OH YES!

5 BEST DESSERTS EVER

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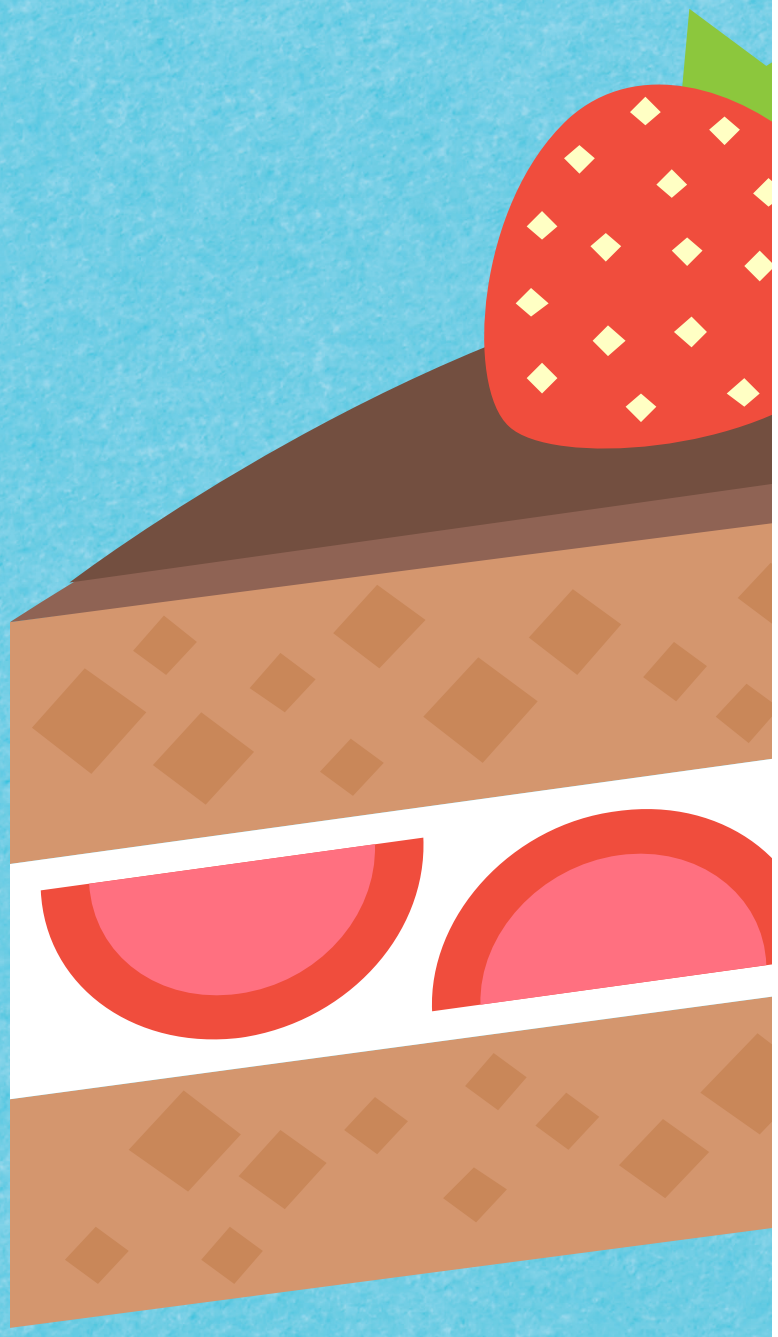
BEST DESSERTS EVER



Churro Ice Cream Bowls

STOP EVERYTHING AND MAKE THESE IMMEDIATELY

1. In a medium saucepan over medium-high heat, add butter, brown sugar, salt, and water. Bring to a boil.
2. As soon as the butter has fully melted and the mixture begins to boil, reduce the heat to medium-low and add in flour all at once.
3. Using a wooden spoon, stir until the dough comes together into a ball (about 1 minute).
4. Remove from heat and let cool for 5 minutes (to prevent accidentally cooking the eggs).
5. Mix in the vanilla extract and add in the eggs, one at a time, being sure to fully incorporate each egg before adding the next. Once all the eggs are incorporated, transfer to a piping bag with a small star tip.
6. Invert a muffin tin and spray thoroughly with nonstick cooking spray. Pipe the dough around the inverted cups in spirals to form the bowls. Immediately transfer the tray to the freezer and freeze until solid (about 3 hours or overnight).
7. Heat oil in a deep pot to 350˚F/175˚C.
8. Remove the muffin tin from the freezer and flex it to release the churro bowls (you may need to also use a small knife under the bottom edge to initially release them). Return any extras to the freezer while you wait to fry.
9. Fry them in batches, until nicely browned - no more than 3 at a time.
10. Once desired color is reached and dough is cooked through, remove them from the oil to a paper towel-lined plate. Dab off any excess oil, then roll them in a cinnamon sugar mixture.
11. Fill with your favorite ice cream and toppings.

WHAT YOU'LL NEED

¼ cup butter, cubed

2 tablespoons brown sugar

½ teaspoon salt

1 cup water

1 cup flour

1 teaspoon vanilla

4 eggs

Cooking oil spray

Oil for frying

Cinnamon sugar

Ice cream

Hot fudge and caramel topping (optional)

6-12 cup muffin tin

Servings: 8

Strawberry Cheesecake Poke Cake

WHAT YOU'LL NEED

Cooking spray

6 graham crackers, whole

½ box vanilla cake mix, prepared according to package

1 pound strawberries with tops removed

1 8-ounce block cream cheese, softened

1 14-ounce can sweetened condensed milk

1 cup milk

8 ounces whipped topping

Strawberries for garnish

Servings: 9

1. Preheat oven to 350°F/175C. Spray a 9x9 baking pan with cooking spray.
2. Take 5 of the graham crackers and arrange them in the pan, breaking some of them to fill in the gaps. Crush the remaining graham cracker and set aside.
3. Pour the vanilla cake batter on the graham cracker base, then bake for 25-30 minutes until an inserted toothpick comes out clean.
4. Using the back of a wooden spoon, poke 4 rows of 4 holes in the cake, making 16 holes total.
5. In a large bowl, mash strawberries with a whisk until very fine.
6. Add cream cheese and condensed milk, whisking until there are no large lumps.
7. Add the milk, stirring until smooth.
8. Pour the mixture over the cake and set until the cake has absorbed as much of the mixture as it can. Some of the mixture will still stay on top, which is okay.
9. Spread the whipped topping evenly on top.
10. Chill the cake anywhere from 3 hours to overnight.
11. Slice, and serve with strawberries and the reserved graham cracker crumbs.

Ice Cream Bites

A CHILLING GOOD SNACK TO SHARE

WHAT YOU'LL NEED

Ice cream (any flavor), softened

2 cups chocolate chips

½ cup coconut oil (use refined coconut oil for a neutral taste)

⅓ cup crispy rice cereal

Servings: 10-15

1. Spread out softened ice cream on a baking tray lined with wax paper. Cover with wax paper and press down to evenly spread and smooth. Freeze overnight.
2. Remove ice cream from tray, peel off the wax paper and cut into bite-size squares.
3. Return to the freezer until ready to dip.
4. Microwave chocolate chips with coconut oil for 90 seconds, stopping to stir every 30 seconds, until melted and smooth. Allow chocolate mixture to come to room temperature. Mix in rice cereal.
5. Working quickly and in small batches, coat ice cream cubes in chocolate mixture and return to the freezer to harden up.

Old-Fashioned Donuts

1. Start making the donuts by sifting dry ingredients in a small bowl. Set aside.
2. In a large bowl, combine butter and sugar on a low speed until light and fluffy. Add the egg yolks and mix together on a medium speed.
3. Add half the dry ingredients, to the butter-sugar blend. Add the sour cream, then blend. Add in the rest of the dry ingredients and blend until the dough is well-combined.
4. Place dough in greased bowl and cover with plastic wrap. Chill for an hour.
5. Place chilled dough on a floured surface. Roll out to ½-inch thickness.
6. Cut the donut shapes with a cup and a shot glass. (Bonus: You can save the insides for donut holes or combine them, roll out your dough again, and make more full-sized donuts).
7. Lightly score three lines in each donut, forming a triangle.
8. Heat oil to 325˚F/170˚C. Add a few donuts to the oil, careful not to crowd the pot.
9. Once they come to the surface, allow to cook for another 20 seconds before flipping and frying for another 2 minutes. Flip again and fry for 75 more seconds (or until both sides are golden brown).
10. Make the glaze by combining the powdered sugar, vanilla extract, corn syrup, and hot water until it becomes smooth. (Cover if not using immediately.)
11. Dip the top of each donut in your glaze and set on a drying rack to allow glaze to dry and any extra to drip off.

WHAT YOU'LL NEED

DONUTS

2¼ cup (255 grams) cake flour

1½ teaspoons baking powder

1 teaspoon salt

½ teaspoon ground nutmeg

½ cup sugar

2 tablespoons butter, at room temperature

2 large egg yolks

¾ cup sour cream

Canola or peanut oil, for frying

GLAZE

3 cups powdered sugar, sifted

1 ½ teaspoons corn syrup

½ teaspoon vanilla extract

½ cup hot water

Servings: 12-15

Store any leftovers in an airtight container in the fridge for up to one week. You can also make the dough the night before, store it in the fridge overnight, and finish making the donuts in the morning.

Grilled Cinnamon Peaches with Pecans and Ice Cream

WHAT YOU'LL NEED

4 peaches, halved and pitted

1 stick of butter, room temperature

⅓ cup brown sugar

1 tablespoon cinnamon

¾ cup pecans

Vanilla ice cream

Servings: 8

1. Fire up the grill. Put a saucepan over medium heat, and add pecans. Heat the pecans until they're lightly toasted and fragrant, stirring often.
2. Add butter and stir until melted. Add sugar and cinnamon, stirring until everything comes together and looks like a pecan pie sauce.
3. Using a pastry brush, spread the sauce all over the peach halves and then slap them on the grill. Grill for 4-6 minutes per side, or until the peaches have softened and have nice grill marks.
4. Serve each grilled peach half with a scoop of ice cream and drizzle the pecans and sauce on top.

Upside-Down Banana Bread

WHAT YOU'LL NEED

4-5 ripe bananas

3 eggs

½ cup oil

½ cup granulated sugar

1 tablespoon ground cinnamon

2 cups flour

½ cup butter

1 cup brown sugar

2-3 bananas, sliced

Vanilla ice cream

Servings: 6-8

1. Preheat oven to 350˚F/175˚C. In a large bowl, mash the ripe bananas.
2. Add the eggs, oil, sugar, and cinnamon, mixing until evenly incorporated. Add the flour and mix until the batter has no large pockets of flour. Set aside.
3. In a pot over low heat, melt the butter, then mix in the brown sugar until dissolved.
4. Bring up the heat to medium, cooking until the mixture starts bubbling.
5. Remove the caramel from heat and pour into a greased 9x9 baking pan.
6. Lay the banana slices evenly on top of the caramel. Spread the banana bread batter on top,
7. Bake 40-50 minutes.
8. Cool until the bottom is barely warm and use a knife to loosen the edges from the pan. Place a plate upside-down on top of the pan, then invert the pan, flipping the banana bread onto the plate.
9. Slice, then serve with vanilla ice cream.

THIS IS WHAT WINNING LOOKS LIKE

Cookies and Cream Puffs

WHAT YOU'LL NEED

25 chocolate sandwich cookies

2 egg yolks

2 cups half & half

¼ cup granulated sugar

¼ cup cornstarch

1 cup water

8 tablespoons butter

½ cup flour

4 eggs

Servings: 15-20

1. Preheat oven to 425°F/220°C. Using a knife, separate the cream from the cookies and place them in two separate bowls. Crush cookies in a blender or a food processor until fine. Set aside.

2. In a pot over low heat, combine egg yolks, half & half, sugar, and cornstarch. Turn the heat up to medium-high, whisking constantly to prevent any lumps.

3. Once the mixture starts to thicken, add in half of the cookie cream, stirring until smooth. Transfer the cream mixture into a bowl, covering the top with plastic wrap and pressing the wrap down onto the surface of the cream to prevent a skin from forming. Chill.

4. In a pot, combine the water and butter, bringing it to a boil. Add the flour and ½ cup of the crushed cookie mixture, stirring until the dough comes together in a ball. Remove from heat.

5. Add in the eggs one a time, stirring until the dough becomes a paste. Transfer the dough into a piping bag with a large round tip.

6. On a baking sheet lined with parchment paper, pipe 1-inch mounds. Bake for 20-25 minutes until the pastry has risen considerably and the insides are dry.

7. Transfer the chilled pastry cream into a piping bag with a small tip. Poke a hole in the center of the bottom of each cream puff and fill each puff with the pastry cream.

8. Microwave the remaining cookie cream for 30 seconds, stirring until smooth.

9. Dip the top of each filled cream puff into the cookie cream, dripping off any excess. Sprinkle any remaining cookies crumbs on top of each cream puff and serve.

LIGHT MEALS

HAIL, CAESAR!

Healthy Caesar Salad Spring Rolls

WHAT YOU'LL NEED

Rice paper (bánh tráng)

Romaine

Sliced Parmigiano-Reggiano

Croutons

Sliced grilled chicken

Caesar dressing

Warm water

Servings: 4

1. Fill a plate or wide flat dish with warm water. Dip one sheet of rice paper into the water and cover completely.

2. Remove paper and let excess water drip off. Place paper on a flat surface and fill with as much of romaine, Parmigiano-Reggiano, croutons, and chicken as desired.

3. Roll the paper tightly around the ingredients, as you would a burrito. Dip in Caesar dressing.

Shrimp and Asparagus Stir Fry

UNDER 300 CALORIES!

WHAT YOU'LL NEED

4 tablespoons olive oil
1 pound raw shrimp
1 pound asparagus
1 teaspoons salt
½ teaspoon crushed red pepper
1 teaspoon garlic, minced
1 teaspoon ginger, minced
1 tablespoon low-sodium soy sauce
2 tablespoons lemon juice

Servings: 4

1. In a large frying pan, heat 2 tablespoons olive oil over medium-high heat. Add shrimp to the pan, then season with ½ teaspoon of salt and ½ teaspoon crushed red pepper.
2. Cook until the shrimp is pink. Remove the shrimp from the pan and set aside.
3. In the same pan, heat 2 tablespoons olive oil and add asparagus. Add ginger and garlic, then season with ½ teaspoon of salt. Stir frequently and cook until the asparagus is tender-crisp.
4. Return the shrimp to the pan, then add soy sauce. Stir until the ingredients are well-combined.
5. Just before the dish is ready, add lemon juice, stir once more, then serve while hot.

Mixed Berry Smoothie Bowl

ENJOY A HEALTHY BREAKFAST

WHAT YOU'LL NEED

2 cups mixed berries (we used ½ cup strawberries, ½ cup raspberries, 1 cup blackberries)

½ cup Greek yogurt

¼ cup almond milk (or soy milk)

¼ cup peanut butter

Servings: 2

OPTIONAL TOPPINGS

Sliced strawberries

Sliced bananas

Slivered almonds

Sunflower seeds

Shredded coconut

Chia seeds

1. Blend mixed berries, Greek yogurt, almond milk, and peanut butter until smooth.
2. Top with your favorite toppings and enjoy! We used sliced strawberries, sliced bananas, slivered almonds, sunflower seeds, shredded coconut, and chia seeds.

Creamy Chipotle Chicken Lettuce Cups

WHAT YOU'LL NEED

12 ounces shredded chicken breast

1 tablespoon coconut oil

1 cup whole milk

1 medium onion, diced

3 cloves of garlic, minced

1 teaspoon ground cumin

1 teaspoon dried oregano

1 canned chipotle pepper, minced

½ teaspoon salt

6 butter lettuce leaves

Pico de gallo salsa

Servings: 3

1. Heat the coconut oil in a large nonstick skillet. Toss in the diced onion and salt and sauté for about 5 minutes.
2. Sprinkle in the ground cumin and dried oregano.
3. Add the minced chipotle and garlic and sauté until the garlic is fragrant, about 30 seconds.
4. Pour in the milk and stir the mixture to combine.
5. Once the mixture has bubbled and reduced slightly, mix in the shredded chicken until evenly coated.
6. Spoon the mixture evenly onto butter lettuce leaves. Top with pico de gallo salsa and serve.

You can use skim or low-fat milk instead of whole milk, but make sure to reduce it on a lower heat to avoid curdling the milk! (The lower the fat content, the less stable the milk – therefore, it will curdle much quicker.)

Healthy Mediterranean Salad

1. Preheat oven to 400°F/200°C.
2. Place chicken breast on a baking sheet lined with aluminum foil or parchment paper. Season with olive oil, lemon juice, garlic, dill, salt, and pepper.
3. Bake for 30 minutes or until cooked through. Allow chicken to rest for 5-10 minutes before slicing thinly or cubing.
4. In a small bowl, combine all dressing ingredients in a small bowl or cup, and whisk with a fork.
5. Assemble your salad, starting with a base of romaine lettuce. Then top with chicken, cucumber, olives, red onion, tomatoes, feta, and the dressing.
6. Toss to evenly incorporate ingredients.

WHAT YOU'LL NEED

1 boneless skinless chicken breast

1 tablespoon olive oil

1 tablespoon lemon juice

2 cloves garlic, minced

1 tablespoon fresh dill

Salt, to taste

Pepper, to taste

DRESSING

⅓ cup plain Greek yogurt

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon lemon juice

1 tablespoon water

1 clove garlic, minced

1 tablespoon fresh dill

Salt, to taste

Pepper, to taste

TOPPINGS

1 head romaine lettuce, chopped

½ cucumber, sliced and halved

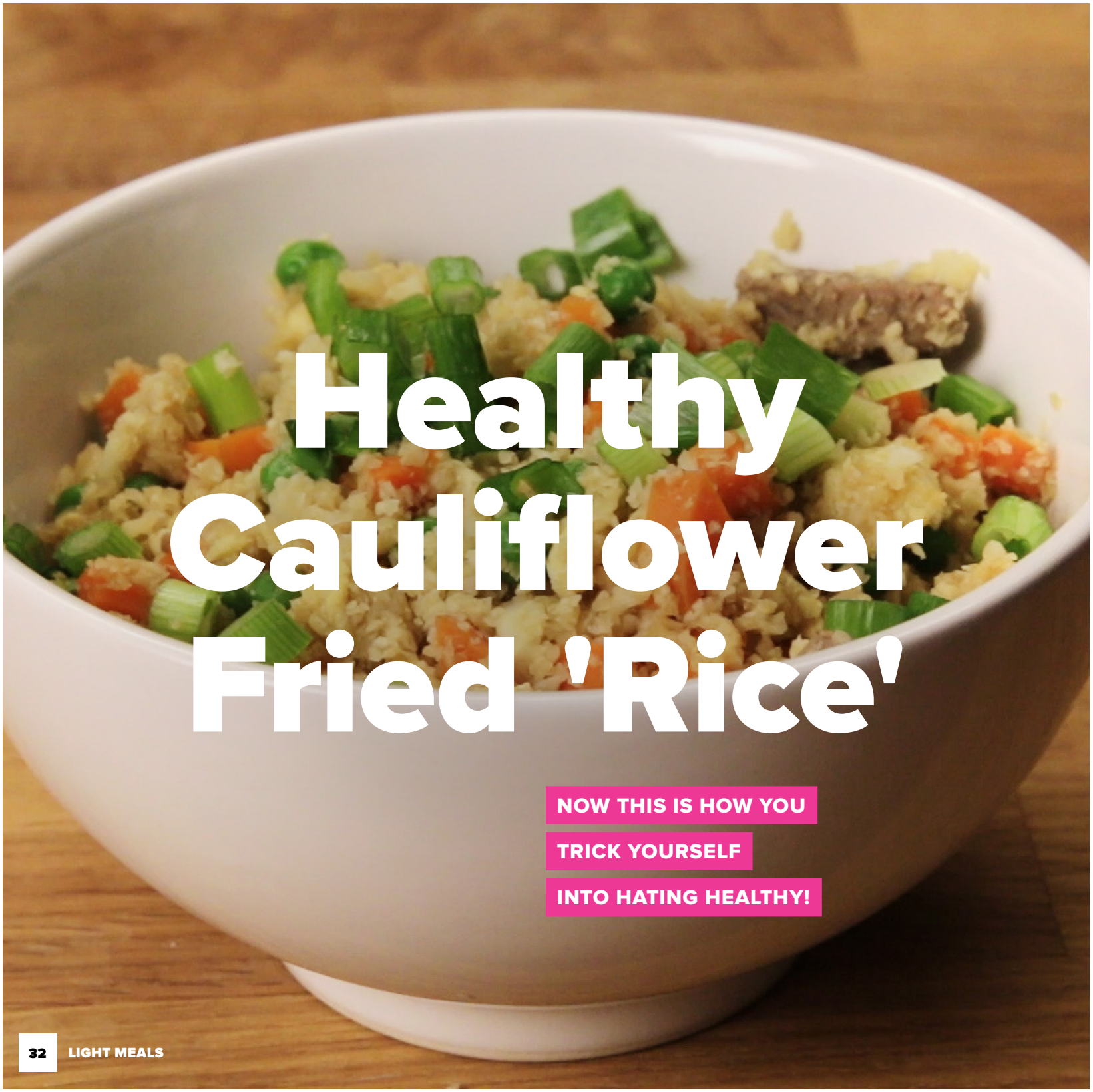
½ red onion, thinly sliced

½ cup olives, halved

½ cup cherry or grape tomatoes, halved

½ cup feta cheese, crumbled

Servings: 1-2



Healthy Cauliflower Fried 'Rice'

NOW THIS IS HOW YOU TRICK YOURSELF INTO HATING HEALTHY!

