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Fighting Climate Change  
With Food!  
Savory & Sweet Veggie Recipes  
by Joaquin Miller Students 2020-21



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**Cover art by Naomi and Lila**

**Why Eat Vege?  
Watch This Video!**



**Cover**



# MASON'S CABBAGE SOUP



## Ingredients:

- 3 tbsp canola oil
- 1 large onion halved and cut finely
- 3 large carrots sliced
- 3 celery stalks chopped
- 6 garlic cloves peeled and cut
- $\frac{1}{2}$  medium cabbage sliced
- 1 14 oz. pack of veggie kielbasa (or fake sausage) cut
- 8 cups veggie broth
- 1 15 oz. can of fake chicken broth
- 1 28 oz. can of crushed tomatoes
- 1 lb. small red potatoes cut
- 1 stp chili flakes
- 1 tsp dried thyme
- 2 tsp dried marjoram
- 1 tbsp hungurian paprika
- $\frac{1}{2}$  cup chopped parsley
- 2 tbsp cider vinegar (optional)



## Process:

1. Heat canola oil in oven or soup pot.
2. Add the onion , and change heat to med, and cook for 6 to 7 min. stir onion until it begins to soften.
3. Add the carrots, celery, and garlic and continue cooking and stirring until vegetables soften.
4. Add cabbage and kielbasa then cook for two min.
5. Add the veggie and chicken broth, crushed tomatoes, red pepper flakes, thyme, paprika and marjoram, then bring to a boil.
6. Reduce heat to med low then add the cubed potatoes.
7. Simmer over med low to low heat for 25 to 30 min or until potatoes are soft.
8. Season to taste with salt and pepper
9. Stir in parsley and cider vinegar.



## Chunky Fries

**It's my mom's and they are really good when they cook up. They make me feel warm inside because I eat them hot.**

**Potatoes, olive oil, pepper and salt**

Jack F. Fishel



**Pre-heat oven to 450°**

**Wash potatoes.**

**Cut potatoes into half inch thick wedges.**

**Put on big pinches of pepper and salt.**

**Use a large drizzle of olive oil.**

**Put in oven for 20-25 minutes.**

**Take out.**

**Use a lot of ketchup.**

**Eat.**

## Cuban-Style Vegan Beans, Rice, etc.

Lila Edwards



So recently I went vegetarian and found out I was lactose - intolerant. So I have started eating more plant based food, I got a cookbook of plant based dishes. This one caught my eye!

### Ingredients:

**1 ½ tbsp table salt for brining**  
**1 cup dried black beans picked over and rinsed**  
**2 large green bell peppers, halved, stemmed, seeded and**  
**1 large onion halved crosswise and peeled, root end left intact**  
**2 bay leave**  
**2 ½ teaspoons table salt divided**  
**2 tablespoon vegetable oil**  
**1 garlic head, 5 cloves minced, rest of head halved crosswise with skin left intact divided**  
**4 teaspoons ground cumin**  
**1 tablespoon minced fresh oregano or 1 teaspoon dried**  
**1 tablespoon tomato paste**  
**1 ½ cups long grain white rice**  
**2 tablespoons red wine vinegar**  
**2 scallions, sliced thin Lime wedges**

Dissolve 1 ½ tablespoons salt in 2 quarts cold water in a large bowl, add beans and let soak for at least 8 hrs. In oven combine drained beans, 4 cups water, 1 bell pepper half, 1 onion half (with root end), halved garlic head, bay leaves, and 1 tsp salt. Bring to simmer over medium - high heat, cover, and reduce heat to low. Cook until beans are just soft, 30 to 40 minutes. Discard pepper, onion, and bay leaves. Drain beans in colander set over large bowl, reserving 2 ½ cups bean cooking liquid. Do not wash pot.

Heat oven to 350 degrees. Cut remaining bell pepper and onion into 2-inch pieces and pulse in food processor until chopped into roughly ¼ inch pieces, about 8 pulses.

Add oil to now empty pot and heat over medium heat until shimmering. Add processed peppers and onion, cumin, oregano and tomato paste, then cook, stirring often, until vegetables will be softened and beginning to brown, 20 to 15 minutes. Stir in garlic and cook until fragrant. Stir in rice and cook for 30 sec. Stir in beans, reserved beans cooking liquid, vinegar, and the remaining 1 ½ tsp salt. Change heat to Medium-High heat and simmer. Cover up and transfer to the oven, and cook until water is absorbed and rice is tender. Fluff rice with fork then let it sit uncovered, for 5 minutes. **SERVE AND EAT!**

# Dominic's Homemade Egg Sandwich

## By Dominic Korber



### Recipe

1. Gather the ingredients
2. Crack the eggs and put them in the bowl
3. Beat the eggs
4. Spray a pan with cooking spray
5. Pour eggs in the pan
6. Sprinkle with Tajin and pepper
7. Cook eggs over medium heat until they are almost dry
8. Toast bread
9. Put cooked eggs on the bread and make a sandwich
10. Cut the sandwich



### Ingredients

- 4 eggs (freerange is best)
- 2 slices whole wheat bread
- 1 shake of Tajin Chili Power
- 1 shake of pepper
- 1 spray of Canola Nonstick Cooking Spray



## Egg Over Easy (Simple)

One day my mom wanted me to try egg over easy. I thought it was like some green slime at first but then when I tried it it was really good.

