

# Cookbook of 2023



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## Caprese Skewers

*Category: Appetizers*

### **Ingredients:**

- cherry tomatoes
- mozzarella balls
- basil
- olive oil
- balsamic glaze

### **Steps:**

1. On small skewers, thread a cherry tomato, a basil leaf, and a mozzarella ball.
2. Repeat until all ingredients are used.
3. Drizzle the skewers with olive oil and balsamic glaze.
4. Serve immediately.

## Butternut Squash Risotto

*Category: Winter*

### **Ingredients:**

- butternut squash
- arborio rice
- onion
- garlic
- parmesan cheese
- vegetable broth

### **Steps:**

1. Peel and cube the butternut squash, then roast in the oven at 400°F (200°C) for 20 minutes, or until tender.
2. In a large skillet, sauté diced onion and minced garlic in olive oil until soft.
3. Stir in arborio rice and cook for 2 minutes, ensuring each grain is coated in oil.
4. Add a ladle of warm vegetable broth to the skillet and stir until absorbed.
5. Continue adding broth, one ladle at a time, until the rice is tender and creamy, about 20 minutes.
6. Fold in the roasted butternut squash and grated parmesan cheese.
7. Serve hot.

## Classic Pancakes

*Category: Breakfast*

### **Ingredients:**

- flour
- milk
- eggs
- sugar
- baking powder

### **Steps:**

1. In a large mixing bowl, combine flour, sugar, and baking powder.
2. Create a well in the center and pour in milk and eggs.
3. Whisk the mixture together until it forms a smooth batter.
4. Heat a non-stick skillet over medium heat and lightly grease with butter.
5. Pour 1/4 cup of batter onto the skillet for each pancake.
6. Cook until bubbles form on the surface and the edges look set, about 2-3 minutes.
7. Flip the pancake and cook the other side until golden brown, about 1-2 minutes.
8. Serve warm with maple syrup, fresh fruit, or your favorite toppings.

## Quinoa and Black Bean Bowl

*Category: Lunch*

### **Ingredients:**

- quinoa
- black beans
- corn
- avocado
- lime
- cilantro

### **Steps:**

1. Cook quinoa according to package instructions and let cool slightly.
2. In a large bowl, combine cooked quinoa, black beans, corn, and diced avocado.
3. In a small bowl, whisk together lime juice, olive oil, salt, and pepper.
4. Pour the dressing over the quinoa mixture and toss to combine.
5. Garnish with chopped cilantro and serve.

## Butternut Squash and Sage Pasta

*Category: Autumn*

### **Ingredients:**

- butternut squash
- pasta
- sage
- butter
- parmesan cheese

### **Steps:**

1. Peel and cube the butternut squash, then roast in the oven at 400°F (200°C) for 20 minutes, or until tender.
2. Cook pasta according to package instructions, then drain and set aside.
3. In a large skillet, melt butter and fry fresh sage leaves until crispy. Remove and set aside.
4. Add the roasted squash to the skillet and mash slightly to create a sauce-like consistency.
5. Toss the cooked pasta with the squash mixture and grated parmesan cheese.
6. Garnish with crispy sage leaves and serve hot.

## No-Bake Peanut Butter Bars

*Category: Desserts*

### Ingredients:

- peanut butter
- butter
- graham crackers
- powdered sugar
- chocolate chips

### Steps:

1. In a bowl, mix peanut butter, melted butter, graham cracker crumbs, and powdered sugar until combined.
2. Press the mixture into the bottom of a greased baking dish.
3. Melt chocolate chips and spread evenly over the peanut butter layer.
4. Refrigerate for 1 hour, or until firm, then cut into bars and serve.



## Iced Coffee

*Category: Beverages*

### Ingredients:

- coffee
- milk
- sugar
- ice

### Steps:

1. Brew a strong cup of coffee and let it cool to room temperature.
2. Fill a glass with ice cubes and pour the coffee over the ice.
3. Add milk and sugar to taste, then stir well.
4. Serve immediately.

## Vegan Tofu Scramble

*Category: Breakfast*

### **Ingredients:**

- tofu
- turmeric
- bell peppers
- onions
- spinach

### **Steps:**

1. Heat oil in a skillet over medium heat.
2. Crumble tofu into the skillet and sprinkle with turmeric.
3. Add diced bell peppers and onions, and sauté for 5 minutes.
4. Stir in spinach and cook until wilted.
5. Season with salt and pepper, and serve.

