

1 Ingredients

- 6 Stella D'oro breakfast treats
- 1/3 cup sugar
- 1/3 cup butter (melted)
- 3 5.3 oz vanilla yogurt cups
- 1 cup cream cheese (not whipped)
- 2 eggs
- 2/3 cup sugar
- 1/4 cup flour
- 1/4 teaspoon salt
- 1 heaping teaspoon vanilla bean paste
- Various fresh berries, cut into bite-size pieces
- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro
- 1 large Vidalia onion
- 6 garlic cloves
- 12 oz bag of peas
- 1 pound regular or mezzi rigatoni
- Italian seasoning and chili flakes

2 Recipe One

Figure 1: Pasta and Peas (Serves 4)



2.1 Instructions

- 6 Stella D'oro breakfast treats
- 1/3 cup sugar
- 1/3 cup butter (melted)
- 3 5.3 oz vanilla yogurt cups
- 1 cup cream cheese (not whipped)
- 2 eggs
- 2/3 cup sugar
- 1/4 cup flour
- 1/4 teaspoon salt
- 1 heaping teaspoon vanilla bean paste
- Various fresh berries, cut into bite-size pieces

2.2 Instructions

1. Place Stella D'oro cookies into a Ziploc bag and pulverize.
2. Combine cookie dust, sugar, and melted butter and combine.
3. Push the crust into the bottom of an 8 or 9 inch springform pan.
4. Preheat oven to 325F.
5. Mix the vanilla yogurt cups, cream cheese, eggs, sugar, flour, salt, vanilla bean paste together until smooth. A blender works best, but a hand mixer can work.
6. Pour yogurt mixture on top of the crust in the springform pan.
7. Bake for 55 minutes. Cook a few more minutes if the middle is not yet set.
8. Cool on the counter for about two hours, and then overnight in the refrigerator.
9. Top with berries and serve.

3 Recipe Two

Figure 2: Pasta and Peas (Serves 4)



3.1 Instructions

- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella

3.2 Instructions

1. Dice onion and mince garlic.
2. Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down.
3. Add onions and garlic to the pan and cook until soft.
4. Add red wine and simmer for 3-5 minutes (optional).
5. Add tomato paste and butter, and cook until fully combined.
6. At peeled tomatoes, stir breaking up tomatoes.
7. Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir.
8. Brown meat in a frying pan with 1 tsp italian seasoning.
9. Prepare pasta according to package instructions. Save 1 cup of pasta water in case you need to loosen the sauce.

10. Drain meat and put in a large bowl. Mix in ricotta, egg, half the mozzarella, half the parmesan, and a pinch of salt and pepper. Add in half the tomato sauce and all of the pasta.
11. Add mixture to a 9x13 glass pan. Top with remaining tomato sauce, mozzarella cheese, and parmesan.
12. Bake in the oven at 375 degrees for 35 minutes.

4 Recipe Three

Figure 3: Pasta and Peas (Serves 4)



4.1 Instructions

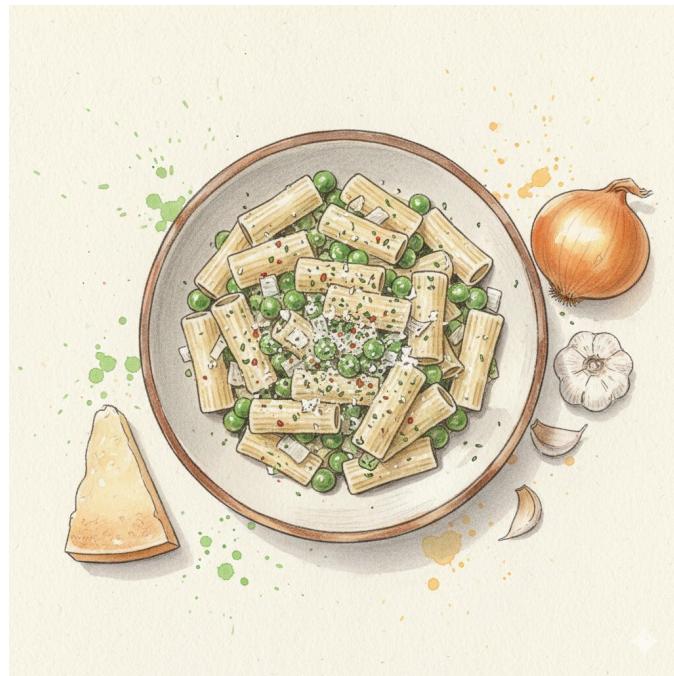
- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro

4.2 Instructions

1. Add brown rice and quinoa to 3 cups of salted water, bring to a boil, reduce to simmer for 15-20 minutes. When done, mix in lime zest, juice from one lime wedge, salt and pepper.
2. Dice roma tomatoes, zest and quarter lime, and roughly chop the fresh cilantro.
3. Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into bite size pieces.
4. Drain and rinse black beans.
5. Cook corn and beans together in a frying pan. If you choose to microwave the corn, you can add beans to the rice-quinoa mix when it is almost done.
6. Add rice-quinoa mix into each bowl. Top with chicken, corn, beans, cheese, tomato, cilantro lime cremosa sauce, fresh cilantro, and a lime wedge.

5 Breakfast Recipe

Figure 4: Pasta and Peas (Serves 4)



5.1 Instructions

- 1 large Vidalia onion
- 6 garlic cloves
- 12 oz bag of peas
- 1 pound regular or mezzi rigatoni
- 1/2 cup grated parmesan cheese
- Italian seasoning and chili flakes

5.2 Instructions

1. Chop onion and mince garlic.
2. Boil and cook pasta according to package instructions, reserve 1 cup pasta water if it finishes before step 5.
3. Cook onion and garlic in 2 tablespoons olive oil until translucent, 5-7 minutes. Season with salt, pepper, Italian seasoning, and chili flakes.
4. Add frozen peas to onions and garlic.
5. Add two ladles of pasta water to onion, garlic, and peas and simmer.
6. Add drained pasta back into the stock pot, drizzle with olive oil, and season with Italian seasoning.
7. Mix onion, garlic, and peas into the stock pot with pasta. Mix in parmesan cheese.
8. Serve with additional parmesan cheese.