

WHAT'S COOKING?

A COLLECTION OF RECIPES



ON MY OWN INDEPENDENT LIVING SERVICES

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Main Dishes

Easy Three Ingredient Chili



Ingredients:

1 pound cooked and drained ground beef

1 15 oz. can Hormel chili

1 15 oz. can Hunts diced tomatoes for Chili

¼ cup chopped green onions

1 pint sour cream

Grated cheddar cheese (1 bag)

What you will need:

Frying pan

Large Pot

Wooden Spoon

Sharp knife

Cutting Board

Can Opener

Strainer

Directions:

1. Cook hamburger meat in large pan over medium heat until cooked
2. Drain grease from meat
3. Mix the meat, beans and tomatoes together in a large pot
4. Bring it to a boil and then simmer for about 30 minutes
5. Enjoy topped with cheese, green onions and sour cream if desired

Chicken Pot Pie



Ingredients:

2 pie crusts

1 cup chicken,
cooked and
chopped

*(You can buy
pre-cooked and
chopped chicken)*

2 (15 oz.) cans
mixed vegetables

1 can cream of
chicken soup

What you will need:

Pie Plate

Spoon to Stir

Fork

Sharp Knife

Cutting Board

Can Opener

Directions:

1. If you don't buy pre-cooked chicken, wash chicken, cut into bite size pieces and cook until browned
2. Line pie plate with 1 pie crust
3. Mix chicken, vegetables & soup
4. Top with 2nd crust, fold over edges
5. Seal by pressing fork around the edges to seal crusts together
6. Poke holes in top of crust with toothpick
7. Bake at 425 degrees for 30 minutes

English Muffin Pizza



What you will need:

Baking sheet

Measuring cups

Measuring spoons

Spreading knife

Ingredients:

6 English muffins

$\frac{3}{4}$ cup pizza sauce

1 $\frac{1}{2}$ cup shredded mozzarella

Your favorite pizza toppings (pepperoni, sausage, mushrooms, olives)

Directions:

1. Open English muffins and line face side up on baking sheet
2. Spread one Tablespoon pizza sauce on each muffin
3. Top with 2 Tablespoons mozzarella cheese
4. Top with your favorite pizza toppings
5. Bake at 400 degrees for 15 minutes

4 Ingredient Baked Ziti



What you will need:

Square pan

Strainer

Pot to cook
pasta

Spoon

Foil

Can opener

Ingredients:

28 oz. can tomato sauce

1 bag Penne pasta

10 slices mozzarella cheese

8 slices provolone cheese

Directions:

1. Boil pasta in water and drain
2. In a square baking pan, pour in 1½ cups sauce
3. Top with drained penne pasta
4. Top with remaining tomato sauce
5. Stir gently so noodles are covered
6. Top with cheeses
7. Loosely cover with foil, Bake 375 for 15 minutes,
8. Uncover and bake additional 15 minutes until slightly browned

Pesto Chicken Bake



What you will need:

Baking Dish

Spoon

Knife

Cutting Board

Ingredients:

- 3 Boneless chicken breasts
- 1 6 oz. jar basil pesto
- 2 sliced medium tomatoes
- 3 slices mozzarella cheese

Directions:

1. Preheat oven to 350 degrees
2. Wash chicken and pat dry
3. Place chicken breasts in a baking dish
4. Use a spoon to cover chicken with pesto
5. Top each slice with 1 slice mozzarella cheese and 2 sliced tomatoes
6. Bake for 30 minutes

Speedy Spuds



Ingredients:

- 4 medium red potatoes
- 8 green onions, chopped
- ¼ cup bacon flavor bits
- ½ cup sour cream
- ½ cup shredded cheddar cheese

Directions:

1. Wash potatoes
2. Poke potatoes with fork several times
3. Microwave on high to 8 to 10 minutes
4. Use pot holder to remove potatoes
5. Slice onions on cutting board
6. Spray skillet with Pam non-stick spray
7. Line pan with onions and bacon bits and cook for 3 minutes
8. Cut potato lengthwise
9. Top with sour cream, bacon mixture and cheese

