

## Zucchini Boats with Quinoa

Makes 12 servings

### Ingredients

- 8 Zucchini (Green or yellow)
- 3 lbs whole fresh mushrooms
- 500g quinoa
- 1 bunch fresh basil
- 4 large tomatoes
- 3 shallots
- 2 cloves garlic
- Parmesan cheese
- 4 tbsp butter
- ½ cup vegetable stock

### Directions

1. Preheat your oven to 450 degrees.
2. Wash and slice all zucchini lengthwise. Scoop out the centres of all pieces. On a tin foil lined baking sheet, spread oil all over your foil and place zucchini cut side down. Bake in the oven for approximately ten minutes. They are done when a fork can pierce them with only a small amount of resistance. Remove from oven.
3. In the meantime, cook your quinoa in water. Dump dry quinoa into pot and add about 1.5 times the amount of water. Set to medium/high heat on stove and let it come to a boil. Once boiling, add in vegetable stock and stir well. Reduce heat to medium, to a small boil. Let this cook for approximately 12 minutes but make sure you stir often!
4. While your quinoa is cooking, FINELY chop your mushrooms.
5. Mince garlic and shallots.
6. Rough chop your basil.
7. Half your tomatoes lengthwise and remove seeds and flesh so you are left just with the shell/skin. Dice the skin.
8. In a frying pan, heat your butter until sizzling. Once sizzling, add shallots, garlic and mushrooms. Cook for approximately 5 minutes, you want colour on your mushrooms.
9. Once we reach this point, the quinoa should be close to cooked, once it is fully cooked we will add it to the frying pan. Add the tomatoes and basil at this time too.
10. Once everything is mixed together nicely, season with salt and pepper.
11. You will then spoon the mixture onto each zucchini half and “stuff” them. Once stuffed, sprinkle Parmesan cheese over the top.

## Taco Bake

Makes 12 servings

### Ingredients

- 1 pack (12) - 12 inch flour tortillas
- 6 large tomatoes
- 2 lbs ground beef
- 2 packs taco seasoning
- 1 family size bag corn tortilla chips
- 2 containers sour cream
- 3 cans refried black beans
- 1 bag corn & jalapeño pepper blend
- 3 cans refried pinto beans
- 2 bags shredded triple cheddar cheese
- 2 cooking onions
- 1 bunch green onions

### Directions

1. Finely dice both onions and divide into two equal parts and put into two separate (large) frying pans.
2. Begin to brown a pound of beef in each pan with the onion. Once  $\frac{3}{4}$  of the way through cooking, add a taco seasoning mix packet and  $\frac{1}{2}$  cup of water to each pan. Let simmer.
3. On parchment paper, on a large baking sheet, place two tortillas side by side, not touching.
4. Spread black beans on both of these tortillas. Sprinkle the corn/pepper mix on top of the black beans then cover with another tortilla and press down slightly.
5. On the next layer sprinkle cheese then add beef. Top this with another tortilla.
6. Now add a decent amount of cheese and crush some corn chips and put on same layer as cheese. Cover this with another tortilla. Press down.
7. On the next layer you are going to spread the pinto beans and corn/pepper mix. Top with a tortilla pressed on top.
8. Make sure while you are stacking that you are not making the layers lean.
9. On this next layer, sprinkle cheese then beef again. Top with another tortilla.
10. Chop your tomatoes and try to remove excess juice. Chop your green onions.
11. On your top layer you are going to cover it in cheese, the diced tomatoes and more crushed corn chips.
12. Bake in the oven for approximately 30 minutes at 325 degrees. Keep an eye on it. Remove when ready.
13. Top with green onions and let sit for 15 minutes.

## Cauliflower Risotto with Chicken and Peas

Makes 12 servings

### Ingredients

- 1 pack chicken breast
- 4 L 35% cream
- 6 heads cauliflower
- 2 cups Parmesan
- 4 shallots
- 1 cup butter
- 2 packs snow peas
- Sea salt
- 1 bunch fresh thyme

### Directions

1. On a foil lined, sprayed baking sheet, lay out your chicken and season with salt and pepper. Cook in a 325 degree oven until fully cooked. Approximately 25 minutes.
2. While your chicken is cooking, shred your heads of cauliflower. Stem and all. As you are shredded, squeeze the excess moisture from your pile and place into a large container until all cauliflower has been through this process.
3. Mince your shallots to be as fine as possible.
4. Cut snow peas in half.
5. Pull and chop thyme.
6. In a large skillet, heat about 1/3 of your butter with the minced shallots. When you can see your shallots beginning to soften, add cauliflower pieces and make sure that you toss them so that they get coated in the butter.
7. Sautee for approximately 4 minutes making sure you do not get too much colour on the cauliflower. When they just begin to start browning, add 2 L of cream and mix. Add about 2 tbsp sea salt, bring to a boil.
8. Once cream is absorbed/evaporated, add one more litre and half the amount of cheese along with half the amount of remaining butter.
9. Once these new additions have been brought back to a boil, add halved snow peas and let simmer.
10. Test the cauliflower for doneness. You want the consistency to be tender but not too soft. When it is at this point, you want to make sure there is extra liquid. Add more cream if needed as you go.
11. Roughly julienne chicken breast.
12. When the cauliflower is done, add the remaining butter, cream, thyme, and chicken. If there was the extra liquid beforehand, this will thicken the consistency to be that of risotto. Taste, add salt as needed.

