

1 Ingredients

- 1 egg
- 2 1/2 tablespoons ice water
- 1 1/2 cups flour
- 10 tablespoons butter
- 7 eggs
- 1/2 cups parmesan cheese
- 1 cup swiss and gruyere shredded cheese blend
- 1 cup milk
- 1 teaspoon italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon chili flakes
- 1 tsp dried basil (or 4-5 fresh basil leaves)
- 12 ounces cherry tomatoes
- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream
- 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 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

2 Recipe One

2.1 Ingredients

- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

2.2 Instructions

1. Dice tomato and poblano. Thinly slice green onions, separating greens and whites. Drain (save liquid) and rinse black beans.
2. Cook poblano in oil over medium heat until softened (5-7 minutes).
3. Add almost all of the southwest seasoning (except a half tsp), tomato, green onion whites, half the black beans, and 1/8 cup black bean liquid. Cook another 5-10 minutes, until peppers are tender.
4. Add remaining beans and a drizzle of oil in a small sauce pan over medium heat.
5. Add 1/4 cup black bean liquid and bring to a simmer. 6. Add 1 tablespoon of butter and cook until melted.
6. Using a silicone masher, mash the black beans and butter until smooth.
7. Spread black bean mixture over tortillas and evenly split filling between tortillas. Roll up tortillas and place them in a 9 x 13 baking dish.
8. Top with salsa verde and monterey jack cheese. Bake at 450 for 5-10 minutes until cheese melts and starts to brown.
9. Combine sour cream and 1/2 tsp southwest seasoning. Mix in 1 teaspoon of water at a time until sauce can be drizzled. Season with salt and pepper to taste.
10. Serve enchiladas with sauce and green onion greens.

3 Recipe Two

Figure 1: Baked Ziti



3.1 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
- 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 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

4.1 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.

5 Breakfast Recipe

Figure 3: Garden Tomato Quiche (Serves 6-8)



Ingredients

- 1 egg
- 2 1/2 tablespoons ice water
- 1 1/2 cups flour
- 10 tablespoons butter
- 7 eggs
- 1/2 cups parmesan cheese
- 1 cup swiss and gruyere shredded cheese blend
- 1 cup milk
- 1 teaspoon italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon chili flakes
- 1 tsp dried basil (or 4-5 fresh basil leaves)
- 12 ounces cherry tomatoes

5.1 Instructions

1. Grease a pie plate.
2. Whisk egg and ice water in a small bowl.
3. Cut butter into small cubes and mix into flour and salt. If you have a food processor, use it. Otherwise mix with a fork until it is a sand-like mixture.
4. Add the egg mixture into the bowl with the flour and mix until a dough forms.
5. Roll out dough to fit a pie plate, pierce with a fork, and press it into the pan.
6. Put the pie plate in the freezer while the oven preheats to 375 degrees.
7. Blind bake quiche crust with pie weights (can use dried beans instead) for 15 minutes.
8. Mix 3 egg yolks, 4 whole eggs, parmesan cheese, shredded cheese, milk, italian seasoning, salt, chili flakes, and basil.
9. Halve cherry tomatoes.
10. Pour egg mixture into the pie plate.
11. Place cherry tomatoes cut-side up, filling the surface area of the quiche. Sprinkle with salt and italian seasoning.

12. Bake for 35-50 minutes, until the edges are set but the center has a slight jiggle or it reaches an internal temperature near 175.