Savory**

- **Veggie burger**
- **Hummus**
- **Cheese/cream cheese**
- **Just vegetables**

**Sweet**

- **Nut butters** (peanut, almond, etc.)

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**Preparation notes:**

**Comments:**

**Cooking time:** ________

**Rating:** ★★★★★
### Dinner

Name the dish: _______________________

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<tr>
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<tbody>
<tr>
<td>Pizza</td>
<td>Beans: Black, pinto, lentil, kidney, garbanzo</td>
<td>Cheese:* Parmesan, etc.</td>
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<tr>
<td>Pasta</td>
<td>Nuts: Cashews, almonds, pecans, walnuts, pine nuts</td>
<td>Pesto</td>
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<tr>
<td>Burrito/Fajita</td>
<td>Vegetables: Tomato, Fresh or sun-dried, Broccoli, Spinach, Mushrooms, Carrots, Celery, Artichoke hearts, Zucchini or soft squash, Asparagus, Garlic, Caramelized onions, Bell peppers, Eggplant, Hard squash (e.g., butternut, pumpkin)</td>
<td>Cranberries</td>
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<tr>
<td>Spring Rolls</td>
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<td>Salsa or guacamole</td>
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<td>Rice/Risotto</td>
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<td>Hummus or baba ghanoush</td>
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<td>Stew</td>
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<td>Olives</td>
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<td><strong>Dairy products have almost as high an impact as beef, but they are usually consumed in smaller quantities</strong></td>
<td>Worcestershire sauce</td>
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<td>Soy sauce</td>
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<td>Tertiyaki sauce</td>
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<td>Sweet and sour sauce</td>
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<td>Chili powder / hot sauce</td>
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<td>Indian, Thai, or Chinese sauces</td>
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<td></td>
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<td>(e.g., curry, peanut, plum/hoisin)</td>
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<td>Mushroom or vegetable bouillion</td>
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<td>Olive oil</td>
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2. Circle the recipe

**Pizza:**
- Get a pizza crust at the store. Add tomato sauce or paste. Add RAW toppings. Bake at 450 for 20 minutes or until browned, or follow directions on the package.

**Pasta:**
- Boil water in a large pot. Add half teaspoon of salt or a teaspoon of olive oil. Add pasta - cook uncovered for the duration indicated on the package. Rinse, mix w/veggies and sauce.

**Burrito/Fajita:**
1. Fill tortillas with ingredients and heat in the microwave for 2 minutes.
2. For a slightly tastier version, heat each burrito by holding one edge and laying the rest of the burrito flat in a frying pan at medium heat for about 30 seconds or until hot. Wiggle back and forth continuously to prevent it from sticking to the bottom. Flip and do the other side the same. Fill with heated ingredients.

**Spring rolls:**
1. Buy rice wrappers in the Asian section of the grocery store.
2. Put one wrapper in water for a few seconds until it becomes soft.
3. Add fillings like bean sprouts, lettuce, carrots, rice noodles, mint, cilantro, etc.
4. Fold or roll the wrapper around the fillings. Seal the roll by adding some water with your finger to the edges of the wrapper that you want to stick together.

**Risotto:**
- Arbois rice is necessary to make risotto. 1 cup rice to 2 cups broth (bouillons with 2 cups of water, or pre-packaged veggie broths (e.g., veggie, mushroom, tomato, or squash...you may need to add extra water or milk to the tomato or squash to thin these)). Boil broth, add rice, cook at a simmer (between med and med high so that small bubbles cover the top of the liquid). Cook uncovered (~20 min or until it tastes done) and add more broth as necessary (up to 4 cups). Mix in.

**Stew:**
- Follow directions below for cooking veggies, but instead of steaming them, cook them on Med in pre-packaged veggie broths, or water and bouillons (e.g., veggie, mushroom). If adding pasta, cook pasta separately then mix when stew is done.

### Preparation Tips for Vegetables:

- If steaming or sautéing, cook in a covered frying pan on medium to medium-high heat with a coating of water on the bottom.
- For perfectly done veggies (in the shortest time with the smallest cleanup), start with the veggies that take the longest, then add the ones that takes the second longest, etc., according to differences in their cooking time. The thinner the items are cut, the faster they will cook. (1) Broccoli, carrots, celery, potatoes (longest), (2) Onions, (3) Mushroom, (4) Zucchini and asparagus, (5) Spinach; Sun-dried tomatoes, artichoke hearts, olives just need to be warmed (shortest).
- Veggies are typically done when they are brightly colored (before they turn dull or dark) and a fork just begins to penetrate them. They're best if removed when they are still a little crispier than you like (because they will continue cooking from their internal heat after you remove them from the stove/pan).

### Preparation notes:

Comments: ____________________________________

Cooking time: ____________

Rating: ★★★★★★★