### Ingredients

Eggs, Black pepper and Vegetable oil.



## Micah Castillo

- 1, Put the vegetable oil on the Pan and spread it.
  - 2, Crack the egg and pour it onto the pan and make that it looks like the sun.
  - 3, If you want the yolk to harden, break the yolk when on the pan.
  - 4, Flip the egg over.
  - 5, Put the black pepper on the egg, (Not too much pepper or it will taste like spicy dirt.)
- Finally, Take the egg with some bacon, put it on a plate and enjoy!



## Egg Toad in a Hole by Phoenyx

This is something I've always loved since I think I was 8 years old my mom always makes it for breakfast when I ask.

### Ingredients

(No toads)

1 slice of bread

1 teaspoon butter

1 large egg

Salt and pepper to taste



1. Cut a 3-in. hole in the middle of the bread or use a fun cookie cutter shape. Save the inside. In a small skillet, melt the butter; place the bread pieces in the skillet.
2. Place egg in the hole. Cook for about 2 minutes over medium heat until the bread is lightly browned. Turn and cook the other side until egg yolk is almost set. Season with salt and pepper. Enjoy!





# Enfrijoladas by Giselle Barajas

Enfrijoladas are one of my favorite meals and we constantly have beans in my household because it's a staple. I don't like beans unless they are smashed because that's my preference and enfrijoladas are my favorite way to eat frijoles.

## Ingredients:

- Water: 10 cups
- Pinto beans: 2 cup
- Garlic: 2 cloves
- Salt: Based on your preference
- Cooking Oil: 2 Tbsp
- Paprika: 1 Tbsp
- Chile De Arbol: 2 (optional)
- Tortillas: 6

## Toppings:

- Sour Cream: Bases on you preference (optional)
- Shredded Cabbage: Based on your preference (optional)
- Cotija (Cheese): Based on your preference (optional)

## Cooking The Beans:

**Step 1.** Grab a large sized pot and pour 10 cups of water then add your beans, garlic and salt.

**Step 2.** Turn your stove on medium-heat and wait till boil then turn down the stove to low heat.

**Step 3.** It will take approximately 45 minutes then turn off stove.

## Frying The Beans:

**Step 1.** Grab a medium sized pan then add your cooking oil, wait until hot.

**Step 2.** Add your beans, paprika, chile de arbol and ¼ ounce of water from the pot or any accessible water. You could add more salt if desired.

**Step 3.** Blend your beans with a hand blender until smooth.

## Making the Frijoladas:

**Step 1.** Turn your stove on medium-heat and warm your tortillas.

**Step 2.** Pour your beans on the tortillas and fold in half

**Step 3.** Add your topping and enjoy.





# Pickled Garlic

## Story

I chose this food because I like hot/savory things and this was sooo good. Pickled Garlic is very healthy for you, and good for if your vegan or on a diet. It's not like normal spicy garlic is kinda sweet. You can add whatever you'd like on top of it! But i like it with sriracha, thyme, and chilli powder!

by Ja'el

## Ingredients:

Pickled Garlic  
Sriracha  
Chilli Powder  
Thyme

## How to make it:

1. First drain out most of the juice in the garlic
2. Add your Sriracha,Chilli powder, and Thyme
3. Shake it up and Enjoy!



## Minestrone Soup

### Ingredients

1/4 cup of olive oil  
1 onion  
1 carrot  
1 stalk of celery  
Salt and pepper  
2 potatoes  
1 tomato  
1 zucchini  
1 bunch of kale  
1/2 cup of parmesan

## Recipe

Lydia  
Yurkovich



1. Chop all vegetables/ fruit into small pieces. In a large pot, heat 1/4 cup oil over medium heat. Add onion, carrot, and celery. Sprinkle with salt and pepper to taste. Cook, stirring often, for 10 to 15 minutes or until vegetables begin to soften and darken around the edges.
2. Add potatoes; sprinkle with salt and pepper. Cook, stirring occasionally, for 5 to 10 minutes or until vegetables are nicely browned. Add 6 cups water, stirring to scrape up any brown bits from bottom of pot. Add tomatoes, bring to a boil, and then lower heat to a simmer. Cook, stirring occasionally, for about 15 minutes.
3. Add zucchini and kale, raising heat if necessary to keep mixture at a steady bubble. Cook until vegetables are very tender, another 10 to 15 minutes. Stir in beans. Cook for 3 to 4 minutes. Add salt and pepper, if needed. Top with Parmesan cheese and a drizzle of olive oil.





