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| Knoephla Soup – We are NOT doing this Semester, But you may if you wantIngredients:

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| 1 qt | Water | 2T.  | Chicken Stock |
| 3 | Potatoes, peeled & diced | 2 c.  | Half & Half |
| 1 stalk | Celery, chopped | 1 c. | Frozen Spaetzel |
| 1/2  | Onion, finely chopped |  |  |

Directions:**Day 1:** Cut and prepare all vegetables as indicated in ingredients list. You will label and store in separate baggies until following day.**Day 2:** Bring water and chicken stock to a boil. Add vegetables and chicken stock. Boil 3 minutes, add spaetzel dough. Return to boil and cook 10 minutes, or until vegetables are tender and dough is cooked through.Reduce heat to simmer, add half and half. Simmer 2 min.Enjoy…May add salt and pepper to individual bowls.  |

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| Garlic Biscuits - We are NOT doing this Semester, But you may if you want Ingredients:

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| 2c | Bisquick Mix |
| 1/4 c. | Margarine, melted |
| 2/3 c.  | Milk |
| 1/4 tsp. | Garlic Powder |
| 1/2 c. | Shredded Cheddar Cheese |

Directions:Mix bisquick, milk and cheese until a soft dough forms. Beat vigorously for 30 seconds. Drop dough by spoonful onto a lightly greased baking sheet. Bake at 450°F for 8-10 minutes. While baking, mix margarine and garlic powder. Brush over warm biscuits before removingfrom baking sheet.Best if served warm. |

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| Crepes – Quick, easy & students LOVE themIngredients:

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| 3/4 c.  | Flour | 1 | Egg |
| 2 tsp. | Sugar | 1/4 tsp. | Vanilla |
| 1/4 tsp. | Baking Powder | 1 ½ tsp. | Vegetable Oil |
| 1/4 tsp. | Salt | 1c. | Fruit of Choice \*use less |
| 1 c. | Milk | 1/4 c. | Powdered Sugar \*use less |

Directions:* Measure all ingredients except fruit and powdered sugar and place in blender. Cover, and process until smooth.
* Lightly grease the frying pan. Heat on medium-high heat.
* Place fruit in large mixing bowl and mash with potato masher until almost smooth. Set aside until ready to fill crepes.
* Pour 1/4 cup of batter in the pan, swirl the pan around until the batter is evenly distributed. THIS WILL BE A THIN LAYER. Cook until golden brown, flip over and cook other side until golden brown.
* Dump crepe out onto a clean plate. Spread a thin layer of mashed fruit on half of the crepe. Roll up like a log.
* Dust with powdered sugar and enjoy!
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| Icebox Cookies – 2 days for sure…make & form, refrigerate overnight, bake and eat 2nd day.Ingredients:

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| 2 c. | Brown Sugar | 1 tsp. | Baking Powder |
| 1 c. | Butter | 1 tsp. | Baking Soda |
| 2  | Eggs | 1/2 tsp. | Cinnamon |
| 3 ¾ c. | Flour | 1 tsp.  | Vanilla |

Directions:**Day 1:** Cream together butter and sugar. Add eggs one at a time, mixing well after each one.Add in all remaining ingredients one at a time, mixing well after each ingredient.Form dough into a rectangular loaf shape and wrap in plastic wrap and refrigerate overnight.**Day 2:** Preheat oven to 350°F. Remove plastic wrap. Using a sharp knife, slice dough into 1/4" pieces. Lay cookies on a greased cookie sheet. Bake for 8-10 minutes. |

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| Breakfast Burritos – Tortilla Recipe We are NOT doing this Semester, But you may if you wantIngredients:

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| 1 ½ c  | Flour | 1/2 c. | Warm Water |
| 4 T. | Shortening | 1/2 tsp. | Salt |
| 1/2 tsp. | Baking Powder |  |  |

Directions:* In a mixing bowl, place flour, baking powder and salt.
* Use a pastry blender to cut in the shortening until crumbly.
* Add a little water at a time and stir with a fork until the dough sticks together.
* Form the dough into 5 balls.
* Lightly flour the clean counter and the rolling pin.
* Roll into a circle big enough to cut out dough the size of a plastic shortening-can lid.
* Heat griddle or frying pan to medium-high heat. Place dough in pan and cook on the dry pan until dough is lightly browned and “blistered.” Flip over and cook other side until lightly brown and “blistered.”
* Cool completely and place in a plastic bag to store in refrigerator until ready to use.
* Makes 5 tortillas. May store in refrigerator up to 5 days.
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| Breakfast Burritos – Filling Ingredients We are NOT doing this Semester, But you may if you wantIngredients:

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| 4 | Eggs | 5 slices | Bacon |
| 1/4 c.  | Milk |  | Salsa |
| 1/2 c.  | Shredded Cheese | 5 prepared | Tortillas |

Directions:* Reheat bacon according to package directions. Let cool and crumble.
* In a small bowl, lightly beat eggs and milk. Cook in greased frying pan like making scrambled eggs.
* Heat prepared tortillas in microwave for 15 seconds each.
* Place tortillas on plates. Sprinkle with bacon pieces, top with scrambled eggs, sprinkle with cheese.
* Roll up “burrito” style.
* May top burrito with salsa if desired.
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| General Tso’s Chicken We are NOT doing this Semester, But you may if you wantIngredients:

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| 3/4 c. | Chicken Broth | 1 tsp.  | Fresh Grated Ginger |
| 1 T. | Soy Sauce | 1 T. | Olive Oil |
| 1 ½ T. | Corn Starch | 2 | Scallions |
| 2 T.  | Sugar | 1 tsp. | Minced Garlic |
| 1 T.  | Chicken Broth | 1 lb. | Chicken Breast, cut up |
|  |  | 2-3 c. | Cooked Rice |

Directions:* In a medium bowl, whisk together broth, cornstarch, sugar, soy sauce and green tops of scallions. Set aside.
* Heat oil in a large frying pan over medium-high heat. Add white parts of scallions, garlic and ginger. Cook while stirring constantly for 1-2 minutes.
* Add chicken to frying pan and cook until browned on all sides; about 5 minutes.
* Add sauce to frying pan and simmer until sauce thickens and chicken is cooked through, about 3 minutes.
* Serve chicken over cooked white rice.
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| Banana Bread MuffinsIngredients:

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| 6 T. | Butter | 1 c. | Flour |
| 3/4 c. | Sugar | 1/2 t. | Baking Soda |
| 2 | Over-ripe Mashed Bananas | 1/2 t. | Salt |
| 1 | Egg | 1/2 c. | Optional Add Ins:Mini Chocolate Chips OR Chopped Nuts |

Directions:* Preheat oven to 350°F. Spray muffin tin with non-stick cooking spray or line with baking cups.
* In a mixing bowl cream together butter and sugar.
* In a separate bowl mix all liquid ingredients (including bananas).
* In yet another bowl, mix and stir all dry ingredients.
* Divide evenly among mini muffin cups, filling 3/4 full.
* Bake 10-12 min or until golden brown and “spring” to the touch.
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| Super Nachos – Quick and Easy…Students like.Ingredients:

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| 1/4 lb  | Ground Beef | 1/4 c. | Refried Beans |
| 1/4 pkt. | Taco Seasoning | 8 oz. | Tortilla Chips |
| 1/2 c. | Shredded Cheese |  |  |

Directions:* Brown ground beef in skillet until no longer pink.
* Mix taco seasoning with 1/4 c. water. Add to beef and simmer 5 minutes.
* Arrange chips on a baking sheet.
* Spoon meat mixture on top. Then top with refried beans.
* Sprinkle cheese on top and place under the broiler; just until the cheese melts.
* Remove from oven and may add other toppings as desired.
* Additional toppings may include; lettuce, tomatoes, sliced olives, green chilies, salsa, guacamole, or sour cream
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| Apple Crisp – Filing Ingredients: Topping Ingredients:

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| 5-6 | Medium Apples – Sliced | 1/2 c. | Flour |
| 1/2 c. | Granulated Sugar | 1/2 t. | Salt |
| 3/4 t. | Cinnamon | 1/2 c. | Brown Sugar |
|  |  | 1/2 c. | Oatmeal |
|  |  | 1/2 t. | Baking Powder |
|  |  | 1/4 c. | Butter |

Directions:* Preheat oven to 425°F.
* Spread sliced apples in bottom of 8X8 pan until 1/2 full.
* Mix sugar and cinnamon together and sprinkle over apples.
* In a separate bowl, mix dry ingredients of topping together.
* Cut in butter to dry ingredients of topping.
* When topping resembles coarse crumbs, cover apples completely.
* Bake 15 min @ 425°F, then reduce heat to 350°F and bake another 30 min.
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