

Food, Nutrition & Wellness

Foods Labs & Recipes

Contributor

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Send all inquiries to:

Glencoe/McGraw-Hill
21600 Oxnard Street, Suite 500
Woodland Hills, CA 91367

ISBN 0-07-861687-5

Printed in the United States of America

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To the Teacher

The Foods Labs & Recipes booklet of the *Discovering Food and Nutrition* program provides a wealth of material to enhance your foods lab experiences. The following suggestions will help you make the most of this section.

Handouts and Forms

- ▶ **Foods Lab Guidelines.** The Foods Lab Guidelines handout on pages 7–8 should be read and signed by each student and his or her parent or guardian before the first foods lab experience. If the handout is copied onto two sheets of paper, the signature form at the bottom of the second page can be detached and handed in while the student keeps the guidelines for reference.
- ▶ **Food Order Form.** This form, provided on page 9, aids both the teacher and the student groups in planning for the foods lab. This form is filled out before each lab experience and handed in to the teacher. The form also encourages the use and practice of math skills by asking students to determine how much of an ingredient is needed as compared to what is already on hand.
- ▶ **Teacher Composite Food Purchase Form.** After student groups have completed their Food Order Form, you can use the composite form on page 10 to compile a shopping list of all the types and amounts of ingredients that will need to be purchased for the planned foods lab.
- ▶ **Ingredient and Equipment Lists.** The Ingredient and Equipment Lists worksheet on pages 11–12 helps student groups make lists of all the ingredients and equipment they will need to prepare the recipes in the foods lab.
- ▶ **Foods Lab Work Plan and Schedule.** This handout, on page 13, is designed to be completed by each student group before each lab experience. This will help students map a plan for the foods lab, including all tasks that need to be performed in the amount of time allotted.
- ▶ **Foods Lab Evaluation.** The form on page 14 is an evaluation of the overall foods lab experience. The teacher and students can use this form to evaluate teamwork and efficiency.
- ▶ **A Melting Pot of Flavors.** This handout, on pages 15–16, is intended to demonstrate how food customs have evolved and how different cultures have played a part in North American food customs.

Recipe Planning Tools

- ▶ **Recipe Chapter Correlation.** Each recipe was developed for use with a specific chapter of the *Discovering Food and Nutrition* textbook, as identified in the correlation on pages 17–18. In addition, many of the recipes can logically be related to more than one textbook chapter, allowing flexibility in use. Therefore, the correlation also provides additional recipe options for each chapter.
- ▶ **Recipe Index.** To aid in planning, a Recipe Index has been provided on pages 19–21. It indexes the recipes by food category (such as main dishes or snacks) as well as by major ingredients (such as eggs or legumes).

Continued on next page

- ▶ **Suggestions for Two-Day Labs.** While most of the recipes can be completed within a 45-minute class period, some require additional time or advance preparation. Suggestions for handling recipes as two-day labs, when necessary, are provided on page 22.
- ▶ **Sample Menus.** Sample menus based on recipes provided in this booklet are suggested on page 23.
- ▶ **Answer Key.** Answers to the “Planning the Lab” section of the recipe worksheets are provided on pages 24–28.

Recipe Worksheets

Over 60 recipes are provided in the form of two-page reproducible recipe worksheets. Please note the following:

- ▶ **Preparation Time.** Most of the recipes will allow students to complete the foods lab within one class period. A few recipes may work better with two-day preparation, as described on page 22.
- ▶ **Microwave Preparation.** Microwave directions have been provided for many of the recipes. Please note that the results will vary depending on the characteristics of your microwave oven(s). It is recommended that microwave recipes be tested using your equipment before allowing the class to prepare them. It may be necessary to modify the directions in order to achieve best results with the oven(s) used. Consult the microwave oven manual or cooking guide for further suggestions.
- ▶ **Nutrition Notes.** Nutrition information is provided as part of the worksheet for each recipe. Please note that all values given are approximate. The information is based on computer analysis of the ingredients used in the recipe. However, depending on the forms or brands of ingredients used and any substitutions that are made, actual values may differ somewhat. Serving size, when given by volume, is an estimate and may vary.
- ▶ **Did You Know?** These information tidbits are intended to extend learning. Often they introduce students to facts about food and culture. You may wish to have students research further into the cultural background of some recipes or preparation techniques.

Foods Lab Guidelines

Preventing Accidents

- ✓ Dress appropriately for the lab. Wear clean, close-fitting clothing. Roll up long sleeves. Tie your apron. Avoid dangling jewelry. Be sure long hair is tied back.
- ✓ Use knives only for cutting food. Cut away from your body. Do not cut toward or point the knife at someone else.
- ✓ Wash, dry, and store knives separately from other dishes and utensils.
- ✓ Cut the tops completely off cans. Use a can opener that makes a smooth cut. Throw can tops in the trash immediately.
- ✓ Keep your fingers away from beaters and blades in appliances.
- ✓ Use a ladder or stepstool to reach ingredients or equipment kept on high shelves.
- ✓ Prevent falls by wiping up spills immediately. Walk only on a dry floor.
- ✓ Close all cabinet doors and drawers.
- ✓ Plug in and unplug electrical appliances by holding the plug. Don't plug too many appliances in one outlet. Use only appliances with cords that are in good condition. Be sure your hands are dry when using electrical appliances.
- ✓ Keep electrical cords away from the sink and range.
- ✓ Use salt or baking soda, *not water*, to put out a grease fire.
- ✓ Use dry potholders and oven mitts to handle hot pans, cookware, bakeware, and oven racks.
- ✓ Wear an oven mitt on each hand and use both hands to remove pans from the oven.
- ✓ Use a potholder to pull oven racks out before putting a pan in a hot oven. Pull out the rack again when you take the pan out. *Don't* reach into a hot oven.
- ✓ Tilt covers away from you when uncovering a pan. Don't hold your face directly over the pan.
- ✓ Use a spoon or tongs, *not your fingers*, to remove food from hot liquid.
- ✓ Use safe practices when cooking on the range. Keep flammable materials and electrical cords away from the range. Turn pan handles to the center of the range. Wait until the range cools to clean it.
- ✓ Check to make sure all appliances are turned off when you are finished using them.

Keeping Food Safe to Eat

- ✓ Wash your hands before you begin to prepare food or set the table; after sneezing, coughing, blowing your nose, or using the toilet; after touching a pet or your hair; after handling raw meat, poultry, fish, or eggs; as often as needed to keep your hands clean.
- ✓ Wear a clean apron.
- ✓ Turn away and cover your mouth and nose with a clean handkerchief or disposable tissue if you have to cough or sneeze.
- ✓ Cover any open wounds on your hands with a waterproof bandage and wear clean plastic gloves.
- ✓ Use a clean tasting spoon each time you taste food. Do not taste foods that contain raw meat, poultry, fish, or eggs. These foods are not safe until thoroughly cooked.

Continued on next page

Name _____ Date _____ Class Period _____

- ✓ When setting the table, avoid touching surfaces that will come in contact with food or beverages. Examples are the rim or inside of a glass, the tines of a fork, or the center of a plate.
- ✓ Use a separate cutting board for raw meats and other foods. Wash any items that come in contact with raw meat, poultry, or fish immediately.
- ✓ Use a clean plate for cooked food. Never put cooked food on a plate that held raw food.
- ✓ Cook all foods thoroughly.
- ✓ Keep hot foods hot and cold foods cold.
- ✓ Cover leftover foods and store them in the refrigerator immediately.

Cleaning Up

- ✓ Clean up as you work in the foods lab. Wipe up spills with a clean, wet dishcloth. Keep hot, soapy water in the sink or dishpan to soak dirty dishes. (**Note:** Do not soak knives—wash them separately.)
- ✓ Scrape food out of pans and serving dishes and rinse. If food is stuck, soak the container.
- ✓ Wash glassware first, followed by flatware, tableware, and cookware.
- ✓ Use hot, soapy water to wash dishes.
- ✓ Rinse dishes by dipping them in a sink or dishpan of hot water or putting the dishes in a rack and pouring hot water over them.
- ✓ Dry dishes with a clean dish towel or let them air dry.
- ✓ Put dishes and equipment away as soon as they are dry.
- ✓ Wipe the tables, counter, range, oven, and microwave. Wash out the sink with hot, soapy water, rinse, and dry.
- ✓ Sweep the floor.

Emergency Information

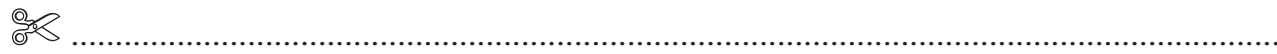
The fire extinguisher in our laboratory is located _____.

The fire blanket in our laboratory is located _____.

Phone numbers:

Fire Department _____ Ambulance _____

Poison Control Center _____ Police _____



We have read the safety and sanitation procedures for working in the foods lab. The student agrees to follow these procedures.

(Student's signature)

(Date)

(Parent or guardian's signature)

(Date)

Food Order Form

Date _____ Recipe Title _____

Group # _____ Lab Group Members _____

Directions: Complete the following chart to inform your teacher what ingredients to buy for your foods lab group. List each ingredient in the first column and the amount the recipe calls for in the second column. Check the supplies in the foods lab to see whether the ingredient is already available. If it is, write how much is already on hand in the third column. Write the amount of the ingredient to be purchased, if any, in the last column.

Ingredients	Amount Needed	Amount on Hand	Amount to Buy

Teacher Composite Food Purchase Form

Date _____ Recipe Title(s) _____

Directions: Compile the information from the students' order forms on this sheet and calculate the total amount of each ingredient needed.

Ingredients	Amounts Needed By						Total Amounts to be Purchased
	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	

Ingredient and Equipment Lists

Date _____ Recipe Title _____

Group # _____ Lab Group Members _____

Directions: Food preparation is easier when all the food and equipment are gathered before you begin work. List the ingredients and amounts needed for the recipe on the ingredients list below. Write the equipment needed to prepare and serve the recipe on the appropriate lists. Check off the ingredients and equipment as you gather them.

Ingredients	Amount Needed	✓

Equipment for Cutting	✓

Equipment for Mixing	✓

Foods Lab Work Plan and Schedule

Date _____ Recipe Title _____

Group # _____ Lab Group Members _____

Directions: Use the chart below to plan your work in the foods lab.

1. List the tasks that must be done. Be sure to include tasks for pre-preparation, preparation, serving, cleanup, and evaluation.
2. Estimate the amount of time needed for each task.
3. Plan what time your foods lab group will start each task. Remember that all tasks need to be done before the end of the class period.
4. Assign each task to a member of your foods lab group.
5. As you complete tasks in the laboratory, write the name of the person who did each task in the final column. (**Note:** Because of unexpected problems or circumstances, the person assigned a task may not be the person who actually completes it.)

Tasks to be Done	Amount of Time Needed	Start Time	Person Assigned	Task Done By

Foods Lab Evaluation

Date _____ Recipe Title _____

Group # _____ Lab Group Members _____

Directions: Read each statement below. Decide whether you *strongly agree* (SA), *agree* (A), are *undecided* (U), *disagree* (D), or *strongly disagree* (SD) with the statement. Place a check (✓) in the column that expresses your thoughts about the statement. Write your comments and suggestions for improvement in the spaces provided.

Statements	SA	A	U	D	SD
The members of the lab group worked together to make a work plan and schedule.					
The tasks for the foods lab were equally divided among members of the lab group.					
The members of the lab group followed the work plan and schedule.					
The work plan and schedule were effective in helping the lab group successfully complete their work.					
The members of the lab group handled unexpected problems well.					
The members of the lab group worked quickly and efficiently.					
Each person in the lab group did his or her share of the work.					
Each person in the lab group helped the others when possible.					
The foods lab work was completed on time.					
All equipment and supplies were put away and the foods lab was left clean.					

Comments:

Suggestions for Improvement:

A Melting Pot of Flavors

Food is an important part of the everyday lives of individuals and families. Think about the foods you eat. What foods are your favorites? Are there any foods that you associate with special occasions or good memories? Are there any foods that you simply don't like?

Some foods that are popular in the United States and Canada have their roots in other parts of the world. You have probably eaten many of the foods listed below. Do you consider them to be "American"? Consider their origins:

- Hot dogs and bratwursts—Germany
- Tacos and burritos—Mexico
- Pizza and spaghetti—Italy
- Fried rice and wontons—China
- Shish kabobs and pita bread—Middle East

In the Beginning

What exactly is "American" food? Some American food customs can be traced back to the arrival of colonists in the New World. Native Americans taught the colonists how to grow and harvest crops, hunt for game, fish, and gather foods that grew wild. They also taught them how to prepare and preserve foods. The colonists took this knowledge and combined it with the customs from their homelands, and new "American" food customs were born.

Many Cultures, Common Foods

The first colonists were not the only ones who influenced American food customs. People from all over the world have come to North America and made homes for their families. They all brought food customs with them.

Around the world, people eat many of the same basic types of food, such as grains, legumes, vegetables, fruits, and others. However, the specific types of foods that are commonly available may vary in different parts of the world. In addition, people combine, prepare, season, serve, and eat foods in ways unique to their culture. As a result, each culture has its own *cuisine*, or style of preparing food.

When people came to North America, they continued to practice the food customs of their native lands. It was a way to preserve their heritage and to feel more at home in a strange place. At the same time, they were introduced to new customs and to locally available foods. The result is what we know today as cultural and regional foods.

Cultural Influences on Regional Foods

The various areas of the United States and Canada are each known for certain special foods. While these regional foods are enjoyed all over the United States and Canada, they are strongly linked with a specific area. Why? In some cases it's because the food is abundant in that area, such as fish in the Pacific Northwest. Another possible reason is that a large number

Continued on next page

of people from a certain culture may have settled in that area and influenced the food customs. Can you recognize the cultural influence on these foods?

- Chicago's deep-dish pizza
- Jambalaya from New Orleans
- Texas barbecue and chili
- Kosher foods from a New York deli
- *Colcannon* (kuhl-CAN-uhn)—mashed potatoes, turnips, and cabbage—from the Atlantic Provinces of Canada

Cultural Etiquette

Besides foods themselves, customs for eating meals vary from culture to culture. Not everyone uses knives and forks to cut and eat foods at the table. In China, all foods are cut before they are cooked and served and then eaten with chopsticks. In parts of the Middle East, it's proper to eat with your fingers. In some nations of Africa, foods are scooped up with a piece of flat bread. You may be used to making meals out of leftovers. In Japan, this would be eating "old" food.

A Small World

Today, resources allow food customs to be shared more quickly than ever before. For example, modern technology allows people to travel thousands of miles in a few hours. Modern packaging and transportation methods make it possible to ship foods all over the world. Through the media, such as television and the Internet, you can learn about other cultures. The world is a large place, but it can be made smaller by embracing and enjoying the uniqueness of others.

The Melting Pot

The next time you're enjoying your favorite food, sharing a meal with your family or friends, or celebrating a special occasion, think about where the food came from. Consider its history and how it affects your life. This will help everyone share an appreciation for the gift that we call *food*.