## Mushroom Risotto

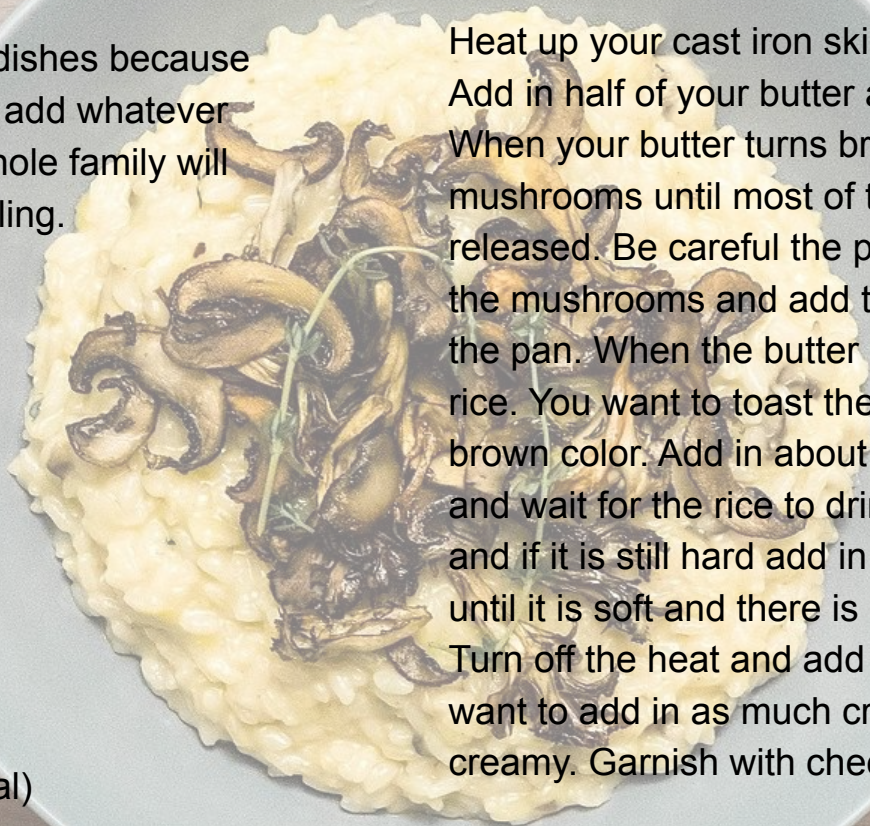
This is one of my favorite dishes because it's easy to make. you can add whatever toppings you want. The whole family will enjoy it and it's just very filling.

### Ingredients

- 1 cup of arborio rice
- Vegetable stock
- 1 cup mushrooms
- Salt and pepper to taste
- Cast iron pan
- Wooden spoon
- ½ cup butter
- ¼ cup cream
- Parmesan cheese (optional)

## Kayla Fukatsu Ishida

Heat up your cast iron skillet on medium high heat. Add in half of your butter and wait for it to brown. When your butter turns brown add in the mushrooms until most of the moisture has released. Be careful the pan is very hot. Take out the mushrooms and add the rest of the butter in to the pan. When the butter has melted add in the rice. You want to toast the rice till it has a golden brown color. Add in about a cup of vegetable stock and wait for the rice to drink it up. Taste the rice and if it is still hard add in more vegetable stock until it is soft and there is no moisture in the pan. Turn off the heat and add in the mushrooms. You want to add in as much cream as you want till its creamy. Garnish with cheese and serve.





# Potato Casserole

All you ever need in life is potatoes. This recipe is easy and fun to make. My great aunt Judy loved to cook for family. She studied cooking in college and after she passed away we made a cookbook of all her recipes and this was my favorite one.

## Ingredients

- 2 lb bag frozen hash browns
- 1 can cream of chicken soup
- 1 pt sour cream
- 2 c grated cheese
- $\frac{1}{3}$  c chopped onion

# Alexis Kennedy



## Recipe

- Set oven to 350°
- Combine all ingredients in large bowl
- Mix well
- Put in a casserole pan of any size
- Put in oven for 45 mins
- Take out and cool
- Dig in!

# Autumn Quiche by Isabel Brasil S.

I used to hate quiche. If my mom brought one home from the grocery store I would hate it. When my parents cooked it I would hate it. Though this is true I acknowledged that quiche was very healthy and nutritious so I decided that I would bake a quiche myself and try and make it taste divine to my taste buds. I had had baking experience not always following a recipe so I knew how to freelance cook. I made my own quiche and instantly fell in love with it I hope you do to!

## Ingredients

### For the crust:

- 1 large egg
- 2 1/2 tablespoons ice water
- 1 + 1/2 cups all-purpose flour
- 1/2 teaspoon sea salt
- 10 tablespoons chilled unsalted cut butter into small chunks

### For the pie:

- 1/2 butternut squash
- 2 sweet potatoes
- 3 carrots
- Pinch of cinnamon
- Pinch of nutmeg
- Pinch of ground cloves
- Pinch of thyme
- Pinch of lemon thyme
- Pinch of sage
- 2 cups of spinach
- 6 eggs
- 1 egg white
- Splash of milk
- Tin foil and baking weights



Step 1# Preheat the oven, put a piece of parchment paper on a baking pan.

Step 2# Wash, peel, and cut 1/2 a butternut squash, 2 sweet potatoes, and 3 carrots, lay on a baking sheet and sprinkle the cinnamon, nutmeg, and ground cloves on top. (optional). Then insert into the oven.