WHAT YOU'LL NEED

1 head cauliflower, broken into florets

1 tablespoon sesame oil

1 garlic clove, minced

8 ounces beef, chicken, pork, shrimp, or tofu, diced

2 carrots, diced

1 cup frozen peas

2 eggs, beaten

White pepper, to taste

3 tablespoons soy sauce

2 green onions, diced

Servings: 2

1. Pulse cauliflower in a food processor until it is the size of rice (don't overdo it or it will become a puree). Heat sesame oil in a large skillet over high heat. Add garlic and fry, stirring constantly for a few seconds.

2. Add the beef, chicken, pork, shrimp, or tofu, and cook until 80% done.

3. Add carrots and peas, stirring until incorporated. Push ingredients to the sides of the pan to create an opening in the center of skillet.

4. Pour the eggs into the opening and allow to set for 15 seconds. Scramble eggs and fold into the cauliflower rice. Season with white pepper and stir in soy sauce. Garnish with chopped green onions.

Potato Asparagus Cheese Tart

WHAT YOU'LL NEED

4 red potatoes

Water

½ cup heavy cream

1 teaspoon salt

1 teaspoon Italian seasoning

½ teaspoon ground black pepper

2 tablespoon melted butter

1 sheet puff pastry, defrosted

2 cups parmesan cheese

4 ounces goat cheese

1 bunch of asparagus

1 teaspoon salt

1 teaspoon ground black pepper

1 tablespoon olive oil

1 tablespoon lemon juice

Servings: 6-8

1. Preheat oven to 400ºF/200ºC. Thinly slice potatoes and soak in cold water for 10 minutes, just enough to cover the potatoes. Then pat dry.
2. In a medium bowl, mix heavy cream, salt, Italian seasoning, black pepper, and melted butter, and stir. Add potato slices and evenly coat every piece in the cream mixture.
3. Line baking tray with parchment paper and place one sheet of puff pastry. With a fork, evenly poke the entire sheet. Place shredded or grated parmesan cheese on the puff pastry. Then layer each potato slice to cover the sheet, leaving a ½-inch border on all sides.
4. With 2 spoons, scoop small amounts of goat cheese on top of the potatoes. Season with a pinch of salt and pepper.
5. Bake for 30 minutes, or until the crust is golden brown.
6. With a vegetable peeler, hold the bottom of the asparagus and carefully peel from bottom to the tip. Peel 2 slices then flip over the peel the other side. It will give you a even ribbon.
7. Put all the asparagus ribbons into a bowl and mix in salt, pepper, olive oil, and lemon juice until evenly coated.
8. On the freshly baked potato tart, place the asparagus ribbons on top, then slice.

VEGETARIAN MEALS

Flourless Peanut Butter, Oat, & Banana Pancakes

YOU'RE GONNA FLIP!

1. In a medium bowl, mash bananas until pureed. Add eggs, peanut butter, oats, chocolate chips, and salt. Stir until the ingredients are fully mixed and batter is formed.
2. Heat a lightly oiled pan over medium-high heat. Pour ½ cup of batter into the pan and brown on both sides.
3. Top with chocolate chips, sliced bananas, and maple syrup. Serve hot.

WHAT YOU'LL NEED

2 ripe bananas

3 eggs

2 tablespoons creamy peanut butter

¾ cup quick-cooking oats

¼ cup chocolate chips

Salt, to taste

ADDITIONAL TOPPINGS (OPTIONAL)

Chocolate chips

Sliced bananas

Maple syrup

Servings: 3

Vegan Fettuccine Alfredo

WHAT YOU'LL NEED

2 medium white potatoes

¼ white onion

1 tablespoons Italian seasoning (a blend of basil, oregano, rosemary, thyme, and black pepper)

1 teaspoon lemon juice

2-4 cloves of garlic

½ cup cashews

1 teaspoon salt

12 ounces fettuccine pasta

Servings: 2

1. Boil four cups of water in a small pot.
2. Peel and chop the potatoes into ½-inch cubes. Cut a quarter of an onion into cubes, and combine with potato in the pot.
3. Boil for 10 minutes, or until soft. Begin cooking 12 ounces of fettuccine pasta in a separate pot. In a blender, combine ½ cup raw cashews with 1 cup of the water used to boil the veggies.
4. Add the veggies, garlic, salt, lemon juice, and seasonings. Blend until creamy. Add more of the boiling water if the mixture is too thick.
5. Add more salt to taste.
6. Pour the sauce over the cooked pasta and serve.

Tip: Adding one teaspoon of nutritional yeast and ¼ teaspoon truffle oil will really make this dish pop with cheesy flavor.

Sweet Potato Black Bean Hash

WHAT YOU'LL NEED

4 tablespoons olive oil

3 cups sweet potatoes, diced

½ yellow onion, diced

1 red pepper, sliced

Salt, to taste

Pepper, to taste

½ tablespoon paprika

1 teaspoon cumin

2 cups spinach

1 15-ounce can black beans

Servings: 12-14

1. Heat olive oil on medium heat in a large pan. Add sweet potatoes, onion, pepper, salt, pepper, paprika, and cumin, and stir.
2. Cook for 10 minutes, occasionally stirring. Add spinach and cook for an additional five minutes.
3. Lastly, add the black beans and stir until all ingredients are well-blended and heated through.
3. Serve up with eggs and avocado or on its own.

THE PERFECT THING

TO FRY UP

Eggplant Parm Bites

WHAT YOU'LL NEED

2-3 medium eggplants, thinly sliced

Salt, to taste

RICOTTA FILLING

8-10 basil leaves, chopped

15 ounces ricotta cheese, drained of excess moisture

1 cup mozzarella cheese, shredded

½ cup parmesan cheese, shredded

1 egg

Servings: 12-14

1. Slice the eggplant and lay out on a paper towel-lined baking sheet.
2. Generously salt the eggplant on both sides, and leave to sit for 30 minutes to soften and draw out excess moisture. Blot off the water and excess salt from the eggplant with additional paper towels.
3. In a medium mixing bowl, add the basil, ricotta, mozzarella, parmesan, and one egg (beaten). Mix together.
4. Picking two equal-sized eggplant slices, sandwich about a tablespoon of the ricotta filling between the slices and place on a wax paper-lined baking tray. Freeze for 30 minutes to one hour.
5. In three separate bowls, place the flour, bread crumbs, and three eggs (beaten).
7. Remove eggplant from the freezer and coat each first in flour, then egg, then bread crumbs. Coat once more in egg and a final time in the bread crumbs. Place back in the freezer while you prepare to fry.
8. In a large saucepan, heat oil to 350˚F/180˚C. Fry eggplant in batches, three at a time, until nicely browned on all sides.
8. Remove from oil and drain on paper towels. Sprinkle with salt. Serve with marinara sauce.

Feta-Stuffed Falafel Burgers

WHAT YOU'LL NEED

14 ounces skinned chickpeas
2 garlic cloves, chopped
1 red onion, roughly chopped
1 teaspoon ground cumin
1 teaspoon harissa paste
2 tablespoons plain flour
Handful fresh parsley
Handful fresh coriander
2 ounces feta cheese

TO SERVE

Brioche bun
Gem lettuce
Tomato slices
Salsa
Coriander

Servings: 4

1. Add all the burger ingredients, except for the feta, to a blender and blend until smooth. (Make sure your chickpeas are very dry first!)
2. Divide mixture into four balls, then make an indent in the middle.
3. Place a small block of feta in each indent and roll up again until the feta is completely covered.
4. Fry in sunflower oil for 5 minutes until brown on each side.
5. Add to a burger bun with lettuce, tomato, salsa, and coriander.

Baked Garlic Parmesan Potato Wedges

1. Preheat oven to 400˚F/200˚C.
2. Place potato wedges in a large bowl. Drizzle olive oil and toss to coat. Sprinkle potato wedges with shredded cheese and toss again.
3. In a small bowl, mix salt, Italian seasoning, garlic powder, and paprika. Sprinkle seasoning onto potato wedges and toss to coat.
4. Place potato wedges on a baking sheet with skin-side down.
5. Bake for 40 minutes until potatoes are fork-tender and golden brown.

WHAT YOU'LL NEED

3 large russet potatoes, sliced into wedges

4 tablespoons olive oil

½ cup parmesan

Salt, to taste

2 teaspoons Italian seasoning

2 teaspoons garlic powder

2 teaspoons paprika

Servings: 4-6

Put all the potatoes, olive oil, and seasonings in a zip lock bag. Shake it up! Less mess on your hands.

Poached Eggs in Tomato Sauce (Shakshouka)

WHAT YOU'LL NEED

1½ tablespoons oil

3 garlic cloves, minced

1 small onion, diced

2 cups crushed tomatoes

1 tablespoon Worcestershire sauce

½ teaspoon cayenne pepper

½ teaspoon cumin

½ teaspoon paprika

1 tomato, diced

¼ cup parsley, chopped

3 eggs

TO SERVE

Chopped parsley

Feta cheese

Servings: 3

1. Heat oil over medium heat, add garlic and onions and cook until onions have softened and garlic is fragrant.
2. Add the crushed tomatoes, Worcestershire sauce, cayenne pepper, cumin and paprika. Stir to incorporate.
3. Add dice tomato and cook until sauce has thickened.
4. Using a spoon, create wells for the eggs, crack an egg into each well. Cover and cook for another five to eight minutes, until the egg whites are cooked but the yolk is still a bit runny.
5. Garnish with parsley and feta cheese.

KIDS' MEALS

Chicken and Broccoli Alfredo Stuffed Shells

PASTA LOVERS, BEWARE

WHAT YOU'LL NEED

2 cups rotisserie chicken, diced

2 cups cooked broccoli, cut into small florets

15 ounces alfredo sauce, ¼ cup set aside

1 cup shredded mozzarella cheese, divided

24 jumbo shells, cooked al dente

Servings: 24

1. Preheat oven to 350°F/180°C.
2. In a bowl, mix chicken, broccoli, alfredo sauce (reserving ¼ cup for later), and half the mozzarella.
3. Stuff mixture into the jumbo shells and place in rows in a greased 9x13 glass baking dish.
4. Spread the remaining alfredo sauce, and sprinkle on remaining mozzarella cheese.
5. Cover with foil and bake for 30 minutes, or until cheese is melted and filling is warmed through.
6. Garnish with fresh parsley.

Easy Pizza

WHAT YOU'LL NEED

1 cup warm water
2 teaspoon sugar
1 packet active yeast
2½ cups bread flour
1 teaspoon salt
1 tablespoon olive oil
1 jar marinara sauce
Mozzarella cheese
Additional toppings of choice

Servings: 2

1. Preheat oven to 450°F/230°C.
2. In a large bowl, combine warm water, sugar, and yeast. Stir and then let sit for 10 minutes to allow yeast to activate.
3. Add bread flour, salt, and olive oil. Mix until it forms an even ball of dough.
4. Cut into as many pieces as desired and flatten into pizza crust shapes.
5. Top with desired toppings and bake at 450°F/230°C for 10-15 minutes, or until crust is golden brown.

Baked Parmesan Chicken Strips

WHAT YOU'LL NEED

3 chicken breasts, sliced into strips

Salt, to taste

Pepper, to taste

½ cup flour

¼ teaspoon garlic powder

¼ teaspoon onion powder

1 teaspoon paprika

2 teaspoons Italian seasoning

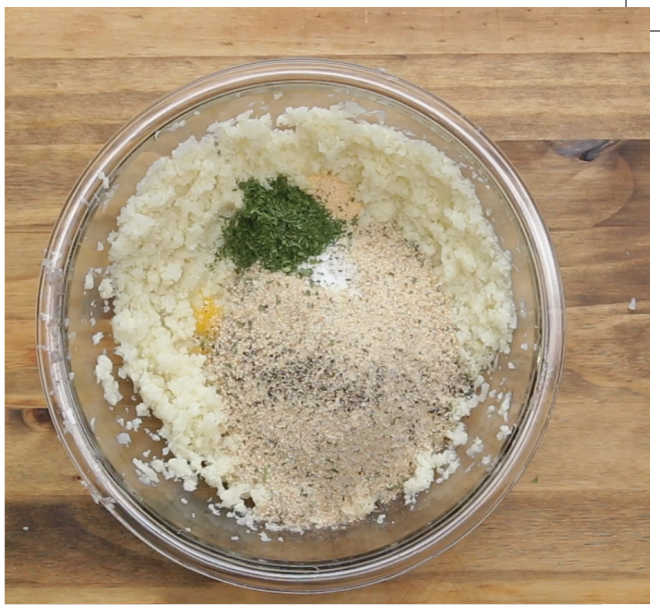
3 eggs

1 cup bread crumbs

½ cup parmesan cheese

Servings: 4

1. Preheat oven to 400˚F/200˚C.
2. Cut chicken breasts into strips and season with salt and pepper.
3. In a re-sealable plastic bag, combine flour, garlic powder, onion powder, paprika, and Italian seasoning.
4. Add the seasoned chicken strips into the flour mixture and seal the bag. Shake until the chicken strips are well coated with the flour mixture.
5. Beat 3 eggs in a small bowl and dip each piece of chicken until well coated.
6. In another bowl, combine bread crumbs and parmesan cheese and coat each piece of chicken with the mixture.
7. Place the coated chicken strips on a greased baking sheet and bake for 35-40 minutes, flipping halfway, and bake until golden brown (times and temperatures may vary based on oven).



Cheese-Stuffed Cauliflower Nuggets

#TASTYJUNIOR IN THE HOUSE!

1. Preheat oven to 350°F/180°C.
2. In a bowl, mash the cauliflower until slightly combined.
3. Add the egg, ¾ cup bread crumbs, salt, pepper, garlic powder, and parsley, and mix with a fork until combined. Chill for 10 minutes.
4. Form the mixture into nuggets with a cube of cheddar cheese in the center. Pack them tightly.
5. Roll each nugget in flour, then egg, then bread crumbs. Place on a baking sheet covered in parchment paper. (Tip: spray with cooking oil for browner, crispier nuggets!)
6. Bake for 18-20 minutes, flipping the nuggets halfway through.

WHAT YOU'LL NEED

1 head of cauliflower, steamed

1 egg

1¾ cup bread crumbs

½ teaspoon salt

¼ teaspoon pepper

1 teaspoon garlic powder

2 tablespoons dried parsley

12 ½-inch cubes cheddar cheese

1 cup flour

2 eggs, beaten

Servings: 12

Cheesy Biscuit & Egg Breakfast Cups

WHAT YOU'LL NEED

1 tube refrigerated jumbo biscuits

6 eggs

½ cup milk

¼ teaspoon salt

¼ teaspoon pepper

1 cup cooked bacon, chopped

½ cup chives, chopped

1½ cups shredded cheddar cheese

Servings: 16 cups

1. Preheat oven to 350°F/180°C.
2. Cut 6 biscuits in half, and on a floured surface, roll each half out into circles with a 5-inch diameter.
3. Press the biscuit circles into a greased muffin tin.
4. In a bowl, whisk the eggs, milk, salt, and pepper.
5. Pour egg mixture into biscuit cups, no more than half full.
6. Divide the bacon and chives among the cups, then top each one with cheese.
7. Bake 15-20 minutes, until eggs are fully set.

BBQ Chicken Pasta Bake

YOU'LL DEFINITELY WANT TO DROP EVERYTHING AND MAKE THIS

WHAT YOU'LL NEED

2 cups rotisserie chicken, shredded

1 14.5 ounce can diced tomatoes, drained

1 15.25-ounce can corn, drained

½ red onion, diced

1½ cups ranch dressing

1 cup BBQ sauce

16 ounces fusilli pasta

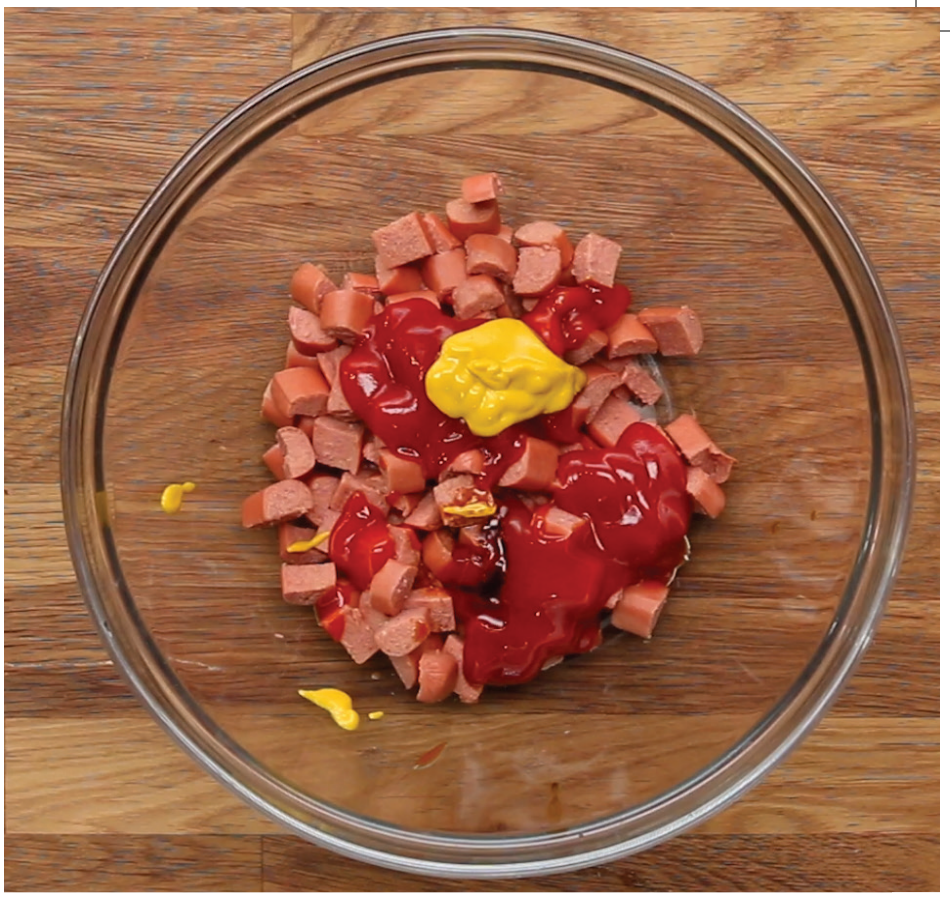
Pepper, to taste

2 cups shredded mozzarella

Fresh parsley

Servings: 8

1. Preheat oven to 350°F/180°C.
2. In a bowl, combine chicken, tomatoes, corn, onion, ranch, and BBQ sauce.
3. Add the pasta, and mix until evenly coated.
4. Pour mixture into a 9x13 baking dish. Sprinkle with pepper, to taste.
5. Top with mozzarella, and bake uncovered for 30 minutes.
6. Top with fresh parsley.



Hot Dog Cups

WHAT YOU'LL NEED

8 hot dogs

⅓ cup ketchup

1 tablespoon yellow mustard

1 teaspoon Worcestershire sauce

8 refrigerated biscuits

1 cup shredded cheddar cheese

Servings: 8

1. Preheat oven to 350°F/180°C. Cut hot dogs lengthwise and chop into small pieces. Mix with ketchup, mustard, and Worcestershire sauce.
2. Press each biscuit into the cups of a greased muffin tin. Fill with hot dog mixture.
3. Bake for 10 minutes. Remove from oven and top with shredded cheddar cheese.
4. Bake for an additional 5 minutes.