Recipe Chapter Correlation

Chapter 27: Milk

- R-1 *Almond Spice Cocoa* [M]
- R-2 *Pineapple Tapioca Pudding* [C]
- R-3 *Turkey à la King* [C]
- R-41 *New England Clam Chowder* [M]
- R-51 *Chai* [C]

Chapter 28: Yogurt and Cheese

- R-4 *Cheesy Potato Bake* [C]
- R-5 *Dill Dip* [N]
- R-6 *Onion Dip* [N]
- R-7 *Hot & Spicy Cheese Dip* [M]
- R-45 *Veggie Pizza* [C]
- R-52 *Banana Peach Smoothie* [N]
- R-65 *Banana Cream Pie* [N]

Chapter 29: Grain Products

- R-8 *Moroccan Couscous* [M]
- R-9 *Linguini Primavera* [C] [M]
- R-10 *Jamaican Beans and Rice* [C]
- R-11 *Sunny Morning French Toast* [C]
- R-44 *Pipes and Strings* [C] [M]
- R-48 *Zesty Popcorn Crunch* [N]

Chapter 30: Fruits

- R-12 *Spicy Baked Apples* [M]
- R-13 *Glazed Fruit Kabobs* [C] [M]
- R-14 *Crimson Berry Pears* [C]
- R-15 *Chunky Cherry Applesauce* [C]
- R-2 *Pineapple Tapioca Pudding* [C]
- R-36 *Ruby Glow Salad* [N]
- R-38 *Luscious Lemon Salad* [C]
- R-47 *Banana Mountains* [N]
- R-50 *Rosy Cider* [M]
- R-52 *Banana Peach Smoothie* [N]
- R-53 *Iced Citrus Tea* [C]
- R-54 *Surprise Muffins* [C]
- R-56 *Berry Blue Pancakes* [C]
- R-58 *Jammin' Bars* [C]
- R-59 *Cranberry Oat Crunchers* [C]
- R-63 *Tropical Layer Cake* [C]
- R-64 *Cherry Pie* [C]
- R-65 *Banana Cream Pie* [N]

Chapter 31: Vegetables

- R-16 *Favorite Green Beans* [C]
- R-17 *Fresh Vegetable Tray* [N]
- R-18 *Tasty Summer Squash* [C] [M]

- R-19 *Succotash* [C] [M]
- R-3 *Turkey à la King* [C]
- R-4 *Cheesy Potato Bake* [C]
- R-8 *Moroccan Couscous* [M]
- R-9 *Linguini Primavera* [C] [M]
- R-20 *Southwest Salad* [N]
- R-22 *Broccoli and Tofu Stir-Fry* [C]
- R-23 *White Beans with Tomatoes* [C] [M]
- R-30 *Pork and Salsa Burritos* [M]
- R-37 *Carrot and Cabbage Salad* [N]
- R-40 *Golden Potato Soup* [C]
- R-42 *Easy Posole Stew* [C]
- R-43 *Jade and Ruby Stir-Fry* [C]
- R-44 *Pipes and Strings* [C] [M]
- R-45 *Veggie Pizza* [C]
- R-46 *Hot Pita Pockets* [M]

Chapter 32: Legumes

- R-20 *Southwest Salad* [N]
- R-21 *Baked Black Beans* [C] [M]
- R-22 *Broccoli and Tofu Stir-Fry* [C]
- R-23 *White Beans with Tomatoes* [C] [M]
- R-25 *Chunky Chili* [C]
- R-10 *Jamaican Beans and Rice* [C]
- R-30 *Pork and Salsa Burritos* [M]
- R-48 *Zesty Popcorn Crunch* [N]
- R-49 *Hummus* [N]

Chapter 33: Poultry

- R-24 *Magic Crust Chicken* [C]
- R-25 *Italian-Style Chicken Strips* [C]
- R-26 *Turkey Joes* [C] [M]
- R-3 *Turkey à la King* [C]
- R-43 *Jade and Ruby Stir-Fry* [C]
- R-44 *Pipes and Strings* [C] [M]
- R-46 *Hot Pita Pockets* [M]

Chapter 34: Fish and Shellfish

- R-28 *Orange-Parsley Fish Fillets* [M]
- R-29 *Crab Cakes* [C]
- R-41 *New England Clam Chowder* [M]

Chapter 35: Meat

- R-25 *Chunky Chili* [C]
- R-30 *Pork and Salsa Burritos* [M]
- R-31 *Mini Meat Loaves* [C]
- R-32 *Golden Omelet* [C]
- R-34 *Hole-in-One (Biscuit and Egg)* [C]

[C]—Conventional cooking [M]—Microwave cooking [N]—No-cook recipe

Continued on next page

Chapter 36: Eggs

- R-32 *Golden Omelet* [C]
- R-33 Deviled Eggs [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]
- R-35 Souffléd Omelet [C]
- R-11 Sunny Morning French Toast [C]
- R-39 *Egg Drop Soup* [C]

Chapter 37: Salads

- R-36 Ruby Glow Salad [N]
- R-37 Carrot and Cabbage Salad [N]
- R-38 Luscious Lemon Salad [C]
- R-20 *Southwest Salad* [N]

Chapter 38: Soups

- R-39 *Egg Drop Soup* [C]
- R-40 Golden Potato Soup [C]
- R-41 New England Clam Chowder [M]

Chapter 39: Main Dish Mixtures

- R-42 *Easy Posole Stew* [C]
- R-43 Jade and Ruby Stir-Fry [C]
- R-46 Hot Pita Pockets [M]
- R-44 Pipes and Strings [C] [M]
- R-45 Veggie Pizza [C]
- R-3 Turkey à la King [C]
- R-9 Linguini Primavera [C] [M]
- R-22 Broccoli and Tofu Stir-Fry [C]
- R-30 *Pork and Salsa Burritos* [M]

Chapter 40: Snacks

- R-47 *Banana Mountains* [N]
- R-48 Zesty Popcorn Crunch [N]

- R-49 Hummus [N]
- R-5 Dill Dip [N]
- R-6 Onion Dip [N]
- R-7 Hot & Spicy Cheese Dip [M]
- R-13 Glazed Fruit Kabobs [C] [M]
- R-17 Fresh Vegetable Tray [N]
- R-33 Deviled Eggs [C]
- R-46 Hot Pita Pockets [M]

Chapter 41: Beverages

- R-50 *Rosy Cider* [M]
- R-51 Chai [C]
- R-52 Banana Peach Smoothie [N]
- R-53 Iced Citrus Tea [C]
- R-1 *Almond Spice Cocoa* [M]

Chapter 43: Baking Breads

- R-54 *Surprise Muffins* [C]
- R-55 Biscuit Twists [C]
- R-56 Berry Blue Pancakes [C]
- R-57 Cinnamon Pull-Aparts [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]

Chapter 44: Cookies, Cakes, and Pies

- R-58 *Jammin' Bars* [C]
- R-59 Cranberry Oat Crunchers [C]
- R-60 Rainbow Cookies [C]
- R-61 Molasses Spice Snaps [C]
- R-62 No-Bake Peanut Butter Crunchies [C]
- R-63 Tropical Layer Cake [C]
- R-64 Cherry Pie [C]
- R-65 Banana Cream Pie [N]
- R-66 Creamy Custard Pie [C]

[C]—Conventional cooking [M]—Microwave cooking [N]—No-cook recipe

Recipe Index

Appetizers

- R-5 Dill Dip [N]
- R-6 Onion Dip [N]
- R-7 Hot & Spicy Cheese Dip [M]
- R-17 Fresh Vegetable Tray [N]
- R-33 Deviled Eggs [C]
- R-39 *Egg Drop Soup* [C]
- R-49 Hummus [N]

Beef

- R-26 Chunky Chili [C]
- R-31 Mini Meat Loaves [C]

Beverages

- R-1 *Almond Spice Cocoa* [M]
- R-50 *Rosy Cider* [M]
- R-51 Chai [C]
- R-52 Banana Peach Smoothie [N]
- R-53 Iced Citrus Tea [C]

Breads—Quick

- R-34 Hole-in-One (Biscuit and Egg) [C]
- R-54 *Surprise Muffins* [C]
- R-55 Biscuit Twists [C]
- R-56 Berry Blue Pancakes [C]

Breads—Yeast

- R-11 Sunny Morning French Toast [C]
- R-57 Cinnamon Pull-Aparts [C]

Breakfast

- R-1 *Almond Spice Cocoa* [M]
- R-11 Sunny Morning French Toast [C]
- R-32 *Golden Omelet* [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]
- R-35 Souffléed Omelet [C]
- R-51 Chai [C]
- R-52 Banana Peach Smoothie [N]
- R-54 *Surprise Muffins* [C]
- R-56 Berry Blue Pancakes [C]
- R-57 Cinnamon Pull-Aparts [C]

Cake

- R-63 Tropical Layer Cake [C]

Cheese

- R-4 *Cheesy Potato Bake* [C]
- R-7 Hot & Spicy Cheese Dip [M]
- R-30 *Pork and Salsa Burritos* [M]
- R-32 *Golden Omelet* [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]
- R-35 Souffléed Omelet [C]
- R-44 Pipes and Strings [C] [M]
- R-45 Veggie Pizza [C]
- R-46 Hot Pita Pockets [M]

Chicken

- R-24 Magic Crust Chicken [C]
- R-25 *Italian Style Chicken Strips* [C]
- R-43 Jade and Ruby Stir-Fry [C]

Cookies

- R-58 *Jammin' Bars* [C]
- R-59 Cranberry Oat Crunchers [C]
- R-60 Rainbow Cookies [C]
- R-61 Molasses Spice Snaps [C]

Desserts

(See also Cake, Cookies, Pies)

- R-2 Pineapple Tapioca Pudding [C]
- R-12 *Spicy Baked Apples* [M]
- R-13 Glazed Fruit Kabobs [C] [M]
- R-14 Crimson Berry Pears [C]
- R-15 Chunky Cherry Applesauce [C]
- R-36 *Ruby Glow Salad* [N]
- R-54 *Surprise Muffins* [C]
- R-57 Cinnamon Pull-Aparts [C]
- R-62 No-Bake Peanut Butter Crunchies [C]
- R-66 Creamy Custard Pie [C]

Eggs

- R-11 Sunny Morning French Toast [C]
- R-32 *Golden Omelet* [C]
- R-33 Deviled Eggs [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]

Fish and Shellfish

- R-28 *Orange-Parsley Fish Fillets* [M]
- R-29 Crab Cakes [C]
- R-41 New England Clam Chowder [M]

[C]—Conventional cooking [M]—Microwave cooking [N]—No-cook recipe

Fruits and Fruit Juices

- R-2 Pineapple Tapioca Pudding [C]
- R-12 Spicy Baked Apples [M]
- R-13 Glazed Fruit Kabobs [C] [M]
- R-14 Crimson Berry Pears [C]
- R-15 Chunky Cherry Applesauce [C]
- R-36 Ruby Glow Salad [N]
- R-38 Luscious Lemon Salad [C]
- R-47 Banana Mountains [N]
- R-50 Rosy Cider [M]
- R-52 Banana Peach Smoothie [N]
- R-53 Iced Citrus Tea [C]
- R-54 Surprise Muffins [C]
- R-56 Berry Blue Pancakes [C]
- R-58 Jammin' Bars [C]
- R-59 Cranberry Oat Crunchers [C]
- R-63 Tropical Layer Cake [C]
- R-64 Cherry Pie [C]
- R-65 Banana Cream Pie [N]

Grains

(See also Breads, Pasta)

- R-8 Moroccan Couscous [M]
- R-10 Jamaican Beans and Rice [C]
- R-48 Zesty Popcorn Crunch [N]

Ham

- R-32 Golden Omelet [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]

Legumes

- R-10 Jamaican Beans and Rice [C]
- R-20 Southwest Salad [N]
- R-21 Baked Black Beans [C] [M]
- R-22 Broccoli and Tofu Stir-Fry [C]
- R-23 White Beans with Tomatoes [C] [M]
- R-30 Pork and Salsa Burritos [M]
- R-48 Zesty Popcorn Crunch [N]
- R-49 Hummus [N]

Main Dishes

- R-3 Turkey à la King [C]
- R-9 Linguini Primavera [C] [M]
- R-22 Broccoli and Tofu Stir-Fry [C]
- R-24 Magic Crust Chicken [C]
- R-25 Italian-Style Chicken Strips [C]

- R-26 Chunky Chili [C]
- R-27 Turkey Joes [C] [M]
- R-28 Orange-Parsley Fish Fillets [M]
- R-29 Crab Cakes [C]
- R-30 Pork and Salsa Burritos [M]
- R-31 Mini Meat Loaves [C]
- R-32 Golden Omelet [C]
- R-34 Hole-in-One (Biscuit and Egg) [C]
- R-35 Souffléed Omelet [C]
- R-42 Easy Posole Stew [C]
- R-43 Jade and Ruby Stir-Fry [C]
- R-44 Pipes and Strings [C] [M]
- R-45 Veggie Pizza [C]
- R-46 Hot Pita Pockets [M]

Meats

(See Beef; Ham; Pork)

Milk

- R-1 Almond Spice Cocoa [M]
- R-2 Pineapple Tapioca Pudding [C]
- R-3 Turkey à la King [C]
- R-41 New England Clam Chowder [M]
- R-51 Chai [C]

Nuts and Seeds

- R-22 Broccoli and Tofu Stir-Fry [C]
- R-48 Zesty Popcorn Crunch [N]
- R-55 Biscuit Twists [C]

Pasta

- R-9 Linguini Primavera [C] [M]
- R-44 Pipes and Strings [C] [M]

Pies

- R-64 Cherry Pie [C]
- R-65 Banana Cream Pie [N]
- R-66 Creamy Custard Pie [C]

Pork

(See also Ham)

- R-30 Pork and Salsa Burritos [M]

Poultry

(See Chicken; Turkey)

Rice

(See Grains)

[C]—Conventional cooking [M]—Microwave cooking [N]—No-cook recipe

Continued on next page

Salads

- R-20 *Southwest Salad* [N]
- R-36 *Ruby Glow Salad* [N]
- R-37 Carrot and Cabbage Salad [N]
- R-38 Luscious Lemon Salad [C]
- R-46 Hot Pita Pockets [M]

Sandwiches

- R-27 Turkey Joes [C] [M]
- R-30 *Pork and Salsa Burritos* [M]
- R-46 Hot Pita Pockets [M]

Snacks

(See also Beverages, Breads, Cookies, Desserts, Salads, Soups)

- R-5 Dill Dip [N]
- R-6 Onion Dip [N]
- R-7 Hot & Spicy Cheese Dip [M]
- R-13 Glazed Fruit Kabobs [C] [M]
- R-17 Fresh Vegetable Tray [N]
- R-33 Deviled Eggs [C]
- R-46 Hot Pita Pockets [M]
- R-47 *Banana Mountains* [N]
- R-48 Zesty Popcorn Crunch [N]
- R-49 Hummus [N]

Soups

- R-39 *Egg Drop Soup* [C]
- R-40 Golden Potato Soup [C]
- R-41 New England Clam Chowder [M]

Tofu

- R-22 Broccoli and Tofu Stir-Fry [C]

Turkey

- R-3 Turkey à la King [C]
- R-27 Turkey Joes [C] [M]

- R-44 Pipes and Strings [C] [M]
- R-46 Hot Pita Pockets [M]

Vegetables

- R-3 Turkey à la King [C]
- R-4 *Cheesy Potato Bake* [C]
- R-8 *Moroccan Couscous* [M]
- R-9 Linguini Primavera [C] [M]
- R-16 *Favorite Green Beans* [C]
- R-17 Fresh Vegetable Tray [N]
- R-18 Tasty Summer Squash [C] [M]
- R-19 Succotash [C] [M]
- R-20 *Southwest Salad* [N]
- R-22 Broccoli and Tofu Stir-Fry [C]
- R-23 White Beans with Tomatoes [C] [M]
- R-30 *Pork and Salsa Burritos* [M]
- R-37 Carrot and Cabbage Salad [N]
- R-40 Golden Potato Soup [C]
- R-42 *Easy Posole Stew* [C]
- R-43 Jade and Ruby Stir-Fry [C]
- R-44 Pipes and Strings [C] [M]
- R-45 Veggie Pizza [C]
- R-46 Hot Pita Pockets [M]

Vegetarian Main Dishes

- R-9 Linguini Primavera [C] [M]
- R-22 Broccoli and Tofu Stir-Fry [C]
- R-35 Souffléed Omelet [C]
- R-42 *Easy Posole Stew* [C]
- R-45 Veggie Pizza [C]

Yogurt

- R-5 Dill Dip [N]
- R-6 Onion Dip [N]
- R-33 Deviled Eggs [C]
- R-52 Banana Peach Smoothie [N]
- R-65 Banana Cream Pie [N]

Sample Menus

If you wish, the recipes in the *Discovering Food and Nutrition* Foods Labs & Recipes booklet can be combined into menus. You might have each student group prepare one of the foods on the menu, then share the results with the other groups. Another option is to have each group prepare all the foods on the menu in order to practice organizing meal preparation. Following are some suggested menus.