Step 3# Make the crust. Start by stirring flour and salt together in a medium sized bowl then add butter and blend with a pastry cutter until the mixture becomes crumbly with chunks that are about the size of a pee.

Step 4# Mix together with a whisk the eggs and water in a small bowl until blended. Add to flour, salt, and butter mixture.

Step 5# Mix until the pastry is whole and smooth. Then flour a surface and rolling pin and start rolling the dough in different directions each time. Until flat, then fold two sides of the dough opposite each other into the middle of the dough and fold in half each time creating layers sticking in the thyme, lemon thyme, and sage into the dough. Repeat this process three times; then roll dough until it is about 1/4 of an inch. Do not handle the dough too much though or it will become dense.

Step 6# Roll the rolling pin to the edge of the dough and let the dough rap around it then lift, cover your dish and crimp the edges.

Step 7# Refrigerate pie crust for 20 minutes then take out and poke veggies to see if they are a little soft if so swap them with pie crust if not then leave the pie crust in the refrigerator for a little longer and keep the veggies in the oven. When the veggies are ready remove from the oven and set aside.

Step 8# Next blind bake the crust by putting a piece of tin foil over the pie crust and adding baking weights. Bake for 10 minutes.

Step 9# Once veggies, and pie crust have all been prepped, sauté approximately 2 cups of spinach in a pan greased with butter or olive oil (whichever one fits your liking) set aside.

Step 10# Take 6 eggs and one egg white and mix together (I also recommend adding a dash of milk) Then beat them.

Step 11# Finally you may construct your quiche by inserting the veggies into the pie crust, then the spinach, and finally pouring your egg mixture onto your dish then put in oven for 25-30 more or less. Check by inserting a toothpick into your quiche and seeing if it comes out clean when you retract it.

## Sweet Potato Fries

I found this recipe when I was doing a camp. We had to find or make a recipe using simple ingredients. At first I was stumped on what to do but then I found this recipe. I added some things like the onion and garlic powder to make them more exciting. These are SO good and easy and now you can make them too! Have fun!

### Ingredients:

- 1-2 Sweet potatoes
- Salt
- Pepper
- Any other seasonings/spices you like
- Cookie sheet
- Knife
- Bowl
- Olive oil

## Naomi Quinn



### Recipe:

1. Preheat oven to 400° F
2. Cut you potatoe(s) into fry shapes
3. Put them on your cookie sheet and sprinkle some salt, pepper, and whatever other toss them them add some olive oil so they dont stick
4. If you like how they taste its time to put them in the oven! Leave them in for about 10 min and the turn them around then cake for another 5-10 min
5. Pull them out and let them cool down a bit
6. Once the tray is cool enough to touch, scrape them off of the tray and put the in a bowl
7. Serve and EAT!!!! \*crunch\*



# Tomato Soup

Rose Wendling

My Dad wanted to make a nice vegetarian meal for once and that is just what he did. I suggested that he make a salad! But no one wanted to do that. So I suggested we make soup all together. It was fun to make, too. We didn't have any soup recipes so we looked online. We found one that we really liked and ever since then we make it once a week all together!

## Ingredients!

Half a pound of butter

3 medium sized onions, cut into 1/4-inch dice cuts

1/2 cup all-purpose flour

4 28-ounce cans diced tomatoes

1 1/4 cups chicken broth

1/4 cup sugar

1 tablespoon kosher salt

1 teaspoon celery salt

3/4 teaspoon pepper

3/4 cup half-and-half

*credit to Ted's Bulletin*

*Adapted by Jennifer Steinhauer*

## Step 1

In a large pot, melt the butter over medium-low heat. Add onions and cook gently, stirring occasionally, until soft and translucent, about 20 minutes.

## Step 2

Add flour and stir until mixture is slightly thickened and pale gold, about 3 minutes; do not allow to brown.

## Step 3

Stir in the tomatoes and their juices, chicken broth, sugar, salt, celery salt and pepper. Raise heat to medium until the liquid bubbles, then reduce heat to low. Simmer for 30 minutes, scraping the bottom of the pot frequently.

## Step 4

Stir in half-and-half and honey. Remove from heat and purée using a hand blender, or allow to cool until no longer steaming and purée





## Watermelon Feta Salad

by Adrian R.



Me and my parents normally eat this dish during hot days because it's really refreshing and thirst quenching.

### Cooking Instructions:

#### Ingredients:

Watermelon

Honey

Salt

Pepper

Vinegar

Olive oil

Small onions

Feta

Arugula

Orange Lemon



## MISO SOUP

My favorite thing to order at a Japanese restaurant is miso soup. I've always loved miso soup. My mom decided to make some at home so she bought the ingredients. Yum, almost as good as the restaurant!

### Ingredients:

- Water
- Miso paste
- Seaweed
- Silken tofu

Audrey  
Gonzales



First, boil a pot of water. While you're waiting for the water to boil, cut up the tofu in tiny pieces. When the water boils, add the miso paste. The amount would depend on how much water you boiled. Mix the miso paste until it's completely dissolved. Add the chopped tofu and mix. Add small amounts of seaweed at the end. Mix it and wait for it to cool before digging in!