What you will need:

Vegetable Brush

Microwavable
plate

Pot Holders

Cutting Board

Sharp Knife

Measuring cup

Measuring
Spoons

Fork

Rubber Spatula

Lazy Day Lasagna



Ingredients:

- 1 15 oz. container ricotta cheese
- 2 Tablespoons grated parmesan cheese
- 1 teaspoon Italian seasoning
- 1 26 oz. jar spaghetti sauce
- 8 uncooked lasagna noodle
- 1 bag (8 ounce) shredded mozzarella cheese

Directions:

1. Preheat oven to 350 degrees
2. Stir ricotta cheese, parmesan cheese and seasoning in bowl
3. Pour spaghetti sauce into baking dish and cover the bottom
4. Top with 4 uncooked lasagna noodles
5. Spread 1 cup of the ricotta cheese mixture on top of noodles
6. Repeat steps 3, 4 & 5
7. Bake uncovered for 45 minutes

What you will need:

Measuring
spoons

Medium mixing
bowl

Spoon

Measuring cup

13 x 9 baking dish

Pot holders

Sharp knife

Totally Terrific Tacos



Ingredients:

- 2 cups shredded lettuce
- 1 chopped tomato
- 1 cup shredded cheddar cheese
- $\frac{3}{4}$ sour cream
- $\frac{3}{4}$ cup guacamole
- 1 pound lean ground beef
- 1 cup salsa
- 10 taco shells

Directions:

1. Chop tomato
2. Put ground beef in skillet, use wooden spoon to break into small pieces, cook for 8 to 10 minutes
3. Strain beef in strainer, and put back in skillet
4. Add salsa to beef, stir for 5 minutes, put in large bowl
5. Put cheese, guacamole, lettuce and salsa in small bowls
6. Heat taco shells as directed on box

What you will need:

Measuring cups

Skillet

Wooden Spoon

Cutting Board

Sharp Knife

Measuring cups

1 large mixing
bowl

3 small bowls

Strainer

Side Dishes

Brown Sugar Glazed Carrots



What you will need:

Measuring cup

Measuring
spoons

Cooking pan

Strainer

Ingredients:

1 16 oz. bag baby carrots

½ cup water

1 ½ Tablespoons butter

1 ½ Tablespoons brown sugar

Salt & Pepper to taste

Directions:

1. Bring carrots, water, butter and brown sugar to a boil in a pan over medium-high heat
2. Turn to low and simmer for approximately 6 minutes
3. Turn back to high and cook until all the water is evaporated and carrots are tender
4. Remove from heat, salt and pepper, and enjoy!

Sautéed Zucchini & Carrots



What you will need:

Sharp knife

Measuring
spoons

Frying pan

Strainer

Ingredients:

2 Medium sized zucchini (thinly sliced)

2 Medium sized carrots (thinly sliced)

1 Tablespoon olive oil

2 Tablespoons butter

1 teaspoon dried thyme

Sea salt and ground pepper (to taste)

Directions:

1. Heat a large skillet over medium heat, add oil and butter
2. Once the butter is melted, add carrots and zucchini
3. Sprinkle with Thyme and Salt
4. Sauté vegetables until lightly browned, stirring occasionally

Parmesan Baked Potato Halves



Ingredients:

6 small potatoes
scrubbed and cut in
half

¼ cup butter

Grated parmesan
cheese
(*you can buy pre-
grated cheese*)

Salt and pepper

Garlic powder

What you will need:

Measuring cup

Baking sheet

Small pan

Sharp knife

Plate

Directions:

1. Preheat oven to 400 degrees.
2. Melt butter and pour into a pan and spread evenly across the bottom
3. Sprinkle parmesan cheese and seasonings all over the butter
4. Place potato halves face down on the butter and salt & pepper
5. Place in preheated oven and bake for 40 to 45 minutes
6. Cool for 5 minutes before removing from the pan
7. Serve on a plate with a side of sour cream for dipping