<p>Breakfast Menu 1 Hole-in-One (R-34) Fresh Fruit Cup Milk</p>	<p>Lunch Menu 1 Veggie Pizza (R-45) Spicy Baked Apples (R-12) Milk</p>	<p>Dinner Menu 1 Mini Meat Loaves (R-31) Favorite Green Beans (R-16) Biscuit Twists (R-55) Glazed Fruit Kabobs (R-13) Milk</p>
<p>Breakfast Menu 2 Sunny Morning French Toast (R-11) Banana Peach Smoothie (R-52)</p>	<p>Lunch Menu 2 Turkey à la King (R-3) Crimson Berry Pears (R-14) Iced Tea</p>	<p>Dinner Menu 2 Broccoli and Tofu Stir-Fry (R-22) Steamed Rice Ruby Glow Salad (R-36) Hot Tea</p>
<p>Breakfast Menu 3 Souffléed Omelet (R-35) Sausage Links Milk</p>	<p>Lunch Menu 3 Turkey Joes (R-27) Carrot and Cabbage Salad (R-37) Chunky Cherry Applesauce (R-15) Milk</p>	<p>Dinner Menu 3 Easy Posole Stew (R-42) Bread Bowls Tossed Salad with Dressing Iced Citrus Tea (R-53)</p>
<p>Chinese Dinner Menu Egg Drop Soup (R-39) Jade and Ruby Stir-Fry (R-43) Steamed Rice Almond Cookies Hot Tea</p>	<p>New England/Southern Menu New England Clam Chowder (R-41) Crab Cakes (R-29) Black-eyed Pea Salad Cornbread Peach Pie Iced Tea Coffee</p>	<p>Saturday Movie Night Dill Dip (R-5) Onion Dip (R-6) Hot & Spicy Cheese Dip (R-7) Zesty Popcorn Crunch (R-48) Pita Triangles Tortilla Chips Fresh Vegetable Tray (R-17) Iced Citrus Tea (R-53)</p>

Recipe 1

Almond-Spice Cocoa

Yield: 4 servings

- ¼ cup unsweetened cocoa powder
- ¼ cup sugar
- ¼ cup water
- 4 cups fat-free milk
- ½ tsp. almond extract
- ½ tsp. ground cinnamon
- dash ground nutmeg

1. Combine cocoa powder, sugar, and water in a 2-qt. microwave-safe container. Stir until well mixed.
2. Microwave at 100% power, uncovered, for 30 seconds to 1 minute until cocoa and sugar dissolve.
3. Stir in milk, almond extract, cinnamon, and nutmeg.
4. Microwave at 50% power, uncovered, for 4 to 5 minutes or until thoroughly heated but not boiling. Stir after 2 minutes and again at the end of cooking.
5. Pour into mugs and serve hot.

Nutrition Notes

Per serving: 146 calories, 1 g fat
 Good source of: potassium, magnesium, iron, vitamin A, vitamin D, riboflavin, vitamin B₁₂, calcium, phosphorus

Did You Know?

Cocoa beans, which come from the cacao tree, were once considered so valuable they were used as money.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Recipe 1 Almond-Spice Cocoa (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Cocoa powder and sugar are completely dissolved.			
Mixture did not boil over in the microwave.			
Ingredients are well blended.			
Almond-Spice Cocoa has a good flavor.			
Almond-Spice Cocoa is served hot.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 2

Pineapple Tapioca Pudding

Yield: 4 servings

- 1 can (8 oz.) crushed pineapple in juice
- 1 can (12 oz.) fat-free evaporated milk
- 1 package (3 oz.) fat-free cook-and-serve tapioca pudding mix
- 4 mint sprigs (optional)

1. Drain pineapple and measure ½ cup juice. If necessary, press pineapple with a spoon to extract juice.
2. Combine pineapple juice and evaporated milk in a heavy 2-qt. saucepan. Add pudding mix and stir until well blended.
3. Cook mixture over medium heat, stirring constantly, until it comes to a full boil. Remove from heat.
4. Stir in pineapple. Let cool 15 minutes, stirring after 8 minutes.
5. Spoon pudding into 4 individual serving dishes. Cover and refrigerate until set.
6. Serve garnished with mint sprigs, if desired.

Nutrition Notes

Per serving: 165 calories, trace of fat
 Good source of: protein, potassium, vitamin A, vitamin D, riboflavin, calcium, phosphorus

Did You Know?

Tapioca is a starchy substance that comes from the *cassava* (cah-SAH-vah), a tropical root vegetable. Cassava is a staple food in South America and Africa.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Pineapple Tapioca Pudding has a thick, creamy consistency.			
Pineapple Tapioca Pudding is free of lumps.			
Pineapple is evenly distributed.			
Pineapple Tapioca Pudding has a good flavor.			
Pineapple Tapioca Pudding is served chilled.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 3

Turkey à la King

Yield: 4 servings

- 4 slices bread, toasted
- 2 Tbsp. butter or margarine
- 2 Tbsp. all-purpose flour
- 1/8 tsp. ground black pepper
- 1 1/2 cups fat-free milk
- 3 cups frozen oriental-style mixed vegetables, thawed
- 1/2 lb. smoked turkey breast meat, cut into 1/2-inch cubes
- 1/2 tsp. Worcestershire sauce
- 1 Tbsp. grated Parmesan cheese

1. Cut each slice of toast diagonally to form 2 triangles. Put 2 triangles on each of 4 plates and set aside.
2. Melt butter or margarine in a large, nonstick skillet over low heat. Blend in flour and pepper.
3. Cook over low heat, stirring constantly, until mixture is thick and bubbly. Remove from heat.
4. Blend in milk, a little at a time, until all milk is added and mixture is smooth.
5. Return pan to heat. Add vegetables. Cook over low heat, stirring constantly, until mixture thickens and vegetables are tender-crisp.
6. Stir in turkey and Worcestershire sauce. Cook and stir another 2 minutes or until hot.
7. Spoon 1/4 of mixture over the toast triangles on each plate. Sprinkle with Parmesan cheese. Serve hot.

Nutrition Notes

Per serving: 346 calories, 13 g fat
 Good source of: protein, potassium, magnesium, iron, vitamin A, vitamin D, vitamin E, vitamin C, thiamin, riboflavin, niacin, folate, calcium, phosphorus, fiber

Did You Know?

The term “à la king” refers to a creamed dish that is usually flavored with pimientos, mushrooms, and green peppers. However, the possible flavor combinations are endless.

Recipe 3 Turkey à la King (continued)

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Sauce is smooth and free of lumps.			
Vegetables are tender-crisp.			
Vegetables are a bright color.			
Turkey à la King has a pleasant flavor and texture.			
Turkey à la King is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Yield: 4 servings



Cheesy Potato Bake

- 2 large baking potatoes
- 1 Tbsp. butter or margarine, melted
- 1/8 tsp. garlic salt
- 1/8 tsp. ground black pepper
- 1 Tbsp. chopped fresh parsley
- 2/3 cup shredded Swiss cheese
- 1 Tbsp. grated Parmesan cheese

1. Preheat oven to 500°F. Lightly grease a 9 × 1-inch pie dish.
2. Peel potatoes. Slice crosswise into 1/8-inch slices. Arrange potato slices in pie dish by overlapping them from the outside edge toward the center.
3. Combine melted butter or margarine, garlic salt, and pepper in a small bowl. Brush mixture over potatoes.
4. Bake 20 minutes or until potatoes are tender when pierced with a fork. Remove from oven and turn oven off.
5. Sprinkle potatoes with parsley, Swiss cheese, and Parmesan cheese.
6. Place potatoes back in still-hot oven for 1 minute or until cheese is melted. Serve hot.

Nutrition Notes

Per serving: 172 calories, 8 g fat
Good source of: protein, vitamin C,
vitamin B₆, calcium, phosphorus

Did You Know?

Have you ever wondered how the holes get into Swiss cheese? The holes are caused by the expansion of gas within the cheese curd during the ripening process.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Potatoes are fork-tender with no hard spots.			
Cheese is evenly melted with a creamy, smooth texture.			
Cheese contains no hard pieces or brown spots.			
Cheesy Potato Bake is well seasoned and has a pleasant flavor.			
Cheesy Potato Bake is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Dill Dip

Yield: 1¹/₄ cups

1 cup	plain, nonfat yogurt
¼ cup	low-fat mayonnaise
1 tsp.	white or cider vinegar
2 Tbsp.	minced fresh parsley
1 Tbsp.	minced green onion
2 tsp.	minced fresh dill leaves
	dill sprig (for garnish)

1. Blend yogurt, mayonnaise, and vinegar in a medium bowl until smooth.
2. Stir in parsley, onion, and dill. Mix until well combined.
3. Refrigerate in a covered container for at least 30 minutes before serving.
4. Garnish with a dill sprig just before serving. Serve with raw vegetables, such as carrots and celery sticks, or tortilla chips.

Nutrition Notes

Per ¼-cup serving: 42 calories, 2 g fat
Good source of: vitamin E, calcium

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Dill Dip is well blended with a creamy texture.			
Herbs and onion are cut in small pieces.			
Dill Dip has a pleasing flavor.			
Dill Dip is served chilled.			
Dill Dip is attractively garnished.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 6

Onion Dip

Yield: 1¹/₄ cups

- 1 cup plain, nonfat yogurt
- ¼ cup low-fat mayonnaise
- 2 Tbsp. dry onion soup mix
- ⅛ tsp. garlic powder
- 1 Tbsp. canned, minced jalapeño pepper
- canned jalapeño pepper strips (for garnish)

1. Blend yogurt and mayonnaise in a medium bowl until smooth.
2. Stir in soup mix, garlic powder, and minced jalapeño. Mix until well combined.
3. Refrigerate in a covered container for at least 30 minutes before serving.
4. Garnish with jalapeño strips just before serving. Serve with raw vegetables, such as carrots and celery sticks, or tortilla chips.

Safety Tip: Wash your hands thoroughly with soap and water after handling any type of hot pepper. Peppers contain a natural chemical that causes stinging and burning if it gets in your eyes.

Nutrition Notes

Per ¼-cup serving: 65 calories, 2 g fat
Good source of: vitamin E, calcium

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Onion Dip is well blended with a creamy texture.			
Jalapeño is cut in very small pieces.			
Onion Dip is served chilled.			
Onion Dip has a pleasing flavor.			
Onion Dip is attractively garnished.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 7

Hot & Spicy Cheese Dip

Yield: 1¹/₂ cups

½ lb.	loaf-type light process cheese
½ cup	chopped tomato
¼ cup	canned, chopped green chilies, undrained
1 Tbsp.	finely chopped onion
2 to 4 dashes	hot pepper sauce

1. Cut cheese into 1-inch cubes.
2. Combine cheese, tomato, chilies, onion, and pepper sauce in a medium microwave-safe bowl.
3. Microwave at 70% power for 2 minutes. Stir.
4. Microwave another 1 to 2 minutes longer, stirring every 30 seconds until cheese is melted and dip is hot.
5. Serve hot with raw vegetables or tortilla chips.

Safety Tip: Wash your hands thoroughly with soap and water after handling any type of hot pepper. Peppers contain a natural chemical that causes stinging and burning if it gets in your eyes.

Nutrition Notes

Per ¼-cup serving: 130 calories, 9 g fat

Good source of: protein, vitamin A, riboflavin, calcium, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Hot & Spicy Cheese Dip is well blended and has a pleasant flavor.			
Tomatoes are uniformly chopped.			
Onion is finely chopped.			
Cheese is thoroughly melted.			
Hot & Spicy Cheese Dip is served hot.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Moroccan Couscous

Yield: 4 servings

- 3/4 cup vegetable broth or low-fat chicken broth
- 1 cup couscous, uncooked
- 2 Tbsp. chopped onion
- 1 tsp. olive oil
- 2 cups frozen mixed vegetables
- 1 cup chopped fresh tomatoes
- 3/4 tsp. ground ginger
- 1/2 tsp. ground turmeric

1. Microwave broth in a medium microwave-safe bowl at 100% power for 3 to 4 minutes or until it boils.
2. Stir in couscous. Cover and let stand 5 minutes.
3. Combine onion and oil in another medium microwave-safe bowl. Microwave at 100% power for 1 minute or until tender.
4. Add vegetables, tomatoes, ginger, and turmeric to onion mixture. Stir until combined. Cover and microwave at 100% power for 4 to 4 1/2 minutes or until vegetables are tender-crisp.
5. Fluff couscous with a fork. Place it in a serving bowl and spoon vegetable mixture into the center. Serve hot.

Nutrition Notes

Per serving: 181 calories, 2 g fat
Good source of: protein, vitamin A,
vitamin C, niacin

Did You Know?

Couscous (KOOS-koos) is really a type of pasta. In North Africa, it's commonly served as the base for a variety of stews.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 8 Moroccan Couscous (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Couscous is served hot.			
Couscous looks appealing when served.			
Couscous is tender throughout, not hard and chewy or soft and sticky.			
Vegetables are tender-crisp.			
Flavor is well balanced and characteristic of the ingredients.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Linguini Primavera

Yield: 4 servings

- 8 oz. linguini, uncooked
- 1 cup coarsely chopped asparagus or broccoli (1-inch pieces)
- $\frac{3}{4}$ cup thinly sliced carrots
- 1 clove garlic, minced
- 1 Tbsp. olive oil
- 1 cup chopped Roma or cherry tomatoes
- $\frac{3}{4}$ cup yellow or red bell pepper (1-inch pieces)
- 3 Tbsp. grated Parmesan cheese, divided

1. Bring 2 quarts of water to a boil in a large pot.
2. Add pasta slowly to the boiling water. Cook, uncovered, for 4 minutes.
3. Add asparagus or broccoli and carrots. Continue cooking for 4 to 6 minutes or until pasta reaches the al dente stage and vegetables are tender-crisp, stirring occasionally.
4. While the pasta is cooking, microwave garlic and oil in a small microwave-safe dish at 100% power for 1 minute or until garlic is tender.
5. Drain pasta and vegetables and return to pot.
6. Pour garlic oil over pasta mixture and toss to combine.
7. Add tomatoes, bell pepper, and 2 Tbsp. of the cheese. Toss to combine.
8. Pour into a serving bowl. Sprinkle with remaining 1 Tbsp. cheese. Serve hot.

Nutrition Notes

Per serving: 231 calories, 6 g fat
 Good source of: protein, potassium, magnesium, iron, vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, folate, phosphorus, fiber

Did You Know?

In Italian, the word *primavera* (pree-mah-VAY-ruh) means “springtime.” This pasta dish uses fresh, colorful vegetables of the season.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 9 Linguini Primavera (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Linguini is al dente and not sticky.			
Vegetables are tender-crisp.			
Vegetables are cut into bite-size pieces.			
Linguini Primavera has a light, fresh flavor.			
Linguini Primavera is served hot.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 10

Jamaican Beans and Rice

Yield: 4 servings

- 1 cup water
- 1 clove garlic, minced
- 1 cup instant white rice, uncooked
- 1 can (15.5 oz.) kidney beans, undrained
- 1 Tbsp. chopped green onion
- 1 Tbsp. minced fresh thyme leaves
- 2 tsp. minced jalapeño pepper
- dash salt

1. Bring water and garlic to a boil in a 1½-qt. saucepan.
2. Stir in rice. Cover pan and remove from heat. Let stand 5 minutes.
3. Add beans and their liquid, onion, thyme, jalapeño, and salt. Cook and stir over medium heat for 1 to 2 minutes or until thoroughly heated. Serve hot.

Safety Tip: Wash your hands thoroughly with soap and water after handling any type of hot pepper. Peppers contain a natural chemical that causes stinging and burning if it gets in your eyes.

Nutrition Notes

Per serving: 224 calories, 1 g fat
 Good source of: protein, iron, thiamin,
 vitamin B₆, phosphorus, fiber

Did You Know?

A Middle Eastern method of cooking rice, called *pilaf* (PEE-lahf), involves sautéing rice and seasonings in hot oil and then adding a hot liquid. The rice is cooked until all the liquid is absorbed. The result is a flavorful, fluffy rice dish.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 10 Jamaican Beans and Rice (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Rice is tender and not sticky.			
Ingredients are thoroughly blended.			
Jamaican Beans and Rice has a well-balanced flavor.			
Jamaican Beans and Rice is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 11

Sunny Morning French Toast

Yield: 4 servings

- 1 cup fat-free evaporated milk
- 1 egg
- 1 tsp. sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground allspice
- ¼ tsp. vanilla extract
- 1 to 2 tsp. butter or margarine, divided
- 8 slices white, Italian, French, or potato bread, divided

1. Beat milk and egg in a shallow dish with a whisk or fork. Add sugar, cinnamon, allspice, and vanilla. Beat until combined.
2. Heat a large nonstick skillet over medium heat until a drop of water sizzles when added to the pan. Place ½ tsp. of the butter or margarine in skillet and spread evenly.
3. Dip a few slices of bread in milk mixture, turning to coat both sides. Place slices in single layer in hot skillet.
4. Cook over medium heat for 1 to 2 minutes or until toasted on the underside.
5. Turn bread over. Cook 1 to 2 minutes or until other side is toasted. Remove to a plate.
6. Repeat steps 3 to 6 until all bread is toasted, adding more butter to skillet as needed.
7. Serve warm with syrup, applesauce, or sliced bananas.