## Tomato Basil Soup with Grilled Cheese

*Category: Lunch*

### **Ingredients:**

- tomatoes
- onion
- garlic
- basil
- bread
- cheese

### **Steps:**

1. Heat olive oil in a large pot over medium heat and sauté diced onions and garlic until soft.
2. Add chopped tomatoes and cook for 10 minutes, stirring occasionally.
3. Add vegetable broth and fresh basil, then simmer for another 15 minutes.
4. Use an immersion blender to puree the soup until smooth.
5. Season with salt and pepper, then keep warm on low heat.
6. Prepare grilled cheese by buttering bread slices, adding cheese, and grilling in a skillet until golden brown.
7. Serve the soup hot with grilled cheese on the side.

## Berry Smoothie

*Category: Beverages*

### **Ingredients:**

- mixed berries
- banana
- yogurt
- milk
- honey

### **Steps:**

1. Add mixed berries, banana, yogurt, milk, and honey to a blender.
2. Blend on high speed until smooth and creamy.
3. Taste and adjust sweetness by adding more honey if needed.
4. Pour into a glass and serve immediately.

## Blueberry Muffins

*Category: Breakfast*

### Ingredients:

- flour
- blueberries
- milk
- eggs
- baking powder

### Steps:

1. Preheat the oven to 375°F (190°C) and grease a muffin tin or line with paper liners.
2. In a mixing bowl, combine flour, sugar, baking powder, and a pinch of salt.
3. In a separate bowl, whisk together milk, eggs, and melted butter.
4. Gradually add the wet ingredients to the dry ingredients, stirring until just combined.
5. Gently fold in the blueberries, being careful not to overmix.
6. Spoon the batter into the prepared muffin tin, filling each cup about 2/3 full.
7. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
8. Allow the muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.
9. Serve warm or store in an airtight container for up to 3 days.

## Maple Roasted Brussels Sprouts

*Category: Autumn*

### **Ingredients:**

- brussels sprouts
- maple syrup
- olive oil
- salt
- pepper

### **Steps:**

1. Preheat the oven to 400°F (200°C).
2. Trim and halve the brussels sprouts, then toss with olive oil, maple syrup, salt, and pepper.
3. Spread the brussels sprouts in a single layer on a baking sheet.
4. Roast for 20 minutes, stirring halfway through, until caramelized and tender.
5. Serve warm.

## Deviled Eggs with Bacon

*Category: Appetizers*

### **Ingredients:**

- eggs
- mayonnaise
- mustard
- paprika
- bacon

### **Steps:**

1. Hard boil the eggs, then peel and cut them in half lengthwise.
2. Scoop out the yolks and mash them in a bowl with mayonnaise and mustard.
3. Spoon or pipe the yolk mixture back into the egg whites.
4. Top each egg with crumbled cooked bacon and a sprinkle of paprika.
5. Serve immediately.

## Garlic Butter Popcorn

*Category: Snacks*

### **Ingredients:**

- popcorn kernels
- butter
- garlic powder
- parsley
- salt

### **Steps:**

1. Pop the popcorn kernels using an air popper or stovetop method.
2. In a small saucepan, melt butter and stir in garlic powder and salt.
3. Drizzle the garlic butter over the popcorn and toss to coat evenly.
4. Garnish with chopped parsley and serve.



## Thai Green Curry with Vegetables

*Category: Dinner*

### **Ingredients:**

- green curry paste
- coconut milk
- vegetables
- tofu
- basil
- lime

### **Steps:**

1. In a pot, heat a tablespoon of oil and sauté green curry paste for 1 minute to release its aroma.
2. Add coconut milk and bring to a simmer.
3. Stir in chopped vegetables such as bell peppers, zucchini, and green beans.
4. Cook for 10 minutes, or until the vegetables are tender.
5. Add cubed tofu and cook for another 5 minutes.
6. Stir in fresh basil leaves and a squeeze of lime juice before serving.
7. Serve hot with steamed rice.

## Mojito Mocktail

*Category: Beverages*

### **Ingredients:**

- mint leaves
- lime
- sugar
- sparkling water
- ice

### **Steps:**

1. In a glass, muddle mint leaves, lime juice, and sugar until fragrant.
2. Fill the glass with ice and top with sparkling water.
3. Stir gently and garnish with additional mint leaves and lime slices.
4. Serve immediately.