

Cookbook of 2022



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Creamy Tomato Soup

Category: Winter

Ingredients:

- tomatoes
- onion
- garlic
- cream
- vegetable broth
- basil

Steps:

1. In a large pot, sauté diced onion and minced garlic in olive oil until soft.
2. Add chopped tomatoes and cook for 10 minutes, stirring occasionally.
3. Pour in vegetable broth and simmer for another 10 minutes.
4. Blend the soup until smooth using an immersion blender.
5. Stir in cream and season with salt, pepper, and fresh basil.
6. Serve hot with croutons or grilled cheese.

Chicken Alfredo Pasta

Category: Dinner

Ingredients:

- pasta
- chicken breast
- butter
- cream
- parmesan cheese
- garlic
- olive oil

Steps:

1. Cook pasta according to package instructions, then drain and set aside.
2. Season chicken breasts with salt and pepper, then cook in a skillet with olive oil until golden and cooked through. Slice into strips.
3. In a separate pan, melt butter over medium heat and sauté minced garlic until fragrant.
4. Stir in cream and grated parmesan cheese, cooking until the sauce thickens.
5. Toss the cooked pasta in the Alfredo sauce, then top with sliced chicken.
6. Serve hot with additional parmesan cheese, if desired.

Classic Lemonade

Category: Beverages

Ingredients:

- lemons
- sugar
- water
- ice

Steps:

1. Juice the lemons and strain the juice to remove seeds.
2. In a large pitcher, combine lemon juice and sugar, stirring until the sugar dissolves.
3. Add water and ice, then stir well.
4. Serve chilled with lemon slices as garnish.

Breakfast Burrito with Scrambled Eggs and Salsa

Category: Breakfast

Ingredients:

- tortilla
- eggs
- cheese
- salsa
- bell peppers

Steps:

1. Whisk eggs in a bowl and season with salt and pepper.
2. Heat a skillet over medium heat and lightly grease with butter or oil.
3. Scramble the eggs until cooked, about 3 minutes.
4. Warm the tortilla in the skillet for 1-2 minutes.
5. Fill the tortilla with scrambled eggs, cheese, salsa, and sautéed bell peppers.
6. Roll the tortilla tightly and serve warm.

Air-Fried Zucchini Chips

Category: Snacks

Ingredients:

- zucchini
- breadcrumbs
- parmesan cheese
- egg
- olive oil spray

Steps:

1. Slice zucchini into thin rounds.
2. Dip each slice into beaten egg, then coat with a mixture of breadcrumbs and grated parmesan cheese.
3. Place the slices in a single layer in an air fryer basket and lightly spray with olive oil.
4. Air fry at 400°F (200°C) for 10-12 minutes, or until golden brown and crispy.
5. Serve with a dipping sauce of your choice.

Spaghetti Bolognese

Category: Dinner

Ingredients:

- spaghetti
- ground beef
- tomato sauce
- onion
- garlic
- olive oil
- parmesan cheese

Steps:

1. Cook spaghetti according to package instructions, then drain and set aside.
2. Heat olive oil in a large skillet over medium heat. Sauté diced onion and minced garlic until soft.
3. Add ground beef to the skillet and cook until browned, breaking it apart with a wooden spoon.
4. Stir in tomato sauce, salt, and pepper. Simmer for 20 minutes, stirring occasionally.
5. Serve the Bolognese sauce over the spaghetti and top with grated parmesan cheese.

Spinach and Artichoke Dip

Category: Appetizers

Ingredients:

- spinach
- artichokes
- cream cheese
- parmesan cheese
- garlic
- sour cream

Steps:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix chopped spinach, artichokes, cream cheese, sour cream, grated parmesan cheese, and minced garlic.
3. Transfer the mixture to a baking dish and spread evenly.
4. Bake for 20 minutes, or until bubbly and golden on top.
5. Serve hot with tortilla chips or bread.

Vegan Sweet Potato and Chickpea Stew

Category: Dinner

Ingredients:

- sweet potatoes
- chickpeas
- coconut milk
- onion
- garlic
- ginger
- spices

Steps:

1. Peel and cube the sweet potatoes, then set aside.
2. In a large pot, sauté diced onion, minced garlic, and grated ginger in oil until fragrant.
3. Stir in spices such as cumin, turmeric, and paprika, and cook for 1 minute.
4. Add the sweet potatoes, chickpeas, and coconut milk to the pot. Bring to a simmer.
5. Cook for 20 minutes, stirring occasionally, until the sweet potatoes are tender.
6. Serve hot, garnished with fresh cilantro.

