

1 Grocery List

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs
- 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
- 1 tomato
- 8 oz fresh mozzarella
- 2 croissants or brioche buns
- 1 small jar of pesto
- 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

1.1 Dinner Recipe 1

Figure 1: Pad Thai



- 14 oz Thai stir fry noodles
 - 2 limes
 - 2 tablespoons tamari (or regular soy sauce)
 - 1/4 cup sweet and sour sauce
 - 2 bell peppers
 - 4 garlic cloves
 - 1 package extra-firm tofu
 - 1/4 cup roasted peanuts
 - 2 eggs
1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
 2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
 3. Thinly slice peppers, mince garlic, chop peanuts.
 4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
 5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
 6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
 7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
 8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
 9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
 10. Mix in tofu, peppers, and peanuts.
 11. Season with salt and pepper to taste. Serve with lime wedges.

1.2 Dinner Recipe 2

Figure 2: Pasta and Peas (Serves 4)



- 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

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.

1.3 Dinner Recipe 3

Figure 3: Caprese Sandwiches



- 1 tomato
 - 8 oz fresh mozzarella
 - 2 croissants or brioche buns
 - 1 small jar of pesto
1. Slice tomato and mozzarella, and cut croissants or buns.
 2. Spread croissants or buns with pesto.
 3. Layer tomato and mozzarella.
 4. Fry sandwiches in butter until toasted.

1.4 Breakfast Recipe

Figure 4: Breakfast Cheesecake



- 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. 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.