## St Patty's Day Button Cookies

Makes 12 servings

### Ingredients

- Green Food colouring
- 1 egg
- 4 ½ cups icing sugar
- 1 bag semi sweet chocolate chips
- 1 ½ tsp baking powder
- 1 ½ cups butter
- 5 ¼ cups flour
- 1 brick cream cheese
- 1 ½ tsp vanilla extract

### Directions

1. Heat oven to 350 degrees.
2. Line baking sheets with parchment paper.
3. In a large bowl, cream together cream cheese and butter with a mixer.
4. Once mixed, slowly add your sugar and beat until fluffy.
5. Beat in the egg, vanilla and food colouring.
6. Add flour in slowly, not all at once.
7. Once mixed, set bowl to the side (in front of the window) to get it chilled slightly.
8. In the meantime, get a pot of water on the stove boiling.
9. In a small metal bowl, dump chocolate chips and a very small amount of butter. Place this bowl over your boil water and get ready to stir and the chocolate is melting. As soon as it is entirely melted and mixed with the small amount of butter, turn stove off but leave bowl covering pot.
10. Get your cookie dough after about 20 minutes of letting it sit by the window.
11. WASH YOUR HANDS AGAIN OR WEAR GLOVES FOR THIS! Taking small amounts of dough, but all the same size, roll into balls and place on cookie sheet with about one inch between each ball. Gently flatten the cookie once on the tray. GENTLY.
12. Do this until all the dough has been used up.
13. Place cookies in the oven for about 8 minutes. Keep an eye on them. They will look undercooked, but we need to remove them from the oven before they begin browning on the edges.
14. Once removed from the oven, cool for about 4 minutes on the tray then remove from tray but leave on parchment paper.
15. In the meantime, make sure you stir your chocolate occasionally.
16. When the cookies are cooling off the tray, take a spoon and your chocolate and zig zag chocolate across the cookies. Then sprinkle the top with a small amount of icing sugar.
17. Let cool and set fully before packing up.

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|---|--|--|
| <input type="checkbox"/> 2 lbs butter   | <input type="checkbox"/> 6 heads cauliflower                 | <input type="checkbox"/> 3 cans refried black beans  |
| <input type="checkbox"/> 1 bunch green onions                                 | <input type="checkbox"/> 8 zucchini                          | <input type="checkbox"/> 3 cans refried pinto beans  |
| <input type="checkbox"/> Green food colouring                                 | <input type="checkbox"/> 1 bunch garlic                      | <input type="checkbox"/> 1 family size bag<br>(or 2 reg) corn tortilla<br>chips, e.g. Tostitos |
| <input type="checkbox"/> 2 cooking onions                                     | <input type="checkbox"/> 3 lbs whole fresh<br>mushrooms      | <input type="checkbox"/> 1 bag corn and jalapeño<br>pepper blend                               |
| <input type="checkbox"/> 1 bag icing sugar                                    | <input type="checkbox"/> 1 bunch fresh basil                 | <input type="checkbox"/> 2 bags shredded triple<br>cheddar cheese                              |
| <input type="checkbox"/> 2 packs snow peas                                    | <input type="checkbox"/> 1 bunch fresh thyme                 | <input type="checkbox"/> 2 regular containers<br>sour cream                                    |
| <input type="checkbox"/> 1 large package boneless,<br>skinless chicken breast | <input type="checkbox"/> 500g quinoa                         | <input type="checkbox"/> 1 egg   |
| <input type="checkbox"/> 2 lbs ground beef                                    | <input type="checkbox"/> 1 container powdered<br>Parmesan    |  |
| <input type="checkbox"/> 1 pack of 12 , 12"<br>flour tortillas                | <input type="checkbox"/> 4 L 35% cream                       |  |
| <input type="checkbox"/> 2 packs taco seasoning                               | <input type="checkbox"/> 1 brick cream cheese                |  |
| <input type="checkbox"/> 7 shallots   | <input type="checkbox"/> 1 bag semi-sweet<br>chocolate chips |  |
| <input type="checkbox"/> 10 large tomatoes                                    |  |  |