Cheesy Garlic Butter Noodles



Ingredients:

- 2 1/4 cup shell pasta
- 2/3 cup shredded mozzarella cheese
- 2 Tablespoons melted butter
- 2 Tablespoons grated parmesan cheese
- 2 teaspoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper

Directions:

1. Cook noodles according to package directions
2. Drain noodles
3. Add remaining ingredients and mix until cheese is melted

What you will need:

Measuring cups

Measuring
spoons

Small pan

Strainer

Fruit Salad



What you will need:

Measuring cups

Sharp knife

Bowl

Strainer

Ingredients:

½ can pineapple, drained

½ can sliced mandarin oranges, drained

½ chopped apple (you can buy pre-sliced apples)

5 seedless red grapes

5 green grapes

2 cups strawberry yogurt

Directions:

1. Slice grapes in ½
2. Cut apple into bite size pieces
3. Put all fruits into a bowl
4. Pour yogurt over fruit
5. Mix all ingredients together

Snacks

Frozen Yogurt Berry Bites



What you will need:

Ice Tray

Spoon

Sharp knife

Ingredients:

32 Vanilla Greek Yogurt (You can have whatever flavor you like!)

1 ½ cups of your favorite berries chopped
(strawberries, blueberries, blackberries, raspberries)

Directions:

1. Put fruit in the ice tray
2. Top with Greek yogurt
3. Put in freezer for 3 to 4 hours
4. Enjoy!!

Mini Tortilla Pizzas



Ingredients:

- 1 large flour or wheat tortilla
- $\frac{3}{4}$ cups mozzarella cheese
- $\frac{1}{4}$ cup parmesan cheese
- 36 – 40 small pieces of pepperoni

Directions:

1. Preheat oven to 350 degrees
2. Use cookie cutter to cut small round tortillas
3. Spray muffin tin with Pam non-stick spray
4. Put small round tortillas in muffin tin
5. Top with cheese and pepperoni
6. Bake for 10 - 12 minutes
7. Use a knife (not sharp) to remove from muffin

What you will need:

Muffin tin

Spoon

Round cookie cutter

Pam non-stick cooking
spray

Knife
(to remove from tin)

Cucumber Bites



What you will need:

Bowl

Potato peeler

Melon Baller

Sharp Knife

Ingredients:

10 Carrot sticks

10 Celery sticks

10 Cucumbers

½ packet ranch dressing mix

1 cup sour cream

Directions:

1. Mix together sour cream and ranch dip and set aside
2. Wash cucumbers and, using a peeler, make stripes on cucumbers
3. Cut cucumbers into 1 1/2 inch slices
4. Use a melon baller to scoop out center of each to make a cup
5. Fill with dip and put one celery stick and one carrot in the dip

Cinnamon Apple Chips



Ingredients:

- 4 Apples (cored and sliced)
- 2 teaspoons cinnamon
- 2 teaspoons sugar (or Splenda)
- Pam non-stick spray

Directions:

1. Preheat oven to 200 degrees
2. Add the sliced apples to a large bowl
3. Coat the apples with the cinnamon and sugar
4. Spray a baking sheet with Pam non-stick cooking spray
5. Line the apples flat on the pan
6. Bake 2-3 hours until the chips are dry yet still soft
7. Allow to cool completely
8. place them in an air tight container for up to 4 days

What you will need:

Apple Corer

Measuring
Spoons

Pam non-stick
spray

Baking sheet

Large bowl

3 small bowls

Easy Breezy Tropical Orange Smoothie



What you will need:

Blender

Sharp knife

Measuring cup

Glass

Ingredients:

- 1 Large orange peeled
- 1 Banana peeled
- ½ cup frozen pineapple
- ½ cup almond milk

Directions:

1. Combine all ingredients into your blender
2. The frozen pineapple should be the last one added
3. Blend on high until completely smooth, about one minute
4. Pour into a glass and enjoy

Baked Parmesan Zucchini Rounds



Ingredients:

2 medium sliced
zucchini

½ cup freshly grated
parmesan cheese
*(you can buy pre-
grated cheese)*

Garlic salt and freshly
ground pepper

What you will need:

Measuring cup

Baking sheet

Foil

Pam Non-stick
spray

Directions:

1. Preheat to 425°F
2. Line a baking sheet with foil (lightly misted with Pam non-stick cooking spray)
3. Wash zucchini and cut into 1/4-inch thick slices
4. Arrange zucchini rounds on baking sheet
5. Sprinkle zucchini with garlic salt and pepper
6. Spoon a thin layer of parmesan cheese on each slice of zucchini
7. Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown

Desserts

3 ingredient Chocolate Mousse



What you will need:

Bowl

Mixer

Mixing Bowl

Wooden spoon

Tray

Ingredients:

- 1 1/2 cups whipping cream
- 1/3 cup cocoa powder
- 1/2 cup powdered sugar
- 1/4 teaspoon almond extract (optional)

Directions:

1. In a chilled mixing bowl, begin whipping cream until frothy and slightly thicken
2. Add powdered sugar and cocoa powder
3. Carefully mix until soft peaks form
4. Add almond extract if desired
5. Whip until stiff peaks form

Banana Split Bites



Ingredients:

- 3 Bananas
- 6 Strawberries
- 1 can diced pineapple or fresh pineapple
- 1 cup chocolate dipping sauce
- ¼ cup chopped peanuts
- 12 popsicle sticks

What you will need:

Bowl

Strainer

Sharp Knife

Wooden spoon

Tray

Directions:

1. Cut strawberries in half
2. Slice banana
3. Drain pineapple
4. place pineapple on stick first, then banana, then strawberry
5. Place in freezer for 10 minutes
6. Line a separate tray with wax paper
7. Put chopped nuts in small plate
8. Melt chocolate by heating in microwave for 30 seconds stirring until smooth
9. Dip cold fruit in chocolate, then into nuts, then place on the wax paper

Mini Dessert Pizza



What you will need:

Cookie Sheet

Knife

Whisk

Mixing Bowl

Ingredients:

1 Pillsbury sugar cookie dough roll

8 ounces cream cheese

½ cup sugar

1 teaspoon vanilla

1 container cool whip

Your favorite fruits (strawberries, blueberries, kiwi fruit)

Directions:

1. Cut cookie dough into small round cookies
2. Put on a cookie sheet and bake as it says on the package
3. Take out of oven and let cool
4. Mix cream cheese, sugar, vanilla and cool whip together
5. Spread each cookie with the frosting and top with fruit

Easy Pineapple Fluff



What you will need:

Blender

Sharp knife

Measuring cup

Glass

Ingredients:

- 1 box (3.4 ounce) vanilla instant pudding mix
- 1 20-ounce can crushed pineapple with juice (do NOT drain)
- 1 8-ounce container Cool Whip, thawed
- 2 cups miniature marshmallows
- 1 cup sweetened shredded coconut

Directions:

1. In a large bowl, stir together dry pudding mix and entire can of crushed pineapple with juice until well combined
2. Gently fold in the Cool Whip, marshmallows, coconut, and pecans (if using)
3. Cover bowl with lid or saran wrap, and refrigerate for at least 2 hours prior to serving

Easy Banana Cream Pie



Ingredients:

Ready Made Pie Crust

1 box Banana Cream Pudding (3.4 oz)

1 3/4 cup milk

8 oz. Cool whip

3 Bananas

Directions:

1. Preheat oven to 400.
2. Bake crust for 10-15 minutes until golden brown, cool
3. Slice 2 bananas and layer in bottom of crust
4. Mix milk and pudding mix and cool whip until thickened
5. Fold in 1/2 of whipped topping and put in pie crust
6. Put in refrigerator for one hour
7. Top with remain whipped topping
8. Slice 3rd banana and put on top of whipped topping

What you will need:

