

2021

Fort Bend ISD Employee Cookbook



VOLUME 1
FBISD WELLNESS



FORT BEND INDEPENDENT SCHOOL DISTRICT LiveWell Employee Wellness Programs

The vision of the FBISD LiveWell Employee Wellness Program is to create a wellness culture that will empower employees to lead healthier and well-balanced lives. The mission is to improve employee health, well-being and quality of life by providing health and wellness education, a diverse selection of wellness programs, and an atmosphere that is conducive to health improvements. The ultimate goal is for all employees to make strides towards a healthier tomorrow.

FBISD's LiveWell Employee Wellness Program integrates Employee Benefits, EAP, community events, social networking, and UHC. Together we will transform the lives and well-being of our employees.

FBISD LiveWell Employee Wellness Program offers a broad range of wellness services, programs, and events. Make your health and wellbeing the strongest it can be by connecting with what best fits you, your department, your friends and family. Your health is up to you – Personal wellbeing is essential to happiness, and to the collaborative excellence of our organization!

- Fitness Class Incentive Program
- Wellness Wednesday Stress Relief Programs
- Monthly EAP Stress focused Webinars
- Monthly Virtual Cooking Classes sponsored by your local HEB
- Monday Morning Motivational Quotes
- Stress Relief Toolkit
- Monthly Virtual Awareness Walks
- Mobile Flu Clinics
- Mobile Mammograms
- Stress Relief Challenges
- Health/Fitness Challenges

COOKBOOK WINNERS



Winner - Barbara Mucka
Broccoli Salad
Business and Finance



Winner - Julia Janz
Meatloaf
James Bowie Middle School



Winner - Mari Pocero Malage
Chicken Provencal
Mission West Elementary



Winner – Rachel Robinson
Dr. Pepper Cake
Benefits and Wellness



Winner – Jamie Fish
Dirty Rice
James Neil Elementary

TABLE OF CONTENTS

BREAKFAST.....	5
CREAM CHEESE KOLACHES	6
OATS IN A CUP	7
CHOCOLATE PALEO DOUGHNUTS	8
APPLE CINNAMON PALEO DOUGHNUTS.....	9
BLUEBERRY BANANA BREAD.....	10
APPETIZER/SIDES.....	11
SPINACH ARTICHOKE DIP.....	12
JALAPENO CORN	13
RICE DRESSING	14
RAINBOW SWISS CHARD.....	15
MEDITERRANEAN CUCUMBER CUPS.....	16
CORN CASSEROLE.....	17
SAUERKRAUT SALAD.....	18
BROCCOLI SALAD.....	19
CHICKEN BUFFALO DIP.....	20
MILLION DOLLAR GREEN BEANS.....	21
HOMEMADE ROLLS.....	22
DINNER	23
CHICKEN QUICHE.....	24
TACO CHILI	25
ZESTY TACO SPAGHETTI SQUASH	26-27
DIRTY RICE.....	28
SPANISH RICE.....	29
CHICKEN BIRYANI.....	30-31
TURKEY AND LENTIL CHILI.....	32
PASTA SAUCE.....	33
CHICKEN PROVENCAL.....	34
BASQUE SAUTÉ CHICKEN BREAST.....	35
PESTO AND ARTICHOKE PIZZA.....	36
ARROZ CON POLLO.....	37-38
BURGUNDY BEEF AND VEGETABLE STEW.....	39
CREOLE RED BEANS AND SAUSAGE WITH RICE.....	40
TEX-MEX CASSEROLE.....	41
BMS MEATLOAF.....	42
TOFU KATHI ROLL/TOFU WRAP.....	43-44
CHICKEN RICE CASSEROLE.....	45-46
CHEESEBURGER CABBAGE.....	47
MACARONI AND CHEESE.....	48
DESSERT.....	49
CREPES.....	50
DR. PEPPER CAKE	51
PALEO BROWNIES.....	52
GINGER BREAD.....	53
BANANA CAKE.....	54
RICOTTA PIE.....	55

BREAKFAST



Pumpkin Bread

Amazingly the best

CREAM CHEESE KOLACHES

By: Jeremy Sapp, Travis HS

Servings: 9

Preparation time: 60 minutes

Cook time: 13-15 minutes



Nutritional Information: Calories: 460, Total Fat 13.1g, Saturated Fat: 7.7g, Cholesterol: 62mg, Sodium: 361mg, Total Carbohydrates: 76.8g, Sugar: 23.7g, Protein: 9.4g

Ingredients

Dough

½ cup warm water

3 Packages Quick Rise yeast

2 tablespoons sugar

1 beaten egg

1 cup warm milk

3 tablespoons sour cream or evaporated milk

1 cup sugar

½ cup melted butter

1 teaspoon salt

5 cups flour

Cream Cheese filling

8 ounces cream cheese

1 cup sugar

1 egg

1 teaspoon vanilla

**beat to where sugar is dissolved*

Directions

- 1.** Mix dough ingredients with a wooden spoon, don't let it get too stiff, you want it sticking to the spoon.
- 2.** Melt more butter and use a pastry brush to dab butter on sides and top of dough
- 3.** Cover and put in warm oven and let rise - until it doubles in size
- 4.** Once risen, take out and roll around in flour until covered. Roll out using rolling pin until about ½ inch thick and cup using cup. Keep cup and cut outs covered in flour
- 5.** Place Kolaches in buttered pan and butter the tops using a pastry brush. Put Kolaches back in warm oven for 25-30 minutes or until they double in size
- 6.** Take out of oven and pull apart to make room for filling of choice. Scoop filling into Kolaches and press Posipka on top
- 7.** Place back in warm oven for 25 minutes to allow to rise. Bake Kolaches at 275 for 13-15 minutes

Amazingly the best
OATS IN A CUP

By: Neela Mandalapu, Jan Schiff Elementary

Servings: 2

Preparation time: 10 minutes

Cook time: 0 minutes



Nutritional Information: Calories: 180, Total Fat 4.1g, Saturated Fat: 2.2g, Cholesterol: 14mg, Sodium: 59mg, Total Carbohydrates: 26g, Sugar: 17.9g, Protein: 11.9g