Tuna Salad Lettuce Wraps

Category: Lunch

Ingredients:

- tuna
- mayonnaise
- celery
- lettuce leaves
- lemon juice

Steps:

1. In a bowl, mix tuna, mayonnaise, diced celery, and a splash of lemon juice.
2. Season with salt and pepper to taste.
3. Spoon the tuna salad onto large lettuce leaves.
4. Wrap the lettuce around the tuna mixture to form a wrap.
5. Serve immediately or chill before serving.

Banana Oatmeal Smoothie

Category: Breakfast

Ingredients:

- banana
- oats
- milk
- honey
- vanilla

Steps:

1. Peel the banana and add it to a blender.
2. Add oats, milk, honey, and vanilla extract to the blender.
3. Blend on high speed until the mixture is smooth and creamy.
4. Taste and adjust sweetness by adding more honey if needed.
5. Pour the smoothie into a glass and serve immediately.

Bruschetta with Tomato and Basil

Category: Appetizers

Ingredients:

- baguette
- tomatoes
- basil
- garlic
- olive oil
- balsamic glaze

Steps:

1. Slice the baguette into thin rounds and toast until golden brown.
2. Dice the tomatoes and mix with chopped basil, minced garlic, olive oil, and a pinch of salt.
3. Spoon the tomato mixture onto the toasted baguette slices.
4. Drizzle with balsamic glaze and serve immediately.

Spiced Pear and Walnut Salad

Category: Autumn

Ingredients:

- pears
- walnuts
- spinach
- blue cheese
- balsamic vinaigrette

Steps:

1. Slice the pears thinly and place them in a large salad bowl with fresh spinach.
2. Toast the walnuts in a dry skillet over medium heat until fragrant.
3. Add the toasted walnuts and crumbled blue cheese to the salad bowl.
4. Drizzle with balsamic vinaigrette and toss gently to combine.
5. Serve immediately.

Vegan Chocolate Avocado Mousse

Category: Desserts

Ingredients:

- avocado
- cocoa powder
- maple syrup
- almond milk
- vanilla extract

Steps:

1. In a blender, combine ripe avocado, cocoa powder, maple syrup, almond milk, and vanilla extract.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. Taste and adjust sweetness by adding more maple syrup if desired.
4. Spoon the mousse into serving dishes and refrigerate for 30 minutes before serving.

Grilled Chicken Caesar Salad

Category: Lunch

Ingredients:

- chicken breast
- romaine lettuce
- parmesan cheese
- croutons
- caesar dressing

Steps:

1. Preheat a grill or grill pan over medium-high heat.
2. Season chicken breasts with salt, pepper, and olive oil.
3. Grill the chicken for 6-7 minutes per side, or until fully cooked.
4. Let the chicken rest for 5 minutes, then slice into thin strips.
5. In a large bowl, toss romaine lettuce with Caesar dressing.
6. Top with grilled chicken, croutons, and grated parmesan cheese.
7. Serve immediately.

Molten Chocolate Lava Cake

Category: Desserts

Ingredients:

- dark chocolate
- butter
- eggs
- sugar
- flour
- vanilla

Steps:

1. Preheat the oven to 425°F (220°C) and grease ramekins generously with butter.
2. Melt dark chocolate and butter together in a double boiler, stirring until smooth.
3. In a bowl, whisk eggs and sugar until pale and thick, then fold in the chocolate mixture.
4. Gently fold in flour and vanilla extract until just combined.
5. Divide the batter among the prepared ramekins and bake for 12-14 minutes, or until the edges are set but the center is soft.
6. Let cool for 1 minute, then invert onto plates and serve immediately.

Mediterranean Chickpea Salad

Category: Lunch

Ingredients:

- chickpeas
- cucumber
- cherry tomatoes
- feta cheese
- red onion
- lemon

Steps:

1. Drain and rinse chickpeas, then place them in a large bowl.
2. Add diced cucumber, halved cherry tomatoes, thinly sliced red onion, and crumbled feta cheese.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Serve immediately or chill for 30 minutes for enhanced flavor.