5 ITEMS OR LESS

Bacon Ranch Chicken Bake

WHAT YOU'LL NEED

4 chicken breasts

8 tablespoons ranch dressing

8 slices bacon

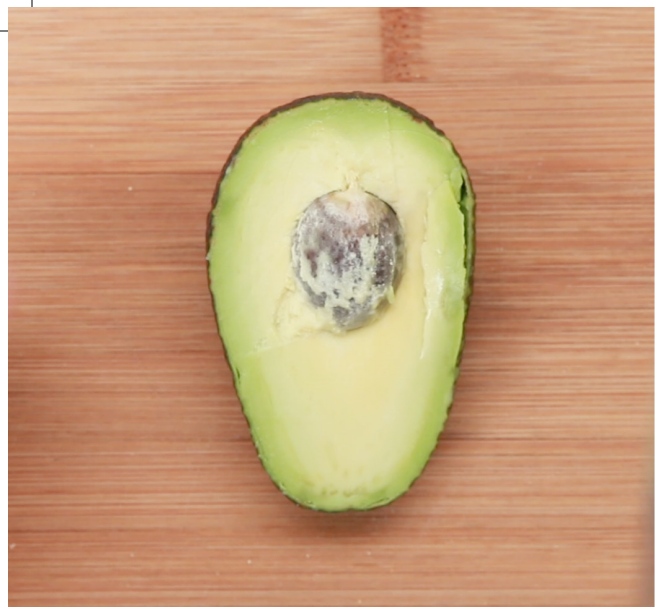
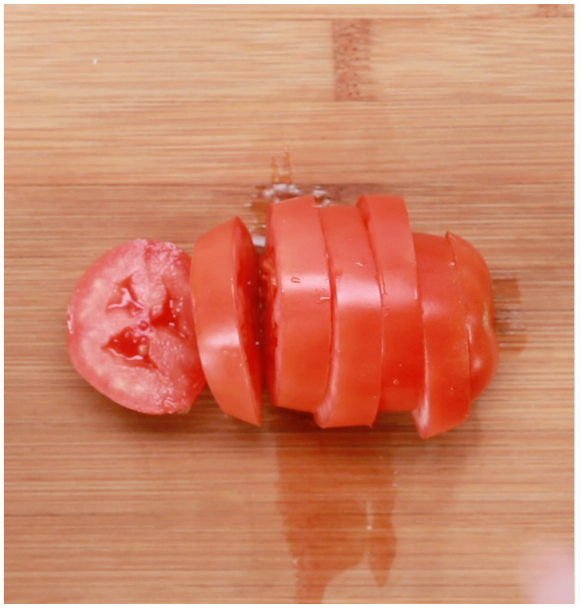
4 ounces cheddar cheese

Servings: 4

1. Preheat oven at 400˚F/200˚C.
2. Place chicken breast in a baking dish.
3. Spread 1-2 tablespoons ranch on each chicken breast.
4. Layer two slices of bacon on top of each chicken breast.
5. Top with cheese.
6. Bake for 40 minutes.

VICTORINOX

Tomato Avocado Melt

WHAT YOU'LL NEED

1 English muffin
2 slices mozzarella
1 Roma tomato
1 ripe avocado
Salt, to taste
Pepper, to taste
Cayenne pepper, to taste

Servings: 1

1. Split English Muffin in half and place them face up on a baking sheet. Season with cayenne pepper to taste.
2. Broil until cheese is melted and starts to brown.
3. Season each melt with salt and pepper to taste.

Easy Ravioli Bake

AS GOOD AS IT IS EASY

WHAT YOU'LL NEED

2 1-pound packages frozen ravioli

8 ounces shredded mozzarella cheese

8 ounces shredded parmesan cheese

2 24-ounce jars marinara sauce

Fresh basil, for garnish

Servings: 8

1. Preheat oven to 400°F/200°C.
2. Coat your baking dish with a layer of marinara sauce.
3. Place a single layer of ravioli in the baking dish and cover lightly with more sauce.
4. Cover with a layer of mozzarella cheese.
5. Lay down a second layer of ravioli, then cover it with sauce and another light layer of mozzarella cheese. (If your dish is deep enough for three layers, add another layer of ravioli, sauce, and mozzarella.)
6. Cover your top layer with parmesan cheese.
7. Cover with aluminum foil and bake covered for 30 minutes. Then, remove the foil and bake uncovered for an additional 15 minutes or until ravioli is cooked through and cheese is golden brown on top.

Peanut Butter Cereal Bites

WHAT YOU'LL NEED

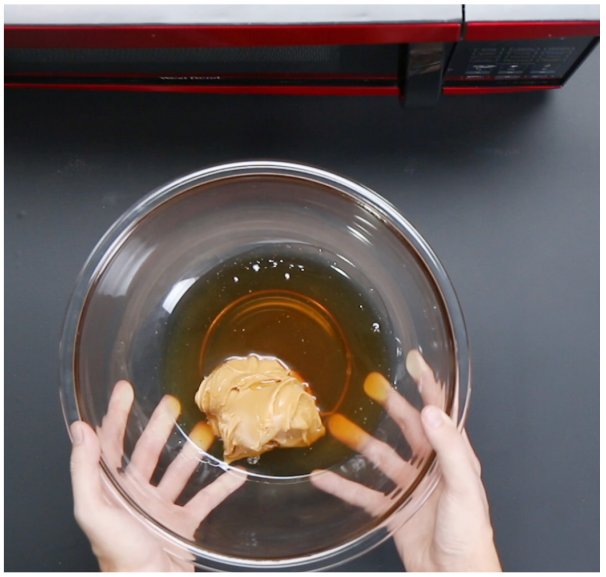
Honey

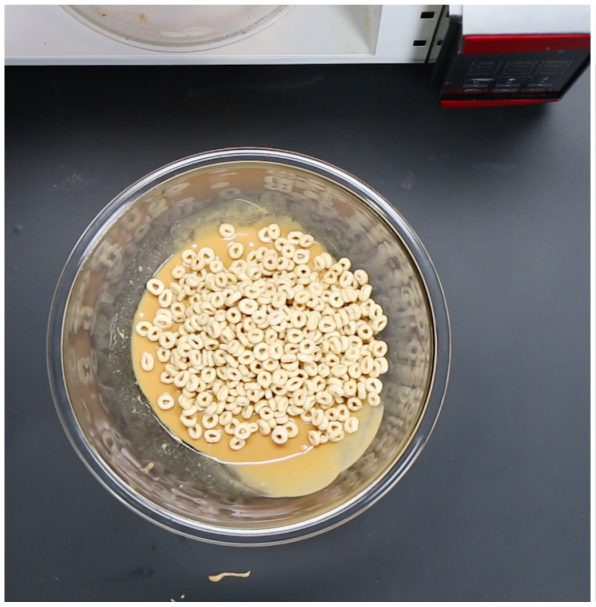
Peanut butter

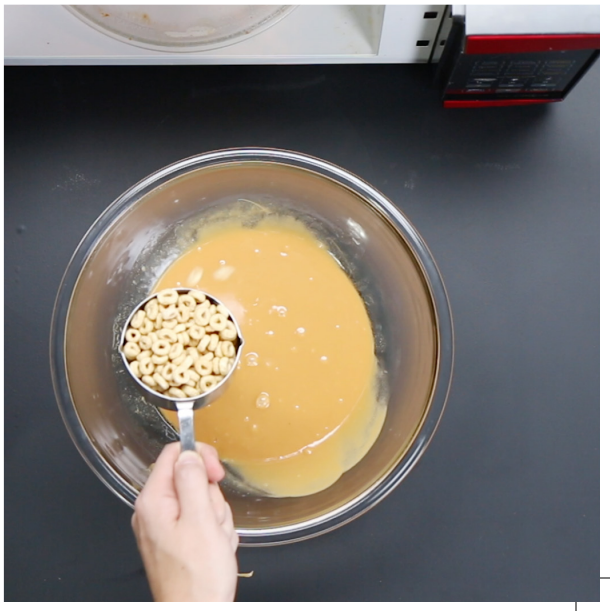
Honey nut cereal

Servings: 5-10

1. Put 1 part honey and 1 part peanut butter in a bowl, and microwave for about a minute.
2. Stir until combined and add 3-4 parts cereal.
3. Scoop into bite-size pieces and place on wax paper to cool.







Chocolate Almond Braid

LOVELY LITTLE TREAT

AFTER A VERY COLD DAY!

WHAT YOU'LL NEED

1 sheet puff pastry

1 dark chocolate bar

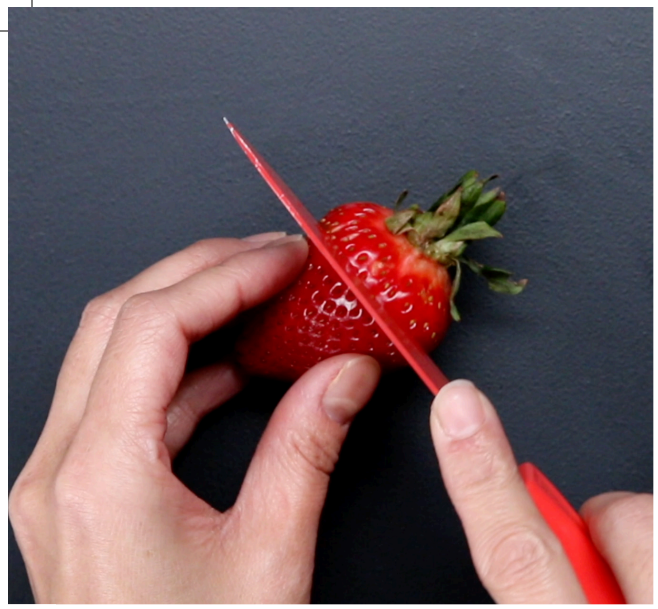
1 egg, beaten

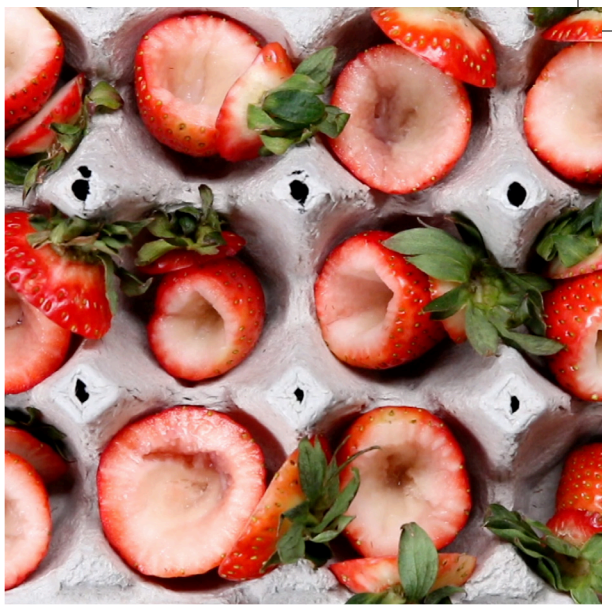
¼ cup chopped nuts (we used almonds!)

Servings: 2-4

1. Preheat oven to 400˚F/200˚C.
2. Lay out puff pastry. Place chocolate bar in the center, cut diagonal lines along the left and right side of the chocolate bar about an inch apart.
3. Remove the very top and bottom pieces.
4. Starting from the top, fold down the top flap then alternate right and left until you are close to the bottom. Fold the bottom flap up and finish alternating between right and left. Tuck any extra puff pastry underneath.
5. Place the braided puff pastry on parchment-lined baking tray. Brush with egg wash and sprinkle nuts over.
6. Bake for 25 minutes or until pastry is golden brown and no greyish, doughy bits remain.

Chocolate-Stuffed Strawberries





WHAT YOU'LL NEED

1 carton strawberries, washed and dried.

10 ounces dark or semisweet chocolate, melted

16 ounces white chocolate, melted

Sprinkles

1. Place parchment or wax paper on a baking sheet. Remove the tops and scope out the inside of the strawberry.
2. Fill strawberries with melted chocolate, overfilling slightly so the chocolate will touch the top when it is replaced back on the strawberry bottom.
3. Chill for 5 minutes or until the chocolate is set and the top stays connected to the bottom.
4. Dip the strawberries in white chocolate, then lay on the baking sheet. Add sprinkles immediately.
5. Allow white chocolate to set before serving.

Homemade Crème Brûlée

WHAT YOU'LL NEED

4 cups heavy cream

2 teaspoons vanilla extract

6 egg yolks

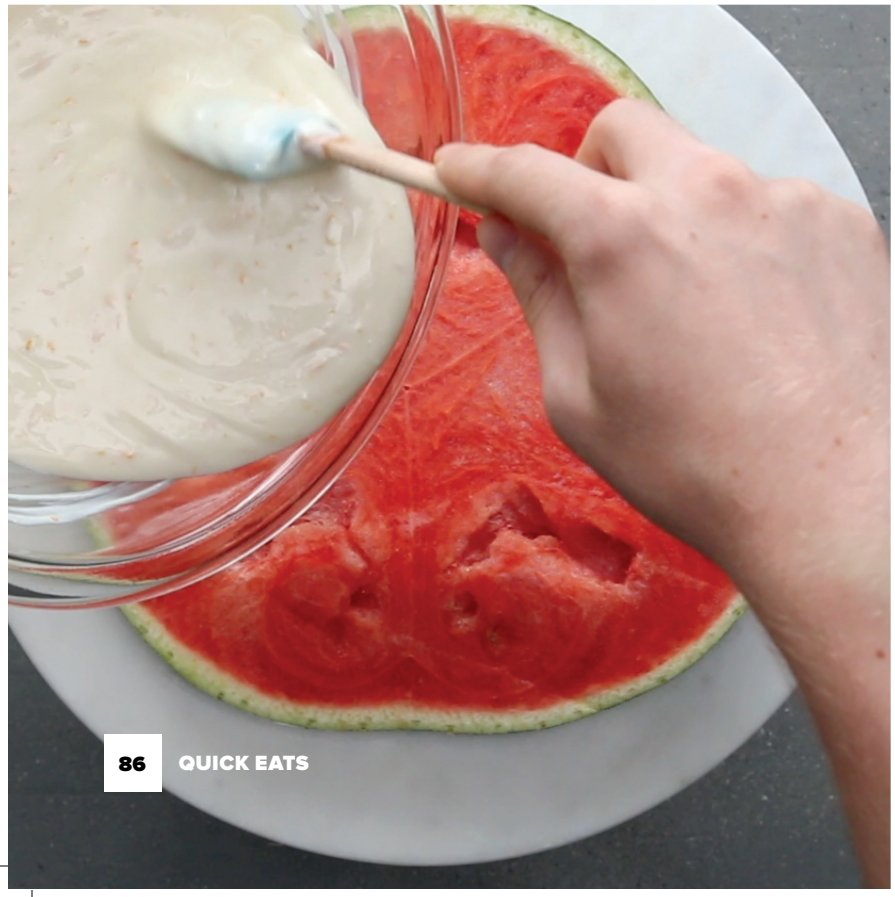
1 cup sugar

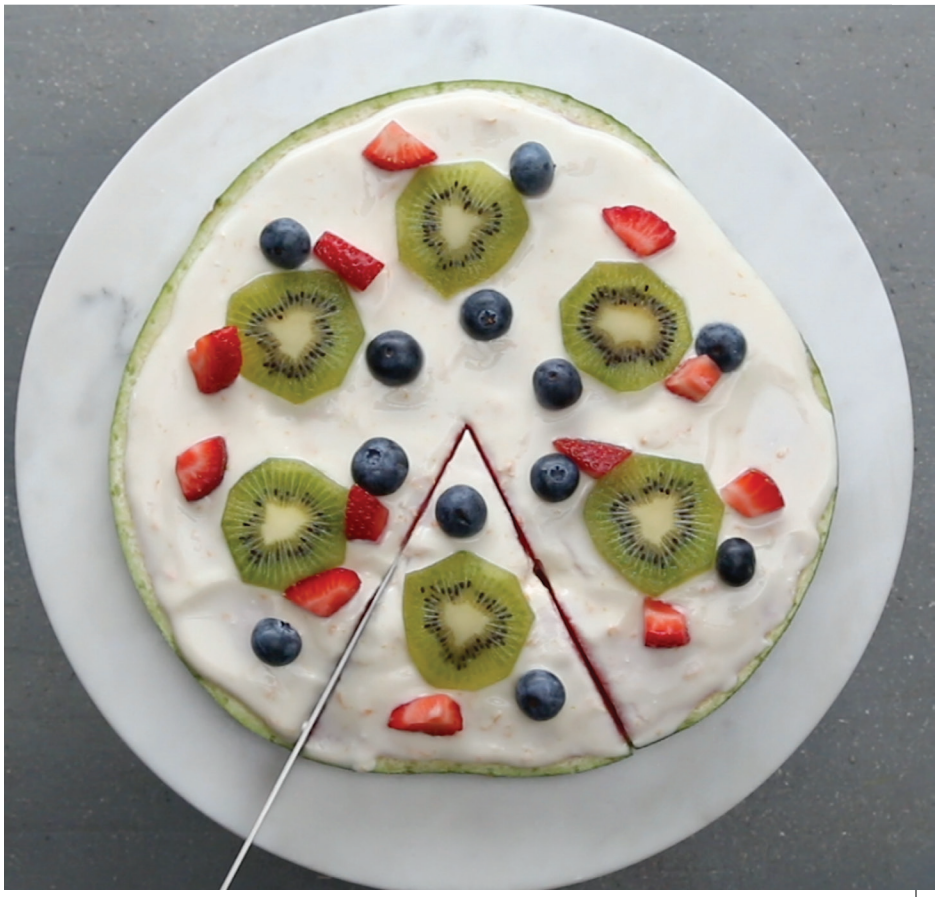
Servings: 6

1. Preheat oven 325˚F/165˚C. Heat heavy cream and vanilla extract in a saucepan until hot, but not boiling.
2. In a medium bowl, whisk egg yolks and ½ cup of sugar until well-mixed. Pour in the hot cream gradually, mixing continually.
3. Place six (7- to 8-ounce) ramekins into a large roasting pan. Pour hot water into the pan to come roughly halfway up the sides of the ramekins.
4. Pour the egg mixture into the ramekins and bake for 45-50 minutes. The crème brûlée should be set, but still a little jiggly in the middle.
5. Remove the ramekins from the roasting pan, and allow to cool to room temperature. Cover with plastic wrap and refrigerate for at least two hours, and up to three days.
6. Remove the crème brûlée from the refrigerator for at least 30 minutes before browning the sugar on top. Spread a tablespoon of sugar on top of each crème brûlée. Using a torch, melt the sugar to for a crispy top. If you don't have a torch, you can broil the crème brûlée to melt the sugar. Keep an eye on it, to make sure you don't overcook it.
7. Allow the crème brûlée to sit for at least five minutes before serving.

THIS CRÈME BRÛLÉE IS LITERALLY
FOOD PORN GOALS

QUICK EATS





Watermelon Fruit Pizza

SO REFRESHING

1. Slice the watermelon into 1-inch thick rounds.
2. In a medium bowl, combine the Greek yogurt, vanilla, honey, orange zest, and orange juice and mix until well-combined.
3. Pour some of the yogurt mixture onto a watermelon round and smooth with a spatula so that the mixture covers the entire round, leaving a border for a "crust."
4. Place the kiwi, blueberries, and strawberries decoratively on top of the yogurt sauce.
5. Cut the pizza into 6 even slices and serve.

WHAT YOU'LL NEED

FRUIT

1 seedless watermelon

1 kiwi, peeled and thinly sliced

1 pint blueberries

1 pint strawberries, diced

YOGURT SAUCE

1½ cups plain Greek yogurt

1 teaspoon vanilla extract

2 tablespoons honey

1 tablespoon orange zest (1 orange)

2 tablespoons of orange juice (half an orange)

Servings: 6

Dark Chocolate Apricot Breakfast Bars

THE PERFECT

HEALTHY SNACK

WHAT YOU'LL NEED

1 cup puffed rice

½ cup oats

½ cup pumpkin seeds

1 ⅓ cup almonds, roasted

½ cup dried apricot, diced

⅓ cup corn syrup

½ cup honey

1 teaspoon vanilla extract

1 bar dark chocolate

Servings: 12

1. Combine puffed rice, oats, rice, and apricot into a large bowl.
2. In a saucepan, heat corn syrup and honey until it reaches 260°F/126°C. Then carefully add vanilla extract and remove from heat.
3. Immediately pour the honey mixture into the bowl, stir, and transfer it onto a parchment paper-lined baking sheet.
4. Using a spatula, press the mixture down to desired thickness. (Careful – it may still be quite warm!)
5. Refrigerate for 30 minutes.
6. Heat 1 bar of dark chocolate for 1 minute, then drizzle over the top. Refrigerate for 30 minutes.
7. Remove parchment paper and cut into 12 even pieces.
8. Wrap each bar with wax paper and store up to 1 week.