Ingredients

*2 tbsp rolled oats
¾ cup Greek yogurt 2%
½ cup 2 %milk
1 tsp peanut butter
1 diced apple
1 tsp almonds, chopped
1 tsp walnuts, chopped
¼ tsp cinnamon*

Directions

1. Combine all in a jar, leave overnight in the fridge

Amazingly the best
CHOCOLATE PALEO DOUGHNUTS

By: Courtney Skiles, Wellness

Servings: 8

Preparation time: 5 minutes

Cook time: 7 minutes



Nutritional Information: Calories: 490, Total Fat 33.4g, Saturated Fat: 20.3g, Cholesterol: 127mg, Sodium: 849mg, Total Carbohydrates: 27.8g, Sugar: 8.6g, Protein: 21.6g

Ingredients

*1 cup Almond Flour
½ tsp Baking Soda
½ cup Coconut Sugar
1/3 cup Coconut Oil Melted
1 Dash Salt
1 tsp Vanilla Extract
¼ cup Cacao Powder
2 eggs
Enjoy Life Chips*

Directions

- 1.** Preheat oven to 350°.
- 2.** Mix wet ingredients in a bowl then add all of the dry ingredients.
- 3.** Mix in some Paleo based Chocolate chips.
- 4.** Bake for 7 minutes. Once cooled melt some enjoy life chip and coconut oil and drizzle it on top.

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APPLE CINNAMON PALEO DOUGHNUT

By: Courtney Skiles, Wellness

Servings: 6

Preparation time: 10 minutes

Cook time: 18 minutes



Nutritional Information: Calories: 218, Total Fat 14g, Saturated Fat: 6g, Cholesterol: 55 mg, Sodium: 203mg, Total Carbohydrates: 21g, Sugar: 12g, Protein: 6g

Ingredients

For the Donuts:

*3/4 cup blanched almond flour
1/4 cup coconut flour
2 tsp cinnamon
1/2 tsp baking soda
1/8 tsp sea salt
2 eggs
1/3 cup unsweetened applesauce
1 tsp vanilla extract
2 tbsp maple syrup*

For the Cinnamon Sugar topping:

*1/3 cup coconut sugar
1 tsp cinnamon
2 tbsp coconut oil or butter
melted*

Directions

1. Preheat your oven to 350 degrees
2. In a large bowl, combine the flours, cinnamon, baking soda, and sea salt. Mix well.
3. In a smaller bowl, whisk together eggs, applesauce, vanilla extract, and maple syrup. Add the wet ingredients to dry, and continue to stir with a wooden spoon until well combined and no flour pockets remain.
4. Spoon the batter into your donut pan, filling each cavity to the top. Transfer to the oven and bake for 16-18 minutes (depending on oven). Remove and set aside to cool for a few minutes.
5. While donuts are cooling, prepare the topping. Mix together the sugar and cinnamon. Lightly brush each donut with coconut oil, and dip each end of the donuts in the cinnamon/sugar mixture. Place on parchment paper.
6. Enjoy warm, or store in an airtight container for up to 3 days.

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BLUEBERRY BANANA BREAD

By: Courtney Skiles, Wellness

Servings: 20

Preparation time: 15 minutes

Cook time: 45 minutes



Nutritional Information: Calories: 153, Total Fat 5g, Saturated Fat: 3g, Cholesterol: 29 mg, Sodium: 160mg, Total Carbohydrates: 25g, Sugar: 13g, Protein: 2g

Ingredients

*1/2 cup 1 stick butter, softened
1 cup granulated sugar
2 large eggs beaten
3 ripe bananas mashed
2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups fresh blueberries
tossed in 1 Tablespoon of flour*

Directions

1. Preheat oven to 375F degrees. Spray two 9x5 loaf pan with nonstick spray. Set aside.
2. In a large bowl, using an electric or stand mixer with paddle attachment cream butter and sugar together until light and fluffy.
3. In a small bowl, beat eggs using a fork. Add eggs to sugar mixture and beat until combined. Add mashed bananas and mix until combined.
4. Sift all dry ingredients: flour, baking soda, and salt. Slowly add sifted dry ingredients to banana mixture and mix until flour is just combined. DO NOT OVERMIX! Fold in floured covered blueberries.
5. Pour batter into prepared loaf pans and bake at 375F for 15 minutes. REDUCE heat to 350F and bake for an additional 30 minutes until edges are slightly brown or until comes out clean. Let cool completely before removing from loaf pans.

APPETIZERS & SIDES



Hummus

Amazingly the best
SPINACH ARTICHOKE DIP

By: Janeen Cornor, Dulles High School

Servings:

Preparation time: 10 minutes

Cook time: 10 minutes



Nutritional Information: Calories: 840, Total Fat 72.2g, Saturated Fat: 45.9g, Cholesterol: 214mg, Sodium: 1565mg, Total Carbohydrates: 12.5g, Sugar: 3.8g, Protein: 40.4g

Ingredients

*1 stick butter
1 cup onion, diced
8 oz frozen spinach
16 oz can artichokes, rough chop
8 oz cream cheese
8 oz shredded parmesan cheese
2 cups shredded Monterey jack cheese
Salt, pepper, and other seasonings to taste*

Directions

1. Melt butter over medium heat in a non-stick skillet.
2. Add onions and cook until translucent, salt and pepper to taste.
3. Add cream cheese to skillet. I normally cut the block of cream cheese into smaller chunks so it melts faster. Stir frequently.
4. Cook frozen spinach separately, according to package instructions, then add to skillet. Stir until well combined with onion mixture.
5. Add artichokes, stir.
6. Add Monterey Jack and Parmesan.
7. Stir over medium to low heat until the cheese is melted.
8. Season with salt, pepper, or other spices to taste. If I'm feeling spicy, I add a dash of red pepper flakes or cayenne. Several dashes of garlic powder and Tony Chachere's are always a good addition too.

