

# 1 Ingredients

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread
- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing
- 1 pound pasta (e.g., fettuccine or bucatini)
- 1 pound chicken breast.
- 6 tablespoons butter
- 4 garlic cloves
- 1.5 cups heavy cream
- 3/4 cup parmesan cheese
- 1 zucchini
- 1 shallot
- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water

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[1] "website/images/PumpkinToast.jpg" "website/images/BLTSalad.jpg"  
[3] "website/images/Alfredo.jpg"      "website/images/Pizza.jpg"
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## 2 Recipe One

Figure 1: Pizza



### 2.1 Instructions

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread

### 2.2 Instructions

1. Mix pumpkin, milk, eggs, cinnamon, and vanilla in a medium bowl.
2. Dip a slice of bread, coat in pumpkin mixture, and cook in a generous amount of butter.
3. Repeat until pumpkin mixture runs out.
4. Serve with syrup, berries, and/or whipped cream.

### 3 Recipe Two

Figure 2: Pizza



#### 3.1 Instructions

- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing

#### 3.2 Instructions

1. Prepare pasta according to package instructions.
2. Cook bacon to be crispy.
3. Refrigerate pasta and bacon until cold.
4. Halve tomatoes and dice cooked bacon.
5. Add lettuce, tomato, cheese, bacon, and dressing to taste in a bowl and toss.

## 4 Recipe Three

Figure 3: Pizza



### 4.1 Instructions

- 1 pound pasta (e.g., fettuccine or bucatini)
- 1 pound chicken breast.
- 6 tablespoons butter
- 4 garlic cloves
- 1.5 cups heavy cream
- 3/4 cup parmesan cheese
- 1 zucchini
- 1 shallot

### 4.2 Instructions

1. Preheat oven to 425 degrees.
2. Season chicken with olive oil, salt, pepper, and garlic powder. Cook on rimmed baking sheet until cooked 15-25 minutes.
3. Mince garlic, cut zucchini into half moons, and dice shallot.
4. Melt butter in a large frying pan. Add garlic, cook until just starting to brown (1-2 minutes).
5. Add zucchini to the pan and cook until tender.
6. Add heavy cream to pan and simmer for about ten minutes.
7. Add in parmesan cheese and stir until smooth. Remove from heat.
8. When ready, boil pasta according to package instructions. Save a cup of pasta water.
9. Mix pasta and sauce. If needed, add pasta water to loosen the sauce.
10. Serve with grated Parmesan.

## 5 Breakfast Recipe

Figure 4: Pizza



### 5.1 Instructions

- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water

### 5.2 Instructions

1. Drizzle baby broccoli with olive oil and season with salt, pepper, and garlic powder. Bake at 400 degrees for 15-20 minutes until bright green and tender.
2. Mix 1 cup flour, instant yeast, sugar, and salt in a large bowl.
3. Stir in olive oil and warm water. Ensure water is 100-105 degrees.
4. Stir in 1 cup of flour and work into a dough. Add more flour if needed.
5. Oil the sides of a medium bowl and add pasta dough. Cover and set aside until it doubles in size (20-40 minutes).
6. On a lightly floured surface, knead dough until smooth.
7. Roll out into a circle, and place it on an oiled cookie sheet.
8. Drizzle olive oil over the pizza dough. Then top with sauce, broccoli, and cheese.
9. Cook on bottom shelf of the oven for 15-20 minutes.