Easy Honey Toast

WHAT YOU'LL NEED

8 slices of bread

Butter

Honey

Ice Cream

Berries (or any topping, really)

Servings: 2-4

1. Cut out the center of 7 pieces of bread. Cut each center piece into 4 smaller squares.
2. Lay out all the bread on a baking sheet and cover both sides of all of the bread with melted butter. Bake until lightly browned, flipping halfway through.
3. Cover both sides of bread with honey. Starting with the uncut slice of bread, stack all of the crust pieces of bread, making a tall cup shape. Fill with small squares of toast.
5. Top with ice cream, berries, and honey (or your preferred toppings).

Chicken Fajita Quesadillas

AN EASY WEEKNIGHT MEAL

WHAT YOU'LL NEED

3 chicken breasts
2 tablespoons taco seasoning
2 tablespoons vegetable oil
1 onion, sliced
4 cloves garlic, sliced
3 bell peppers, sliced
1 lime, juiced
8 tortillas
2 tablespoons butter
2 cups Mexican cheese blend

OPTIONAL GARNISHES

Sour cream
Guacamole
Salsa

Servings: 8

1. Slice the chicken breasts into strips, about an inch apart, and coat with taco seasoning.
2. In a large skillet, heat 1 tablespoon vegetable oil and cook chicken until slightly charred and no longer pink. Remove chicken from the skillet.
3. Heat another tablespoon of oil, add onion and garlic, and cook for a couple minutes until onions are slightly translucent.
4. Add the peppers and cook slightly, then mix in the cooked chicken. Remove from heat and set aside.
5. In a clean pan, melt a bit of butter. Add a tortilla and move it around until nicely coated in the butter. Add cheese, then fajita mixture, then more cheese. Top with another tortilla and press down.
6. Flip the quesadilla over and cook the other side until it's golden. Remove from pan and allow to cool a minute before cutting into quarters.

Chicken Ceasar Pasta Salad

THE ONLY PASTA SALAD

THAT MATTERS IN LIFE

WHAT YOU'LL NEED

10 ounces bow tie pasta

3 boneless skinless chicken breasts

1-2 tablespoons olive oil

Salt, to taste

Pepper, to taste

2 heads romaine lettuce, cut in 1- to 2-inch pieces

1 cup grape tomatoes, halved

1 cup croutons

Parmesan, to taste

¾ cup caesar salad dressing

Servings: 4

1. Cook pasta to al dente, according to package directions. Drain and rinse under cold water to stop the cooking.
2. Meanwhile, season each of the chicken breasts with olive oil, salt, and pepper.
3. Grill for 6-8 minutes on each side, or until cooked through.
4. Allow chicken to rest for 5 -10 minutes before cutting into bite-size pieces.
5. In a large bowl, combine pasta, romaine lettuce, tomatoes, croutons, parmesan, and Caesar dressing. Toss gently and serve!

Cuisinart®

Easy Chicken Miso Ramen

RAMEN HAS NEVER LOOKED SO GOOD

WHAT YOU'LL NEED

1 tablespoon butter
1 cup corn
2 eggs, soft-boiled
2 cups baby spinach
4 cups chicken stock
2 smashed garlic cloves
1 3-inch piece fresh ginger, sliced
3 scallions, chopped
2 chicken breasts, shredded
2 tablespoons miso paste
2 servings ramen noodles, cooked

GARNISH

Scallions, chopped
Nori

Servings: 2

1. Heat butter in a saucepan and fry corn until warm. Set aside.
2. Blanch 2 cups of spinach and set aside.
3. Bring chicken stock, garlic, ginger, and scallions to a boil. Boil for 30 minutes.
4. Add the chicken and simmer gently for 20 minutes or until cooked through. Remove, shred, and set aside.
5. Dissolve the miso paste in the chicken broth.
6. Put everything together. Divide the noodles between two bowls, and pour over the chicken broth.
7. Add the spinach, corn, shredded chicken, chopped scallions, soft-boiled egg, and nori.

QUICK

AND SATISFYING

Spinach and Artichoke Mac 'n' Cheese

WHAT YOU'LL NEED

2 tablespoons butter

2 garlic cloves, minced

5 ounces spinach

1 cup artichoke hearts, drained

3 cups milk

2 teaspoons kosher salt

2 teaspoons freshly ground black pepper

2 cups elbow macaroni

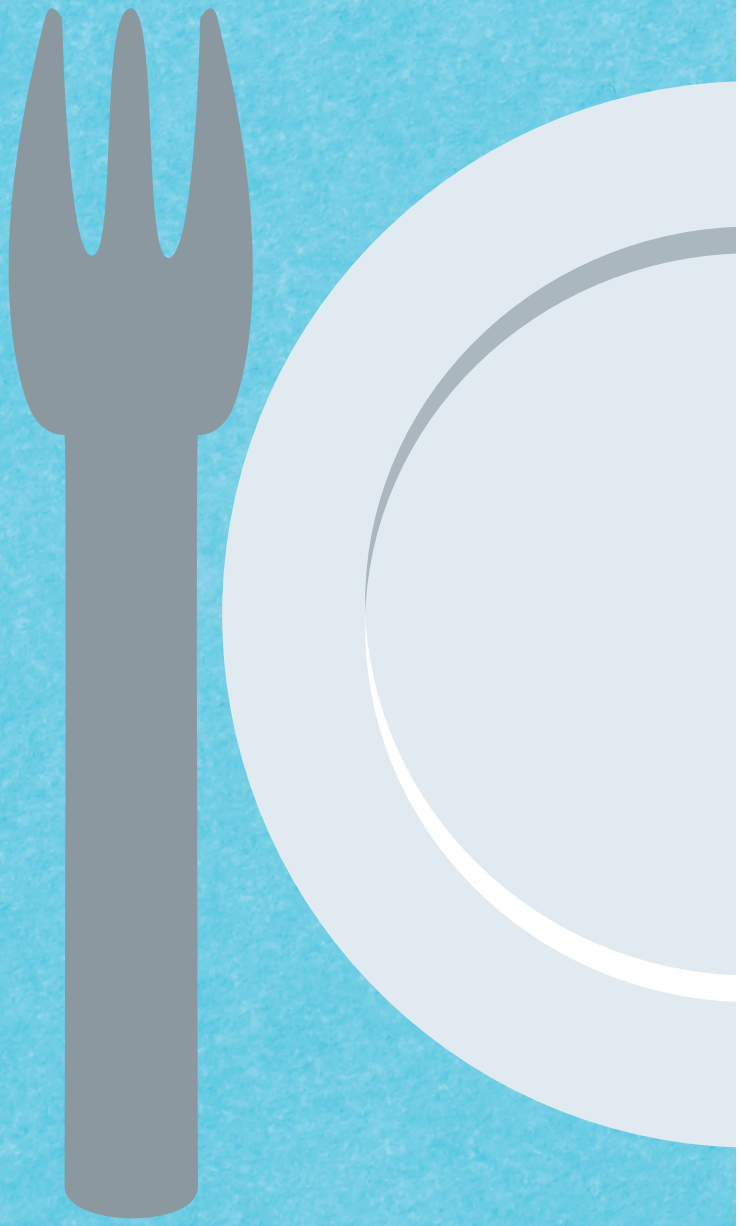
¾ cup shredded cheddar cheese

3 cups shredded mozzarella cheese)

Servings: 3-4

1. Preheat oven to 450°F/230˚C.
2. In a large pan, melt the butter. Add garlic, spinach, and artichoke hearts, cooking until spinach is wilted. Slowly add the milk, salt, and pepper. Stir until milk is boiling.
3. Add the macaroni, cooking until the milk coats the macaroni like a glaze. Add the cheddar and two cups of mozzarella, stirring until the cheese is completely melted.
4. Sprinkle the remaining mozzarella on top.
5. Bake for 7 minutes, until cheese is bubbly and golden brown and serve.

APPETIZERS



Garlic Parmesan-Stuffed Mushrooms

CLEARLY A NEED-TO-MAKE

1. Preheat oven to 350°F/180˚C.
2. Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later.
3. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about 6-8 minutes, constantly stirring. Be careful not to burn the garlic. Remove from heat.
4. In a medium bowl, combine cooked stems, cream cheese, bread crumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. The mixture should be extremely thick.
5. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes.
6. Garnish with a sprinkle of parsley, then serve.

WHAT YOU'LL NEED

15 mushrooms

1 tablespoon canola oil

2 tablespoons garlic, chopped

½ tablespoon kosher salt

½ tablespoon freshly ground black pepper

8 ounces cream cheese, softened

¼ cup bread crumbs

½ cup shredded parmesan cheese, divided

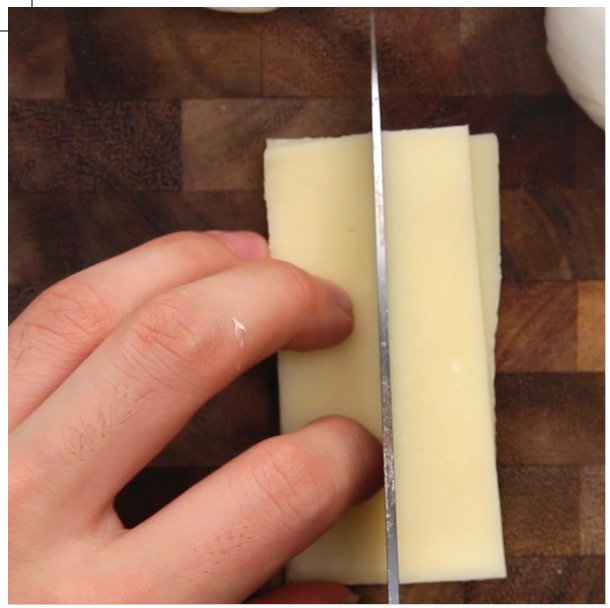
2 tablespoons parsley, chopped

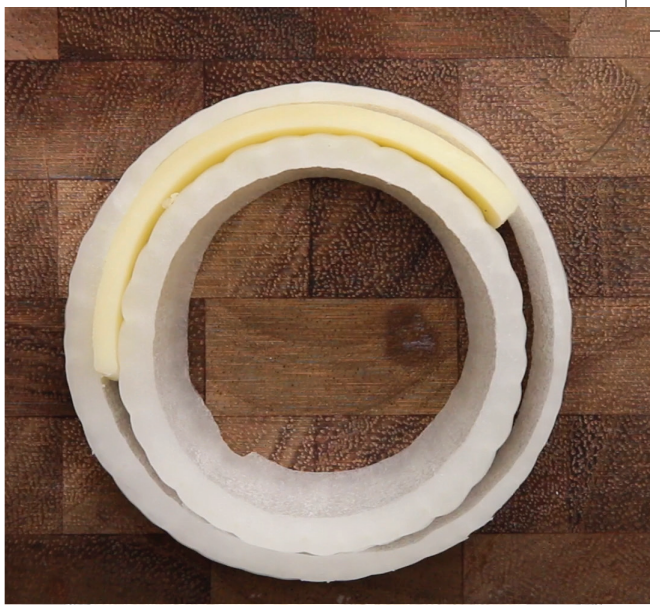
Kosher salt

Freshly ground black pepper

Chopped parsley, to garnish

Servings: 15





Mozzarella Stick Onion Rings

THESE SHOULD BE PRESIDENT

1. Peel and cut onions into 1-centimeter rings. Separate the rings.
2. Slice the mozzarella into 4 even strips.
3. Place a smaller onion ring in the center of a larger one.
4. Fill the gap between the rings with strips of mozzarella. Repeat with remaining onion rings and freeze them for 1 hour.
5. Place the flour, eggs, and bread crumbs into three separate bowls.
6. Dip each prepared ring into the flour, then into the egg, then the bread crumbs, then back into the egg, and one last time into the bread crumbs. Repeat with the remaining onion rings.
7. Heat the oil in a pot over high heat.
8. Fry the rings until golden brown, being careful not to fry them for too long as the cheese may ooze out completely.
9. Drain on a paper towel, then serve with marinara.

WHAT YOU'LL NEED

2 large white onions

3-4 slices mozzarella cheese

2 cups flour

5 eggs

2 cups bread crumbs

Oil, for frying

Marinara sauce

Servings: 9-12

BITE-SIZED DINNER,
COMIN' RIGHT UP

Cheeseburger Cups

WHAT YOU'LL NEED

8 refrigerated biscuits

1 pound ground beef

½ cup ketchup

1 teaspoon Worcestershire sauce

1 tablespoon mustard

2 tablespoons brown sugar

8 small slices of cheese

Toppings of your choice

Servings: 8

1. Preheat oven to 400˚F/200˚C.
2. Crumble and cook the beef in a skillet. Drain.
3. Stir in ketchup, Worcestershire sauce, mustard, and brown sugar.
4. Grease a muffin tin, and line 8 cups with the refrigerated biscuits.
5. Divide the meat mixture among the 8 cups,
6. Bake for 10-15 minutes, until the biscuit dough is brown and cooked through.
7. Top with cheese and bake an additional 5 minutes.

Crunchy Taco Cups

LIFE IS ALL BETTER NOW

1. Preheat oven to 375°F/190˚C. In a large skillet, brown the ground beef and drain any remaining fat. Transfer to a bowl.
2. Add taco seasoning, tomatoes, and green chiles to the ground beef. Stir to combine.
3. Cut flour tortillas into a square shape and cut that into 4 smaller, square pieces.
4. Generously coat a standard-sized muffin tin with nonstick cooking spray. Line each cup of prepared muffin tin with a tortilla sheet.
5. Add a spoonful taco mixture. Top with a sprinkle of cheese. Press down and add another layer of tortilla sheet, taco mixture, and a final layer of cheese.
6. Lightly brush the top edges of the tortilla with cooking oil.
7. Bake 18-20 minutes, until cups are heated through and edges are golden brown and crispy.
8. Garnish with sour cream, guacamole, or your favorite taco topping!

WHAT YOU'LL NEED

1 pound lean ground beef

3 tablespoons taco seasoning

6 ounces tomatoes, diced

4 ounces green chiles, diced

1½ cups sharp cheddar cheese, shredded

6 large flour tortillas

Servings: 12

YOUR CAST IRON SKILLET WILL NEVER BE THE SAME AFTER YOU MAKE THESE

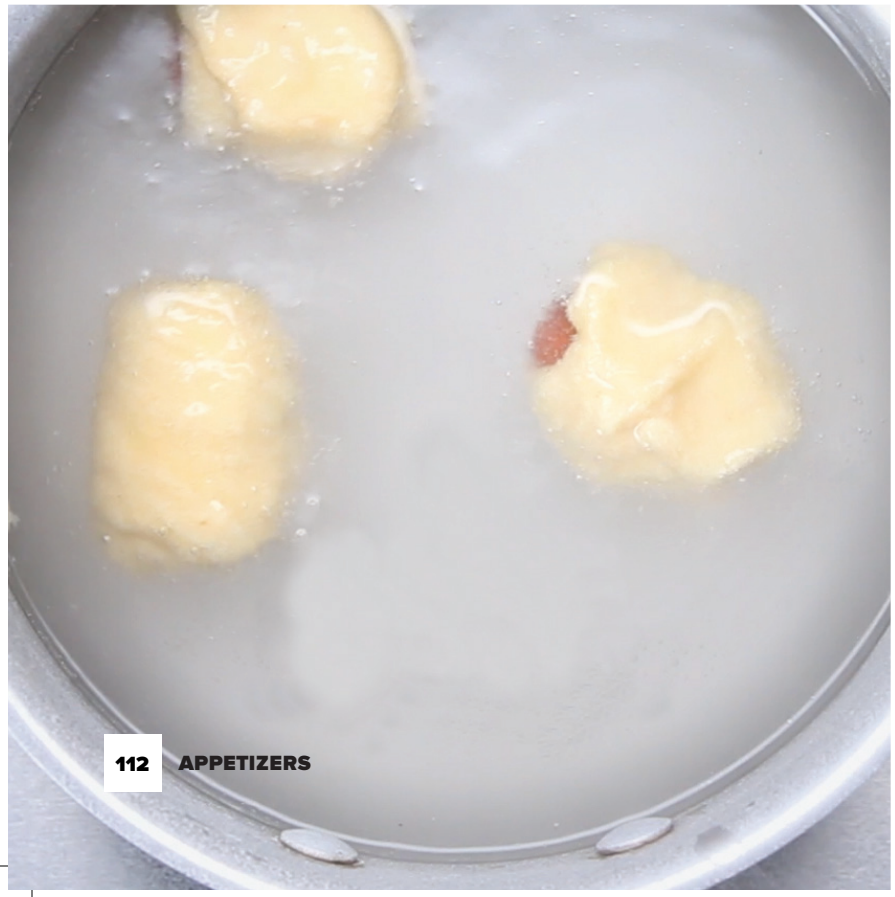
Steak and Potato Nachos

WHAT YOU'LL NEED

2 russet potatoes, sliced
1 pound skirt steak
4 tablespoons olive oil
Salt, to taste
Pepper, to taste
2 teaspoons paprika
1 cup shredded cheddar cheese
½ cup shredded Monterey Jack cheese
Sour cream
Salsa (optional)
2 green onions, minced

Servings: 2-4

1. Place sliced potatoes in a large bowl. Toss with olive oil, salt, pepper, and paprika.
2. Lay the potatoes on a baking sheet and bake at 450˚F/230˚C for 20 minutes.
3. Season skirt steak with salt and pepper. Cook on high heat for roughly three minutes each side, for medium-rare.
4. Let the steak rest for 10 minutes, then slice into cubes.
5. In a cast-iron skillet or baking sheet, arrange cooked potatoes into a heap. Top with steak, then cheddar and Monterey Jack cheese. Broil for five minutes or until the cheese is melted.
6. Serve immediately with sour cream, salsa, green onions, or any topping of choice.



Pigs in a Pretzel Blanket

1. Preheat oven to 425˚F/220˚C.
2. Bring pizza dough to room temperature. Cut the dough into strips and stretch out into strips.
3. Roll up mini hot dogs in pizza dough so that the dough wraps around twice, leaving the ends sticking out and cutting off any excess.
4. Place on a lightly greased baking sheet until ready to boil.
5. Bring 5 cups of water to a light boil, stir in baking soda. Working in batches, boil wrapped hot dogs in water mixture for 20-30 seconds each.
6. Remove from water and place back on baking tray. Brush each lightly with beaten egg and sprinkle with sea salt.
7. Bake in a preheated oven for 15-20 minutes, until the dough is nicely browned and cooked through.

WHAT YOU'LL NEED

1 package cocktail franks/ mini hot dogs

1 ball premade pizza dough

5 cups water

¼ cup baking soda

1 egg, beaten

Sea salt

Servings: 10

Cheesy Spinach and Artichoke Bread Ring

THE ONLY WAY TO EAT SPINACH ARTICHOKE DIP: FRESH, HOT, YEASTY BREAD

WHAT YOU'LL NEED

12 frozen dinner roll dough balls

8 ounces cream cheese, softened

½ cup grated parmesan cheese

½ cup Romano cheese, grated

½ cup mozzarella cheese, shredded

¼ cup sour cream

1 14 oz can artichoke hearts, drained and chopped

¾ cup frozen chopped spinach, thawed and drained of excess water

2 cloves garlic, chopped

1 teaspoon basil

½ teaspoon crushed red pepper flakes

Olive oil

1. Coat a 10 inch oven-safe skillet with olive oil. Place the dinner roll dough balls in a ring around the skillet. Cover and let rise until thawed and doubled in size.

2. In a medium bowl, combine cream cheese, parmesan, Romano, mozzarella, sour cream, artichokes, spinach, garlic, basil, and red pepper flakes.

3. Once dough has thawed, uncover and scoop the dip into the center of the skillet. Brush the rolls with olive oil, and top with an additional sprinkle of cheese (optional).

4. Bake in a preheated oven at 375˚F/190˚C for 25 minutes. (If the bread browns too quickly, lower oven temperature to 350˚F or cover the bread with a ring of foil). Remove and let cool slightly before serving.

CREDITS

MEET THE TASTY TEAMS FROM ALL OVER THE WORLD

BRANDED MINT (TASTY AND NIFTY)

LOS ANGELES

TASTY LOS ANGELES

LAUNCHED JULY 31, 2016

GLOBAL VIDEO ADAPTATION & POST PRODUCTION

TASTY NEW YORK

LAUNCHED JULY 31, 2016

BIEN TASTY (LATIN AMERICA)

LAUNCHED MARCH 20, 2016

PROPER TASTY (UK)

LAUNCHED DECEMBER 15, 2015

EINFACH TASTY (GERMANY)

LAUNCHED APRIL 13, 2016

TASTY MIAM (FRANCE)

LAUNCHED MARCH 10, 2016

TASTY DEMAIS (BRASIL)

LAUNCHED FEBRUARY 16, 2016

TASTY JAPAN

LAUNCHED JUNE 30, 2016

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OH YES!