Nutrition Notes

Per serving: 216 calories, 4 g fat
 Good source of: protein, iron, vitamin A, vitamin D, thiamin, riboflavin, niacin, calcium, phosphorus

Did You Know?

In the United States, French toast is usually served for breakfast. In France, it is served as a dessert and is called *pain perdu* (pahn pehr-DOO), or “lost bread.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Name _____ Date _____ Class Period _____

Recipe 11 Sunny Morning French Toast (continued)

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Bread is evenly coated with egg mixture.			
Bread is evenly toasted.			
Sunny Morning French Toast has a well-blended, pleasing flavor.			
Sunny Morning French Toast is served warm.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 12

Spicy Baked Apples

Yield: 4 servings

- 4 baking apples (such as Rome Beauty or Granny Smith)
- 2 Tbsp. raisins
- 1 Tbsp. cinnamon red hot candies
- ½ cup apple juice

1. Core apples without cutting through the bottom skin. If necessary, cut a thin slice from the bottom of each apple so it will stand straight. Arrange apples in a shallow, microwave-safe baking dish.
2. Combine raisins and candies in a small bowl. Divide mixture evenly and spoon into apples.
3. Pour juice over apples. Cover baking dish with waxed paper.
4. Microwave apples at 100% power for 9 to 11 minutes, rotating dish every 3 minutes. Let stand, covered, for 5 minutes.
5. Serve warm with juice spooned over the top.

Nutrition Notes

Per serving: 116 calories, 1 g fat
Good source of: vitamin C, fiber

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Apples are free of core and seeds.			
Raisins and candies are evenly distributed among apples.			
Apples are soft and tender, but not overcooked or mushy.			
Spicy Baked Apples are served warm.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 13

Glazed Fruit Kabobs

Yield: 4 servings

- | | |
|--------------------|---|
| 24 (1-inch) pieces | assorted fresh fruits such as peach, apple, pear, plum, mango, papaya, pineapple, strawberry, or banana |
| 1 to 2 Tbsp. | raspberry, strawberry, or apricot jam |
| 2 Tbsp. | flaked or shredded coconut |

Note: Soak 4 (6-inch) wooden skewers in water for 20 minutes or overnight.

1. Place oven rack approximately 4 inches from heat source. Preheat broiler.
2. Thread 6 pieces of fruit onto each skewer. Place skewers on grill of broiler pan.
3. Microwave jam in a small microwave-safe bowl at 100% power for 15 to 20 seconds or until melted. Stir until smooth.
4. Lightly brush jam on top and sides of fruit skewers. Broil 2 minutes.
5. Carefully turn skewers over and brush again with jam. Broil 2 minutes or until fruit starts to brown.
6. Brush remaining jam over fruit. Sprinkle 1 Tbsp. of the coconut on a plate. Place fruit skewers on coconut and sprinkle remaining 1 Tbsp. coconut over fruit. Serve warm.

Nutrition Notes

Per serving (mango, pineapple, and banana kabob): 143 calories, 1 g fat
Good source of: potassium, vitamin A, vitamin C, vitamin B₆

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Glazed Fruit Kabobs have a variety of fruit on each skewer.			
Fruit is cut in even pieces.			
Glazed Fruit Kabobs have an even coating of the jam glaze.			
Fruit is soft and has a mellow flavor.			
Glazed Fruit Kabobs are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Crimson Berry Pears

Yield: 4 servings

- 4 pears (such as Bartlett or Bosc)
- 2 cups cranberry-raspberry or cranberry-apple juice
- ¼ tsp. ground cinnamon
- ¼ tsp. vanilla extract

1. Peel the pears, leaving the stems on.
2. Stir together juice, cinnamon, and vanilla in a heavy 2-qt. saucepan. Place pears in juice mixture. Bring to a boil, uncovered.
3. Reduce heat and simmer 10 to 20 minutes or until tender. Baste pears with juice occasionally during cooking.
4. Place pears in a bowl and pour juice over them. Cover with plastic wrap and refrigerate until cold, turning pears often to coat with juice.
5. Serve chilled pears standing upright in a bowl with the juice.

Nutrition Notes

Per serving: 171 calories, 1 g fat
Good source of: vitamin C, fiber

Did You Know?

The length of cooking time will vary depending on the ripeness of the pears. Check very ripe pears early during cooking. Underripe pears may need more cooking time.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

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Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Pears held their shape.			
Pears have an even crimson color.			
Crimson Berry Pears have a well-blended, pleasing flavor.			
Crimson Berry Pears are served chilled.			
Crimson Berry Pears look attractive when served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 15

Chunky Cherry Applesauce

Yield: 5 servings

- | | |
|--------------|---|
| 4 medium | cooking apples (such as Jonathan or Granny Smith) |
| ½ cup | canned, pitted tart red cherries in juice |
| 4 to 5 Tbsp. | sugar, to taste |
| ¼ tsp. | ground cinnamon |
| ½ tsp. | almond extract |

1. Pare and slice apples, removing core and seeds. Cut slices into 2-inch chunks.
2. Drain cherries, reserving ¼ cup juice.
3. Place apples and cherry juice in a 2-qt. saucepan. Cover and cook over medium heat, stirring occasionally, for 12 to 15 minutes or until fruit is very tender and starts to break down into a sauce.
4. Add cherries, 4 Tbsp. of the sugar, cinnamon, and almond extract. Stir, mashing fruit with a wooden spoon to break down to desired consistency. Taste. If necessary, add remaining 1 Tbsp. sugar.
5. Serve warm, if desired, or cover and refrigerate and serve chilled.

Nutrition Notes

Per serving: 129 calories, 0 g fat

Good source of: vitamin C

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Chunky Cherry Applesauce is free from skin, seeds, and core.			
Chunky Cherry Applesauce is a light pink color.			
Chunky Cherry Applesauce has a uniform texture.			
Chunky Cherry Applesauce is well seasoned.			
Chunky Cherry Applesauce has a pleasing flavor.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Favorite Green Beans

Yield: 4 servings

$\frac{3}{4}$ lb.	fresh green beans
$\frac{1}{2}$ cup	water
2 slices	bacon
1 Tbsp.	brown sugar
2 tsp.	cornstarch
$\frac{1}{2}$ tsp.	dry mustard
1 Tbsp.	cider vinegar
2 Tbsp.	chopped onion

1. Remove stems from beans. Cut beans into 2-inch pieces.
2. Bring water to a boil in a 2-qt. saucepan. Add the beans. Simmer, covered, over medium heat until tender-crisp, about 15 minutes.
3. Meanwhile, cook bacon in medium skillet until crisp. Drain, crumble, and set aside. Keep skillet out for step 6.
4. Combine brown sugar, cornstarch, mustard, and cider vinegar in a small bowl. Set aside.
5. When beans have finished cooking, drain the liquid into a measuring cup. Measure $\frac{1}{3}$ cup liquid.
6. Cook onion in skillet until tender, about 1 minute. Stir in reserved $\frac{1}{3}$ cup bean liquid. Add brown sugar mixture, stirring constantly. Cook until mixture thickens and looks clear, about 1 minute.
7. Add beans and bacon. Stir until coated with glaze. Serve hot.

Nutrition Notes

Per serving: 69 calories, 2 g fat

Good source of: vitamin C

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 16 Favorite Green Beans (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Beans are free from stems and are cut into uniform pieces.			
Beans are tender-crisp.			
Beans are a bright green color.			
Glaze is well blended and free of lumps.			
Beans are evenly coated with the glaze.			
Favorite Green Beans is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 17

Fresh Vegetable Tray

Yield: 4 servings

- 2 medium carrots
- 2 ribs celery
- ½ small jicama
- 1 small red or yellow bell pepper

1. Wash vegetables under cold running water. Scrub with a vegetable brush to remove any dirt if necessary.
2. Peel carrots and cut into slices, chunks, or thin circles.
3. Cut celery into slices, chunks, or small diagonal pieces.
4. Peel jicama. Slice into ¼-inch slices. Cut each slice into matchsticks or wedges, or use small cookie cutters to cut designs.
5. Cut bell pepper in half. Remove stem, seeds, and veins. Cut in thin slices, strips, or triangle-shaped wedges.
6. Arrange vegetables in an attractive pattern on a serving plate. Serve with a favorite dip or salad dressing.

Nutrition Notes

Per serving (vegetables only): 31 calories,
 0 g fat
 Good source of: vitamin A, vitamin C, fiber

Did You Know?

Jicama (HEE-kah-muh) is a root vegetable that is similar in flavor and texture to water chestnuts. If jicama is not available, try substituting canned, sliced water chestnuts or another fresh vegetable.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Vegetables are clean.			
Vegetables are cut in a variety of shapes.			
Vegetables are crisp.			
Vegetables are attractively arranged.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 18

Tasty Summer Squash

Yield: 4 servings

- 1 cup thinly sliced yellow squash
- 1 cup thinly sliced zucchini
- ¼ cup chopped red onion
- ½ cup chopped red bell pepper
- ½ tsp. chopped jalapeño pepper (optional)
- ¼ cup chopped unsalted peanuts
- ½ tsp. lemon pepper seasoning
- 1 tsp. butter or margarine, melted

Rangetop Directions

1. Place squash, zucchini, onion, and bell pepper in a steamer basket inside a pan with a small amount of water. Cover pan.
2. Bring water to a boil. Steam vegetables 4 to 6 minutes or until tender-crisp.
3. Stir steamed vegetables, jalapeño (if desired), peanuts, lemon pepper seasoning, and butter or margarine in a large bowl until well combined. Serve hot.

Microwave Directions

1. Place squash, zucchini, onion, and bell pepper in a 2-qt. microwave-safe baking dish. Cover with waxed paper. Microwave at 100% power for 3 minutes or until tender-crisp, stirring after 1½ minutes.
2. Stir in jalapeño (if desired), peanuts, seasoning, and butter or margarine until well combined. Serve hot.

Safety Tip: Wash your hands thoroughly with soap and water after handling any type of hot pepper. Peppers contain a natural chemical that causes stinging and burning if it gets in your eyes.

Nutrition Notes

Per serving: 77 calories, 6 g fat
 Good source of: vitamin C

Did You Know?

Peanuts aren't nuts! Peanuts are actually legumes that grow underground. They are also known as groundnuts, earthnuts, and "goober peas"—from the African word *nguba*.

Continued on next page

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Vegetables are tender-crisp.			
Vegetables are bright colors.			
Tasty Summer Squash is well blended.			
Tasty Summer Squash is well seasoned and has a good flavor.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 19

Succotash

Yield: 4 servings

- 2 Tbsp. water
- 1¼ cups frozen sweet corn kernels
- 1¼ cups frozen lima beans
- 2 Tbsp. canned roasted red pepper, drained and diced
- 1 tsp. chopped fresh thyme
- 1 tsp. butter or margarine
- dash salt
- dash ground black pepper

Rangetop Directions

1. Combine water, corn, and lima beans in a 1-qt. saucepan. Cook over medium-high heat until water comes to a boil.
2. Cover saucepan and cook over medium heat for 3 to 5 minutes or until vegetables are tender-crisp.
3. Add roasted pepper, thyme, butter or margarine, salt, and pepper. Stir until butter is melted. Serve hot.

Microwave Directions

1. Combine water, corn, and beans in a 1-qt. microwave-safe baking dish. Cover with waxed paper.
2. Microwave at 100% power for 4 minutes or until vegetables are tender-crisp, stirring after 2 minutes.
3. Add roasted pepper, thyme, butter or margarine, salt, and pepper. Stir until butter is melted. Serve hot.

Nutrition Notes

Per serving: 105 calories, 1 g fat
 Good source of: protein, vitamin E,
 vitamin C, fiber

Did You Know?

Succotash gets its name from a Native American word—*msickquatash*—which means “boiled kernels of corn.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right

Product Goals	Very Good	Good	Needs Improvement
Vegetables are tender-crisp.			
Succotash has deep yellow corn kernels and bright green lima beans.			
Ingredients are well blended.			
Thyme has been chopped into small pieces.			
Succotash is attractively served.			

that best describes how well the finished product meets that goal.

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Southwest Salad

Yield: 4 servings

- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (11 oz.) sweet corn, drained
- 2 Tbsp. chopped green onions
- 2 Tbsp. chopped cilantro leaves
- ½ tsp. chili powder
- ¼ tsp. ground cumin
- ¼ cup prepared low-fat vinaigrette salad dressing

1. In a large bowl, stir together all ingredients except salad dressing until well combined.
2. Divide mixture evenly among four salad plates.
3. Drizzle 1 Tbsp. dressing over each serving. Serve immediately.

Nutrition Notes

Per serving: 222 calories, 3 g fat
 Good source of: protein, potassium, magnesium, iron, zinc, vitamin E, vitamin C, thiamin, folate, phosphorus, fiber

Did You Know?

Dry beans have long been important in Southwest cuisine. Cowboy cooks, also known as “range cooks,” traveled with cowboys on the long trails to get cattle from ranches to the marketplace. A cowboy cook would never go out on the trail without a good supply of dry beans. In fact, mealtimes on the range were often called “bean time.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Beans and corn are thoroughly drained.			
Ingredients are well combined.			
Southwest Salad is well seasoned.			
Southwest Salad has a fresh, pleasant flavor.			
Southwest Salad is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 21

Baked Black Beans

Yield: 4 servings

- | | |
|----------------|---------------------------|
| 1 can (15 oz.) | black beans |
| ¼ cup | chopped green bell pepper |
| 2 Tbsp. | chopped onion |
| ¼ tsp. | garlic powder |
| ¼ tsp. | ground cumin |
| ¼ tsp. | dried oregano leaves |
| 1 tsp. | cider vinegar |

Conventional Oven Directions

1. Preheat oven to 350°F.
2. Drain ¼ cup of liquid from beans and discard.
3. Combine beans and remaining liquid, bell pepper, onion, garlic powder, cumin, oregano, and vinegar in a 1-qt. baking dish.
4. Bake, uncovered, for 30 minutes, stirring every 10 minutes. Serve hot.

Microwave Directions

1. Drain ¼ cup of liquid from beans and discard.
2. Combine bell pepper and onion in a 1-qt. microwave-safe baking dish. Cover with waxed paper. Microwave at 100% power for 60 seconds.
3. Stir in beans and remaining liquid, garlic powder, cumin, oregano, and vinegar. Cover with waxed paper. Microwave at 100% power for 90 seconds, stirring every 30 seconds, or until hot. Serve hot.

Nutrition Notes

Per serving: 118 calories, 1 g fat
 Good source of: magnesium, iron, thiamin, folate, phosphorus, fiber

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Did You Know?

Black beans, also called “turtle beans,” are important in Latin American cuisine and appear in many recipes, such as Black Bean Soup. In Cuba, they are often served as a side dish, along with rice and french fries.

Recipe 21 Baked Black Beans (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Ingredients are well combined.			
Bell pepper and onion are evenly chopped.			
Baked Black Beans are well seasoned and flavorful.			
Baked Black Beans are served hot.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 22

Broccoli and Tofu Stir-Fry

Yield: 4 servings

- | | |
|--------------------|---|
| 1 package (12 oz.) | extra-firm tofu, cut into ½-inch pieces |
| 3 Tbsp. | reduced-sodium soy sauce |
| 2 tsp. | vegetable oil |
| ½ cup | thinly sliced onion |
| 2 cups | broccoli florets |
| 1 cup | green or red bell pepper chunks (1-inch pieces) |
| ½ cup | sliced water chestnuts |
| ½ tsp. | ground ginger |
| 1 tsp. | sesame seeds (optional) |
| | hot cooked rice or pasta |

1. Place tofu in a single layer in a pie dish or baking pan. Pour soy sauce over tofu, tossing to coat all pieces. Marinate for 10 to 15 minutes.
2. Heat a wok or large, nonstick skillet over medium-high heat until a drop of water sizzles when added to the pan.
3. Add oil and onion. Stir-fry for 1 minute.
4. Push onion to the sides of the pan and add broccoli to the center. Stir-fry for 5 minutes.
5. Push broccoli to the sides of the pan. Add bell pepper, water chestnuts, and ginger. Stir-fry for 1 to 2 minutes or until all vegetables are tender-crisp.
6. Add marinated tofu. Gently stir-fry for 1 to 2 minutes or until hot.
7. Sprinkle with sesame seeds, if desired. Serve over hot rice or pasta.