Amazingly the best
JALAPENO CORN

By: Jamie Fish, James Neill Elementary

Servings:

Preparation time: 10 minutes

Cook time: 10 minutes



Nutritional Information: Calories: 487, Total Fat 29g, Saturated Fat: 16.9g, Cholesterol: 71mg, Sodium: 1682mg, Total Carbohydrates: 56.9g, Sugar: 78.5g, Protein: 9.6g

Ingredients

*4 – cans of white shoe peg corn,
drained
1 – 8oz package of cream cheese
1 – stick of butter
½ - cup of milk
6/8 slice of pickled jalapenos,
chopped (remove seeds for less
heat)
1 tsp garlic salt*

Directions

- 1.** Preheat oven to 350. In a small microwavable baking dish, heat cream cheese and butter in the microwave for 30 seconds at a time. Stir in between each time to insure the all are melted and combined. Stir in the milk, jalapenos and garlic salt until well combined. Stir in 4 cans of corn.
- 2.** Bake in the oven until the sauce starts to bubble. Serve immediately.

Amazingly the best
RICE DRESSING

By: Olivia Semien, Child Nutrition

Servings:

Preparation time: 5 minutes

Cook time: 20 minutes



Nutritional Information: Calories: 81, Total Fat 0.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 37mg, Total Carbohydrates: 17.2g, Sugar: 0.3g, Protein: 1.7g

Ingredients

1-2 containers of Savory Dressing Mix

2 cups medium Grain Rice

3 Green Onions

Directions

- 1.** Cook 2 cups of rice, let your Savoy Dressing cook for 20 minutes
- 2.** Cut your green onions and put it in your dressing. Add a little salt and pepper. When your rice is done mix it all together.
- 3.** Add some oil if it is too dry.

Amazingly the best
RAINBOW SWISS CHARD

By: Julia Janez, JBMS

Servings:

Preparation time: 5 minutes

Cook time: 20 minutes



Nutritional Information: Calories: 19, Total Fat 1.3g, Saturated Fat: 0.2g, Cholesterol: 0mg, Sodium: 149mg, Total Carbohydrates: 2g, Sugar: 0.9g, Protein: 0.4g

Ingredients

1/4 oz. Grated Parmesan (I like freshly grated)

6 oz. rainbow Swiss Chard - Stem then cut stems into thin slices and coarsely chop leaves, keeping leaves and stems separate.

1 Shallot - Halve, peel, and slice into thin strips

2 Garlic Cloves minced

4 oz. cherry or Grape Tomatoes coarsely chopped

1/4 teaspoon salt

1/4 teaspoon crushed red pepper

1/2 lemon

1 teaspoon olive oil

Directions

1. Place pan on medium-high heat. Add 1 tsp. olive oil, shallot, crushed red pepper, and, Swiss chard stems to hot pan. Stir occasionally until lightly charred, 4-5 minutes. Add garlic, Swiss chard leaves and tomatoes. Stir occasionally until wilted, 1-2 minutes.
2. Stir in 1/4 ounce of Parmesan, 1/4 tsp. salt, add a squeeze of lemon and toss.

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MEDITERRANEAN CUCUMBER CUPS

By: Neela Mandalapu, Jan Schiff Elementary

Servings: 15

Preparation time: 10 minutes

Cook time: 0 minutes



Nutritional Information: Calories: 22, Total Fat 1.3g, Saturated Fat: 0.3g, Cholesterol: 1mg, Sodium: 22mg, Total Carbohydrates: 2.3g, Sugar: 1.1g, Protein: 0.6g

Ingredients

2 cucumbers
1/2 small red onion finely chopped
1/2 red bell pepper finely chopped
1 vine ripe tomato seeded and finely chopped
1/8 cup black olives pitted and chopped
1/4 tablespoon dried oregano
1/8 cup fresh feta crumbled
1/4 cup parsley chopped
Juice of 1 lemon
plus 1/2 tablespoon zest
1 tablespoon extra-virgin olive oil
Salt and ground black pepper to taste

Directions

1. In a large mixing bowl, mix together the onion, bell pepper, tomato, olives, oregano, feta cheese, parsley, lemon juice and zest, and olive oil. Season with salt and pepper, to taste.
2. Peel the cucumbers partially, leaving thin strips of skin going down the entire length of the cucumber. Trim the ends of the cucumbers and cut each cucumber into 1-inch-thick slices. Scoop out the center of each slice with a melon baller, leaving a shell of flesh.
3. Scoop about 1 tablespoon of the Mediterranean salad into the cucumber cups. Garnish with additional parsley and feta, if desired.

Amazingly the best
CORN CASSEROLE

By: LeVita Marshall, Madden Elementary

Servings: 4

Preparation time: 10 minutes

Cook time: 60 minutes



Nutritional Information: Calories: 422, Total Fat 27.3g, Saturated Fat: 16.7g, Cholesterol: 82mg, Sodium: 489mg, Total Carbohydrates: 29.6g, Sugar: 7.6g, Protein: 19.4g

Ingredients

2 bags of frozen white and yellow corn mix (16 oz.)

1 package of cream cheese (8oz.)

1 can of diced green chilies (4oz.)

Nature's Seasoning or Creole Seasoning to taste.

Bag of shredded cheese (8 oz.)

Directions

1. Mix all ingredients together except for the shredded cheese. Bake at 350 degrees for 45 minutes. Sprinkle the shredded cheese on top and bake for another 15 minutes. Serve hot!

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SAUREKRAUT SALAD

By: Cynthia Mucka, Annex

Servings:

Preparation time: 5 minutes

Cook time: 0 minutes



Nutritional Information: Calories: 157, Total Fat 0.2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 334mg, Total Carbohydrates: 40g, Sugar: 36.6g, Protein: 1g

Ingredients

*10 oz Sauerkraut
1 cup Sugar
½ cup Vinegar
1 tbsp chopped Pimentos
1/8 tsp Pepper
¼ tsp Celery Seed
1 cup grated Carrot
½ cup chopped Green Pepper
½ cup chopped Celery
¼ cup chopped Onion*

Directions

1. Drain sauerkraut and put in mixing bowl. Combine sugar and vinegar in a saucepan and bring to a boil. Cook about 5 minutes and cool slightly. Pour over sauerkraut. Add other ingredients and mix well. Chill several hours or overnight.