5 BEST DESSERTS EVER

21 LIGHT MEALS

37 VEGETARIAN MEALS

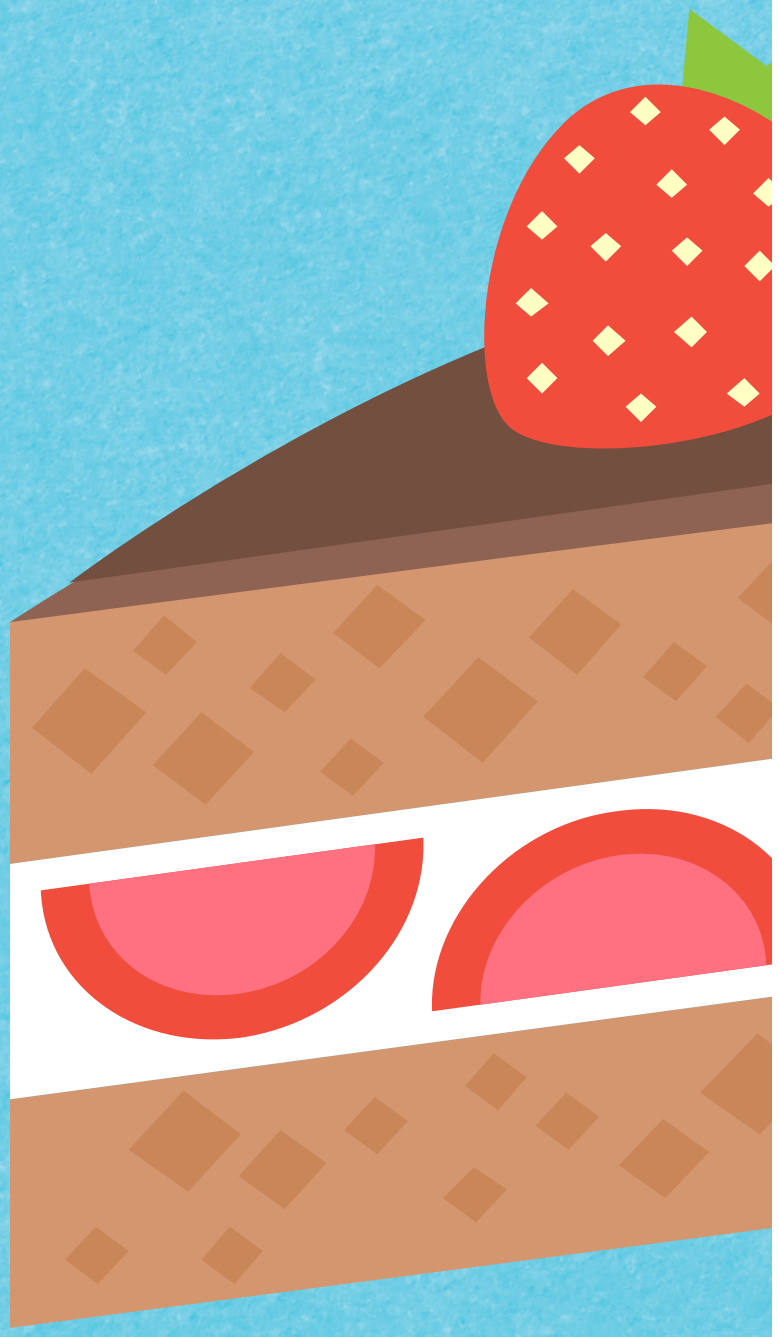
53 KIDS' MEALS

69 5 ITEMS OR LESS

85 QUICK EATS

101 APPETIZERS

BEST DESSERTS EVER



Churro Ice Cream Bowls

STOP EVERYTHING AND MAKE THESE IMMEDIATELY

1. In a medium saucepan over medium-high heat, add butter, brown sugar, salt, and water. Bring to a boil.
2. As soon as the butter has fully melted and the mixture begins to boil, reduce the heat to medium-low and add in flour all at once.
3. Using a wooden spoon, stir until the dough comes together into a ball (about 1 minute).
4. Remove from heat and let cool for 5 minutes (to prevent accidentally cooking the eggs).
5. Mix in the vanilla extract and add in the eggs, one at a time, being sure to fully incorporate each egg before adding the next. Once all the eggs are incorporated, transfer to a piping bag with a small star tip.
6. Invert a muffin tin and spray thoroughly with nonstick cooking spray. Pipe the dough around the inverted cups in spirals to form the bowls. Immediately transfer the tray to the freezer and freeze until solid (about 3 hours or overnight).
7. Heat oil in a deep pot to 350˚F/175˚C.
8. Remove the muffin tin from the freezer and flex it to release the churro bowls (you may need to also use a small knife under the bottom edge to initially release them). Return any extras to the freezer while you wait to fry.
9. Fry them in batches, until nicely browned - no more than 3 at a time.
10. Once desired color is reached and dough is cooked through, remove them from the oil to a paper towel-lined plate. Dab off any excess oil, then roll them in a cinnamon sugar mixture.
11. Fill with your favorite ice cream and toppings.

WHAT YOU'LL NEED

¼ cup butter, cubed

2 tablespoons brown sugar

½ teaspoon salt

1 cup water

1 cup flour

1 teaspoon vanilla

4 eggs

Cooking oil spray

Oil for frying

Cinnamon sugar

Ice cream

Hot fudge and caramel topping (optional)

6-12 cup muffin tin

Servings: 8

Strawberry Cheesecake Poke Cake

WHAT YOU'LL NEED

Cooking spray

6 graham crackers, whole

½ box vanilla cake mix, prepared according to package

1 pound strawberries with tops removed

1 8-ounce block cream cheese, softened

1 14-ounce can sweetened condensed milk

1 cup milk

8 ounces whipped topping

Strawberries for garnish

Servings: 9

1. Preheat oven to 350°F/175C. Spray a 9x9 baking pan with cooking spray.
2. Take 5 of the graham crackers and arrange them in the pan, breaking some of them to fill in the gaps. Crush the remaining graham cracker and set aside.
3. Pour the vanilla cake batter on the graham cracker base, then bake for 25-30 minutes until an inserted toothpick comes out clean.
4. Using the back of a wooden spoon, poke 4 rows of 4 holes in the cake, making 16 holes total.
5. In a large bowl, mash strawberries with a whisk until very fine.
6. Add cream cheese and condensed milk, whisking until there are no large lumps.
7. Add the milk, stirring until smooth.
8. Pour the mixture over the cake and set until the cake has absorbed as much of the mixture as it can. Some of the mixture will still stay on top, which is okay.
9. Spread the whipped topping evenly on top.
10. Chill the cake anywhere from 3 hours to overnight.
11. Slice, and serve with strawberries and the reserved graham cracker crumbs.

Ice Cream Bites

A CHILLING GOOD SNACK TO SHARE

WHAT YOU'LL NEED

Ice cream (any flavor), softened

2 cups chocolate chips

½ cup coconut oil (use refined coconut oil for a neutral taste)

⅓ cup crispy rice cereal

Servings: 10-15

1. Spread out softened ice cream on a baking tray lined with wax paper. Cover with wax paper and press down to evenly spread and smooth. Freeze overnight.
2. Remove ice cream from tray, peel off the wax paper and cut into bite-size squares.
3. Return to the freezer until ready to dip.
4. Microwave chocolate chips with coconut oil for 90 seconds, stopping to stir every 30 seconds, until melted and smooth. Allow chocolate mixture to come to room temperature. Mix in rice cereal.
5. Working quickly and in small batches, coat ice cream cubes in chocolate mixture and return to the freezer to harden up.

Old-Fashioned Donuts

1. Start making the donuts by sifting dry ingredients in a small bowl. Set aside.
2. In a large bowl, combine butter and sugar on a low speed until light and fluffy. Add the egg yolks and mix together on a medium speed.
3. Add half the dry ingredients, to the butter-sugar blend. Add the sour cream, then blend. Add in the rest of the dry ingredients and blend until the dough is well-combined.
4. Place dough in greased bowl and cover with plastic wrap. Chill for an hour.
5. Place chilled dough on a floured surface. Roll out to ½-inch thickness.
6. Cut the donut shapes with a cup and a shot glass. (Bonus: You can save the insides for donut holes or combine them, roll out your dough again, and make more full-sized donuts).
7. Lightly score three lines in each donut, forming a triangle.
8. Heat oil to 325˚F/170˚C. Add a few donuts to the oil, careful not to crowd the pot.
9. Once they come to the surface, allow to cook for another 20 seconds before flipping and frying for another 2 minutes. Flip again and fry for 75 more seconds (or until both sides are golden brown).
10. Make the glaze by combining the powdered sugar, vanilla extract, corn syrup, and hot water until it becomes smooth. (Cover if not using immediately.)
11. Dip the top of each donut in your glaze and set on a drying rack to allow glaze to dry and any extra to drip off.

WHAT YOU'LL NEED

DONUTS

2¼ cup (255 grams) cake flour

1½ teaspoons baking powder

1 teaspoon salt

½ teaspoon ground nutmeg

½ cup sugar

2 tablespoons butter, at room temperature

2 large egg yolks

¾ cup sour cream

Canola or peanut oil, for frying

GLAZE

3 cups powdered sugar, sifted

1 ½ teaspoons corn syrup

½ teaspoon vanilla extract

½ cup hot water

Servings: 12-15

Store any leftovers in an airtight container in the fridge for up to one week. You can also make the dough the night before, store it in the fridge overnight, and finish making the donuts in the morning.

Grilled Cinnamon Peaches with Pecans and Ice Cream

WHAT YOU'LL NEED

4 peaches, halved and pitted

1 stick of butter, room temperature

⅓ cup brown sugar

1 tablespoon cinnamon

¾ cup pecans

Vanilla ice cream

Servings: 8

1. Fire up the grill. Put a saucepan over medium heat, and add pecans. Heat the pecans until they're lightly toasted and fragrant, stirring often.
2. Add butter and stir until melted. Add sugar and cinnamon, stirring until everything comes together and looks like a pecan pie sauce.
3. Using a pastry brush, spread the sauce all over the peach halves and then slap them on the grill. Grill for 4-6 minutes per side, or until the peaches have softened and have nice grill marks.
4. Serve each grilled peach half with a scoop of ice cream and drizzle the pecans and sauce on top.

Upside-Down Banana Bread

WHAT YOU'LL NEED

4-5 ripe bananas

3 eggs

½ cup oil

½ cup granulated sugar

1 tablespoon ground cinnamon

2 cups flour

½ cup butter

1 cup brown sugar

2-3 bananas, sliced

Vanilla ice cream

Servings: 6-8

1. Preheat oven to 350˚F/175˚C. In a large bowl, mash the ripe bananas.
2. Add the eggs, oil, sugar, and cinnamon, mixing until evenly incorporated. Add the flour and mix until the batter has no large pockets of flour. Set aside.
3. In a pot over low heat, melt the butter, then mix in the brown sugar until dissolved.
4. Bring up the heat to medium, cooking until the mixture starts bubbling.
5. Remove the caramel from heat and pour into a greased 9x9 baking pan.
6. Lay the banana slices evenly on top of the caramel. Spread the banana bread batter on top,
7. Bake 40-50 minutes.
8. Cool until the bottom is barely warm and use a knife to loosen the edges from the pan. Place a plate upside-down on top of the pan, then invert the pan, flipping the banana bread onto the plate.
9. Slice, then serve with vanilla ice cream.

THIS IS WHAT WINNING LOOKS LIKE

Cookies and Cream Puffs

WHAT YOU'LL NEED

25 chocolate sandwich cookies

2 egg yolks

2 cups half & half

¼ cup granulated sugar

¼ cup cornstarch

1 cup water

8 tablespoons butter

½ cup flour

4 eggs

Servings: 15-20

1. Preheat oven to 425°F/220°C. Using a knife, separate the cream from the cookies and place them in two separate bowls. Crush cookies in a blender or a food processor until fine. Set aside.

2. In a pot over low heat, combine egg yolks, half & half, sugar, and cornstarch. Turn the heat up to medium-high, whisking constantly to prevent any lumps.

3. Once the mixture starts to thicken, add in half of the cookie cream, stirring until smooth. Transfer the cream mixture into a bowl, covering the top with plastic wrap and pressing the wrap down onto the surface of the cream to prevent a skin from forming. Chill.

4. In a pot, combine the water and butter, bringing it to a boil. Add the flour and ½ cup of the crushed cookie mixture, stirring until the dough comes together in a ball. Remove from heat.

5. Add in the eggs one a time, stirring until the dough becomes a paste. Transfer the dough into a piping bag with a large round tip.

6. On a baking sheet lined with parchment paper, pipe 1-inch mounds. Bake for 20-25 minutes until the pastry has risen considerably and the insides are dry.

7. Transfer the chilled pastry cream into a piping bag with a small tip. Poke a hole in the center of the bottom of each cream puff and fill each puff with the pastry cream.

8. Microwave the remaining cookie cream for 30 seconds, stirring until smooth.

9. Dip the top of each filled cream puff into the cookie cream, dripping off any excess. Sprinkle any remaining cookies crumbs on top of each cream puff and serve.

LIGHT MEALS

HAIL, CAESAR!

Healthy Caesar Salad Spring Rolls

WHAT YOU'LL NEED

Rice paper (bánh tráng)

Romaine

Sliced Parmigiano-Reggiano

Croutons

Sliced grilled chicken

Caesar dressing

Warm water

Servings: 4

1. Fill a plate or wide flat dish with warm water. Dip one sheet of rice paper into the water and cover completely.

2. Remove paper and let excess water drip off. Place paper on a flat surface and fill with as much of romaine, Parmigiano-Reggiano, croutons, and chicken as desired.

3. Roll the paper tightly around the ingredients, as you would a burrito. Dip in Caesar dressing.

Shrimp and Asparagus Stir Fry

UNDER 300 CALORIES!

WHAT YOU'LL NEED

4 tablespoons olive oil
1 pound raw shrimp
1 pound asparagus
1 teaspoons salt
½ teaspoon crushed red pepper
1 teaspoon garlic, minced
1 teaspoon ginger, minced
1 tablespoon low-sodium soy sauce
2 tablespoons lemon juice

Servings: 4

1. In a large frying pan, heat 2 tablespoons olive oil over medium-high heat. Add shrimp to the pan, then season with ½ teaspoon of salt and ½ teaspoon crushed red pepper.
2. Cook until the shrimp is pink. Remove the shrimp from the pan and set aside.
3. In the same pan, heat 2 tablespoons olive oil and add asparagus. Add ginger and garlic, then season with ½ teaspoon of salt. Stir frequently and cook until the asparagus is tender-crisp.
4. Return the shrimp to the pan, then add soy sauce. Stir until the ingredients are well-combined.
5. Just before the dish is ready, add lemon juice, stir once more, then serve while hot.

Mixed Berry Smoothie Bowl

ENJOY A HEALTHY BREAKFAST

WHAT YOU'LL NEED

2 cups mixed berries (we used ½ cup strawberries, ½ cup raspberries, 1 cup blackberries)

½ cup Greek yogurt

¼ cup almond milk (or soy milk)

¼ cup peanut butter

Servings: 2

OPTIONAL TOPPINGS

Sliced strawberries

Sliced bananas

Slivered almonds

Sunflower seeds

Shredded coconut

Chia seeds

1. Blend mixed berries, Greek yogurt, almond milk, and peanut butter until smooth.
2. Top with your favorite toppings and enjoy! We used sliced strawberries, sliced bananas, slivered almonds, sunflower seeds, shredded coconut, and chia seeds.

Creamy Chipotle Chicken Lettuce Cups

WHAT YOU'LL NEED

12 ounces shredded chicken breast

1 tablespoon coconut oil

1 cup whole milk

1 medium onion, diced

3 cloves of garlic, minced

1 teaspoon ground cumin

1 teaspoon dried oregano

1 canned chipotle pepper, minced

½ teaspoon salt

6 butter lettuce leaves

Pico de gallo salsa

Servings: 3

1. Heat the coconut oil in a large nonstick skillet. Toss in the diced onion and salt and sauté for about 5 minutes.
2. Sprinkle in the ground cumin and dried oregano.
3. Add the minced chipotle and garlic and sauté until the garlic is fragrant, about 30 seconds.
4. Pour in the milk and stir the mixture to combine.
5. Once the mixture has bubbled and reduced slightly, mix in the shredded chicken until evenly coated.
6. Spoon the mixture evenly onto butter lettuce leaves. Top with pico de gallo salsa and serve.

You can use skim or low-fat milk instead of whole milk, but make sure to reduce it on a lower heat to avoid curdling the milk! (The lower the fat content, the less stable the milk – therefore, it will curdle much quicker.)

Healthy Mediterranean Salad

1. Preheat oven to 400°F/200°C.
2. Place chicken breast on a baking sheet lined with aluminum foil or parchment paper. Season with olive oil, lemon juice, garlic, dill, salt, and pepper.
3. Bake for 30 minutes or until cooked through. Allow chicken to rest for 5-10 minutes before slicing thinly or cubing.
4. In a small bowl, combine all dressing ingredients in a small bowl or cup, and whisk with a fork.
5. Assemble your salad, starting with a base of romaine lettuce. Then top with chicken, cucumber, olives, red onion, tomatoes, feta, and the dressing.
6. Toss to evenly incorporate ingredients.

WHAT YOU'LL NEED

1 boneless skinless chicken breast

1 tablespoon olive oil

1 tablespoon lemon juice

2 cloves garlic, minced

1 tablespoon fresh dill

Salt, to taste

Pepper, to taste

DRESSING

⅓ cup plain Greek yogurt

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon lemon juice

1 tablespoon water

1 clove garlic, minced

1 tablespoon fresh dill

Salt, to taste

Pepper, to taste

TOPPINGS

1 head romaine lettuce, chopped

½ cucumber, sliced and halved

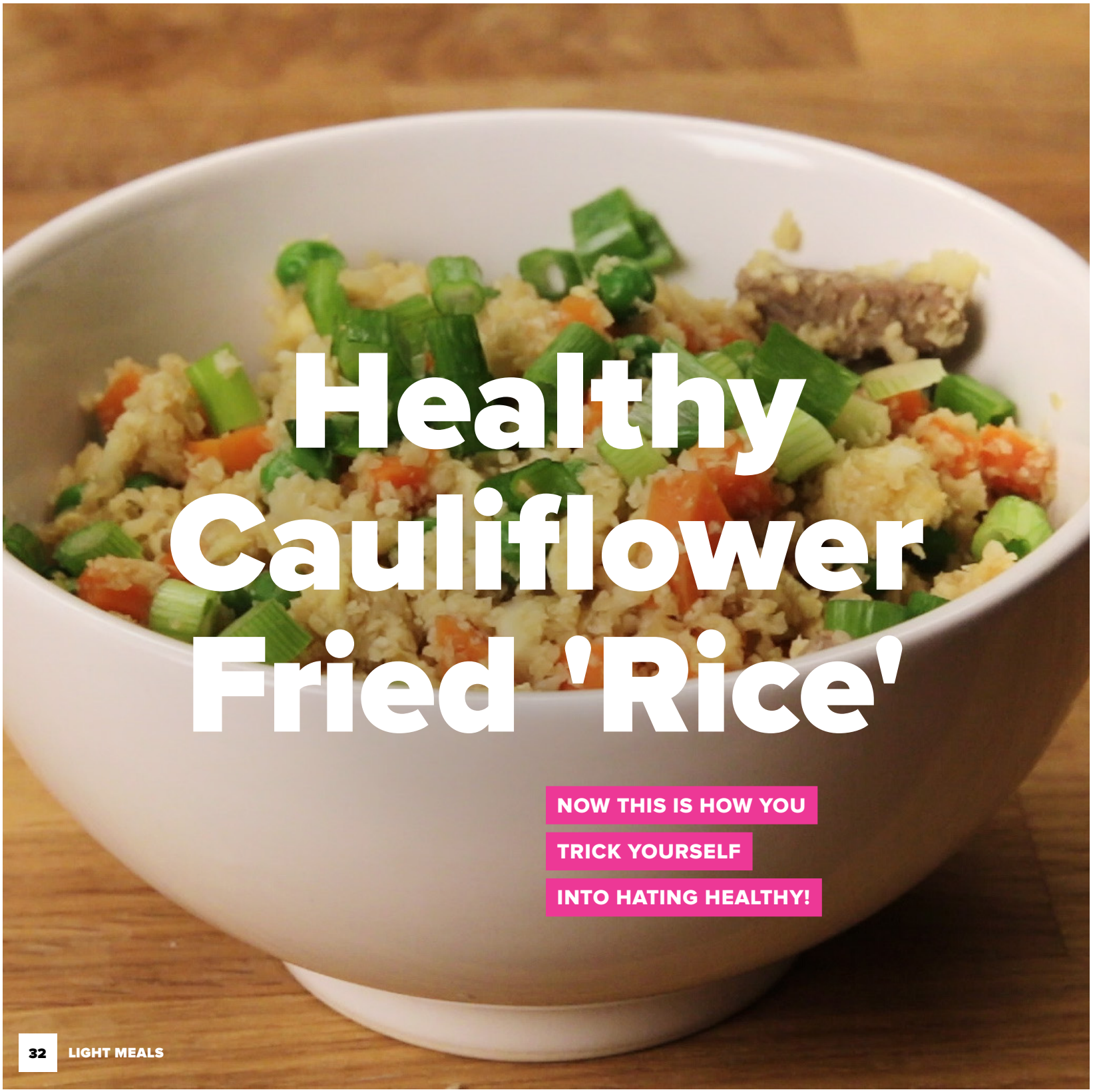
½ red onion, thinly sliced

½ cup olives, halved

½ cup cherry or grape tomatoes, halved

½ cup feta cheese, crumbled

Servings: 1-2



Healthy Cauliflower Fried 'Rice'

NOW THIS IS HOW YOU TRICK YOURSELF INTO HATING HEALTHY!