Nutrition Notes

Per serving (stir-fry only): 127 calories, 6 g fat

Good source of: protein, iron, vitamin E, vitamin C, folate, calcium, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 22 Broccoli and Tofu Stir-Fry (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Tofu is cut into uniform pieces.			
Vegetables are cut into even pieces.			
Vegetables are tender-crisp.			
Tofu was stirred gently and did not break into small pieces.			
Broccoli and Tofu Stir-Fry is well seasoned and has a good flavor.			
Broccoli and Tofu Stir-Fry is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 23

White Beans with Tomatoes

Yield: 4 servings

- 1 tsp. olive oil
- ½ cup chopped green bell pepper
- 2 Tbsp. chopped onion
- 1 tsp. Dijon-style mustard
- 1 can (15 oz.) great northern beans, rinsed and drained
- 1 cup chopped tomato
- 1 Tbsp. chopped fresh basil leaves
- dash ground black pepper

Rangetop Directions

1. Heat a large nonstick skillet over medium heat until a drop of water sizzles when added to the skillet. Add oil and turn pan so oil coats the surface.
2. Add bell pepper and onion. Cook and stir 1 to 2 minutes or until tender-crisp.
3. Stir in mustard, beans, tomato, basil, and black pepper. Gently stir and heat for 1 to 2 minutes or until thoroughly heated. Serve hot.

Microwave Directions

1. Stir together oil, bell pepper, and onion in a 2-qt. microwave-safe baking dish. Cover with waxed paper.
2. Microwave at 100% power for 90 seconds or until tender-crisp.
3. Stir in mustard, beans, tomato, basil, and black pepper. Cover with waxed paper. Microwave at 100% power for 60 to 90 seconds or until thoroughly heated. Serve hot.

Nutrition Notes

Per serving: 156 calories, 2 g fat

Good source of: protein, potassium, magnesium, iron, vitamin C, thiamin, vitamin B₆, folate, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 23 White Beans with Tomatoes (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Ingredients are well blended.			
Vegetables have a fresh flavor.			
White Beans with Tomatoes is pleasantly seasoned.			
White Beans with Tomatoes is served hot.			
White Beans with Tomatoes is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Magic Crust Chicken

Yield: 4 servings

1 1/3 cups	peeled and shredded potatoes (2-3 potatoes, depending upon size)
3 Tbsp.	dijon-style mustard
1 clove	garlic, minced
4 (6 oz. each)	boneless, skinless chicken breast halves, pounded about 1/4-inch thick
1 1/2 tsp.	olive oil
	ground black pepper, to taste
	minced fresh parsley or chives, to taste

1. Preheat oven to 425°F.
2. Combine mustard and garlic in a small bowl.
3. Rinse the chicken and pat dry. Place in foil-lined baking dish.
4. Spread mustard mixture evenly over chicken.
5. Drain the shredded potatoes; pat dry with paper towel. In bowl, toss potato shreds with olive oil, mixing well.
6. Spread about 1/3 cup potato shreds evenly over each chicken breast to form a crust.
7. Bake for 20 minutes or until chicken is cooked to an internal temperature of 170°F and potato is golden brown. (If potatoes are not browning, broil for 5 minutes or until golden brown, watching closely.)
8. Sprinkle with pepper and chopped herbs to taste.
9. Serve immediately.

Nutrition Notes

Per serving: 256 calories, 6 g fat, 94 mg cholesterol, 356 mg sodium

Good source of: protein, potassium, magnesium, vitamin C, vitamin B₆, pantothenic acid, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Magic Crust Chicken is well seasoned.			
The crust is nicely browned.			
Magic Crust Chicken looks attractive when served.			
The chicken is served hot.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 25

Italian-Style Chicken Strips

Yield: 4 servings

- ¼ cup Italian-style dry bread crumbs
- ½ tsp. Italian seasoning
- ½ tsp. garlic salt
- ½ tsp. ground black pepper
- 1 lb. boneless chicken breast tenders
- 1 tsp. olive oil
- ½ cup prepared spaghetti sauce, heated

1. Preheat oven to 425°F.
2. Combine bread crumbs, Italian seasoning, garlic salt, and pepper in a medium bowl.
3. Cut chicken crosswise into ½-inch strips. Place chicken in bowl with bread crumb mixture and stir to coat all pieces.
4. Place chicken in a single layer on a nonstick baking sheet. Drizzle oil over chicken.
5. Bake 9 minutes. Turn pieces over. Bake another 7 to 11 minutes or until thoroughly cooked.
6. Serve hot with spaghetti sauce on the side.

Nutrition Notes

Per serving: 256 calories, 7 g fat
Good source of: protein, potassium,
magnesium, niacin, vitamin B₆, phosphorus

Did You Know?

The word *pollo* (POH-yoh) is Italian AND Spanish for “chicken.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Chicken is thoroughly cooked.			
Chicken is moist, not dry or chewy.			
Chicken is evenly coated.			
Italian-Style Chicken Strips are nicely seasoned.			
Italian-Style Chicken Strips are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Chunky Chili

Yield: 6 servings

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 lb. lean ground beef
- 1 medium red or yellow bell pepper, seeded and chopped
- 1 jalapeño or hot pepper, seeded, deveined, and chopped
- 1 to 2 Tbsp. chili powder
- 1 to 2 Tbsp. cumin
- 1 can (28 oz.) seasoned tomatoes, diced, undrained
- 1 can (8 oz.) low-sodium tomato sauce
- 1 can (15 oz.) kidney beans, drained and rinsed

1. Heat oil in a Dutch oven. Add onion and garlic and cook until nicely browned.
2. Add ground beef to the onion mixture. Brown beef about 5 minutes, stirring to break meat into pieces. Remove excess liquid and fat using a baster.
3. Add bell and jalapeño peppers, chili powder, and cumin to meat mixture and stir together.
4. Add tomatoes and their juice and tomato sauce. Stir thoroughly.
5. Add the kidney beans to the meat and tomato mixture using a rubber spatula. Stir in the beans gently to avoid breaking them.
6. Cover and simmer gently for 30 minutes or until the flavors blend. Stir occasionally. Serve hot.

Nutrition Notes

Per serving: 323 calories, 13 g fat, 49 mg cholesterol, 735 mg sodium

Good source of: protein, potassium, magnesium, iron, zinc, vitamin A, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, calcium, phosphorus, fiber

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Chunky Chili is well seasoned.			
Each of the individual chili ingredients is well cooked.			
Chunky Chili is attractively served.			
Chunky Chili is thoroughly cooked and served hot.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Turkey Joes

Yield: 5 servings

- 1 lb. ground turkey
- 1/3 cup chopped onion
- 1 cup prepared barbecue sauce
- 1/4 cup water
- 2 Tbsp. tomato paste
- 5 hamburger buns

Rangetop Directions

1. Cook turkey and onion in a large nonstick skillet over medium heat for 5 to 7 minutes until turkey is browned. Stir frequently to break up turkey.
2. Drain turkey mixture and return to skillet.
3. Stir in barbecue sauce, water, and tomato paste.
4. Cook over low heat for 4 to 5 minutes or until hot.
5. Spoon mixture evenly into buns. Serve immediately.

Microwave Directions

1. Combine turkey and onion in a 2-qt. microwave-safe baking dish. Cover with waxed paper. Microwave at 100% power for 4 to 5 minutes, stirring and breaking turkey apart every 2 minutes.
2. Check turkey for doneness. If necessary, microwave at 100% power 30 seconds at a time until turkey is done.
3. Drain turkey mixture and return to baking dish.
4. Stir in barbecue sauce, water, and tomato paste.
5. Microwave at 100% power for 1 to 2 minutes or until hot, stirring every minute.
6. Spoon mixture evenly into buns. Serve immediately.

Nutrition Notes

Per serving: 303 calories, 6 g fat

Good source of: protein, potassium, magnesium, iron, zinc, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 27 Turkey Joes (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Ground turkey is broken into small pieces.			
Ingredients are well blended.			
Turkey Joes have a good flavor.			
Turkey Joes are attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 28

Orange-Parsley Fish Fillets

Yield: 4 servings

- 1 Tbsp. butter or margarine
- 2 Tbsp. chopped fresh parsley
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- ¼ cup orange juice
- 1 lb. sole or cod fillets, thawed if frozen
- 4 orange slices (for garnish)

1. Microwave butter or margarine in a medium microwave-safe baking dish at 100% power until melted.
2. Add parsley, salt, pepper, and orange juice. Stir to combine.
3. Cut fish into four equal portions. Coat both sides of fish with orange juice mixture. Place in single layer in bottom of dish. Cover dish with waxed paper.
4. Microwave at 100% power for 4 to 6 minutes, rotating dish every 2 minutes.
5. Let stand, covered, for 2 to 3 minutes. Test for doneness by making sure the thickest part of the fish flakes easily with a fork.
6. Garnish with orange slices. Serve immediately.

Nutrition Notes

Per serving: 183 calories, 5 g fat

Good source of: protein, potassium, magnesium, vitamin B₆, vitamin B₁₂, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Fish is thoroughly cooked.			
Fish is moist, not dry or tough.			
Fillets are evenly coated with orange juice mixture.			
Orange-Parsley Fish Fillets are pleasantly seasoned.			
Orange-Parsley Fish Fillets are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 29

Crab Cakes

Yield: 4 servings

- | | |
|---------------------|----------------------------|
| 2 cans (6 oz. each) | crabmeat, drained |
| ¾ cup | fresh bread crumbs |
| 2 Tbsp. | chopped green onions |
| 2 Tbsp. | chopped fresh parsley |
| ¼ tsp. | paprika |
| 1 | egg |
| 1 tsp. | Worcestershire sauce |
| 2 to 3 dashes | hot pepper sauce, to taste |
| | lemon wedges |

1. Preheat oven to 350°F. Lightly spray a baking sheet with vegetable oil cooking spray.
2. Combine crabmeat, bread crumbs, onions, parsley, paprika, egg, Worcestershire sauce, and hot pepper sauce in a medium bowl. Stir to thoroughly mix.
3. Place ⅓ cup of crab mixture on baking sheet. Press into a 3½-inch circle with the back of a turner. Repeat three times with remaining crab mixture.
4. Bake for 23 to 25 minutes or until lightly browned. Serve hot with lemon wedges.

Nutrition Notes

Per serving: 128 calories, 3 g fat
 Good source of: protein, potassium, zinc, vitamin C, riboflavin, folate, calcium, phosphorus

Did You Know?

Crab cakes, which are usually fried, are a specialty of the Chesapeake Bay area of Maryland. Recipes for crab cakes date back to the 18th century.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Crab cakes are evenly browned.			
Crab cakes have a tender crust and are moist inside.			
Ingredients are well blended.			
Crab cakes are well seasoned and have a good flavor.			
Crab cakes are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Pork and Salsa Burritos

Yield: 4 servings

- ¼ lb. ground pork
- ¼ tsp. chili powder
- ⅛ tsp. ground cumin
- 1½ cups chopped fresh spinach
- ½ cup fat-free refried beans
- ½ cup prepared chunky salsa
- 4 large (7- to 8-in.) fat-free flour tortillas
- ¼ cup low-fat shredded cheddar cheese

1. Place pork in a 1-qt. microwave-safe bowl. Microwave at 100% power for 2 minutes or until done, stirring every minute. Drain.
2. Add chili powder and cumin. Stir until combined.
3. Stir in spinach, beans, and salsa.
4. Microwave at 100% power for 2 minutes, stirring every minute.
5. Spoon ¼ of filling onto center of each tortilla. Top each with 1 Tbsp. cheese. Fold top and bottom of tortilla over filling; fold sides in towards center, overlapping. Place on a plate, seam-side down. Serve immediately.

Nutrition Notes

Per serving: 201 calories, 5 g fat
 Good source of: protein, potassium, magnesium, iron, vitamin A, vitamin C, thiamin, riboflavin, niacin, folate, phosphorus, fiber

Did You Know?

What's the difference between a burrito and a taco? They may contain some of the same ingredients, but burritos are made with flour tortillas instead of corn.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 30 Pork and Salsa Burritos (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Pork is thoroughly cooked.			
Ingredients are well combined.			
Tortillas are folded to hold in filling.			
Pork and Salsa Burritos are well seasoned and have a good flavor.			
Pork and Salsa Burritos are attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 31

Mini Meat Loaves

Yield: 6 servings

- ½ lb. lean ground beef
- ¼ cup grated carrots
- 2 Tbsp. diced onion
- 1 egg
- ¼ cup dry bread crumbs
- ½ tsp. Mexican seasoning
- 6 Tbsp. prepared salsa

1. Preheat oven to 350°F.
2. Combine ground beef, carrots, onion, egg, bread crumbs, and Mexican seasoning in a medium bowl.
3. Divide mixture into 6 equal portions. Place portions in a standard 6-cup muffin tin. Top each meat loaf with 1 Tbsp. salsa.
4. Bake 20 to 22 minutes or until loaves reach an internal temperature of 160°F.
5. Let stand 5 minutes before serving. Serve hot.

Nutrition Notes

Per serving: 140 calories, 7 g fat
Good source of: protein, iron, zinc,
vitamin A, riboflavin, niacin, vitamin B₁₂

Did You Know?

Salsa usually tastes spicier after it is cooked. Depending on your tastes, you may want to select a mild or medium type for this recipe.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Mini Meat Loaves are thoroughly cooked but not overdone.			
Mini Meat Loaves have a moist texture.			
Ingredients are thoroughly combined.			
Mini Meat Loaves have a good flavor.			
Mini Meat Loaves are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Golden Omelet

Yield: 2 servings

- 3 eggs
- 1 Tbsp. water
- 1 tsp. butter or margarine
- 2 Tbsp. chopped ham
- 2 Tbsp. shredded low-fat cheddar cheese
- 1 tsp. chopped green onion
- salt and ground black pepper, to taste

1. Beat eggs and water until well combined.
2. Heat a small (7- to 8-inch) skillet over medium heat until a drop of water sizzles when added to the pan. Add butter or margarine and turn pan so butter coats surface.
3. Pour egg mixture into skillet. Cook over medium-low heat until eggs begin to set.
4. Lift the edge of the cooked mixture with a spatula, allowing uncooked portion to flow underneath. Continue cooking until omelet is set, but still moist on the surface.
5. Place ham, cheese, and onion on one half of the omelet. Fold the other half over the ham mixture.
6. Continue cooking 1 minute, or until cheese is melted.
7. Slide omelet onto plate. Cut in half and serve immediately. Season with salt and pepper at the table.

Nutrition Notes

Per serving: 159 calories, 11 g fat
Good source of: protein, vitamin A, riboflavin, vitamin B₁₂, phosphorus

Did You Know?

Another type of omelet, called a *frittata* (free-tah-ta) in Italian, is cooked and served flat. The filling is added to the egg mixture before it is cooked.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 32 Golden Omelet (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Eggs are thoroughly cooked.			
Eggs were not stirred during cooking.			
Eggs have a tender, fluffy texture.			
Golden Omelet has a good flavor.			
Golden Omelet is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Deviled Eggs

Yield: 4 servings

- 4 large eggs
- 3 Tbsp. plain, nonfat yogurt
- 1½ tsp. Dijon-style mustard
- 1 tsp. minced fresh chives
- ½ tsp. minced fresh thyme leaves
- dash hot pepper sauce (or to taste)
- dash salt
- minced fresh chives or paprika (for garnish)

1. Place eggs in a single layer in a 2-qt. saucepan. Add enough cold water to completely cover the eggs.
2. Bring water to a boil. Cover pan and remove from heat. Let stand 15 minutes.
3. Run cold water over eggs or place them in ice water until they are completely cooled.
4. Gently tap eggs all over with the back of a spoon to crack the shells. Peel under cold running water or in a bowl of water.
5. Cut eggs in half lengthwise. Gently remove yolks with a spoon and set whites aside.
6. Mash yolks with a fork in a small bowl. Add yogurt, mustard, 1 tsp. chives, thyme, hot pepper sauce, and salt. Stir until combined.
7. Spoon yolk mixture into a small resealable plastic bag. Seal bag. Cut a small corner from bag. Squeeze yolk mixture into egg whites.
8. Garnish with fresh chives or paprika, if desired. Serve immediately.