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BROCCOLI SALAD

By: Barbara Mucka, Business and Finance

Servings: 12

Preparation time: 5 minutes

Cook time: 0 minutes



Nutritional Information: Calories: 343, Total Fat 20.7g, Saturated Fat: 7.5g, Cholesterol: 46mg, Sodium: 722mg, Total Carbohydrates: 24.2g, Sugar: 13.7g, Protein: 15.9g

Ingredients

*½ pound bacon
1-pound broccoli flowerets
2 cups red seedless grapes, cut in half
½ cup purple onion, chopped
2 cups grated cheddar cheese
1 cup light mayonnaise
½ cup sugar
2 tbsp red wine vinegar*

Directions

1. Mix sugar, vinegar and mayonnaise to pour over salad. Crunch up the bacon and mix all other ingredients, Refrigerate.

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CHICKEN BUFFALO DIP

By: Courtney Skiles, Wellness

Servings: 12

Preparation time: 10 minutes

Cook time: 35 minutes



Nutritional Information: Calories: 346, Total Fat 27g, Saturated Fat: 10g, Cholesterol: 53mg, Sodium: 1249mg, Total Carbohydrates: 9g, Sugar: 1g, Protein: 16g

Ingredients

3 large boneless skinless chicken breasts (boiled and shredded)
8 ounces cream cheese (cubed)
1 cup ranch dressing (homemade or store-bought)
1 cup hot sauce ((I used Frank's Red Hot), plus more as needed)
1 tsp freshly ground black pepper
1 tsp garlic powder
1/2 cup green onion (chopped)
1.5 cups mozzarella cheese (shredded, divided)
1.5 cups cheddar cheese (shredded, divided)

Directions

- 1.** Cook the chicken.
- 2.** Prep. Preheat your oven to 350 degrees F. and spray a 9x9-inch baking pan (or approximate size) with non-stick cooking spray.
- 3.** Warm the sauce. To a medium saucepot over medium-low heat add the cubed cream cheese, ranch dressing, hot sauce, black pepper, and garlic powder. Whisk constantly until the cream cheese has dissolved in the ranch and hot sauce. Remove from heat.
- 4.** Combine. Add the cooked and shredded chicken, green onion, 1 cup of the shredded mozzarella cheese, and one cup of the shredded cheddar cheese to the sauce pot. Mix well to combine. Transfer to your prepared baking pan and top with remain mozzarella and cheddar cheese.
- 5.** Bake. Bake for approximately 20-30 minutes, or until the cheese has melted and the sides are starting to bubble. Set oven to BROIL. Allow your buffalo chicken dip to cook for an additional 2-3 minutes, or until the top is golden brown. Remove it immediately.

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MILLION DOLLAR GREEN BEANS

By: Courtney Skiles, Wellness

Servings: 12

Preparation time: 10 minutes

Cook time: 35 minutes



Nutritional Information: Calories: 346, Total Fat 27g, Saturated Fat: 10g, Cholesterol: 53mg, Sodium: 1249mg, Total Carbohydrates: 9g, Sugar: 1g, Protein: 16g

Ingredients

5 (8-ounce) cans of green beans, drained
12 slices bacon, chopped, cooked to crisp and drained
2/3 cup brown sugar
1/4 cup butter, melted
7 teaspoons soy sauce
1 1/2 teaspoons garlic powder

Directions

- 1.** Put the drained beans in a 9×13-inch pan. Add the cooked bacon pieces.
- 2.** Mix the brown sugar, butter, soy sauce, and garlic powder. Pour over the beans and bake 40 minutes at 350°F.
- 3.** Toss to coat and mix everything, serve

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DINNER ROLLS

By: Courtney Skiles, Wellness

Servings: 24

Preparation time: 10 minutes

Cook time: 12 minutes



Nutritional Information: Calories: 74, Total Fat 4g, Saturated Fat: 2g, Cholesterol: 17mg, Sodium: 136mg, Total Carbohydrates: 7g, Sugar: 3g, Protein: 1g

Ingredients

*4 -5 cups all-purpose flour
2 tbsp rapid rise, instant yeast
1/3 cup granulated sugar
1 tsp salt
1 1/2 cups warm milk, 110 degrees
5 tbsp butter, softened
1 egg, room temperature
2 tbsp melted butter*

Directions

- 1.** Combine 3 cups of flour, yeast, sugar, salt, warm milk, butter, and egg in the bowl of a stand mixer.
- 2.** Attach the dough hook and turn the mixer on to the lowest speed and mix until flour is incorporated, scraping down the sides of the bowl as necessary.
- 3.** Increase speed to medium and beat for 2 minutes.
- 4.** Add 1/2 cup flour and blend with the dough hook until incorporated. And another 1/2 cup flour and repeat, mixing at medium speed for another 2 minutes until a ball of dough is formed. Add additional flour as necessary. The dough should be slightly sticky and soft and pulling away from the edge of the bowl.
- 5.** Transfer the dough to a lightly greased bowl and cover with a towel or plastic wrap. Let rise for 30 minutes at room temperature.
- 6.** Remove the towel or plastic wrap and deflate the dough by punching down lightly. Pinch off pieces of the dough and form 24 rolls.
- 7.** Transfer the rolls to a lightly greased quarter baking sheet or 9 x 13 baking dish. Cover with a towel or plastic wrap and let rise for an additional 30 minutes at room temperature.
- 8.** Preheat oven to 375 and bake for 12-15 minutes.