## Vinegar Olive Oil Cucumbers

When my mom was younger she had cooking classes and one of them was how to make this vinegar-olive oil dressing for salads ; she still remembers how to make so she taught it to me! Best part about it is that it's healthy and good for but also very delicious, do I thought I could share it! I like the dressing best on cucumbers which makes a tasty little snack. The directions to this recipe are very loose so you can add or change it to your liking.

### Ingredients:

**Must need:** 2 handfuls of cucumbers, vinegar, salt, pepper, lemon juice.

**Optional:** garlic powder, presley, basil seasoning

Rae



### Directions:

1. Chop up the cucumber as thick or as thinly as you want
2. Fill a jar with vinegar but leave about 1-3 in. to add seasoning/olive oil ; add about a centimeter of olive oil
3. Add any seasoning you want I usually add salt, pepper, lemon juice, garlic powder, presley, and basil seasoning
4. Put on the cap tightly and shake pour the dressing on the cucumbers and Enjoy!





## Banana Bread by Elise J.

The reason why I chose banana bread is because me and my G Ma make it a lot.

Flour, baking powder, salt, shortening, sugar, lemon rind, eggs, bananas

First you preheat the oven to 350 then you sift together one and 3/4 Cups of flour 2 and 1/4 teaspoon double acting baking soda 1/2 teaspoon salt then blend together so creamy 1/3 cup shortening 2/3 cup sugar 3/4 teaspoon lemon rind 1 2 2 eggs 1 to 1/4 cup of banana. Add to 50 ingredients into three parts to the sugar mixture beats about it after each 1 then you bake the bread for one hour or Until it's done let it cool before you slice it



# No-Bake Cheesecake

## by Shaili



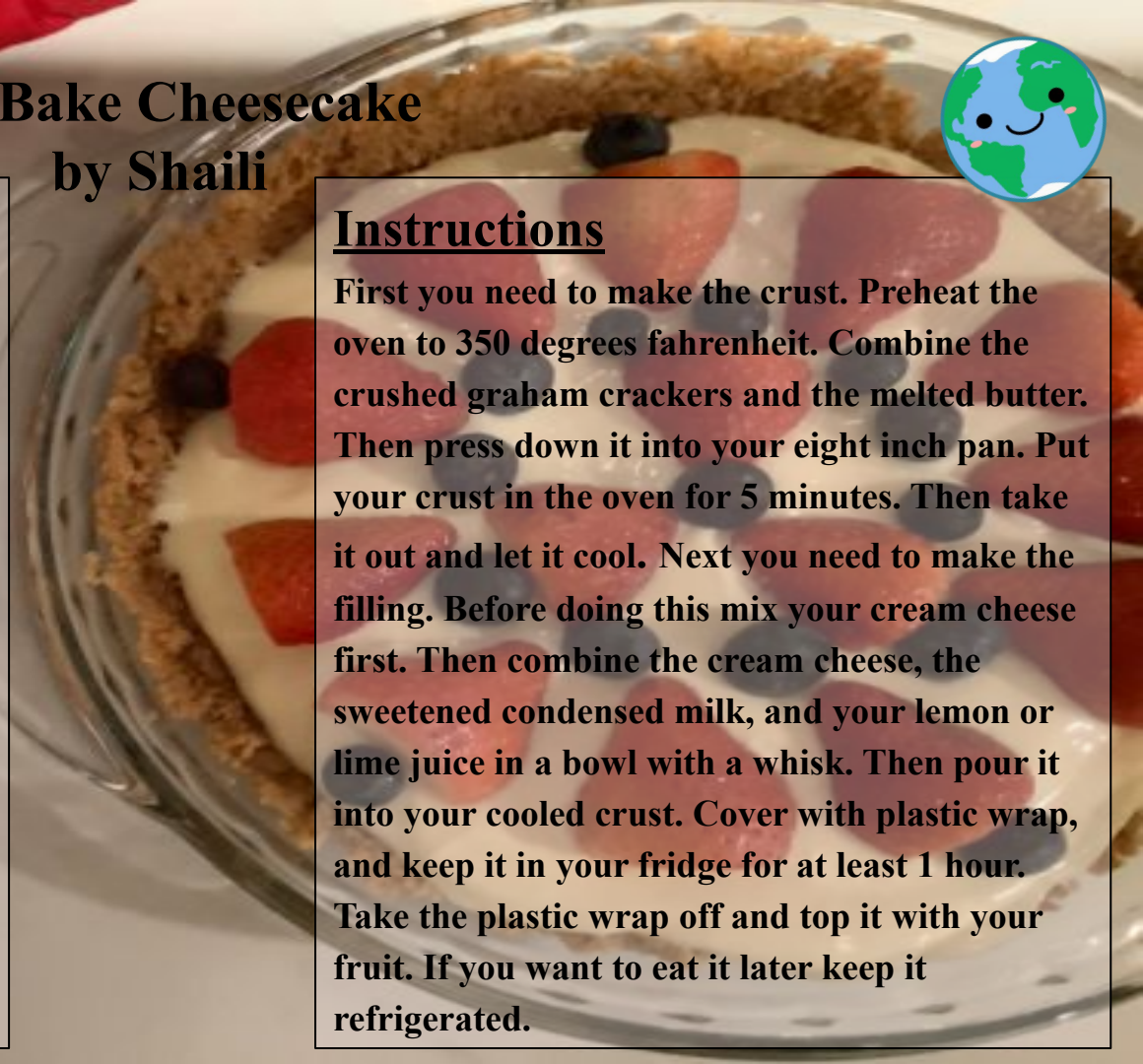
One day during the pandemic I was really bored. So I decided to make something. I started looking in a cookbook for something to bake, and this recipe fell out. It sounded good, so I decided to make it. I have made this recipe 2 times and it has tasted amazing both times.