Nutrition Notes

Per serving: 83 calories, 5 g fat
 Good source of: protein, riboflavin, vitamin B₁₂, phosphorus

Did You Know?

How can you tell if an egg has been hard cooked? Give it a spin! A hard-cooked egg will spin like a top, while a raw egg will wobble and tumble as the yolk sloshes around inside.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 33 Deviled Eggs (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Yolks are finely mashed.			
Yolk filling is a bright yellow color.			
Eggs are sliced into two equal parts.			
Yolk filling is thoroughly blended and well seasoned.			
Deviled Eggs are attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Hole-in-One (Biscuit and Egg)

Yield: 6 servings

- 4
- 1 Tbsp.
- 1/8 tsp.
- 1/8 tsp.
- 1 package (4.5 oz.)
- 1/4 cup
- 2 Tbsp.
- eggs
- water
- salt
- ground black pepper
- refrigerated buttermilk biscuits (6 count)
- diced Canadian-style bacon or ham
- shredded cheddar cheese

1. Preheat oven to 375°F.
2. Grease and flour six 6-oz. custard cups. Place custard cups in a 13 × 9-inch baking pan.
3. Beat eggs, water, salt, and pepper in a medium bowl until combined. Set aside.
4. Roll each biscuit into a 5-inch circle on an unfloured surface. Place biscuits in bottom of custard cups, extending the sides about halfway up.
5. Place 2 tsp. Canadian bacon or ham in each cup. Pour egg mixture evenly on top of meat.
6. Bake 20 minutes or until eggs are puffed and set. Biscuits should be lightly browned.
7. Sprinkle 1 tsp. cheese on top of each egg. Bake an additional 1 minute or until cheese is melted.
8. Remove from oven and let stand 2 minutes. Run a knife around the edge of cups to loosen and lift biscuit out. Serve immediately.

Nutrition Notes

Per serving: 158 calories, 8 g fat
 Good source of: protein, thiamin,
 riboflavin, phosphorus

Did You Know?

Why do some eggs have white shells and some have brown? It depends on the color of the chicken! White eggs are produced by hens that have white feathers, and brown eggs by hens with red feathers.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 34 Hole-in-One (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Biscuits are lightly browned.			
Eggs are thoroughly cooked.			
Ingredients are well blended.			
Hole-in-One has a good flavor.			
Hole-in-One is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Souffléd Omelet

Yield: 4 servings

¼ cup	sliced fresh mushrooms
¼ cup	chopped green or red bell pepper
1 tsp.	vegetable oil
4	eggs
1 tsp.	water
dash	ground black pepper
pinch	salt
1 tsp.	butter or margarine
2 Tbsp.	shredded low-fat cheddar cheese

1. Preheat oven to 375°F.
2. Sauté mushrooms and bell pepper in oil in a small skillet until tender-crisp. Set aside.
3. Using an egg separator, separate eggs. Put the yolks in a small bowl and the whites in a large bowl.
4. Beat yolks, water, and black pepper until well combined.
5. Beat whites with a pinch of salt until the stiff peak stage. Gently fold yolks into the whites.
6. Melt butter or margarine in a large (10-inch) skillet, turning pan so butter coats surface. Gently pour egg mixture into skillet and spread evenly.
7. Cook over low heat until the bottom is set, about 5 to 7 minutes. Check by lifting up the edge with a turner.
8. Place skillet in oven and bake until top is set, about 3 to 5 minutes.
9. Spread cooked mushroom mixture and cheese over one half of the omelet. Fold the other half over the mushroom mixture. Return to oven for 1 minute or until cheese is melted.
10. Slide omelet onto a plate. Cut into 4 wedges and serve immediately.

Nutrition Notes

Per serving: 110 calories, 8 g fat
 Good source of: protein, vitamin A,
 vitamin E, riboflavin, phosphorus

Did You Know?

A *soufflé* (soo-FLAY) is an elegant dish made with a thick custard base and beaten egg whites. It may contain flavorings such as cheese, lemon, chocolate, fruit, or cooked vegetables, meat, poultry, or fish.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Eggs are thoroughly cooked.			
Filling is evenly distributed over omelet.			
Souffléd Omelet has a light, puffy texture.			
Souffléd Omelet is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Ruby Glow Salad

Yield: 4 servings

- 2 cups frozen raspberries, thawed
- 2 Tbsp. sugar
- 2 tsp. lemon juice
- 1 can (16 oz.) pear halves in light syrup, drained
- 1 can (16 oz.) sliced peaches in light syrup, drained
- 1 medium banana, peeled and sliced
- fresh mint leaves (for garnish)

1. Measure about ¼ cup raspberries and set aside.
2. Puree remaining raspberries, sugar, and lemon juice in a blender or food processor.
3. Push raspberry sauce through a mesh strainer with a rubber spatula into a medium bowl. Discard seeds. Using a clean spoon, taste sauce; add more sugar or lemon juice if needed.
4. Spoon about 2 to 3 Tbsp. sauce in the center of each salad plate.
5. Slice pear halves lengthwise. Arrange pears, peaches, and bananas in an attractive pattern on top of sauce.
6. Garnish with reserved raspberries and mint leaves. Serve immediately.

Nutrition Notes

Per serving: 240 calories, 0 g fat
 Good source of: potassium, vitamin C,
 vitamin B₆, fiber

Did You Know?

The uncooked fruit sauce in this recipe is known by the French name *coulis* (koo-LEE), which means “strained juice.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Raspberry sauce is smooth and free of seeds.			
Raspberry sauce has a good flavor.			
Fruits are attractively arranged on top of sauce.			
Ruby Glow Salad is attractively garnished.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 37

Carrot and Cabbage Salad

Yield: 4 servings

- 2 cups peeled and grated carrots
- 2 cups thinly sliced Napa cabbage
- 1 tsp. sugar
- 1/8 tsp. garlic salt
- 1/8 tsp. hot pepper flakes OR
- 2 to 3 drops hot pepper sauce, to taste
- 2 Tbsp. rice or cider vinegar
- 1 tsp. reduced-sodium light soy sauce
- 1 1/2 tsp. sesame or olive oil

1. Combine carrots and cabbage in a large bowl.
2. Stir together sugar, garlic salt, pepper flakes (or hot pepper sauce), vinegar, soy sauce, and oil until well combined and sugar is dissolved. Let stand 10 minutes.
3. Stir dressing and drizzle over vegetables. Toss mixture until well combined. Serve immediately.

Nutrition Notes

Per serving (approximately): 52 calories,
 2 g fat
 Good source of: vitamin A, vitamin C

Did You Know?

This recipe is similar to Korean *kimchee* (gim-chee), or spicy pickled vegetables. Kimchee is served at almost every meal, and is used in the winter to replace hard-to-find fresh vegetables.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Carrots are evenly shredded.			
Cabbage is evenly sliced.			
Dressing is well blended and flavorful.			
Dressing is evenly distributed over vegetables.			
Carrot and Cabbage Salad is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Luscious Lemon Salad

Yield: 4 servings

- 1 cup boiling water
- 1 package (3 oz.) lemon gelatin
- ½ cup cold water
- ice cubes
- 1 can (8 oz.) crushed pineapple, drained
- 1 banana, peeled and thinly sliced
- ½ cup frozen nondairy whipped topping, thawed

1. In a medium bowl, pour boiling water over gelatin. Stir for 1½ minutes or until gelatin is dissolved.
2. Mix cold water and ice to measure ¾ cup. Add ice water to gelatin. Stir until ice is melted.
3. Pour ½ cup gelatin into a small bowl. Pour remaining gelatin into a 1-qt. glass bowl or mold. Refrigerate both until partly set.
4. Stir pineapple and banana into gelatin in 1-qt. bowl or mold. Refrigerate until completely set.
5. Beat the reserved ½ cup gelatin and whipped topping until smooth. Spread over gelatin in 1-qt. bowl or mold. Refrigerate until set.
6. Invert and unmold onto a serving plate (the whipped topping will be on the bottom).
Serve chilled.

Nutrition Notes

Per serving: 154 calories, 3 g fat
 Good source of: protein, vitamin C,
 vitamin B₆, phosphorus

Did You Know?

A gelatin “salad” made with savory ingredients is known as *aspic*. Gelatin is combined with meat, fish, or vegetable stock to make a jelly. Aspic is generally used to garnish cold foods.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 38 Luscious Lemon Salad (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Gelatin is thoroughly dissolved.			
Gelatin has a smooth texture.			
Fruit is evenly distributed within the gelatin.			
Whipped topping layer is smooth and well blended.			
Salad holds the shape of the mold.			
Luscious Lemon Salad is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Egg Drop Soup

Yield: 4 servings

- 4 cups reduced-sodium chicken broth
- 1 Tbsp. cornstarch
- 3 Tbsp. water
- ½ cup canned mixed peas and carrots, drained
- 1 egg
- 1 tsp. water
- 2 green onions, chopped

1. Heat broth in a 2-qt. saucepan over medium heat until it simmers.
2. Combine cornstarch and 3 Tbsp. water in a small bowl. Stir into broth. Simmer until mixture is slightly thickened.
3. Stir in peas and carrots.
4. Beat egg and 1 tsp. water in a small bowl.
5. Do this step with the help of a partner. While one of you stirs the soup, the other carefully pours the egg mixture through a mesh strainer into the soup. Stir constantly until the egg is set, 30 seconds to 1 minute.
6. Ladle into bowls. Garnish with chopped onion. Serve hot.

Nutrition Notes

Per serving: 78 calories, 3 g fat
 Good source of: vitamin A, niacin, phosphorus

Did You Know?

In China, soup is generally served after the main course. Some soups are sweetened and served for dessert.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Broth is clear and slightly thickened, with no lumps.			
Egg is set and forms “flowers” in the broth.			
Egg and vegetables are evenly distributed through the soup.			
Egg Drop Soup is served hot.			
Egg Drop Soup is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Golden Potato Soup

Yield: 4 servings

- 2 cups peeled and chopped potatoes
- ½ cup peeled and chopped carrots
- ¼ cup chopped onion
- 1 can (14.5 oz.) reduced-sodium chicken or vegetable broth
- 1 cup water
- ½ tsp. salt
- ¼ tsp. ground black pepper
- chopped fresh parsley (for garnish)

1. Combine potatoes, carrots, onion, broth, and water in a 2-qt. saucepan. Bring to a boil.
2. Reduce heat to low and cook, covered, for 12 to 15 minutes or until vegetables are tender.
3. Stir in salt and pepper.
4. Ladle about half the potato mixture into a blender or food processor. Process until smooth.
5. Pour pureed soup into a large bowl. Repeat step 4 with remaining potato mixture. Stir the two batches together.
6. Ladle into serving bowls and garnish with chopped parsley. Serve hot.

Nutrition Notes

Per serving: 73 calories, 1 g fat
 Good source of: vitamin A, niacin

Did You Know?

A soup called *vichyssoise* (vee-shee-swahz) is made with potatoes, onions or leeks, cream, chicken stock, and seasonings. The soup was named for the French town of Vichy and is usually served cold.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Recipe 40 Golden Potato Soup (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Golden Potato Soup has a creamy, smooth texture without any lumps.			
Golden Potato Soup has a pleasing flavor.			
Soup is nicely seasoned.			
Soup is served hot.			
Soup is attractively garnished.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 41

New England Clam Chowder

Yield: 4 servings

- 1 tsp. butter or margarine
- ¼ cup chopped onion
- 2 cans (10¾ oz. each) condensed cream of potato soup, undiluted
- 1 can (6.5 oz.) minced clams, undrained
- 1 cup fat-free milk
- 4 tsp. chopped fresh parsley (for garnish)

1. Place butter or margarine and onion in a 2-qt. microwave-safe bowl. Microwave at 100% power for 1 minute or until onion is tender.
2. Stir in potato soup, clams and their liquid, and milk.
3. Microwave at 100% power for 6 to 7 minutes or until soup starts to simmer, stirring every 2 minutes. If soup starts to boil, immediately stop microwave.
4. Stir soup and ladle into bowls. Garnish each serving with 1 tsp. fresh parsley. Serve hot.

Nutrition Notes

Per serving: 147 calories, 5 g fat
 Good source of: protein, potassium, iron, zinc, riboflavin, vitamin B₁₂, calcium, phosphorus

Did You Know?

Another version of this recipe, called *Manhattan Clam Chowder*, is prepared with tomatoes instead of milk.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.
 - _____
 - _____
 - _____
 - _____
2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Onion is tender.			
Ingredients are well combined.			
Soup was cooked until simmering, but did not boil.			
New England Clam Chowder has a good flavor.			
New England Clam Chowder is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 42

Easy Posole Stew

Yield: 4 servings

- 2 tsp. vegetable oil
- ¼ cup chopped onion
- ¼ cup chopped red or green bell pepper
- 1 clove garlic, minced
- 2 cups low-sodium chicken broth
- 2 cups canned hominy, rinsed and drained
- ½ tsp. dried oregano leaves
- hot cooked rice or bread bowls (optional)
- fresh cilantro leaves (for garnish)

1. Heat oil in a 2-qt. saucepan. Sauté onion, bell pepper, and garlic in oil until tender, about 5 minutes.
2. Add broth, hominy, and oregano. Bring to a boil.
3. Reduce heat to low. Simmer, uncovered, 15 to 20 minutes.
4. Serve hot. If desired, serve over hot cooked rice or in bread bowls and garnish with cilantro leaves.

Note: To make a bread bowl, slice the top off a small round loaf of bread. Scoop out the center, leaving enough bread to form a “bowl” shape. The bowl can then be eaten along with the stew.

Nutrition Notes

Per serving: 350 calories, 7 g fat
 Good source of: protein, potassium, magnesium, iron, zinc, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, phosphorus, fiber

Did You Know?

Hominy is made from dried field corn that has been soaked in a basic solution to remove its hulls. Cracked, dried, whole hominy is called *hominy grits*, a popular breakfast cereal in the southern United States.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 42 Easy Posole Stew (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Vegetables are tender.			
Hominy is firm, not mushy.			
Easy Posole Stew is well blended with a good flavor.			
Easy Posole Stew is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Jade and Ruby Stir-Fry

Yield: 4 servings

- 1 cup fat-free chicken broth
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. cornstarch
- ½ lb. boneless, skinless chicken breasts
- ½ lb. fresh green beans
- 1 Tbsp. vegetable oil
- 1½ cups chopped red bell pepper
- 1 Tbsp. chopped green onion
- hot cooked rice or pasta (optional)

1. Blend broth, soy sauce, and cornstarch in a small bowl. Set aside.
2. Cut chicken into ¼-inch wide strips.
3. Remove stems from green beans. Cut into 1½- to 2-inch pieces.
4. Heat wok or large nonstick skillet over high heat. Add oil, tilting pan to coat.
5. Add chicken and cook 1 minute, stirring constantly.
6. Add green beans and stir-fry 5 to 6 minutes or until tender-crisp.
7. Stir in red bell pepper and onion. Stir-fry for 2 minutes or until tender-crisp.
8. Stir in reserved broth mixture. Cook 1 to 2 minutes or until sauce simmers and thickens.
9. Serve over hot cooked rice or pasta, if desired.