ENTREES



Chicken, Red Potatoes and Citrus Salad

Amazingly the best

CHICKEN QUICHE

By: Cynthia Mora, Blue Ridge Elementary

Servings: 6

Preparation time: 20 minutes

Cook time: 60 minutes



Nutritional Information: Calories: 482, Total Fat 30.1g, Saturated Fat: 6.6g, Cholesterol: 151mg, Sodium: 805mg, Total Carbohydrates: 13.4g, Sugar: 4.4g, Protein: 39g

Ingredients

*1 cup of Chicken Breast
½ cup of White Onion
½ cup Chopped Spinach
3 tbs. Diced Jalapeno (pickled and diced)
1 Egg
1 cup Mayonnaise
1 cup Swiss Cheese
½ cup Milk
½ tsp Salt
½ tsp Pepper
3 tbs. Olive Oil
1 tsp Garlic Powder*

Directions

- 1.** Boil Chicken until tender. Cut into small pieces
- 2.** Use Olive Oil and cook the onions until translucent.
- 3.** Cook spinach then drain it by putting it into a paper towel and squeezing out as much water as you can
- 4.** In a bowl, combine chicken, onion, spinach, jalapeno, egg, mayonnaise, salt, pepper, garlic powder, swiss cheese and milk
- 5.** Put the mixture into the pie crust (uncooked)
- 6.** Bake at 350 degrees for 45 minutes to 1 hour

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TACO CHILI

By: Melvin Morrison, Kempner High School

Servings: 9

Preparation time: 20 minutes

Cook time: 45-60 minutes



Nutritional Information: Calories: 231, Total Fat 7g, Saturated Fat: 2g, Cholesterol: 31mg, Sodium: 699mg, Total Carbohydrates: 29g, Sugar: 4g, Protein: 16g

Ingredients

*1/2 cup dried kidney beans
1/2 cup dried pinto beans
1/2 cup dried red beans
1 envelope taco seasoning mix of choice
1/2 white or yellow medium size onion
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon black pepper
1 family size bag of tortilla chips
4 cups water
1 pound ground beef, chili meat, or turkey
1 can (14-1/2 ounces) diced tomatoes with mild green chilies
1 can (8 ounces) tomato sauce*

Directions

- 1.** Place beans in a Big pot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let soak for 1 to 4 hours or until softened. Drain and rinse beans, discarding liquid. Use Olive Oil and cook the onions until translucent.
- 2.** Return beans to the pan. Add contents of seasoning packet and water. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender. In a bowl, combine chicken, onion, spinach, jalapeno, egg, mayonnaise, salt, pepper, garlic powder, swiss cheese and milk
- 3.** In a large skillet, cook beef over medium heat until no longer pink; drain. Add to the bean mixture; stir in tomatoes and tomato sauce. Bring to a boil. Reduce heat; cover and simmer for 30 minutes, stirring occasionally.
- 4.** Crush tortilla chips. Stir into chili; cook for 5-10 minutes or until thickened. Serve with cheese, lettuce.

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ZESTY TACO SPAGHETTI SQUASH

By: Melyssa Curtis, Hodges Bend Middle School

Servings: 4

Preparation time: 20 minutes

Cook time: 60 minutes



Nutritional Information: Calories: 506, Total Fat 15.6g, Saturated Fat: 7.1g, Cholesterol: 123mg, Sodium: 426mg, Total Carbohydrates: 27.3g, Sugar: 4.1g, Protein: 46.3g

Ingredients

*1 Medium Spaghetti Squash
1-pound Lean Ground Beef
1 Onion, diced
2 Garlic Cloves, minced
2 Tomatoes, diced
2 tbsp. Olive Oil
1 can Black Beans, drained
1 can Corn, drained
1 packet Taco Seasoning
1 cup Shredded Monterrey Jack Cheese
Salt and pepper to taste*

Directions

- 1.** Preheat oven to 400. Carefully cut the spaghetti squash in two, vertically. Clean out the seeds and pulp. Then, use 1 tablespoon of olive oil to coat the insides of the squash. Season with salt and pepper. Place cut side down in a 9x13-casserole dish and cook for 45 minutes. When the squash is done, remove from oven and set aside to cool. Reduce oven to 350.
- 2.** While the squash is cooking, in a large skillet heat the remaining olive oil on medium heat. Next, add the onions and cook until translucent- about 5 minutes. Add garlic and cook for 1 minute or until fragrant. Then, add ground beef. Crumble and cook until browned. Season with salt and pepper to taste.
- 3.** Next, add the tomatoes to the beef mixture and cook until softened- about 4 minutes. Remove the pan from heat. Add the black beans, corn, and taco seasoning.
- 4.** Turn the spaghetti squash over and use a fork to shred, trying not to pierce the outside of the squash. When finished, you should have 2 fairly empty squash "bowls."
- 5.** Add the shredded squash to the ground beef/taco mixture and mix well. Then, using a large spoon, scoop the squash/beef mixture back into the squash



“bowls” in the casserole dish. Next, top with cheese and place back in oven for 15 minutes.

Amazingly the best
DIRTY RICE

By: Jamie Fish, James C Neill Elementary

Servings: 9

Preparation time: 20 minutes

Cook time: 30 minutes



Nutritional Information: Calories: 333, Total Fat 11.4g, Saturated Fat: 4g, Cholesterol: 48mg, Sodium: 740mg, Total Carbohydrates: 36.8g, Sugar: 1.2g, Protein: 18.9g

Ingredients

*1 pound Ground Beef
2 cups of Cooked White Rice
1 Green Bell Pepper, chopped
1 can Cream of Chicken Soup
1 can Chicken Broth
1 tsp Garlic Powder
1 tsp Salt*

Directions

- 1.** In a medium saucepan over medium high heat, brown the ground beef when the meat is almost cooked through add the bell pepper and cook until soft.
- 2.** Drain the juice from the saucepan. Stir in the cooked rice, cream of chicken soup, seasonings and the $\frac{3}{4}$ of the can of chicken broth.
- 3.** Turning the heat down to medium low, add the lid to the pot and let it simmer for 30 minutes, stirring occasionally.
- 4.** Add chicken broth as needed for moisture and additional seasoning to taste.