### Ingredients

1 package of crushed graham crackers  
1 stick of melted butter  
8 oz of cream cheese  
8 oz of sweetened condensed milk  
Any type of fruit  
and  $\frac{1}{3}$  cup lemon or lime juice

### Instructions

First you need to make the crust. Preheat the oven to 350 degrees fahrenheit. Combine the crushed graham crackers and the melted butter. Then press down it into your eight inch pan. Put your crust in the oven for 5 minutes. Then take it out and let it cool. Next you need to make the filling. Before doing this mix your cream cheese first. Then combine the cream cheese, the sweetened condensed milk, and your lemon or lime juice in a bowl with a whisk. Then pour it into your cooled crust. Cover with plastic wrap, and keep it in your fridge for at least 1 hour. Take the plastic wrap off and top it with your fruit. If you want to eat it later keep it refrigerated.



## Chocolate Mochi Balls

So first, you have to get a medium sized pot, fill it with water and get it to a boil. Next get your flour and mix it with some filtered water. You have to mix it until it gets to the texture of your ear lobe. If it gets too hard, add water and if it gets too soft, add some more flour. You can shape it into anything you like, but it's kinda hard. Once you one that, you have to put it in the boiling water. It will sink at first but after a while it will start to float and that's how you know it's done.

### Ingredients:

Glutinous rice flour  
Hot water  
Cacao powder  
Powdered sugar

Kai.T



After that, you have to now mix the cacao powder with the powdered sugar in a bowl. I recommend sifting it though. Then you have to put all of the mochi balls in that chocolate mix and mix it around until all of the mochi balls are covered in chocolate.

Bon appetite!



## Fluffy Pancakes

During covid I started making pancakes during sundays. I used a recipe off the internet but I altered it a bit. It is a puffy recipe and makes enough for a family of four.

### Ingredients

- 1 ½ cup flour
- 3 tablespoon sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 large eggs
- 1 ¼ cup milk
- ½ teaspoon vanilla extract

Xavier Lytle



### Directions

- Preheat two pans to medium.
- Mix all the dry ingredients together in a large bowl(fLOUR, sugar, baking powder, salt).
- In another large bowl mix eggs, milk and vanilla extract together.
- Pour the liquid mixture into the dry ingredients.
- When the pan is heated pour the batter into the pan. Try to fit at least two pancakes into every pan.
- When the pancake has bubbles on top flip the pancake to the other side. For the other side just keep checking on it until you think it's done. It is all preference on how cooked you want your pancakes.



# Fruit Smoothie

I was struggling with ideas for my recipe until I decided to do something healthy and really easy to make-a fruit smoothie! I love making them and drinking them.

## Ingredients:

Blueberries (as many as you want)

Bananas (as many as you want, I recommend 1)

Milk or water

Ice (optional)

Equipment:

Blender

Cup

By Emilia Frank



First, get the blender ready. Then, you put in the banana(s) and blueberries. Pour in as much milk/water as you want, but I suggest 1 cup. Then, blend everything together until it looks like a liquid. Pour into cup. Enjoy!



## Green Smoothie

My mom wanted us to start eating more healthy, so she started making her own “green smoothies” We started eating them a lot, and they’re very delicious!



**Mixed Greens (Baby Kale, Baby Spinach, Baby Chard)**

**Frozen Mixed Berries (Raspberries, Blackberries, Blueberries)**

**Oat Milk (or normal milk if you prefer)**

**Bananas**

## Naomi Coleman



Take one cup of the mixed greens and pour into your blender. Take out a cup of the frozen fruit and put in blender. Pour one cup of Oat or normal milk into blender, and put in half of a banana. Blend until smooth and enjoy! The smoothie might be thick, so you should try to drink it with a straw.