WHAT YOU'LL NEED

1 head cauliflower, broken into florets

1 tablespoon sesame oil

1 garlic clove, minced

8 ounces beef, chicken, pork, shrimp, or tofu, diced

2 carrots, diced

1 cup frozen peas

2 eggs, beaten

White pepper, to taste

3 tablespoons soy sauce

2 green onions, diced

Servings: 2

1. Pulse cauliflower in a food processor until it is the size of rice (don't overdo it or it will become a puree). Heat sesame oil in a large skillet over high heat. Add garlic and fry, stirring constantly for a few seconds.

2. Add the beef, chicken, pork, shrimp, or tofu, and cook until 80% done.

3. Add carrots and peas, stirring until incorporated. Push ingredients to the sides of the pan to create an opening in the center of skillet.

4. Pour the eggs into the opening and allow to set for 15 seconds. Scramble eggs and fold into the cauliflower rice. Season with white pepper and stir in soy sauce. Garnish with chopped green onions.

Potato Asparagus Cheese Tart

WHAT YOU'LL NEED

4 red potatoes

Water

½ cup heavy cream

1 teaspoon salt

1 teaspoon Italian seasoning

½ teaspoon ground black pepper

2 tablespoon melted butter

1 sheet puff pastry, defrosted

2 cups parmesan cheese

4 ounces goat cheese

1 bunch of asparagus

1 teaspoon salt

1 teaspoon ground black pepper

1 tablespoon olive oil

1 tablespoon lemon juice

Servings: 6-8

1. Preheat oven to 400ºF/200ºC. Thinly slice potatoes and soak in cold water for 10 minutes, just enough to cover the potatoes. Then pat dry.
2. In a medium bowl, mix heavy cream, salt, Italian seasoning, black pepper, and melted butter, and stir. Add potato slices and evenly coat every piece in the cream mixture.
3. Line baking tray with parchment paper and place one sheet of puff pastry. With a fork, evenly poke the entire sheet. Place shredded or grated parmesan cheese on the puff pastry. Then layer each potato slice to cover the sheet, leaving a ½-inch border on all sides.
4. With 2 spoons, scoop small amounts of goat cheese on top of the potatoes. Season with a pinch of salt and pepper.
5. Bake for 30 minutes, or until the crust is golden brown.
6. With a vegetable peeler, hold the bottom of the asparagus and carefully peel from bottom to the tip. Peel 2 slices then flip over the peel the other side. It will give you a even ribbon.
7. Put all the asparagus ribbons into a bowl and mix in salt, pepper, olive oil, and lemon juice until evenly coated.
8. On the freshly baked potato tart, place the asparagus ribbons on top, then slice.

VEGETARIAN MEALS

Flourless Peanut Butter, Oat, & Banana Pancakes

YOU'RE GONNA FLIP!

1. In a medium bowl, mash bananas until pureed. Add eggs, peanut butter, oats, chocolate chips, and salt. Stir until the ingredients are fully mixed and batter is formed.
2. Heat a lightly oiled pan over medium-high heat. Pour ½ cup of batter into the pan and brown on both sides.
3. Top with chocolate chips, sliced bananas, and maple syrup. Serve hot.

WHAT YOU'LL NEED

2 ripe bananas

3 eggs

2 tablespoons creamy peanut butter

¾ cup quick-cooking oats

¼ cup chocolate chips

Salt, to taste

ADDITIONAL TOPPINGS (OPTIONAL)

Chocolate chips

Sliced bananas

Maple syrup

Servings: 3

Vegan Fettuccine Alfredo

WHAT YOU'LL NEED

2 medium white potatoes

¼ white onion

1 tablespoons Italian seasoning (a blend of basil, oregano, rosemary, thyme, and black pepper)

1 teaspoon lemon juice

2-4 cloves of garlic

½ cup cashews

1 teaspoon salt

12 ounces fettuccine pasta

Servings: 2

1. Boil four cups of water in a small pot.
2. Peel and chop the potatoes into ½-inch cubes. Cut a quarter of an onion into cubes, and combine with potato in the pot.
3. Boil for 10 minutes, or until soft. Begin cooking 12 ounces of fettuccine pasta in a separate pot. In a blender, combine ½ cup raw cashews with 1 cup of the water used to boil the veggies.
4. Add the veggies, garlic, salt, lemon juice, and seasonings. Blend until creamy. Add more of the boiling water if the mixture is too thick.
5. Add more salt to taste.
6. Pour the sauce over the cooked pasta and serve.

Tip: Adding one teaspoon of nutritional yeast and ¼ teaspoon truffle oil will really make this dish pop with cheesy flavor.

Sweet Potato Black Bean Hash

WHAT YOU'LL NEED

4 tablespoons olive oil

3 cups sweet potatoes, diced

½ yellow onion, diced

1 red pepper, sliced

Salt, to taste

Pepper, to taste

½ tablespoon paprika

1 teaspoon cumin

2 cups spinach

1 15-ounce can black beans

Servings: 12-14

1. Heat olive oil on medium heat in a large pan. Add sweet potatoes, onion, pepper, salt, pepper, paprika, and cumin, and stir.
2. Cook for 10 minutes, occasionally stirring. Add spinach and cook for an additional five minutes.
3. Lastly, add the black beans and stir until all ingredients are well-blended and heated through.
3. Serve up with eggs and avocado or on its own.

THE PERFECT THING

TO FRY UP

Eggplant Parm Bites

WHAT YOU'LL NEED

2-3 medium eggplants, thinly sliced

Salt, to taste

RICOTTA FILLING

8-10 basil leaves, chopped

15 ounces ricotta cheese, drained of excess moisture

1 cup mozzarella cheese, shredded

½ cup parmesan cheese, shredded

1 egg

Servings: 12-14

1. Slice the eggplant and lay out on a paper towel-lined baking sheet.
2. Generously salt the eggplant on both sides, and leave to sit for 30 minutes to soften and draw out excess moisture. Blot off the water and excess salt from the eggplant with additional paper towels.
3. In a medium mixing bowl, add the basil, ricotta, mozzarella, parmesan, and one egg (beaten). Mix together.
4. Picking two equal-sized eggplant slices, sandwich about a tablespoon of the ricotta filling between the slices and place on a wax paper-lined baking tray. Freeze for 30 minutes to one hour.
5. In three separate bowls, place the flour, bread crumbs, and three eggs (beaten).
7. Remove eggplant from the freezer and coat each first in flour, then egg, then bread crumbs. Coat once more in egg and a final time in the bread crumbs. Place back in the freezer while you prepare to fry.
8. In a large saucepan, heat oil to 350˚F/180˚C. Fry eggplant in batches, three at a time, until nicely browned on all sides.
8. Remove from oil and drain on paper towels. Sprinkle with salt. Serve with marinara sauce.

Feta-Stuffed Falafel Burgers

WHAT YOU'LL NEED

14 ounces skinned chickpeas
2 garlic cloves, chopped
1 red onion, roughly chopped
1 teaspoon ground cumin
1 teaspoon harissa paste
2 tablespoons plain flour
Handful fresh parsley
Handful fresh coriander
2 ounces feta cheese

TO SERVE

Brioche bun
Gem lettuce
Tomato slices
Salsa
Coriander

Servings: 4

1. Add all the burger ingredients, except for the feta, to a blender and blend until smooth. (Make sure your chickpeas are very dry first!)
2. Divide mixture into four balls, then make an indent in the middle.
3. Place a small block of feta in each indent and roll up again until the feta is completely covered.
4. Fry in sunflower oil for 5 minutes until brown on each side.
5. Add to a burger bun with lettuce, tomato, salsa, and coriander.

Baked Garlic Parmesan Potato Wedges

1. Preheat oven to 400˚F/200˚C.
2. Place potato wedges in a large bowl. Drizzle olive oil and toss to coat. Sprinkle potato wedges with shredded cheese and toss again.
3. In a small bowl, mix salt, Italian seasoning, garlic powder, and paprika. Sprinkle seasoning onto potato wedges and toss to coat.
4. Place potato wedges on a baking sheet with skin-side down.
5. Bake for 40 minutes until potatoes are fork-tender and golden brown.

WHAT YOU'LL NEED

3 large russet potatoes, sliced into wedges

4 tablespoons olive oil

½ cup parmesan

Salt, to taste

2 teaspoons Italian seasoning

2 teaspoons garlic powder

2 teaspoons paprika

Servings: 4-6

Put all the potatoes, olive oil, and seasonings in a zip lock bag. Shake it up! Less mess on your hands.

Poached Eggs in Tomato Sauce (Shakshouka)

WHAT YOU'LL NEED

1½ tablespoons oil

3 garlic cloves, minced

1 small onion, diced

2 cups crushed tomatoes

1 tablespoon Worcestershire sauce

½ teaspoon cayenne pepper

½ teaspoon cumin

½ teaspoon paprika

1 tomato, diced

¼ cup parsley, chopped

3 eggs

TO SERVE

Chopped parsley

Feta cheese

Servings: 3

1. Heat oil over medium heat, add garlic and onions and cook until onions have softened and garlic is fragrant.
2. Add the crushed tomatoes, Worcestershire sauce, cayenne pepper, cumin and paprika. Stir to incorporate.
3. Add dice tomato and cook until sauce has thickened.
4. Using a spoon, create wells for the eggs, crack an egg into each well. Cover and cook for another five to eight minutes, until the egg whites are cooked but the yolk is still a bit runny.
5. Garnish with parsley and feta cheese.

KIDS' MEALS

Chicken and Broccoli Alfredo Stuffed Shells

PASTA LOVERS, BEWARE

WHAT YOU'LL NEED

2 cups rotisserie chicken, diced

2 cups cooked broccoli, cut into small florets

15 ounces alfredo sauce, ¼ cup set aside

1 cup shredded mozzarella cheese, divided

24 jumbo shells, cooked al dente

Servings: 24

1. Preheat oven to 350°F/180°C.
2. In a bowl, mix chicken, broccoli, alfredo sauce (reserving ¼ cup for later), and half the mozzarella.
3. Stuff mixture into the jumbo shells and place in rows in a greased 9x13 glass baking dish.
4. Spread the remaining alfredo sauce, and sprinkle on remaining mozzarella cheese.
5. Cover with foil and bake for 30 minutes, or until cheese is melted and filling is warmed through.
6. Garnish with fresh parsley.

Easy Pizza

WHAT YOU'LL NEED

1 cup warm water
2 teaspoon sugar
1 packet active yeast
2½ cups bread flour
1 teaspoon salt
1 tablespoon olive oil
1 jar marinara sauce
Mozzarella cheese
Additional toppings of choice

Servings: 2

1. Preheat oven to 450°F/230°C.
2. In a large bowl, combine warm water, sugar, and yeast. Stir and then let sit for 10 minutes to allow yeast to activate.
3. Add bread flour, salt, and olive oil. Mix until it forms an even ball of dough.
4. Cut into as many pieces as desired and flatten into pizza crust shapes.
5. Top with desired toppings and bake at 450°F/230°C for 10-15 minutes, or until crust is golden brown.

Baked Parmesan Chicken Strips

WHAT YOU'LL NEED

3 chicken breasts, sliced into strips

Salt, to taste

Pepper, to taste

½ cup flour

¼ teaspoon garlic powder

¼ teaspoon onion powder

1 teaspoon paprika

2 teaspoons Italian seasoning

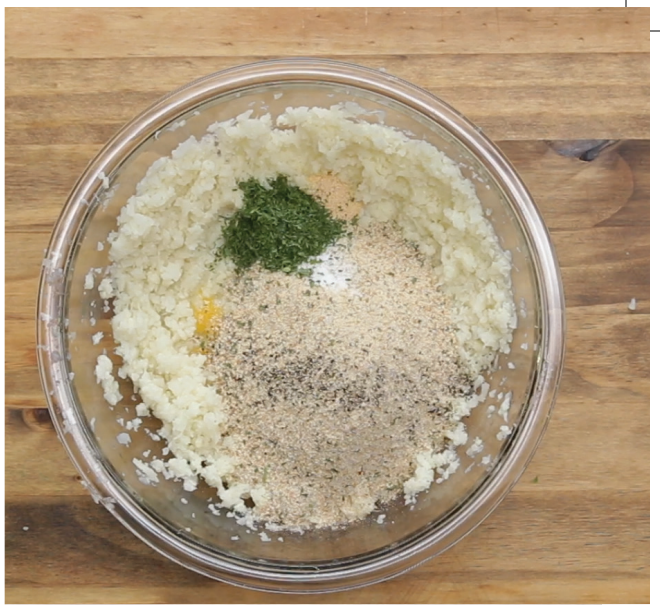
3 eggs

1 cup bread crumbs

½ cup parmesan cheese

Servings: 4

1. Preheat oven to 400˚F/200˚C.
2. Cut chicken breasts into strips and season with salt and pepper.
3. In a re-sealable plastic bag, combine flour, garlic powder, onion powder, paprika, and Italian seasoning.
4. Add the seasoned chicken strips into the flour mixture and seal the bag. Shake until the chicken strips are well coated with the flour mixture.
5. Beat 3 eggs in a small bowl and dip each piece of chicken until well coated.
6. In another bowl, combine bread crumbs and parmesan cheese and coat each piece of chicken with the mixture.
7. Place the coated chicken strips on a greased baking sheet and bake for 35-40 minutes, flipping halfway, and bake until golden brown (times and temperatures may vary based on oven).



Cheese-Stuffed Cauliflower Nuggets

#TASTYJUNIOR IN THE HOUSE!

1. Preheat oven to 350°F/180°C.
2. In a bowl, mash the cauliflower until slightly combined.
3. Add the egg, ¾ cup bread crumbs, salt, pepper, garlic powder, and parsley, and mix with a fork until combined. Chill for 10 minutes.
4. Form the mixture into nuggets with a cube of cheddar cheese in the center. Pack them tightly.
5. Roll each nugget in flour, then egg, then bread crumbs. Place on a baking sheet covered in parchment paper. (Tip: spray with cooking oil for browner, crispier nuggets!)
6. Bake for 18-20 minutes, flipping the nuggets halfway through.

WHAT YOU'LL NEED

1 head of cauliflower, steamed

1 egg

1¾ cup bread crumbs

½ teaspoon salt

¼ teaspoon pepper

1 teaspoon garlic powder

2 tablespoons dried parsley

12 ½-inch cubes cheddar cheese

1 cup flour

2 eggs, beaten

Servings: 12

Cheesy Biscuit & Egg Breakfast Cups

WHAT YOU'LL NEED

1 tube refrigerated jumbo biscuits

6 eggs

½ cup milk

¼ teaspoon salt

¼ teaspoon pepper

1 cup cooked bacon, chopped

½ cup chives, chopped

1½ cups shredded cheddar cheese

Servings: 16 cups

1. Preheat oven to 350°F/180°C.
2. Cut 6 biscuits in half, and on a floured surface, roll each half out into circles with a 5-inch diameter.
3. Press the biscuit circles into a greased muffin tin.
4. In a bowl, whisk the eggs, milk, salt, and pepper.
5. Pour egg mixture into biscuit cups, no more than half full.
6. Divide the bacon and chives among the cups, then top each one with cheese.
7. Bake 15-20 minutes, until eggs are fully set.

BBQ Chicken Pasta Bake

YOU'LL DEFINITELY WANT TO DROP EVERYTHING AND MAKE THIS

WHAT YOU'LL NEED

2 cups rotisserie chicken, shredded

1 14.5 ounce can diced tomatoes, drained

1 15.25-ounce can corn, drained

½ red onion, diced

1½ cups ranch dressing

1 cup BBQ sauce

16 ounces fusilli pasta

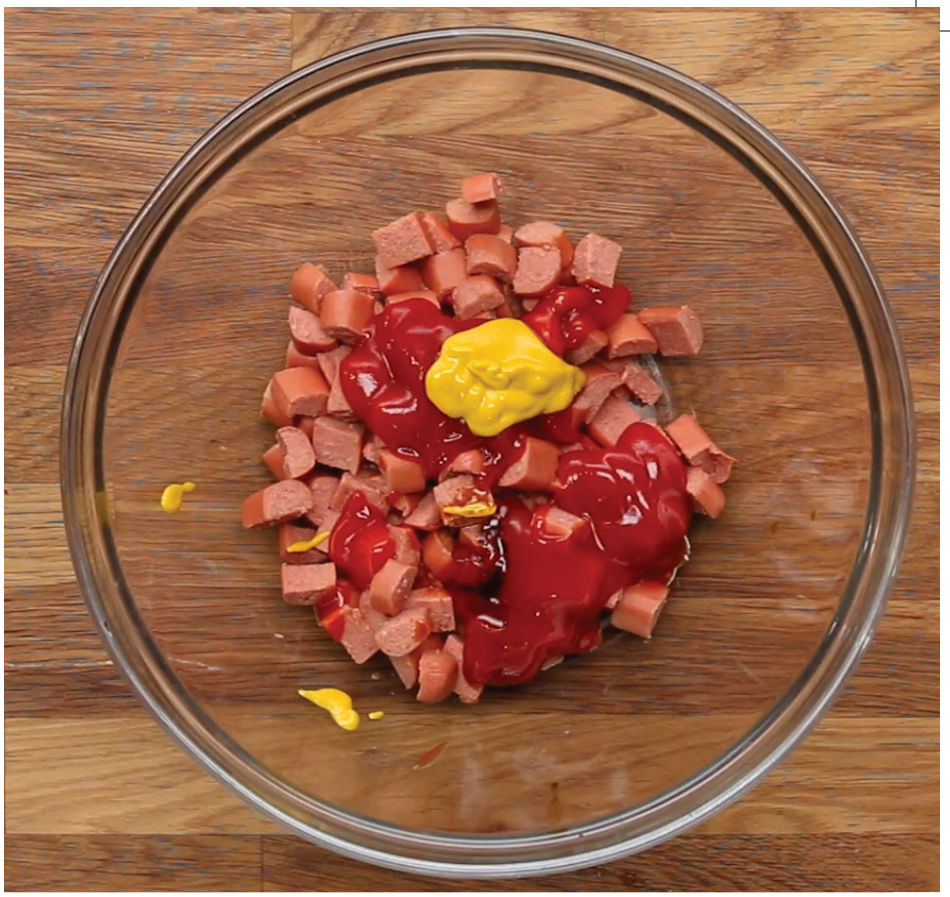
Pepper, to taste

2 cups shredded mozzarella

Fresh parsley

Servings: 8

1. Preheat oven to 350°F/180°C.
2. In a bowl, combine chicken, tomatoes, corn, onion, ranch, and BBQ sauce.
3. Add the pasta, and mix until evenly coated.
4. Pour mixture into a 9x13 baking dish. Sprinkle with pepper, to taste.
5. Top with mozzarella, and bake uncovered for 30 minutes.
6. Top with fresh parsley.



Hot Dog Cups

WHAT YOU'LL NEED

8 hot dogs

⅓ cup ketchup

1 tablespoon yellow mustard

1 teaspoon Worcestershire sauce

8 refrigerated biscuits

1 cup shredded cheddar cheese

Servings: 8

1. Preheat oven to 350°F/180°C. Cut hot dogs lengthwise and chop into small pieces. Mix with ketchup, mustard, and Worcestershire sauce.
2. Press each biscuit into the cups of a greased muffin tin. Fill with hot dog mixture.
3. Bake for 10 minutes. Remove from oven and top with shredded cheddar cheese.
4. Bake for an additional 5 minutes.

