

This will be the last week for recipes that are required for the class. The week following will be cooking for fun! Remember to include pictures and writeups for each recipe!

Recipe #1: Roasted Vegetables

Vegetables needed

1 large yam, peeled cubed 1cm dice
1-2 red bell peppers, seeded and diced
1 sweet potato, peeled and cubed
3 Yukon Gold potatoes, cubed
1 red onion, quartered
(optional) 1 butternut squash, peeled, seeded, cubed

¼ cup of oil
3 cloves of garlic minced
1 tsp oregano
Salt and freshly ground Black Pepper, to taste

1. Cut all vegetables
2. Toss in oil, garlic, oregano and salt and black pepper
3. Roast in 350F oven for about 35 minutes (until vegetables are cooked)

Recipe #2: Baked (Microwave) Potato

For some strange reason our curriculum wants us to use the microwave for cooking...

Vegetables needed

1 Russet Potato
15ml butter
(optional) Sour Cream, green onions, bacon bits

1. Wash Russet potato, stab with fork
2. Wrap in paper towel
3. Microwave for 6-7 minutes (until soft when you squeeze it)
4. Slice open, add butter and whatever other toppings you want

Recipe #3: Lemon Glazed Carrots

Ingredients

1 pound baby carrots
1 cup water to cover
¼ cup butter

2 ½ tablespoons honey
1 tablespoon lemon juice
(optional) ⅛ teaspoon ground ginger

Step 1 Bring carrots and enough water to cover to a boil in a saucepan; reduce heat to medium-high and continue to simmer until carrots are tender, about 10 minutes. Drain and set aside.

Step 2 Melt butter in a large skillet over low heat; stir in honey. Add lemon juice and ginger. Increase heat to medium and stir in carrots until well coated. Continue cooking until thickened, about 5 minutes more.