**Tip: If it isn't sweet enough, you can add another half of a banana or a whole banana to add an extra fruity flavor.**





## Kale Smoothie Bowl

### Ingredients

**Kale** 2 cups

**Pineapple** 1 cup

**Kiwi** ½ cup

**Almond milk** 3 tbs

(you can use any type of milk)

**Dragon fruit**

**topping** (I cut them in balls or shapes and put like 3-9)

**Coconut flakes** (I put maybe a half a handful but you can put however much you want)

**I love smoothies and ice cream and this is the mix of both. I wanted to get a better and eat healthier breakfasts. It is basically feels and looks like ice cream but it is a smoothie and tastes like one.**

## Iwi

### Recipe

1. Grab a blender of some sort
2. Put in your kale, pineapple, kiwi and milk (do not add more milk than one more tbs)
3. Blend till there are no chunks and it is creamy and smooth
4. Put on your toppings

# Lushberry Juice

Copyright Shannon Messenger

Nicole Ly

Final result:



Ingredients:

2 cups strawberry lemonade

1 cup pomegranate juice

1 cup sparkling water (plain)

Mint leaves (optional)

Ice

Stir ingredients, and pour over ice, and enjoy!! You can also put some mint on top. (Don't use the kind of measuring cup in the big photo, use the liquid kind)





## Ariana and Heidi's Pink Lemonade

When me and Heidi were making pink lemonade we realized that one of the lemons was a lime! We squeezed the lemons into the jar, added the strawberries and then added a few drops of lime.

### Ingredients:

- 8 tsp of white cane sugar
- 2 lemons
- 1 lime
- 4 strawberries
- 1 and a half cups of water

## Ariana Avalos

### Steps

1. Roll the lemons and the lime on a flat surface.
2. Cut the lemons and the lime in half.
3. Squeeze the lemons and add 5 drops of lime. Then add the water in a jar.
4. After cut the tops of the strawberries and squeeze the juice into the jar.
5. Last add 8 tsp of sugar, mix and serve!



# Popsi's Special

My pops's grandfather made this dish for him.  
Now my mom and pops make this for me.



## Ingredients:

**1 TBSP Butter**

**2 Eggs**

**2 cups Rice Krispies**

**Salt (optional)**

# Lila Kopf



Preheat oven to 225 F. Put Rice Krispies  
in a oven safe bowl and put in the oven.

Put eggs in a medium saucepan. Fill the pot  
with water until the eggs are fully immersed.  
Bring to a boil. Cook for 2 minutes.

While eggs are cooking, melt 1 TBSP of butter in  
the microwave.

Discard the hot water and fill the pot with cold  
water. Take the Rice Krispies out of the oven.

Separate eggs on Rice Krispies. Add salt  
(optional) and enjoy.

## Rugelach by Shayna Stept

I choose Rugelach because I had made it for the first time a couple weeks ago and I loved it. I think of Rugelach as mini pies. Rugelach is a very popular dessert in Israel.

2 Cups all purpose flour  
¼ teaspoon salt  
1 Cup unsalted butter  
1(8 ounces) package of cream cheese  
⅓ sour cream (optional)  
½ cup white sugar  
1 tablespoon ground cinnamon  
Any filling you want.

**Step 1:** Cut cold butter or margarine, and cream cheese into bits. In food processor pulse flour, salt, butter. Combine sugar, butter or margarine, cream cheese and sour cream until crumbly.

**Step 2 -** Shape crumbly mixture into four equal disks. Wrap each disk and chill 2 hours or up to 2 days.

**Step 3 -** Combine sugar, cinnamon and finely chopped raisins (may substitute miniature chocolate chips)  
**Step 4 -** Roll each disk into a 9 inch round keeping other disks chilled until ready to roll them. Sprinkle round with sugar mixture. Press lightly into dough. With a knife or pizza cutter, cut each round into 12 wedges. Roll wedges from wide to narrow, you will end up with point on outside of cookie. Place on ungreased baking sheets and chill rugelach 20 minutes before baking.

**Step 5 -** Preheat oven to 350 degrees F

**Step 6 -** After rugelach are chilled, bake them in the center rack of the oven for 22 minutes until lightly golden. Cool on wire racks.

**Step 7-** Before putting the filling on the dough, use a pastry brush to layer jam or raisin and cinnamon mixture as well as brown sugar. Then add the recommended filling. You may also make a mixture of cinnamon and sugar and roll the rugelach in this prior to putting them on the cookie sheet.





# Soft Molasses Cookies

by Zoe A. Sullivan



## Ingredients:

2 sticks butter

1 ½ cups sugar

½ cup unsulfured molasses

2 eggs

4 cups flour

1 teaspoon salt

2 ¼ teaspoons baking soda

2 ¼ teaspoons ground ginger

1 ½ teaspoons ground cloves

1 ½ teaspoons ground cinnamon

Sugar to coat cookies

*This makes about 30-40 cookies  
depending on how big you roll the balls.*

## I LOVE these cookies!

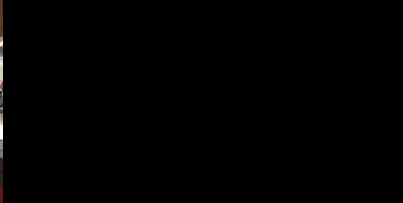
### Recipe:

1. Cream butter and sugar.
2. Beat in eggs and molasses.
3. In a separate bowl, whisk dry ingredients.
4. Gradually mix in dry ingredients into wet.
5. Refrigerate ten minutes.
6. While the dough is cooling, preheat the oven to 350 degrees.
7. Roll the dough into golf-ball-sized balls and roll each one lightly in sugar.
8. Place balls on parchment-lined cookie sheets about 1 inch apart.
9. Bake for 10-12 minutes.
10. Remove from oven and let cool on wire rack until cool.
11. EAT THE COOKIES!!!