For healthier options, you can substitute ground turkey and/or brown rice.

Amazingly the best
SPANISH RICE

By: Jasmine Garcia, Mission West Elementary

Servings: 8

Preparation time: 20 minutes

Cook time: 30-45 minutes



Nutritional Information: Calories: 260, Total Fat 7.9g, Saturated Fat: 1.6g, Cholesterol: 0mg, Sodium: 824mg, Total Carbohydrates: 40.1g, Sugar: 2g, Protein: 6.2g

Ingredients

*4 tbsp Vegetable Oil
2 cups White Rice
4 cups Chicken Broth
1 tsp Salt
½ tsp Black Pepper
1 tsp Garlic
½ a Large Onion, diced
8 oz Tomato Sauce*

Directions

- 1.** Heat 4 tablespoons of oil in pan. Add 2 cups of rice and stir frequently until the rice is golden brown.
- 2.** Add 4 cups of chicken broth to the rice (carefully because there will be a lot of very hot steam!)
- 3.** Add 1 teaspoon salt, ½ teaspoon black pepper, 1 teaspoon garlic or minced garlic, ½ a large onion diced, 1 can of tomato sauce. Stir.
- 4.** Reduce heat to simmer and cover. Simmer for 15-25 minutes on medium to low heat, checking after 15 minutes if rice in the center is tender. If not, cook additional 5-10 minutes.

Amazingly the best

CHICKEN BIRYANI

By: Uzma Parveen, Kempner High School

Servings: 4-6

Preparation time: 60 minutes

Cook time: 10-15 minutes



Nutritional Information: Calories: 751, Total Fat 61.3g, Saturated Fat: 10.6g, Cholesterol: 25mg, Sodium: 453mg, Total Carbohydrates: 43.4g, Sugar: 9.1g, Protein: 9.6g

Ingredients

2 tbsp Butter
1 ½ cup Oil
1 full Chicken
2 cups Long Grain Basmati Rice
1 cup Yogurt
4 Tomatoes
2 big Potatoes
2 big Red Onions
5-8 Thai green Chili
Mint and Cilantro for garnish
1 tbsp Red Chili
3 tbsp Coriander
1 tsp Turmeric powder
1 tbsp All Spice
1 tsp Mace Powder
2-3 Aniseed star
8 Cloves
5 Green Cardamon, crushed
3 Black Cardamom
1 tbsp Ginger
1 tbsp Garlic Paste

Directions

1. In a big pan or Dutch oven pan, put oil and fry your onion till it becomes brown. (Medium to high flame)
2. Take it out and spread on paper towel or on brown paper.
3. In the same oil put your chicken pieces, fry them with little salt. Let the chicken change its color.
4. Put ginger/garlic paste and fry for 3 mints.
5. Add all the spices with tomatoes, fry again for 5 to 10 minutes. It shouldn't be too watery.
6. After the curry comes together and oil comes on top add yogurt and fry again for 5 minutes.
7. Taste your curry and fix spices taste.
8. You can add your favorite spice here.
9. Now, add fried onion in this curry keep fry and stir with your wooden cooking spoon.
10. You can add little water during cooking for tenderizing the meat.

1 tbsp Salt
2 big Cinnamon sticks
4-5 Bay Leaves
1 tsp Black round White Pepper
Corn
1 tbsp White Cumin Seeds
2 Garlic Cloves

- 11.** Once the chicken tenders, and oil comes on top, spices come as a solid curry with tomatoes, put off the stove.
- 12.** In one another big pan, boil your basmati rice with salt until 3/4 done and strain it.
- 13.** Now in a big aluminum baking tray, spray or oil the base with brush, add one layer of your rice then one layer of your chicken curry, repeat until you finish with your curry or rice. Keep aside with covering of aluminum.
- 14.** In a frying pan, heat butter, add cumin, crushed garlic and little sliced onion, when all changes color pour on top of your layered biryani.
- 15.** Add food color in different parts of the tray, tightly wrapped it with aluminum foil AND KEEP IN OVEN FOR 5 TO 10 MINUTES at 350 Fahrenheit. Please Don't forget to check the rice and chicken tenderness.
- 16.** Take it out and garnish with your mint and Cilantro.

Amazingly the best

TURKEY AND LENTIL CHILI

By: Jocelyn Lewis, Rosa Parks Elementary

Servings: 6

Preparation time: 20 minutes

Cook time: 4-7 hours



Nutritional Information: Calories: 351, Total Fat 9.2 g, Saturated Fat: 3.9g, Cholesterol: 54mg, Sodium: 413mg, Total Carbohydrates: 42.9g, Sugar: 12.2g, Protein: 27.5g

Ingredients

Spice Mix

1 ½ tsp Ground Cumin

1 tsp Ground Cinnamon

1 ½ tsp Chili Powder

1 tsp Dried Oregano

½ tsp Chipotle Powder

1 tsp Salt

Chili

1 tbs Coconut Oil

1 Yellow Onion, diced

4 Garlic Cloves, Diced

1 Jalapeno Pepper, diced

1 Red Bell Pepper

1 lb. Lean Ground Turkey

1 cup Dry Lentils

2 cups Vegetable Broth

3 cups Butternut Squash, cubed

28 oz. Can Diced Tomatoes

1 tbsp Tomato Paste

2 tbsp Maple Syrup

Directions

1. Mix all spices together in a small bowl and set aside
2. In large pot over medium heat, heat coconut oil. Add yellow onion and cook till translucent, about 3 minutes. Add garlic, jalapeno, and spice mix. Mix to coat and then add ground turkey.
3. Cook until no longer pink, and add to slow cooker.
4. Add the bell pepper, butternut squash, lentils, diced tomatoes, tomato paste, vegetable stock, and maple syrup and stir well.
5. In crockpot, cook on low for about 7 hours or high for 4 hours.
6. Drain the canned beans, then add beans and remaining ingredients. Raise to a boil then reduce to a simmer. Cook for 30 minutes.