5 ITEMS OR LESS

Bacon Ranch Chicken Bake

WHAT YOU'LL NEED

4 chicken breasts

8 tablespoons ranch dressing

8 slices bacon

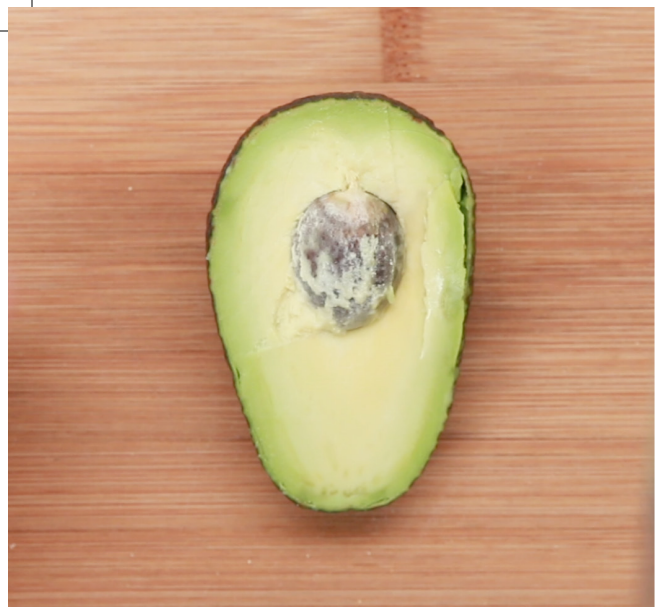
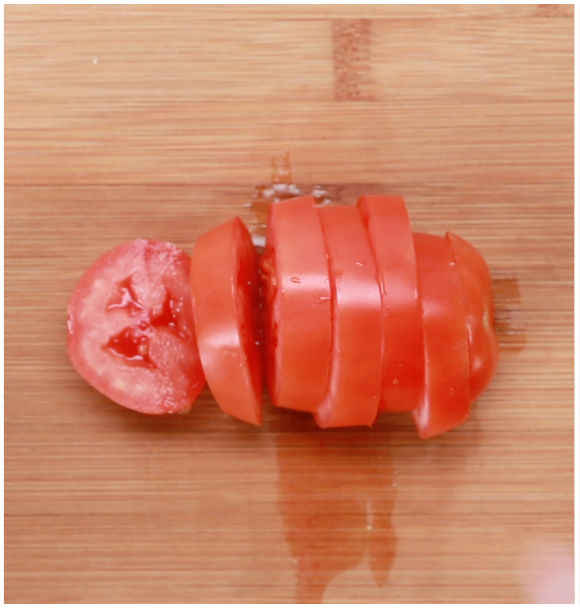
4 ounces cheddar cheese

Servings: 4

1. Preheat oven at 400˚F/200˚C.
2. Place chicken breast in a baking dish.
3. Spread 1-2 tablespoons ranch on each chicken breast.
4. Layer two slices of bacon on top of each chicken breast.
5. Top with cheese.
6. Bake for 40 minutes.

VICTORINOX

Tomato Avocado Melt

WHAT YOU'LL NEED

1 English muffin
2 slices mozzarella
1 Roma tomato
1 ripe avocado
Salt, to taste
Pepper, to taste
Cayenne pepper, to taste

Servings: 1

1. Split English Muffin in half and place them face up on a baking sheet. Season with cayenne pepper to taste.
2. Broil until cheese is melted and starts to brown.
3. Season each melt with salt and pepper to taste.

Easy Ravioli Bake

AS GOOD AS IT IS EASY

WHAT YOU'LL NEED

2 1-pound packages frozen ravioli

8 ounces shredded mozzarella cheese

8 ounces shredded parmesan cheese

2 24-ounce jars marinara sauce

Fresh basil, for garnish

Servings: 8

1. Preheat oven to 400°F/200°C.
2. Coat your baking dish with a layer of marinara sauce.
3. Place a single layer of ravioli in the baking dish and cover lightly with more sauce.
4. Cover with a layer of mozzarella cheese.
5. Lay down a second layer of ravioli, then cover it with sauce and another light layer of mozzarella cheese. (If your dish is deep enough for three layers, add another layer of ravioli, sauce, and mozzarella.)
6. Cover your top layer with parmesan cheese.
7. Cover with aluminum foil and bake covered for 30 minutes. Then, remove the foil and bake uncovered for an additional 15 minutes or until ravioli is cooked through and cheese is golden brown on top.

Peanut Butter Cereal Bites

WHAT YOU'LL NEED

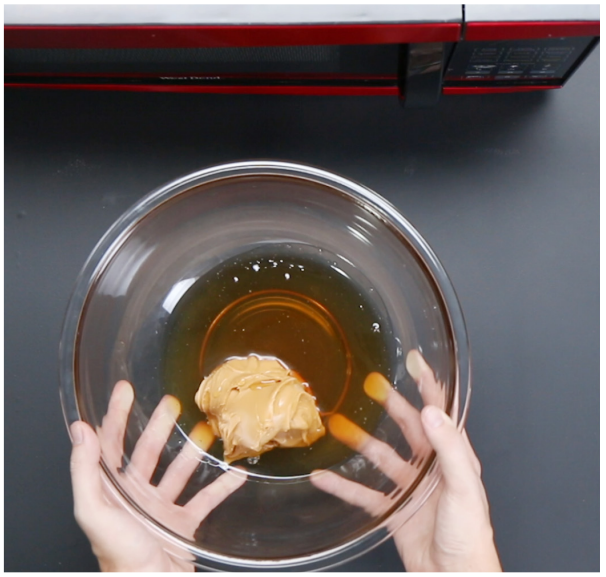
Honey

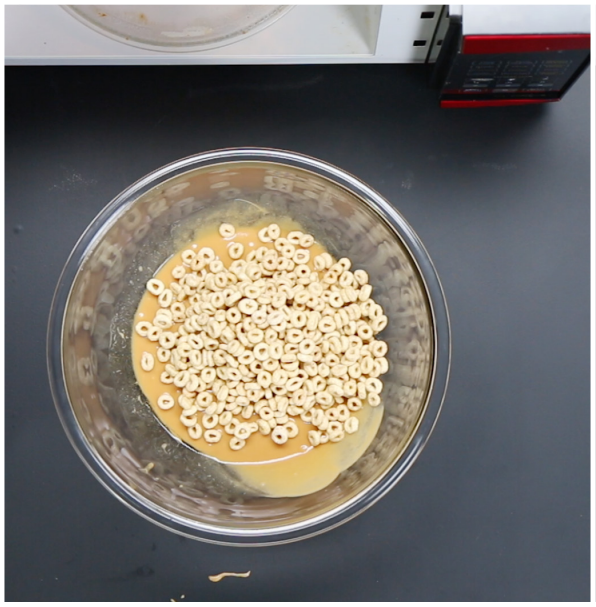
Peanut butter

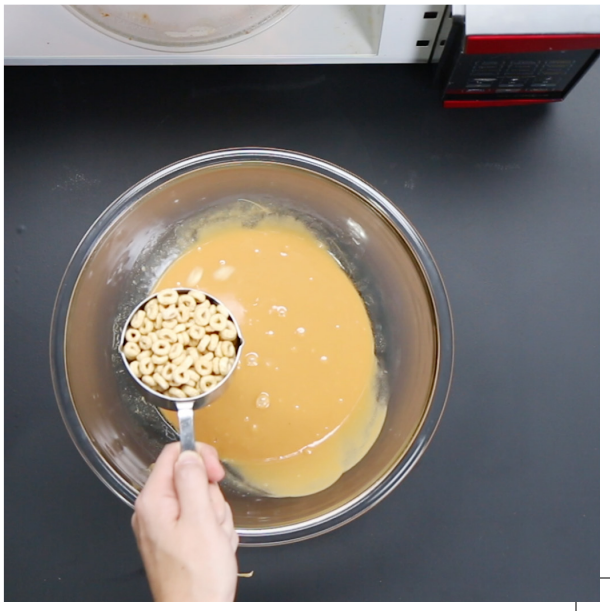
Honey nut cereal

Servings: 5-10

1. Put 1 part honey and 1 part peanut butter in a bowl, and microwave for about a minute.
2. Stir until combined and add 3-4 parts cereal.
3. Scoop into bite-size pieces and place on wax paper to cool.







Chocolate Almond Braid

LOVELY LITTLE TREAT

AFTER A VERY COLD DAY!

WHAT YOU'LL NEED

1 sheet puff pastry

1 dark chocolate bar

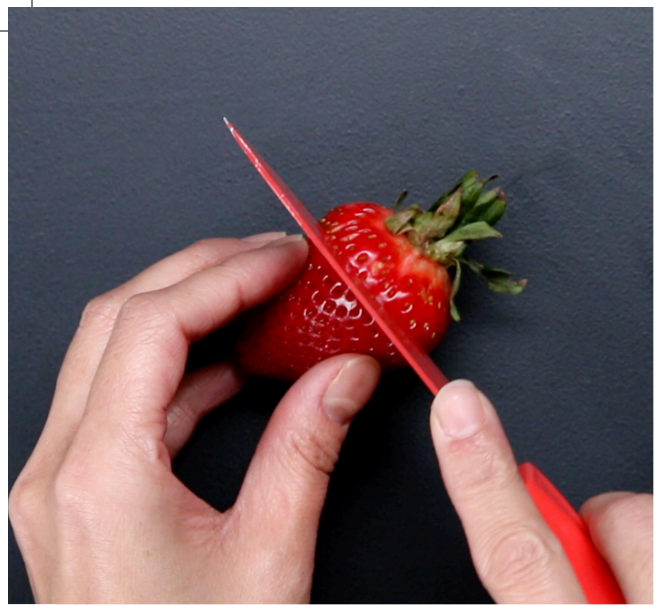
1 egg, beaten

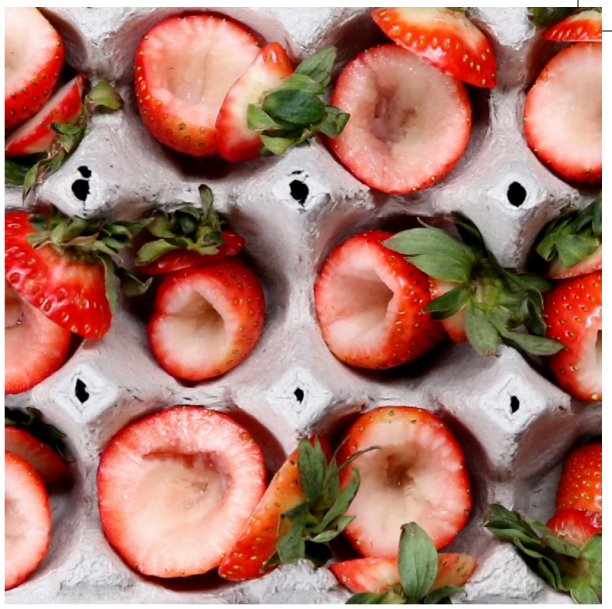
¼ cup chopped nuts (we used almonds!)

Servings: 2-4

1. Preheat oven to 400˚F/200˚C.
2. Lay out puff pastry. Place chocolate bar in the center, cut diagonal lines along the left and right side of the chocolate bar about an inch apart.
3. Remove the very top and bottom pieces.
4. Starting from the top, fold down the top flap then alternate right and left until you are close to the bottom. Fold the bottom flap up and finish alternating between right and left. Tuck any extra puff pastry underneath.
5. Place the braided puff pastry on parchment-lined baking tray. Brush with egg wash and sprinkle nuts over.
6. Bake for 25 minutes or until pastry is golden brown and no greyish, doughy bits remain.

Chocolate-Stuffed Strawberries





WHAT YOU'LL NEED

1 carton strawberries, washed and dried.

10 ounces dark or semisweet chocolate, melted

16 ounces white chocolate, melted

Sprinkles

1. Place parchment or wax paper on a baking sheet. Remove the tops and scope out the inside of the strawberry.
2. Fill strawberries with melted chocolate, overfilling slightly so the chocolate will touch the top when it is replaced back on the strawberry bottom.
3. Chill for 5 minutes or until the chocolate is set and the top stays connected to the bottom.
4. Dip the strawberries in white chocolate, then lay on the baking sheet. Add sprinkles immediately.
5. Allow white chocolate to set before serving.

Homemade Crème Brûlée

WHAT YOU'LL NEED

4 cups heavy cream

2 teaspoons vanilla extract

6 egg yolks

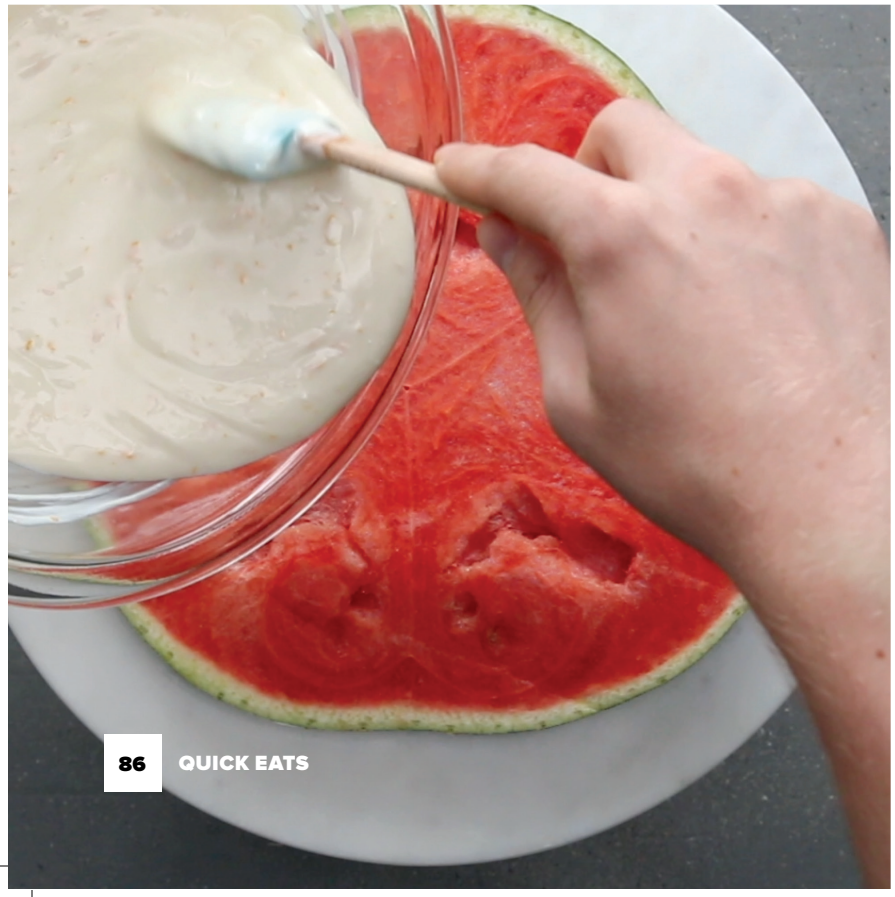
1 cup sugar

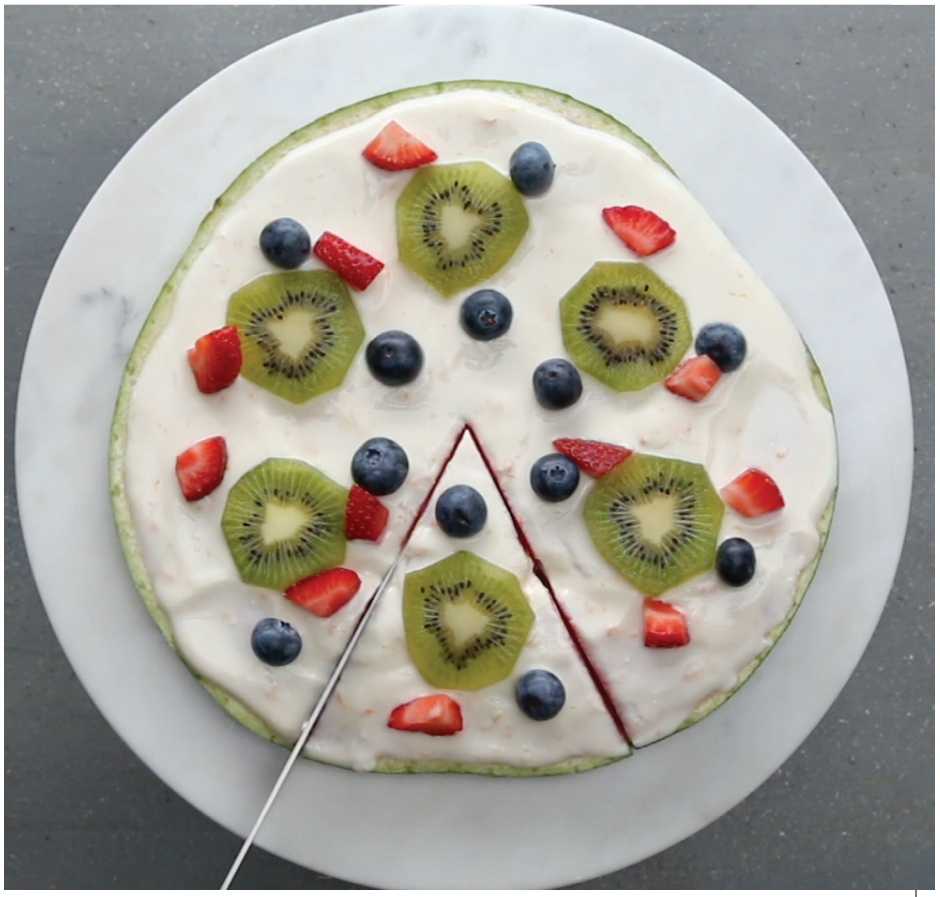
Servings: 6

1. Preheat oven 325˚F/165˚C. Heat heavy cream and vanilla extract in a saucepan until hot, but not boiling.
2. In a medium bowl, whisk egg yolks and ½ cup of sugar until well-mixed. Pour in the hot cream gradually, mixing continually.
3. Place six (7- to 8-ounce) ramekins into a large roasting pan. Pour hot water into the pan to come roughly halfway up the sides of the ramekins.
4. Pour the egg mixture into the ramekins and bake for 45-50 minutes. The crème brûlée should be set, but still a little jiggly in the middle.
5. Remove the ramekins from the roasting pan, and allow to cool to room temperature. Cover with plastic wrap and refrigerate for at least two hours, and up to three days.
6. Remove the crème brûlée from the refrigerator for at least 30 minutes before browning the sugar on top. Spread a tablespoon of sugar on top of each crème brûlée. Using a torch, melt the sugar to for a crispy top. If you don't have a torch, you can broil the crème brûlée to melt the sugar. Keep an eye on it, to make sure you don't overcook it.
7. Allow the crème brûlée to sit for at least five minutes before serving.

THIS CRÈME BRÛLÉE IS LITERALLY
FOOD PORN GOALS

QUICK EATS





Watermelon Fruit Pizza

SO REFRESHING

1. Slice the watermelon into 1-inch thick rounds.
2. In a medium bowl, combine the Greek yogurt, vanilla, honey, orange zest, and orange juice and mix until well-combined.
3. Pour some of the yogurt mixture onto a watermelon round and smooth with a spatula so that the mixture covers the entire round, leaving a border for a "crust."
4. Place the kiwi, blueberries, and strawberries decoratively on top of the yogurt sauce.
5. Cut the pizza into 6 even slices and serve.

WHAT YOU'LL NEED

FRUIT

1 seedless watermelon

1 kiwi, peeled and thinly sliced

1 pint blueberries

1 pint strawberries, diced

YOGURT SAUCE

1½ cups plain Greek yogurt

1 teaspoon vanilla extract

2 tablespoons honey

1 tablespoon orange zest (1 orange)

2 tablespoons of orange juice (half an orange)

Servings: 6

Dark Chocolate Apricot Breakfast Bars

THE PERFECT

HEALTHY SNACK

WHAT YOU'LL NEED

1 cup puffed rice

½ cup oats

½ cup pumpkin seeds

1 ⅓ cup almonds, roasted

½ cup dried apricot, diced

⅓ cup corn syrup

½ cup honey

1 teaspoon vanilla extract

1 bar dark chocolate

Servings: 12

1. Combine puffed rice, oats, rice, and apricot into a large bowl.
2. In a saucepan, heat corn syrup and honey until it reaches 260°F/126°C. Then carefully add vanilla extract and remove from heat.
3. Immediately pour the honey mixture into the bowl, stir, and transfer it onto a parchment paper-lined baking sheet.
4. Using a spatula, press the mixture down to desired thickness. (Careful – it may still be quite warm!)
5. Refrigerate for 30 minutes.
6. Heat 1 bar of dark chocolate for 1 minute, then drizzle over the top. Refrigerate for 30 minutes.
7. Remove parchment paper and cut into 12 even pieces.
8. Wrap each bar with wax paper and store up to 1 week.