[Click here to  
watch videos.](#)



1. Ingredients



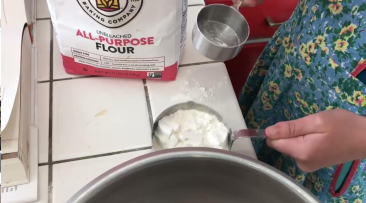
2. Creamed butter and sugar



3. Molasses adding



4. Scrape the sides



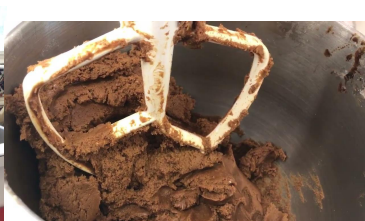
5. Measure flour



6. Whisk dry ingredients



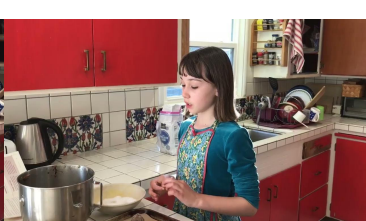
7. Put dry ingredients in



8. Finished cookie dough



9. Rolling tips



10. How long to bake



11. Into the oven



12. Out again



13. Onto the counter



14. THIS IS THE MOST IMPORTANT PART. IF YOU MISS IT ALL YOUR WORK WILL GO TO WASTE.

Viewing tip! Watch videos in full screen.

# Sticky Rice with Mango

By Lucia Nguyen



## Story:

*Ever since I saw it in a book, I have been craving sticky rice with mangoes. I kept asking my mother and eventually, she made it. My mother originally didn't know how to make sticky rice with mangoes but with the help of a YouTube video, she could finally make it for me.*

## Ingredients:

- 2 cups of sweet or sticky rice
- 1 can of coconut milk
- ½ cup of sugar
- 2 pinches of salt
- 1 tablespoon of cornstarch
- 2 mangoes
- A cheesecloth
- \*OPTIONAL\* Sesame seeds for a garnish



## Recipe:

- **Rice:** Rinse and drain the rice until the water is clear then leave the rice to soak in the water for an hour (at least). After, boil some water in a steamer and pour the rice on a cheesecloth and place it inside the steamer. Then cover the steamer. Steam the rice on high heat. After 10-15 minutes, come and check to see if the rice grains are tender/soft . If they aren't, leave them in the steamer for a bit longer until they are. The grains should be chewy. Then, transfer the rice into a bowl and let it cool down.
- **Making the sticky rice and coconut sauce:** Combine the coconut milk, sugar, and the salt into a pot and cook it on medium high heat. Then, pour half of the coconut cream into the rice. Stir it well. Then, let it cool and soak into the rice for about 10 minutes.
- **Cornstarch slurry:** In another bowl, make the cornstarch slurry by mixing the cornstarch with 1 tablespoon of cold water. Pour it into the other half of the coconut sauce and stir it. Then put it on low heat until the sauce has thickened.
- **The mango:** Peel the supposedly ripe mangoes and cut them however you'd like. Place them along with the rice. You can sprinkle on some sesame seeds if you'd like. Then add some coconut sauce along with the mangoes and rice. Then enjoy! ^^

Link to the YouTube video we got inspired by:

<https://www.youtube.com/watch?v=osGfh5A7ta0>



# STRAWBERRY & BANANA SMOOTHIE

## BY ADRIAN W



### STORY:

When my mom was little, she was like me. We didn't want to eat many fruits and vegetables. My Grandma noticed this and decided to make a smoothie with fruits and vegetables. She put bananas and strawberries in it, then gave it to my mom and she liked it. To this day, I always make strawberry and banana smoothies and I really enjoy them. I hope it is the same for you!

### INGREDIENTS:

2 or more cups of vanilla ice cream (depending on how thick you want it) 5 or 6 strawberries, half of a banana, and  $\frac{3}{4}$  cups of milk.

### DIRECTIONS:

1. Add milk.
2. Add ice cream.
3. Add strawberries and bananas (cut in smaller pieces if you want).
4. Blend for 20 seconds or until everything is mixed.
5. Pour into a cup.

# Liping's Strawberry Banana Yogurt Smoothie

Irene Park



I don't really have a story about this, I just asked my mom to make a smoothie, and once she made it, I completely fell in love with the drink, and have been sipping it from now on.

## Ingredients:

- 2 cups Frozen strawberries
  - One banana, chopped
  - $\frac{2}{3}$  cup of your favorite yogurt
  - $\frac{1}{2}$  cup water
- You will need a blender, too.

First, freeze the strawberries for 24 hours or more. My mom just left them in a bag for a few days in the fridge. Then, after the 24 hours or more, cut up one banana, and put it in a blender. Add a cup of your favorite yogurt in, too. Finally, add the 2 cups of frozen strawberries. Blend until smooth. Serve in a cup with a spoon.

**Tip:** if you want it to look pretty, take an extra unfrozen strawberry, and cut it in half. Place them on top of your smoothie. (It shouldn't fall to the bottom, since it's so thick and icy.)







2020-2021

Vegetarian  
Cookbook