Nutrition Notes

Per serving (stir-fry only): 124 calories, 5 g fat

Good source of: protein, potassium, vitamin C, niacin, vitamin B₆, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 43 Jade and Ruby Stir-Fry (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Chicken and vegetables are cut into uniform pieces.			
Vegetables have retained their color.			
Vegetables are tender-crisp.			
Chicken is thoroughly cooked.			
Sauce is flavorful and slightly thickened.			
Jade and Ruby Stir-Fry is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Pipes and Strings

Yield: 4 servings

2 cups	penne pasta, uncooked
½ lb.	turkey sausage, thawed if frozen
2 Tbsp.	chopped onion
1 can (14.5 oz.)	French-cut green beans, drained
1 can (10.5 oz.)	low-sodium condensed tomato soup, undiluted
½ tsp.	Worcestershire sauce
2 Tbsp.	shredded cheddar cheese

1. Bring 3 quarts of water to a boil in a large pot.
2. Slowly add pasta to the boiling water. Cook 8 to 10 minutes or until tender, stirring occasionally. Drain pasta and set aside.
3. Combine sausage and onion in a 2-qt. microwave-safe baking dish. Cover with waxed paper. Microwave at 100% power for 4 minutes, stirring and breaking meat into small pieces every 2 minutes. Check sausage for doneness. If necessary, microwave at 100% power for 30 seconds at a time until sausage is done.
4. Drain sausage mixture and return to baking dish. Stir in green beans, tomato soup, and Worcestershire sauce. Cover with waxed paper. Microwave at 100% power for 1 minute or until hot.
5. Stir in cooked pasta. Sprinkle with cheese. Microwave at 100% power, uncovered, for 30 seconds to 1 minute or until cheese is melted.
6. Serve hot.

Nutrition Notes

Per serving: 375 calories, 11 g fat

Good source of: protein, magnesium, iron, vitamin C, thiamin, riboflavin, niacin, folate, phosphorus, fiber

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 44 Pipes and Strings (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Pasta is tender and not overcooked.			
Sausage is thoroughly cooked and in small pieces.			
Ingredients are well blended.			
Pipes and Strings dish is well seasoned with a good flavor.			
Pipes and Strings dish is served hot.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Veggie Pizza

Yield: 4 servings

- | | |
|--------------------|------------------------------------|
| 1 package (10 oz.) | refrigerated pizza dough |
| ¾ cup | prepared pizza sauce |
| 1 cup | chopped fresh spinach leaves |
| ¼ cup | chopped fresh basil leaves |
| 1 cup | thinly sliced Roma tomatoes |
| 1 cup | thinly sliced green bell peppers |
| 1 cup | low-fat shredded mozzarella cheese |
| 2 Tbsp. | grated Parmesan cheese |

1. Preheat oven to 425°F.
2. Lightly grease a 15 × 11 × 1-in. baking pan.
3. Unroll dough and push evenly to edges of pan.
4. Bake crust for 7 minutes or until it just starts to turn golden brown.
5. Spread pizza sauce over crust.
6. Sprinkle spinach and basil evenly over sauce. Place tomatoes and green bell peppers over spinach layer.
7. Sprinkle mozzarella and then Parmesan cheeses over the top.
8. Bake 10 to 12 minutes or until crust is golden brown. Serve hot.

Nutrition Notes

Per serving: 349 calories, 9 g fat

Good source of: protein, potassium, iron, vitamin A, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, folate, calcium, phosphorus

Did You Know?

Have you ever heard of a “white” pizza? A white pizza can be made with a variety of toppings, but usually does not have tomato sauce or tomatoes.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 45 Veggie Pizza (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Crust is evenly spread in the pan.			
Spinach and basil are evenly chopped; tomatoes and pepper are thinly sliced.			
Toppings are evenly distributed over crust.			
Cheeses are evenly melted with no hard or brown spots.			
Crust is golden brown.			
Veggie Pizza has a good flavor.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Hot Pita Pockets

Yield: 4 servings

- 4 whole wheat pitas
- 1 package (6 oz.) low-fat deli-style turkey breast slices
- 1 cup low-fat shredded Swiss cheese
- 1 cup shredded cabbage
- ½ cup thinly sliced red or green bell pepper strips
- ¼ cup low-fat ranch-style salad dressing

1. Cut pitas in half. Set aside.
2. Cut turkey into ¼-inch strips.
3. Combine turkey, cheese, cabbage, bell pepper strips, and salad dressing in a medium bowl. Toss to combine.
4. Fill each pita pocket with about ½ cup of turkey mixture. Place pockets, filling-side up, in a microwave-safe pie dish.
5. Microwave, uncovered, at 100% power for 1½ to 2 minutes or until hot. Serve immediately.

Nutrition Notes

Per serving: 310 calories, 12 g fat
 Good source of: protein, vitamin C, thiamin, niacin, calcium

Did You Know?

Pita bread is a Middle Eastern flatbread. When it is cut in half, the halves form a “pocket.” Pita pockets can be filled with a variety of fillings, or cut into wedges and used to scoop up a dip, such as hummus (see recipe R-49).

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Pita bread is soft and not dried out.			
Cabbage and pepper strips are crunchy.			
Cheese is evenly melted.			
Ingredients and dressing are evenly distributed.			
Hot Pita Pockets are served hot.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Banana Mountains

Yield: 4 servings

- 2 fat-free flour tortillas
- 4 Tbsp. peanut butter
- 4 Tbsp. marshmallow creme
- 2 medium bananas

1. Place tortillas on a cutting board. Spread each with 2 Tbsp. peanut butter, then 2 Tbsp. marshmallow creme.
2. Peel bananas. Place each banana on the edge of a tortilla. Roll tortilla around banana as tightly as possible.
3. Trim the ends of each rolled tortilla (about $\frac{1}{8}$ inch).
4. Slice each rolled tortilla into 3 equal-length pieces, cutting straight across.
5. Slice each of the pieces in half, cutting at an angle.
6. On a serving plate, stand each piece on its flat edge to make a "mountain." Arrange the pieces to look like "mountain ranges."

Nutrition Notes

Per serving: 238 calories, 9 g fat

Good source of: protein, magnesium, vitamin E, niacin, vitamin B₆

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Tortillas are evenly spread with peanut butter and marshmallow creme.			
Tortillas are rolled as tightly as possible.			
Banana Mountains are cut into uniform pieces.			
Banana Mountains are attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Zesty Popcorn Crunch

Yield: 4 servings

- 8 cups plain, popped popcorn
- ½ cup unsalted roasted soy nuts or chopped peanuts
- ½ cup crispy wheat cereal squares
- 2 to 3 tsp. dry salad dressing mix, such as garlic-herb, ranch, or Italian

1. Combine popcorn, soy nuts or peanuts, and cereal in a large bowl. Toss to combine.
2. Sprinkle dry salad dressing mix over popcorn mixture.
3. Toss to coat popcorn mixture with dressing mix.
4. Serve immediately or store in an airtight container.

Nutrition Notes

Per serving: 135 calories, 3 g fat
Good source of: protein, iron, zinc, folate, phosphorus

Did You Know?

How does popcorn pop? There is a tiny pocket of water inside each popcorn kernel. When heated, steam creates pressure on the hard shell. The shell gives way, causing the kernel to explode. The kernel turns inside out and the corn is popped.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Popcorn, nuts, and cereal are well combined.			
Ingredients are well coated with dry dressing mix.			
Zesty Popcorn Crunch has a good flavor.			
Zesty Popcorn Crunch is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 49

Hummus

Yield: 1 cup

- | | |
|----------------|--|
| 1 can (15 oz.) | chickpeas (garbanzo beans), rinsed and drained |
| ¼ cup | loosely packed cilantro leaves |
| ½ clove | garlic, minced |
| 1 Tbsp. | olive oil |
| 1 Tbsp. | lemon juice |
| 3 dashes | hot pepper sauce |
| | fresh cilantro leaves (for garnish) |

1. Combine chickpeas, ¼ cup cilantro, and garlic in a blender or food processor. Process until smooth.
2. Add oil, lemon juice, and hot pepper sauce. Process until well combined.
3. Place in a serving bowl and garnish with cilantro leaves. Serve with pita triangles, crackers, or fresh vegetables.

Nutrition Notes

Per ¼ cup serving: 137 calories, 5 g fat
Good source of: protein, iron, vitamin E,
vitamin C, phosphorus, fiber

Did You Know?

Hummus is often flavored with *tahini* (tah-HEE-nee), a thick paste made from sesame seeds. Tahini is widely used in Middle Eastern cooking.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Hummus has a smooth, creamy texture.			
Ingredients are well blended.			
Hummus is well seasoned with a good flavor.			
Hummus is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Rosy Cider

Yield: 4 servings

2½ cups	pasteurized apple cider
1½ cups	cranberry juice
2 sticks	cinnamon
10	whole cloves
dash	ground allspice

1. Combine apple cider, cranberry juice, cinnamon sticks, cloves, and allspice in a 1-qt. microwave-safe bowl.
2. Microwave at 100% power for 6 to 8 minutes or until mixture starts to simmer.
3. Let stand 10 minutes.
4. Remove cinnamon sticks and cloves with a slotted spoon; discard. Serve hot cider in mugs or cups.

Nutrition Notes

Per serving: 113 calories, 0 g fat

Good source of: vitamin C

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Rosy Cider has a pleasing fruit flavor.			
Rosy Cider is well seasoned.			
Rosy Cider is served hot.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 51

Chai

Yield: 4 servings

- 2 cups water
- 2 tea bags
- ¼ tsp. ground cinnamon
- ¼ tsp. ground ginger
- 2 cups fat-free milk
- ¼ cup honey
- 1 tsp. vanilla extract

1. Bring water to a boil in a 2-qt. covered saucepan.
2. Add tea bags, cinnamon, and ginger. Simmer, uncovered, for 5 minutes, stirring occasionally.
3. In a medium bowl, stir together milk, honey, and vanilla.
4. Slowly pour about half the tea mixture into the milk mixture, stirring constantly. Add the milk mixture to the remaining tea mixture in the pan. Remove from heat. Cover and let stand 3 minutes.
5. Pour through a strainer into a medium bowl.
6. Pour into mugs and serve hot, or refrigerate and serve in tall glasses over ice.

Nutrition Notes

Per serving: 113 calories, 0 g fat
 Good source of: vitamin D, riboflavin, calcium, phosphorus

Did You Know?

Chai (rhymes with “pie”) is a beverage from India. There are many variations, but it always includes tea, milk, and a sweetener. “Chai” is also Russian for “tea.”

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 51 Chai (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Tea was added to milk mixture; milk did not curdle.			
Ingredients are well blended.			
Chai has a pleasant, creamy, spiced tea flavor.			
Chai is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Banana Peach Smoothie

Yield: 4 servings

- 1 can (15 oz.) sliced peaches in juice, undrained
- 1 cup plain, nonfat yogurt
- 1 tsp. vanilla extract
- 2 large bananas
- 2 cups ice cubes
- mint leaves (for garnish)

1. Place peaches and their juice, yogurt, and vanilla in blender container.
2. Peel bananas, break into 1-inch pieces, and add to blender container.
3. Process until blended.
4. Add ice and process until finely chopped.
5. Pour into tall glasses and garnish with mint leaves. Serve immediately.

Nutrition Notes

Per serving: 113 calories, 0 g fat
Good source of: potassium, vitamin C, riboflavin, vitamin B₆, calcium, phosphorus

Did You Know?

How many ways can you make a smoothie? The possibilities are endless! Try flavor combinations such as strawberry-kiwi, raspberry-mango, banana-walnut, or mocha-almond.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Banana Peach Smoothie is creamy and free of lumps.			
Banana Peach Smoothie has a pleasant fruit flavor.			
Smoothie is cold and refreshing.			
Smoothie is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Iced Citrus Tea

Yield: 4 servings

- 3 tea bags
- 3 cups boiling water
- 2 tsp. sugar
- 1 cup orange juice
- 1½ tsp. lemon juice
- ice
- 4 orange slices (optional)

1. Put tea bags in a 1-qt. liquid measure.
2. Pour boiling water over tea bags. Let stand 5 minutes. Remove and discard tea bags.
3. Add sugar and stir until dissolved. Stir in orange and lemon juices.
4. Fill four tall glasses with ice. Pour tea over ice.
5. Garnish with orange slices, if desired, and serve.

Nutrition Notes

Per serving: 36 calories, 0 g fat
Good source of: vitamin C

Did You Know?

Iced tea was invented in the summer of 1904 at the World's Fair in St. Louis. A vendor added ice to hot tea after realizing that fairgoers did not want to drink hot tea in the Midwestern heat.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Iced Citrus Tea has a well-blended fruit tea flavor.			
Sugar is completely dissolved.			
Iced Citrus Tea is served very cold.			
Iced Citrus Tea is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Surprise Muffins

Yield: 12 muffins

- 2 bananas (or 1 mango or papaya)
- 1 3/4 cups all-purpose flour
- 1/3 cup sugar
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 3/4 cup fat-free milk
- 1/4 cup vegetable oil
- 1 egg

1. Peel fruit and cut into 1-inch chunks. (You'll need 12 pieces.) Set aside.
2. Preheat oven to 400°F. Lightly grease twelve (2-inch) muffin cups or use paper liners.
3. Combine flour, sugar, baking powder, and salt in a medium bowl.
4. Stir together milk, oil, and egg in a small bowl.
5. Add liquid ingredients all at once to dry ingredients. Stir until the dry ingredients are just moistened, about 15 strokes. Do not overmix. Batter will be lumpy.
6. Spoon 1 Tbsp. batter into each muffin cup. Place 1 piece of fruit in each cup. Spoon remaining batter over fruit.
7. Bake 22 to 24 minutes or until golden brown.

Nutrition Notes

Per muffin: 156 calories, 5 g fat
 Good source of: vitamin E, thiamin

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Surprise Muffins are uniform in shape and size.			
Surprise Muffins have well-rounded tops.			
Fruit is in the center of each muffin.			
Surprise Muffins are free of tunnels.			
Surprise Muffins have a moist, tender texture.			
Surprise Muffins have a good flavor.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Biscuit Twists

Yield: 6 twists

½ cup	fat-free milk
3 Tbsp.	vegetable oil
1½ cups	all-purpose flour
1 Tbsp.	sugar
1½ tsp.	baking powder
¼ tsp.	salt
1	egg, beaten
1½ tsp.	sesame seeds

1. Preheat oven to 425°F.
2. Stir milk and oil together in a medium bowl.
3. Add flour, sugar, baking powder, and salt to milk mixture. Stir until a soft dough forms.
4. On a lightly floured surface, knead dough 10 to 12 times.
5. Cover dough and let rest for 10 minutes.
6. Divide dough into 6 equal pieces. Roll each piece into a 14-inch long rope. Fold each rope in half and twist halves together. Place on an ungreased cookie sheet.
7. Lightly brush each twist with beaten egg. Sprinkle with sesame seeds.
8. Bake 10 to 12 minutes or until lightly browned.
9. Remove twists to wire rack to cool.
10. Serve warm.

Nutrition Notes

Per biscuit: 206 calories, 8 g fat
 Good source of: protein, vitamin E,
 thiamin, riboflavin

Did You Know?

Like yeast rolls, biscuit dough can be shaped in a variety of ways. Try flowers, crescents, pretzels, knots, or braids.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 55 Biscuit Twists (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Biscuit Twists are uniform in size.			
Biscuit Twists are the same thickness throughout.			
Biscuit Twists have a tender crust.			
Biscuit Twists are moist and tender on the inside.			
Biscuit Twists have a well-blended, pleasing flavor.			
Biscuit Twists are served warm.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Berry Blue Pancakes

Yield: 8 pancakes

- | | |
|----------------------|-----------------------------------|
| 1 cup | all-purpose flour |
| 1 Tbsp. | sugar |
| 2 tsp. | baking powder |
| $\frac{1}{4}$ tsp. | salt |
| $\frac{3}{4}$ cup | fat-free milk |
| $1\frac{1}{2}$ Tbsp. | vegetable oil |
| 1 | egg |
| $\frac{3}{4}$ cup | frozen blueberries, partly thawed |

1. Combine flour, sugar, baking powder, and salt in a medium bowl. Stir to mix well.
2. Combine milk, oil, and egg in a small bowl. Stir until well blended.
3. Add liquid ingredients to dry ingredients. Stir until just moistened. Gently fold in blueberries.
4. Heat a lightly greased griddle or skillet over medium heat.
5. For each pancake, pour about $\frac{1}{4}$ cup batter onto griddle or skillet. Cook until the top is bubbly and the underside is golden brown. Turn and cook until the other side is golden brown.
6. Repeat step 5 with remaining batter. Serve pancakes warm with maple syrup.