Whisk

Sharp Knife

Wooden spoon

Measuring cups

Healthy Choice

Sugar Free & Gluten Free

No-Bake Mini Banana Cream Pies



Ingredients:

- 2 oz. cream cheese, softened
- ½ cup sugar-free whipped topping
- 1 mashed banana
- ½ banana sliced into 15 pieces
- 1 (0.9 ounce) box sugar free banana cream instant pudding
- 1 cup evaporated 2% milk
- 15 vanilla wafer cookies

Directions:

1. Mix together cream cheese, whipped topping, and mashed banana and set aside.
2. Whisk together pudding and milk
3. Add the pudding mixture and cream cheese mixture and stir
4. Line 15 cups of a mini muffin tin with mini baking cup liners
5. Add a regular size wafer cookie (flat side down) to the bottom of each cup liner
6. 2 tablespoons of mixture into cup
7. Garnish each cup with a teaspoon of whipped topping, a slice of banana, and a mini vanilla wafer cookie.
8. Refrigerate until ready to serve

What you will need:

- Mini muffin tin
- Sharp knife
- Measuring cups
- Sharp Knife
- Whisk
- Wooden spoon

Sugarless & Flourless Peanut Butter Cookies



What you will need:

Measuring cups

Measuring
spoons

Cookie Sheet

Beater

Spoon

Ingredients:

- 1 Large egg
- 1 cup Splenda
- 1 teaspoon baking powder ½ teaspoon vanilla
- 1 cup creamy peanut butter
- 1 teaspoon water

Directions:

1. Preheat oven to 350 degrees
2. Beat together the egg, sugar substitute, baking powder & vanilla
3. Add peanut butter & water and beat together
4. Measure out a heaping teaspoon of batter for each cookie
5. Using fork, make indentations in cookie (spray fork with Pam)
6. Bake 15 minutes

Creamy Garlic Mushrooms



Ingredients:

- 8 oz. whole white mushrooms
- 2 cloves minced garlic
- 2 tablespoons cream cheese
- 1 teaspoon tarragon, basil & parsley
- 1 teaspoon Olive Oil
- salt & pepper

Directions:

1. Heat a pan with a teaspoon of oil, add the mushrooms and garlic on medium heat and stir
2. Add the cream cheese and combine
3. Add the herbs and taste, season to your taste with salt and pepper
4. Serve straight from the pan, or you can transfer to an oven dish and place in the oven (covered) to keep warm until you are ready to serve.

What you will need:

- Frying pan
- Wooden Spoon
- Cutting Board
- Measuring cups
- Measuring spoons

Quick & Easy Taco Salad

this is a Gluten Free & Sugar Free Recipe



Ingredients:

- 1 lb. Ground beef
- 1 Tablespoon Taco seasoning
- 1 cup Romaine lettuce
- 1 ½ cups halved grape tomatoes
- ¾ cups shredded cheddar cheese
- 1 medium cubed avocado
- ½ cup chopped scallions
- 1/3 cup salsa
- 1/3 cup sour cream

Directions:

1. Cook beef in skillet until browned (chop beef with wooden spoon)
2. Stir in taco seasoning
3. Mix all other ingredients in large bowl, add beef

What you will need:

- Frying pan
- Wooden Spoon
- Cutting Board
- Measuring cups
- Measuring spoons
- Sharp knife

Low Carb Broccoli Cheese Soup



Ingredients:

- 4 cups broccoli (cut into florets)
- 4 Cloves garlic
- 3 ½ cups chicken broth
- 1 cup heavy cream
- 3 cups cheddar cheese

Directions:

1. In a large pot sauté garlic for one minute
2. Add chicken broth, heavy cream and broccoli
3. Simmer for 20 minutes, stirring constantly
4. Add ½ cup cheddar cheese and stir until it melts
5. Repeat until cheese is all used up.
6. Remove from heat once all cheese is melted
7. Enjoy!!

What you will need:

- Soup pot
- Wooden Spoon
- Cutting Board
- Sharp Knife
- Measuring cups