

1 Ingredients

- 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
- 4 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 batch of fresh lasagna noodles (or 1 box of lasagna noodles)
- 1 large container of ricotta cheese
- 1 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1 yellow onion
- 3 celery stalks
- 1 lb gold potatoes
- 4 oz mascarpone cheese
- 2 teaspoons white miso (can use tamari or soy sauce instead)
- 16 oz salmon
- 1/4 oz dill
- 2 large sweet potato, peeled and cubed
- 1 large sweet onion, chopped
- 1 large red bell pepper, diced
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 lb chicken thighs or extra firm tofu
- 1 c medium salsa
- 32 oz chicken broth
- 1 can of black beans
- 1/3 cup creamy peanut butter
- 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 Recipe One

Figure 1: Lasagna



2.1 Ingredients

- 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
- 4 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 batch of fresh lasagna noodles (or 1 box of lasagna noodles)
- 1 large container of ricotta cheese
- 1 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella

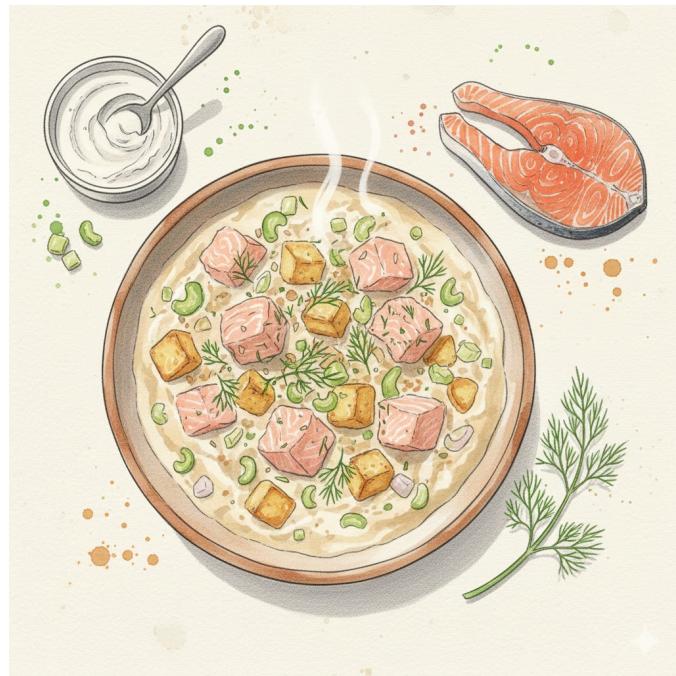
2.2 Instructions

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. Prepare pasta noodles.
9. In a medium bowl, mix ricotta cheese, egg, mozzarella, parmesan, 2 tsp italian seasoning, and a pinch of salt and pepper.

10. Spread one cup of sauce on the bottom of the casserole dish. Add a layer of lasagna noodles. Spread 1/3 of the cheese mixture. Repeat two more times.
11. Top with mozzarella cheese.
12. Cover with tin foil and bake at 375 degrees for 30 minutes. Remove tin foil and bake uncooked another 15-20 minutes, until cheese is melted and browning.

3 Recipe Two

Figure 2: Salmon Chowder



3.1 Ingredients

- 1 yellow onion
- 3 celery stalks
- 1 lb gold potatoes
- 4 oz mascarpone cheese
- 2 teaspoons white miso (can use tamari or soy sauce instead)
- 16 oz salmon
- 1/4 oz dill

3.2 Instructions

1. Cut potatoes into 1/2 inch pieces. Finely chop the onion, celery, and dill.
2. In a stock pot, melt three tablespoons of butter and cook onions and celery for about five minutes.
3. Stir in 1 tablespoon of flour and cook 1-2 minutes, stirring frequently.
4. Continue stirring while slowly adding two cups of water.
5. Add potatoes, mascarpone, and miso.
6. Bring to a simmer over high heat, then lower to medium and cook for 15 minutes.
7. Remove skin from salmon and cut into bite-sized pieces. Stir salmon into the chowder and cook for 4-5 minutes.
8. Remove from heat and stir in chopped dill. Season with salt and pepper to taste.

4 Recipe Three

Figure 3: African Peanut Soup (Serves 4)



4.1 Ingredients

- 2 large sweet potato, peeled and cubed
- 1 large sweet onion, chopped
- 1 large red bell pepper, diced
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 lb chicken thighs or extra firm tofu
- 1 c medium salsa
- 32 oz chicken broth
- 1 can of black beans
- 1/3 cup creamy peanut butter

4.2 Instructions

1. Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into bite size pieces.
2. Saute potato, onion, red pepper, garlic and jalapeno about 10 minutes in small amount of olive oil.
3. Stir in cooked chicken/tofu, salsa, broth and beans. Simmer for at least 10 minutes.
4. Remove 1 ladle of broth, add peanut butter and mix in small bowl until dissolved. Add peanut butter mixture to soup.

5 Breakfast Recipe

Figure 4: Breakfast Cheesecake



5.1 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

5.2 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.