Easy Honey Toast

WHAT YOU'LL NEED

8 slices of bread

Butter

Honey

Ice Cream

Berries (or any topping, really)

Servings: 2-4

1. Cut out the center of 7 pieces of bread. Cut each center piece into 4 smaller squares.
2. Lay out all the bread on a baking sheet and cover both sides of all of the bread with melted butter. Bake until lightly browned, flipping halfway through.
3. Cover both sides of bread with honey. Starting with the uncut slice of bread, stack all of the crust pieces of bread, making a tall cup shape. Fill with small squares of toast.
5. Top with ice cream, berries, and honey (or your preferred toppings).

Chicken Fajita Quesadillas

AN EASY WEEKNIGHT MEAL

WHAT YOU'LL NEED

3 chicken breasts
2 tablespoons taco seasoning
2 tablespoons vegetable oil
1 onion, sliced
4 cloves garlic, sliced
3 bell peppers, sliced
1 lime, juiced
8 tortillas
2 tablespoons butter
2 cups Mexican cheese blend

OPTIONAL GARNISHES

Sour cream
Guacamole
Salsa

Servings: 8

1. Slice the chicken breasts into strips, about an inch apart, and coat with taco seasoning.
2. In a large skillet, heat 1 tablespoon vegetable oil and cook chicken until slightly charred and no longer pink. Remove chicken from the skillet.
3. Heat another tablespoon of oil, add onion and garlic, and cook for a couple minutes until onions are slightly translucent.
4. Add the peppers and cook slightly, then mix in the cooked chicken. Remove from heat and set aside.
5. In a clean pan, melt a bit of butter. Add a tortilla and move it around until nicely coated in the butter. Add cheese, then fajita mixture, then more cheese. Top with another tortilla and press down.
6. Flip the quesadilla over and cook the other side until it's golden. Remove from pan and allow to cool a minute before cutting into quarters.

Chicken Ceasar Pasta Salad

THE ONLY PASTA SALAD

THAT MATTERS IN LIFE

WHAT YOU'LL NEED

10 ounces bow tie pasta

3 boneless skinless chicken breasts

1-2 tablespoons olive oil

Salt, to taste

Pepper, to taste

2 heads romaine lettuce, cut in 1- to 2-inch pieces

1 cup grape tomatoes, halved

1 cup croutons

Parmesan, to taste

¾ cup caesar salad dressing

Servings: 4

1. Cook pasta to al dente, according to package directions. Drain and rinse under cold water to stop the cooking.
2. Meanwhile, season each of the chicken breasts with olive oil, salt, and pepper.
3. Grill for 6-8 minutes on each side, or until cooked through.
4. Allow chicken to rest for 5 -10 minutes before cutting into bite-size pieces.
5. In a large bowl, combine pasta, romaine lettuce, tomatoes, croutons, parmesan, and Caesar dressing. Toss gently and serve!

Cuisinart®

Easy Chicken Miso Ramen

RAMEN HAS NEVER LOOKED SO GOOD

WHAT YOU'LL NEED

1 tablespoon butter
1 cup corn
2 eggs, soft-boiled
2 cups baby spinach
4 cups chicken stock
2 smashed garlic cloves
1 3-inch piece fresh ginger, sliced
3 scallions, chopped
2 chicken breasts, shredded
2 tablespoons miso paste
2 servings ramen noodles, cooked

GARNISH

Scallions, chopped
Nori

Servings: 2

1. Heat butter in a saucepan and fry corn until warm. Set aside.
2. Blanch 2 cups of spinach and set aside.
3. Bring chicken stock, garlic, ginger, and scallions to a boil. Boil for 30 minutes.
4. Add the chicken and simmer gently for 20 minutes or until cooked through. Remove, shred, and set aside.
5. Dissolve the miso paste in the chicken broth.
6. Put everything together. Divide the noodles between two bowls, and pour over the chicken broth.
7. Add the spinach, corn, shredded chicken, chopped scallions, soft-boiled egg, and nori.

QUICK

AND SATISFYING

Spinach and Artichoke Mac 'n' Cheese

WHAT YOU'LL NEED

2 tablespoons butter

2 garlic cloves, minced

5 ounces spinach

1 cup artichoke hearts, drained

3 cups milk

2 teaspoons kosher salt

2 teaspoons freshly ground black pepper

2 cups elbow macaroni

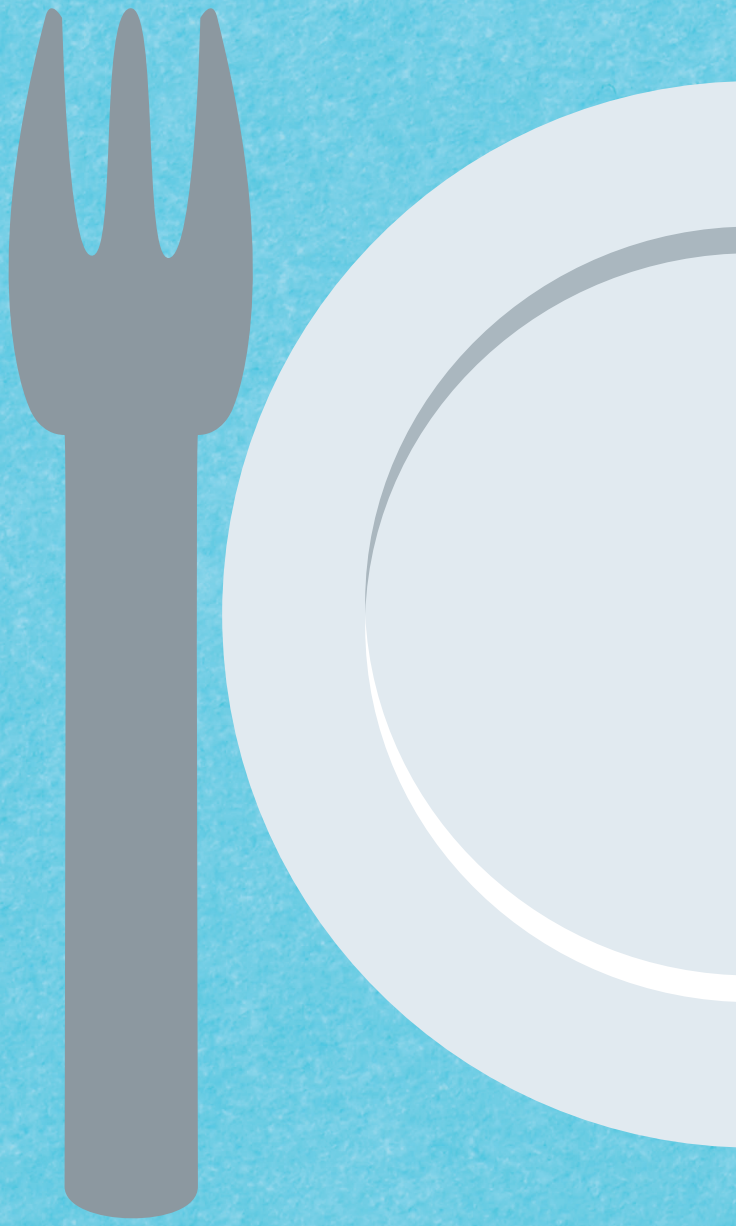
¾ cup shredded cheddar cheese

3 cups shredded mozzarella cheese)

Servings: 3-4

1. Preheat oven to 450°F/230˚C.
2. In a large pan, melt the butter. Add garlic, spinach, and artichoke hearts, cooking until spinach is wilted. Slowly add the milk, salt, and pepper. Stir until milk is boiling.
3. Add the macaroni, cooking until the milk coats the macaroni like a glaze. Add the cheddar and two cups of mozzarella, stirring until the cheese is completely melted.
4. Sprinkle the remaining mozzarella on top.
5. Bake for 7 minutes, until cheese is bubbly and golden brown and serve.

APPETIZERS



Garlic Parmesan-Stuffed Mushrooms

CLEARLY A NEED-TO-MAKE

1. Preheat oven to 350°F/180˚C.
2. Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later.
3. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about 6-8 minutes, constantly stirring. Be careful not to burn the garlic. Remove from heat.
4. In a medium bowl, combine cooked stems, cream cheese, bread crumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. The mixture should be extremely thick.
5. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes.
6. Garnish with a sprinkle of parsley, then serve.

WHAT YOU'LL NEED

15 mushrooms

1 tablespoon canola oil

2 tablespoons garlic, chopped

½ tablespoon kosher salt

½ tablespoon freshly ground black pepper

8 ounces cream cheese, softened

¼ cup bread crumbs

½ cup shredded parmesan cheese, divided

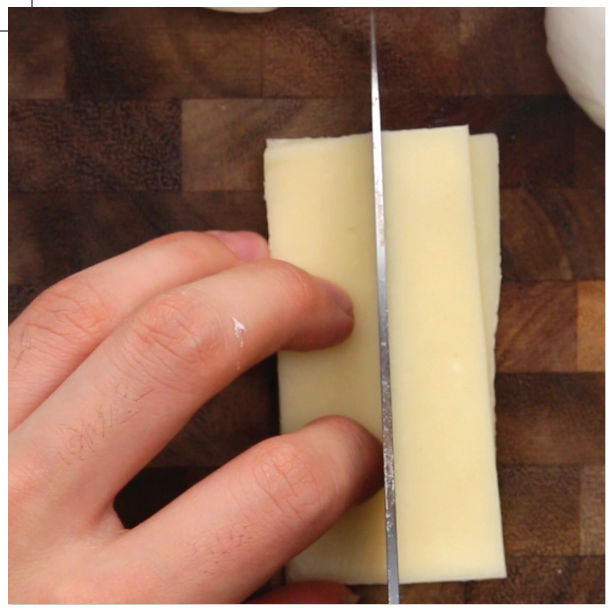
2 tablespoons parsley, chopped

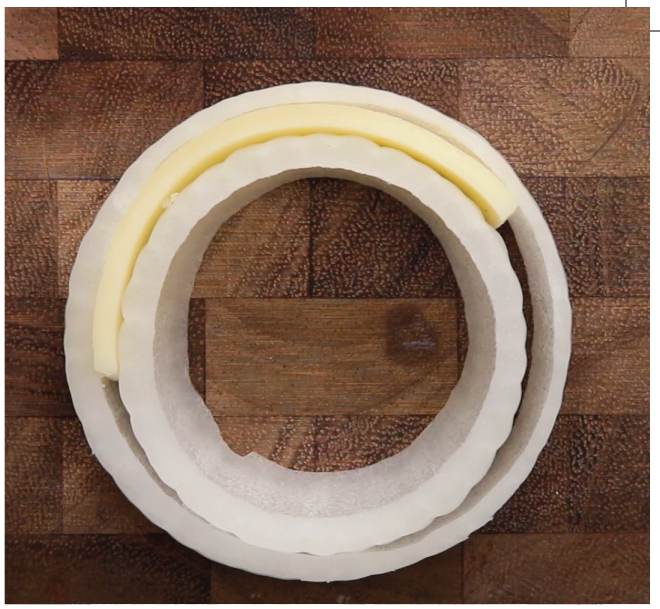
Kosher salt

Freshly ground black pepper

Chopped parsley, to garnish

Servings: 15





Mozzarella Stick Onion Rings

THESE SHOULD BE PRESIDENT

1. Peel and cut onions into 1-centimeter rings. Separate the rings.
2. Slice the mozzarella into 4 even strips.
3. Place a smaller onion ring in the center of a larger one.
4. Fill the gap between the rings with strips of mozzarella. Repeat with remaining onion rings and freeze them for 1 hour.
5. Place the flour, eggs, and bread crumbs into three separate bowls.
6. Dip each prepared ring into the flour, then into the egg, then the bread crumbs, then back into the egg, and one last time into the bread crumbs. Repeat with the remaining onion rings.
7. Heat the oil in a pot over high heat.
8. Fry the rings until golden brown, being careful not to fry them for too long as the cheese may ooze out completely.
9. Drain on a paper towel, then serve with marinara.

WHAT YOU'LL NEED

2 large white onions

3-4 slices mozzarella cheese

2 cups flour

5 eggs

2 cups bread crumbs

Oil, for frying

Marinara sauce

Servings: 9-12

BITE-SIZED DINNER,
COMIN' RIGHT UP

Cheeseburger Cups

WHAT YOU'LL NEED

8 refrigerated biscuits

1 pound ground beef

½ cup ketchup

1 teaspoon Worcestershire sauce

1 tablespoon mustard

2 tablespoons brown sugar

8 small slices of cheese

Toppings of your choice

Servings: 8

1. Preheat oven to 400˚F/200˚C.
2. Crumble and cook the beef in a skillet. Drain.
3. Stir in ketchup, Worcestershire sauce, mustard, and brown sugar.
4. Grease a muffin tin, and line 8 cups with the refrigerated biscuits.
5. Divide the meat mixture among the 8 cups,
6. Bake for 10-15 minutes, until the biscuit dough is brown and cooked through.
7. Top with cheese and bake an additional 5 minutes.

Crunchy Taco Cups

LIFE IS ALL BETTER NOW

1. Preheat oven to 375°F/190˚C. In a large skillet, brown the ground beef and drain any remaining fat. Transfer to a bowl.
2. Add taco seasoning, tomatoes, and green chiles to the ground beef. Stir to combine.
3. Cut flour tortillas into a square shape and cut that into 4 smaller, square pieces.
4. Generously coat a standard-sized muffin tin with nonstick cooking spray. Line each cup of prepared muffin tin with a tortilla sheet.
5. Add a spoonful taco mixture. Top with a sprinkle of cheese. Press down and add another layer of tortilla sheet, taco mixture, and a final layer of cheese.
6. Lightly brush the top edges of the tortilla with cooking oil.
7. Bake 18-20 minutes, until cups are heated through and edges are golden brown and crispy.
8. Garnish with sour cream, guacamole, or your favorite taco topping!

WHAT YOU'LL NEED

1 pound lean ground beef

3 tablespoons taco seasoning

6 ounces tomatoes, diced

4 ounces green chiles, diced

1½ cups sharp cheddar cheese, shredded

6 large flour tortillas

Servings: 12

YOUR CAST IRON SKILLET WILL NEVER BE THE SAME AFTER YOU MAKE THESE

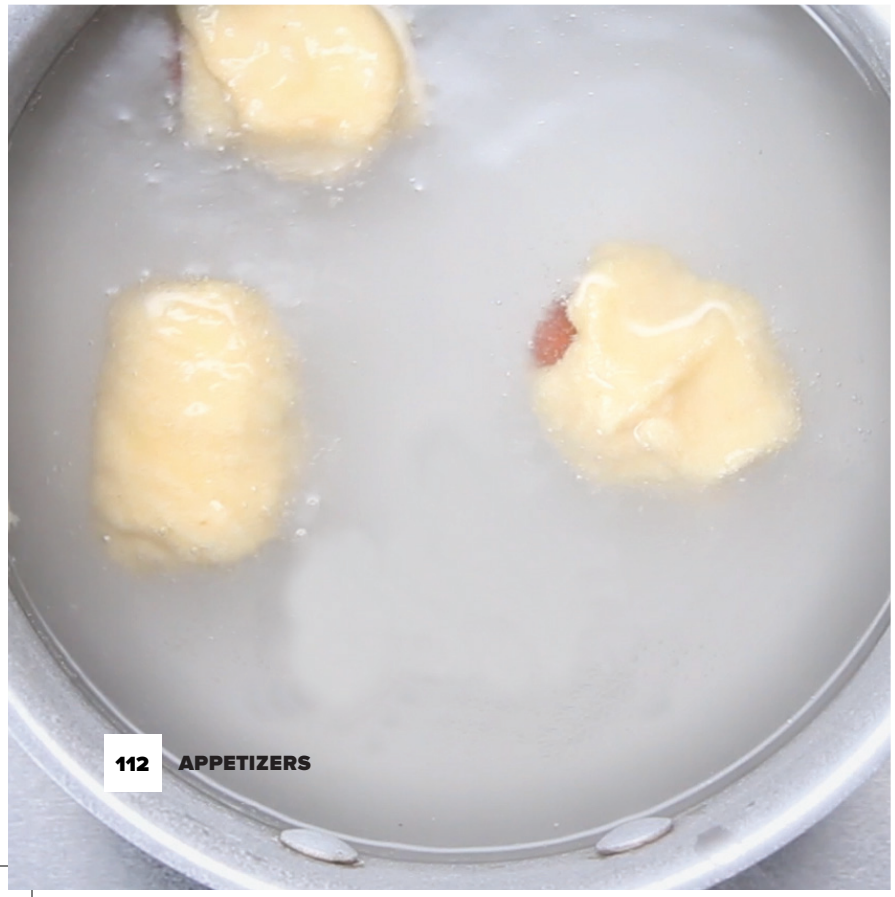
Steak and Potato Nachos

WHAT YOU'LL NEED

2 russet potatoes, sliced
1 pound skirt steak
4 tablespoons olive oil
Salt, to taste
Pepper, to taste
2 teaspoons paprika
1 cup shredded cheddar cheese
½ cup shredded Monterey Jack cheese
Sour cream
Salsa (optional)
2 green onions, minced

Servings: 2-4

1. Place sliced potatoes in a large bowl. Toss with olive oil, salt, pepper, and paprika.
2. Lay the potatoes on a baking sheet and bake at 450˚F/230˚C for 20 minutes.
3. Season skirt steak with salt and pepper. Cook on high heat for roughly three minutes each side, for medium-rare.
4. Let the steak rest for 10 minutes, then slice into cubes.
5. In a cast-iron skillet or baking sheet, arrange cooked potatoes into a heap. Top with steak, then cheddar and Monterey Jack cheese. Broil for five minutes or until the cheese is melted.
6. Serve immediately with sour cream, salsa, green onions, or any topping of choice.



Pigs in a Pretzel Blanket

1. Preheat oven to 425˚F/220˚C.
2. Bring pizza dough to room temperature. Cut the dough into strips and stretch out into strips.
3. Roll up mini hot dogs in pizza dough so that the dough wraps around twice, leaving the ends sticking out and cutting off any excess.
4. Place on a lightly greased baking sheet until ready to boil.
5. Bring 5 cups of water to a light boil, stir in baking soda. Working in batches, boil wrapped hot dogs in water mixture for 20-30 seconds each.
6. Remove from water and place back on baking tray. Brush each lightly with beaten egg and sprinkle with sea salt.
7. Bake in a preheated oven for 15-20 minutes, until the dough is nicely browned and cooked through.

WHAT YOU'LL NEED

1 package cocktail franks/ mini hot dogs

1 ball premade pizza dough

5 cups water

¼ cup baking soda

1 egg, beaten

Sea salt

Servings: 10

Cheesy Spinach and Artichoke Bread Ring

THE ONLY WAY TO EAT SPINACH ARTICHOKE DIP: FRESH, HOT, YEASTY BREAD

WHAT YOU'LL NEED

12 frozen dinner roll dough balls

8 ounces cream cheese, softened

½ cup grated parmesan cheese

½ cup Romano cheese, grated

½ cup mozzarella cheese, shredded

¼ cup sour cream

1 14 oz can artichoke hearts, drained and chopped

¾ cup frozen chopped spinach, thawed and drained of excess water

2 cloves garlic, chopped

1 teaspoon basil

½ teaspoon crushed red pepper flakes

Olive oil

1. Coat a 10 inch oven-safe skillet with olive oil. Place the dinner roll dough balls in a ring around the skillet. Cover and let rise until thawed and doubled in size.

2. In a medium bowl, combine cream cheese, parmesan, Romano, mozzarella, sour cream, artichokes, spinach, garlic, basil, and red pepper flakes.

3. Once dough has thawed, uncover and scoop the dip into the center of the skillet. Brush the rolls with olive oil, and top with an additional sprinkle of cheese (optional).

4. Bake in a preheated oven at 375˚F/190˚C for 25 minutes. (If the bread browns too quickly, lower oven temperature to 350˚F or cover the bread with a ring of foil). Remove and let cool slightly before serving.

CREDITS

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TASTY LOS ANGELES

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TASTY NEW YORK

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BIEN TASTY (LATIN AMERICA)

LAUNCHED MARCH 20, 2016

PROPER TASTY (UK)

LAUNCHED DECEMBER 15, 2015

EINFACH TASTY (GERMANY)

LAUNCHED APRIL 13, 2016

TASTY MIAM (FRANCE)

LAUNCHED MARCH 10, 2016

TASTY DEMAIS (BRASIL)

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TASTY JAPAN

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