Nutrition Notes

Per 2-pancake serving: 222 calories, 7 g fat

Good source of: protein, vitamin E, thiamin, riboflavin, niacin, calcium, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Berry Blue Pancakes have a tender, golden-brown crust.			
Berry Blue Pancakes have a moist texture.			
Blueberries are whole and pancakes do not have blue streaks.			
Berry Blue Pancakes have a pleasing, well-blended flavor.			
Berry Blue Pancakes are served warm.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Cinnamon Pull-Aparts

Yield: 8 servings

- 1 lb. frozen bread dough, thawed
- 2 Tbsp. brown sugar
- 1 tsp. ground cinnamon
- ¼ tsp. ground allspice
- 1½ Tbsp. butter or margarine, melted

1. Grease a 9-inch pie dish.
2. Cut dough with scissors into 32 equal-size pieces. Shape each piece into a 1-inch ball.
3. Combine brown sugar, cinnamon, and allspice in a 1-gallon resealable plastic bag.
4. Dip each ball into melted butter or margarine and drop, a few at a time, into the sugar mixture. Shake bag. Continue until each ball is coated with sugar mixture.
5. Place dough balls in a single layer in pie dish. Cover with waxed paper. Let rise in a warm place until doubled in size, about 30 to 35 minutes.
6. Preheat oven to 350°F while dough is rising.
7. Uncover dough. Bake for 14 to 16 minutes or until lightly browned.
8. Pull apart to serve, or let cool for 5 minutes and cut into 8 wedges. Serve warm.

Nutrition Notes

Per serving: 173 calories, 6 g fat
Good source of: protein, iron, thiamin

Did You Know?

Pull-aparts can also be a savory addition to any meal. Try substituting combinations of fresh or dried herbs, crushed garlic, grated cheese, and minced onion in place of the sugar mixture in this recipe.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 57 Cinnamon Pull-Aparts (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Cinnamon Pull-Aparts are uniform in size.			
Cinnamon Pull-Aparts are evenly coated with sugar mixture.			
Cinnamon Pull-Aparts are lightly browned with a tender crust.			
Cinnamon Pull-Aparts are moist and tender on the inside.			
Cinnamon Pull-Aparts are attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



Jammin' Bars

Yield: 25 cookies

- 1 cup packed brown sugar
- $\frac{1}{3}$ cup butter or margarine, softened
- 1 egg
- $\frac{1}{2}$ tsp. vanilla extract
- $1\frac{1}{2}$ cups all-purpose flour
- 1 cup quick oats, uncooked
- $\frac{1}{4}$ tsp. salt
- $\frac{3}{4}$ cup peach or apricot jam or preserves

1. Preheat oven to 375°F. Lightly grease an 8 × 8 × 2-inch baking pan.
2. Cream brown sugar and butter in a medium bowl until light and fluffy.
3. Add egg and vanilla. Beat until blended.
4. Stir in flour, oats, and salt until combined.
5. Reserve $\frac{3}{4}$ cup of batter. Press remaining batter evenly into prepared pan.
6. Spread jam or preserves over batter in pan. Drop tablespoonfuls of reserved batter over jam.
7. Bake 25 to 27 minutes or until lightly browned.
8. Let cool on wire rack. Slice into $1\frac{1}{2}$ × $1\frac{1}{2}$ -inch squares.

Nutrition Notes

Per cookie: 135 calories, 3 g fat
Good source of: carbohydrates

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Batter is well combined with no floury spots.			
Batter is evenly pressed into pan.			
Jam is evenly spread over batter.			
Reserved batter is evenly dropped over top of jam.			
Jammin' Bars have a moist, tender texture.			
Jammin' Bars have a good flavor.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 59

Cranberry Oat Crunchers

Yield: 3¹/₂ dozen cookies

- 1 cup packed light brown sugar
- ½ cup butter or margarine
- 1 egg
- ½ tsp. vanilla extract
- 1 cup all-purpose flour
- ½ tsp. baking powder
- ¾ cup quick oats, uncooked
- ½ cup dried cranberries or cherries

1. Preheat oven to 375°F.
2. Cream brown sugar and butter or margarine in a medium bowl.
3. Add egg and vanilla. Beat until blended.
4. Stir in flour and baking powder until combined.
5. Add oats and cranberries or cherries. Stir until well mixed.
6. Drop by teaspoonfuls onto ungreased cookie sheets about 2 inches apart.
7. Bake 10 to 11 minutes or until edges are lightly browned. Let cookies cool on cookie sheet for 1 minute. Remove to a wire rack to cool completely.
8. Store in a covered container at room temperature.

Nutrition Notes

Per cookie: 50 calories, 2 g fat

Did You Know?

A small ice cream scoop makes it quick and easy to make uniform drop cookies.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

Continued on next page

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Cookies are uniform in size and well shaped.			
Cookies are lightly browned.			
Cookies have a well-blended cranberry (or cherry) and oat flavor.			
Cookies are even in color.			
Cookies are properly stored.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Rainbow Cookies

Yield: 5 dozen cookies

- $\frac{3}{4}$ cup butter or margarine, softened
- 1 cup sugar
- 1 tsp. vanilla extract
- 1 egg
- $2\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{4}$ tsp. salt
- 3 different colors of food coloring

1. Preheat oven to 375°F.
2. Beat butter or margarine and sugar in a medium bowl until smooth.
3. Add vanilla and egg. Beat until light and fluffy.
4. Stir in flour and salt until combined.
5. Divide dough into 3 equal parts. Tint each part a different color by stirring in 2 drops of food coloring.
6. Combine about $\frac{1}{2}$ tsp. of each color of dough and shape into a 1-inch ball. Repeat with remaining dough, placing balls 2 inches apart on ungreased cookie sheets.
7. Dip the bottom of a glass into additional sugar; use glass to press each ball to $\frac{1}{4}$ -inch thickness.
8. Bake 8 to 9 minutes or until lightly browned.
9. Let cool on cookie sheet 1 minute. Remove to wire rack to cool completely.
10. Store cookies in a covered container at room temperature.

Nutrition Notes

Per cookie: 51 calories, 2 g fat

Did You Know?

The word "cookie" comes from the Dutch word *koekje*, which means "little cake." In England, cookies are known as "biscuits."

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 60 Rainbow Cookies (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Rainbow Cookies are uniform in size.			
Rainbow Cookies are lightly colored and delicately browned.			
Rainbow Cookies have a tender texture.			
Rainbow Cookies have a good flavor.			
Cookies are properly stored.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?

Recipe 61

Molasses Spice Snaps

Yield: 5 dozen cookies

- 1/3 cup butter or margarine, softened
- 1/2 cup packed brown sugar
- 1/2 cup dark molasses
- 1 3/4 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- powdered sugar

1. Preheat oven to 350°F.
2. Cream butter or margarine and brown sugar in a medium bowl until light and fluffy.
3. Add molasses. Beat until well blended.
4. Stir in flour, baking soda, cinnamon, and cloves until combined.
5. On a lightly floured surface, roll one-half of dough to 1/8-inch thickness.
6. Cut dough with a floured 2-inch round or scalloped cookie cutter. Place cookies 1/2 inch apart on ungreased cookie sheets. Press dough trimmings together. Reroll trimmings with remaining dough. Cut out more cookies until all dough is used.
7. Bake 5 to 6 minutes or until firm and lightly browned. Let cookies cool on cookie sheet for 1 minute. Remove cookies to a wire rack to cool completely.
8. Dust cookies with powdered sugar tapped through a strainer.
9. Store in a covered container at room temperature.

Nutrition Notes

Per cookie: 36 calories, 1 g fat

Did You Know?

Molasses is a by-product of sugar refining. The color of molasses depends on when it is removed during the boiling of sugarcane. Molasses is used in many baked goods for its flavor and color.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 61 Molasses Spice Snaps (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Molasses Spice Snaps are uniform in size and well shaped.			
Snaps have a crisp texture.			
Snaps have a pleasant molasses-spice flavor.			
Snaps are even in color.			
Snaps are delicately sprinkled with powdered sugar.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?



No-Bake Peanut Butter Crunchies

Yield: 4 dozen cookies

- | | |
|---------|----------------------|
| 1 cup | sugar |
| 1 cup | corn syrup |
| 1½ cups | smooth peanut butter |
| 6 cups | cereal flakes |

1. Combine sugar and corn syrup in a saucepan. Bring to a boil over medium heat.
2. Add peanut butter. Stir until well mixed.
3. Place cereal in a large mixing bowl. Pour the syrup and peanut butter mixture over the cereal and stir to mix.
4. Drop by tablespoonfuls onto an ungreased baking sheet. Let stand about 6 hours.

Nutrition Notes

Per serving: 95 calories, 4 g fat, 71 mg sodium

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
The cookies have a good flavor.			
The ingredients are evenly distributed.			
The cookies look appealing			
The cookies are similar in size.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Tropical Layer Cake

Yield: 12 servings

1 box (18.25 oz.)	yellow cake mix
1 can (11 oz.)	mandarin oranges in juice, undrained
1/3 cup	vegetable oil
3	eggs
1 package (3.4 oz.)	lemon or vanilla instant pudding mix
1 can (8.25 oz.)	crushed pineapple in juice, undrained
1/3 cup	fat-free milk
2 cups	frozen nondairy whipped topping, thawed

1. Preheat oven to 350°F.
2. Grease and flour two 9 × 1½-inch round pans. (OR line bottoms of pans with parchment paper. Lightly spray sides of pans and top of paper with vegetable oil cooking spray.)
3. Beat dry cake mix, mandarin oranges and their juice, oil, and eggs in a large bowl at low speed of electric mixer until moistened. Continue beating at medium speed for 2 minutes or until light and fluffy.
4. Pour half the batter into each of the prepared pans. Spread batter evenly in pans.
5. Bake for 28 to 30 minutes or until a wooden pick inserted in the center comes out clean.
6. Let cool in pans on wire rack for 15 minutes. Remove cakes from pans and place on rack. Let cool completely.
7. Beat dry pudding mix, pineapple and its juice, and milk in a large bowl until fluffy. Add whipped topping and beat at low speed until combined.
8. Place one layer of cake on a cake plate. Spread with 1/3 of pudding mixture. Place second cake layer on top. Spread 1/3 of pudding mixture on top layer of cake. Spread remaining 1/3 of pudding mixture around sides of cake.
9. Cut cake into 12 slices and serve. Store leftover cake covered in the refrigerator.

Nutrition Notes

Per serving: 389 calories, 13 g fat
 Good source of: vitamin E, vitamin C, thiamin, calcium

Did You Know?

To review how to grease and flour a cake pan, refer to page 345 of your textbook.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Tropical Layer Cake has an even color with a tender crust.			
Cake has a moist, tender texture.			
Cake has layers of equal thickness.			
Pudding mixture is evenly spread between layers and around the sides.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?

Recipe 64

Cherry Pie

Yield: 8 servings

2½ cups	all-purpose flour
½ tsp.	salt
6 Tbsp.	cold shortening, cut in small pieces
6 Tbsp.	cold butter or margarine, cut in small pieces
8 to 9 Tbsp.	ice water
1 can (30 oz.)	prepared cherry pie filling
½ tsp.	almond extract

1. Preheat oven to 425°F.
2. Combine flour and salt in a medium bowl. Cut in shortening and butter or margarine with a pastry blender or two knives until mixture forms pea-size pieces.
3. Sprinkle with water, 1 Tbsp. at a time. Toss with fork until mixture holds together. With your hands, press dough together to form a ball.
4. Divide dough into 2 equal parts. Press each half between hands to form a 5- to 6-inch disk.
5. Lightly flour working surface and rolling pin. Roll one disk with short strokes, starting in the middle and rolling out toward edge. Rotate dough ¼ turn. Sprinkle more flour under dough and on rolling pin as needed to prevent sticking. Continue to roll and rotate dough until the circle is 10½ inches across and about ⅛-inch thick.
6. Gently fold crust in half and then half again. Place dough in a 9-inch pie dish. Unfold dough and ease into dish. Do not stretch dough. Trim edge even with edge of the pie dish.
7. Combine pie filling and almond extract in a medium bowl. Pour into crust. Moisten edge of crust with water.
8. Repeat Step 5 for top crust.
9. Repeat Step 6, but trim crust with a ½-inch overhang. Fold overhang under bottom crust. Press around the edges with the tines of a fork. Cut several vents in top crust.
10. Bake 10 minutes. Reduce oven temperature to 350°F and bake 25 to 35 minutes or until crust is golden brown.
11. Let cool on wire rack.

Nutrition Notes

Per serving: 425 calories, 19 g fat
 Good source of: protein, iron, vitamin A,
 vitamin E, thiamin, riboflavin, niacin

Did You Know?

The shortening and butter need to be cold so they don't melt while the crust is being made. However, the fat will melt during baking to form thin, flaky layers. Put the shortening and butter in the freezer for a few minutes before preparing the crust.

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Crust is tender and flaky.			
Crust is lightly browned.			
Cherry Pie has a well-balanced, pleasing flavor.			
Cherry Pie looks attractive when served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Banana Cream Pie

Yield: 8 servings

- | | |
|---------------------|---|
| 2 cups | plain, nonfat yogurt |
| ½ tsp. | vanilla extract |
| 1 package (3.4 oz.) | instant vanilla pudding mix |
| 1 cup | frozen nondairy whipped topping, thawed |
| 4 medium | bananas, peeled |
| 1 (6 oz.) | prepared graham cracker crust |
| ½ cup | frozen nondairy whipped topping, thawed |

1. Beat yogurt, vanilla, and pudding mix in a medium bowl until fluffy. Fold in 1 cup whipped topping.
2. Slice bananas about ¼-inch thick. Place slices in an even layer in crust.
3. Pour filling over bananas.
4. Garnish top of pie with ½ cup whipped topping.
5. Refrigerate 1 hour before serving.

Nutrition Notes

Per serving: 269 calories, 10 g fat

Good source of: protein, potassium, riboflavin, vitamin B₆, calcium, phosphorus

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

3. Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Filling is well blended and smooth.			
Bananas are covered with filling.			
Banana Cream Pie holds its shape when cut.			
Banana Cream Pie is attractively served.			

EVALUATING YOUR TEAMWORK

4. Do you feel that you and your lab partners worked smoothly together? Why or why not?

5. What unexpected problems arose? How did you handle them?

6. How might you change your work plan if you were making this recipe again? Why?



Creamy Custard Pie

Yield: 8 servings

- 1 ready-to-use refrigerated pie crust, unbaked
- 4 eggs
- ½ cup sugar
- 1¾ cup half-and-half
- 1 tsp. vanilla extract
- ½ cup chocolate or caramel ice cream topping (optional)

1. Preheat oven to 425°F.
2. Let crust stand at room temperature for 15 minutes or microwave at 30% power for 20 to 40 seconds to soften.
3. Place crust evenly in a 9-inch pie dish. Press out any fold lines and press crust firmly against bottom and sides of the dish.
4. Fold edge of crust under to form a thick edge. Press around the edge with the tines of a fork. Do not vent bottom of crust.
5. Bake 5 minutes. Remove crust from oven. Reduce oven temperature to 350°F.
6. Beat eggs in a medium steel, glass, or anodized aluminum saucepan. Add sugar, half-and-half, and vanilla. Over medium heat, stir mixture constantly until it starts to thicken and just begins to simmer. Do not boil.
7. Pour custard into baked crust. Bake 23 to 25 minutes or until a knife inserted near center comes out clean.
8. Let cool on wire rack. Cover and refrigerate for at least 2 hours before serving.
9. Cut pie into 8 slices. Serve each slice with 1 Tbsp. chocolate or caramel topping, if desired.

Nutrition Notes

Per serving (pie only): 207 calories, 15 g fat
Good source of: protein, vitamin A, riboflavin

PLANNING THE LAB

1. List the equipment you would need to prepare this recipe.

Continued on next page

Recipe 66 Creamy Custard Pie (continued)

- On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. (Your teacher may supply you with a printed form.)

EVALUATING THE PRODUCT

- Read each product goal listed below. Place a check mark (✓) in the column to the right that best describes how well the finished product meets that goal.

Product Goals	Very Good	Good	Needs Improvement
Crust is lightly browned.			
Edges of crust are even with edge of pie dish.			
Filling is smooth and holds its shape when cut.			
Creamy Custard Pie has a well-balanced, pleasing flavor.			
Creamy Custard Pie is attractively served.			

EVALUATING YOUR TEAMWORK

- Do you feel that you and your lab partners worked smoothly together? Why or why not?

- What unexpected problems arose? How did you handle them?

- How might you change your work plan if you were making this recipe again? Why?