Amazingly the best
PASTA SAUCE

By: Jocelyn Lewis, Rosa Parks Elementary

Servings: 6

Preparation time: 20 minutes

Cook time: 2-3 hours



Nutritional Information: Calories: 201, Total Fat 6.1 g, Saturated Fat: 0.9g, Cholesterol: 0 mg, Sodium: 90mg, Total Carbohydrates: 35.8g, Sugar: 26.3g, Protein: 7.9g

Ingredients

4 large cans Plum Tomatoes
Italian Spices
1 small can Tomato Paste
2 tbsp. Olive Oil
2 Garlic Cloves
1 large Onion, chopped
Red Pepper Flakes
Salt and Pepper to taste

Directions

- 1.** In large 6 to 8-quart pan, cover bottom with olive oil. Heat and then add diced garlic and slightly brown (do not burn). Add chopped onion and green bell pepper and sauté till soft.
- 2.** In a blender mix cans of tomatoes and tomato paste with a quick pulse movement to slightly break up the tomatoes. Add tomatoes to the pan with onion, bell pepper, and garlic. Add 1 ½ of the tomato cans filled with water. Bring to a boil and then reduce to a simmer.
- 3.** Add salt, black pepper, oregano, and basil. Sprinkle a few red pepper flakes on top.
- 4.** Stir frequently to keep sauce from sticking to the bottom of pan.
- 5.** Simmer for several hours until it reaches a nice thick consistency.

Amazingly the best

CHICKEN PROVENCAL

By: Mari Pocero Malage, Mission West Elementary

Servings: 5

Preparation time: 20 minutes

Cook time: 20 minutes



Nutritional Information: Calories: 202, Total Fat 2.1g, Saturated Fat: 0g, Cholesterol: 78mg, Sodium: 186mg, Total Carbohydrates: 13.2g, Sugar: 7.4g, Protein: 33.1g

Ingredients

1.5 lb. boneless skinless chicken breast

5-7 medium peeled carrots

4-5 medium fresh tomatoes

Thyme

Rosemary

Oregano

salt

Directions

1. Slice the tomatoes, add salt and place them at the bottom of the casserole.
2. Cut Chicken breast in filets, add salt and place them on top of tomatoes bed.
3. Shred the carrots using a grater, put on top of chicken. Sprinkle some salt, thyme, rosemary and oregano. Cover casserole with a lid and place it on the stove to cook on low
4. Let simmer for 20 minutes, checking frequently.

Amazingly the best

BASQUE SAUTE CHICKEN BREAST

By: Sherri Woodcock, Sugar Land Middle School

Servings: 4

Preparation time: 10 minutes

Cook time: 10 minutes



Nutritional Information: Calories: 344, Total Fat 20.3g, Saturated Fat: 7.5g, Cholesterol: 41mg, Sodium: 541mg, Total Carbohydrates: 19.6g, Sugar: 2.1g, Protein: 17.1g

Ingredients

*4 skinless, bones chicken breast
Salt and pepper
½ cup flour
2-4 tbsp Olive Oil
2 medium Zucchini cut into 1 ½
¾ pound Sweet Italian Sausage
½ cup Dry White Wine
2 tbsp Butter
1 Hot Dried Chili Pepper
2 large Garlic Cloves
1/3 cup Chicken Broth
7 oz Jar Roasted Peppers
1 tbsp Parsley*

Directions

- 1.** Cut chicken breasts into 1/2-inch slices. Season with salt and pepper and dredge in flour, set aside.
- 2.** Place skillet over high heat. Add 2 tablespoons olive oil, when hot add zucchini. Sauté 3 minutes or until nicely browned, season with salt and pepper, remove with slotted spoon and reserve.
- 3.** Add sausages, sauté over medium heat until nicely browned on all sides. Add more oil if needed. Remove sausages when done, discard all but 1 tablespoon oil. Add butter and hot chili to skillet. When fat is hot, add chicken slices and sauté over high heat 2 or 3 minutes until browned.
- 4.** Add wine to skillet, bring to boil, stir and reduce 2 or 3 minutes. Add garlic and broth and simmer chicken, partly covered 2 or 3 minutes more. Slice sausages crosswise into 1/4-inch slices. Add sausage, zucchini and roasted red pepper to skillet. Toss with chicken and simmer 2 or 3 minutes. Taste for seasoning and sprinkle with parsley. Serve over rice.

Amazingly the best

PESTO AND ARTICHOKE PIZZA

By: Jasmine Hicks, Hightower HS

Servings: 4

Preparation time: 10 minutes

Cook time: 10 minutes



Nutritional Information: Calories: 277, Total Fat 6.3g, Saturated Fat: 1.5g, Cholesterol: 6mg, Sodium: 458mg, Total Carbohydrates: 45.1g, Sugar: 4.1g, Protein: 12.6g

Ingredients

*2 naan bread (or pitas)
2 tbsp Pesto
4 Artichoke Hearts, diced
Dried Tomatoes
1 cup Mozzarella Cheese, grated
Sliced Black Olives
Basil*

Directions

- 1.** Preheat the oven to 350.
- 2.** Place the Naan bread or pitas on a baking sheet lined with aluminum paper.
- 3.** Spread 1 tablespoon of pesto on each Naan or pita bread.
- 4.** Top with the chopped artichokes, sun-dried tomatoes and mozzarella cheese and black olives.
- 5.** Cook for 10 minutes.
- 6.** You can add fresh chopped basil as garnish

Amazingly the best
ARROZ CON POLLO

By: Lucila Monte, Torres

Servings: 6

Preparation time: 20 minutes

Cook time: 35-45 minutes



Nutritional Information: Calories: 395, Total Fat 18.3g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 237mg, Total Carbohydrates: 51.4g, Sugar: 17.9g, Protein: 9.2g

Ingredients

6-8 pieces of chicken, white or dark meat (dark meat, bone in is best)

2 cups long grained rice (like Uncle Ben's) or Valencia rice if you have it.

One beer (bottle is better)

3 tbsp. Onion powder

3 tbsp. Garlic powder

Salt and Pepper to taste

Six cups of water

½ cup of olive oil

1/2 cup of frozen peas (optional)

Fresh/frozen/canned asparagus (optional)

Sofrito:

1 large yellow onion

Bell Peppers (yellow, red or green) to equal a ratio of about the same as the onion

6 garlic cloves

1 8oz. can Tomato sauce

1 tsp. of oregano

Directions

1. Season the chicken with salt, pepper, onion and garlic powder. Brown the chicken in a large, heavy bottom pot with the olive oil. While the chicken is browning, mix the sofrito in a blender with one cup of water. Mix until liquefied. Pour the sofrito mixture over the browned chicken and add the remaining five cups of water. The mixture should be bright neon orange from the seasoning. Add a splash of beer and bring to a boil.
2. After the chicken has reached a rolling boil, add the rice and another splash of beer. Turn the heat to medium/ medium low. The rest of the beer will help to keep the rice from scorching to the bottom of the pot. Keep it on a simmer and stir occasionally, taste to adjust seasoning. Add beer as needed. When the rice grain has opened almost completely, add the peas and the last of the beer and turn the heat down to low. Cook for another few minutes.
3. It is ready to eat when the rice grain has fully opened up and the starch has made all the liquid thick. There should be a lot of liquid, what we call "ensopado" or soupy. Traditionally it is served family

2 tsp. of cumin

*1 packet of Goya Sazón with
Azafrán Seasoning or ½ teaspoon
of Bijol Powder or a few saffron
threads*

*Chicken bouillon (enough for six
cups of water)*

style, garnished with asparagus placed as rays in the center of the Arroz con Pollo.

Amazingly the best

BURGUNDY BEEF & VEGETABLE STEW

By: Evelyn Chisenhall, Admin

Servings: 6

Preparation time: 10 minutes

Cook time: 2 hours



Nutritional Information: Calories: 220, Total Fat 6g, Saturated Fat: 1.4g, Cholesterol: 50mg, Sodium: 567mg, Total Carbohydrates: 11g, Sugar: 0g, Protein: 29g

Ingredients

*1-1/2 pounds beef eye of round or lean stew meat
1 tablespoon vegetable oil
1 teaspoon dried thyme leaf
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 (13 3/4 ounce) can of beef broth
1/2 cup burgundy wine
3 large clove garlic, crushed
1-1/2 cups baby carrots
1 cup frozen whole pearl onion
2 tablespoons cornstarch dissolved in 2 tablespoons of water
1 (8 ounce) package frozen sugar snap peas*

Directions

1. Trim the fat from beef and cut into 1/2-inch pieces. In a Dutch oven, heat oil over medium high heat. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings.
2. Season with thyme, salt and pepper. Stir in broth, wine and garlic. Bring to a boil; reduce heat to low.
3. Cover and simmer 1 1/2 hours.
4. Add carrots and onions. Cover and cook 35-40 minutes or until beef and vegetables are tender. Bring stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 1 minute. Stir in sugar snap peas.
5. Reduce heat to medium and cook for 3 or 4 minutes, or until peas are cooked through.

Amazingly the best

CREOLE RED BEANS & SAUSAGE WITH RICE

By: Janet Singleton, Annex

Servings: 6 -10

Preparation time: 20 minutes

Cook time: 6 hours



Nutritional Information: Calories: 649, Total Fat 18.4g, Saturated Fat: 4.9g, Cholesterol: 42mg, Sodium: 380mg, Total Carbohydrates: 93g, Sugar: 3.2g, Protein: 27.6g

Ingredients

*1 lb. dry red beans (Camellia brand preferred)
2 Tbsp. Canola oil or cooking oil
14 oz. smoked sausage or andouille sausage or ham etc.
1 yellow onion
1 green bell pepper
1 Tbsp. Onion Powder
1 Tbsp. Garlic Powder
1 Tbsp. Cayenne Pepper (lessen amount if you do not want it spicy)
1 tsp salt, or to taste
4-5 Bay leaves
3 Cups cooked Jasmine Rice or long grain rice
Slow cooker*

Directions

- 1.** Take the 1 lb. of beans and sort through to remove bad beans or rocks.
- 2.** Wash beans thoroughly and place in the slow cooker with water covering the beans (approximately 4 Cups) water.
- 3.** Cook on high for about 6 hours. Remove beans from the slow cooker with the water and transfer to a pot on the stove to finish cooking.
- 4.** Add onions, bell peppers and sausage. Bring to a boil. Add onion, garlic powder, salt, and cayenne pepper.
- 5.** You may add more seasonings to your taste.
- 6.** Lower heat to medium low and stirring occasionally so the beans do not burn.
- 7.** Test beans for softness. Let beans cook until they form a thick gravy.
- 8.** Turn off heat. Serve over rice.
C'est si bon (It's so good)!!!

Amazingly the best
TEX-MEX CASSEROLE

By: Beth Sizemore, Barbara Jordan Elementary

Servings: 10

Preparation time: 10 minutes

Cook time: 30 minutes



Nutritional Information: Calories: 283, Total Fat 12.9g, Saturated Fat: 6.6g, Cholesterol: 58mg, Sodium: 727mg, Total Carbohydrates: 19.7g, Sugar: 2.8g, Protein: 21.2g

Ingredients

1 lb. hamburger meat

8 Corn tortillas

1 can ranch style beans

1 8oz. can tomato sauce

1 can enchilada sauce

2 cups Shredded cheddar cheese

Directions

1. Brown, rinse and drain hamburger meat. Add beans, enchilada sauce and tomato sauce; stir. Layer casserole pan with tortillas, top with half of meat mixture, then add a layer of cheese. Repeat. Bake in preheated oven at 350 for 30 minutes or until cheese bubbles.

You can make ahead and freeze before baking.

Amazingly the best
MEATLOAF

By: Julia Janz, James Bowie Middle School

Servings: 10

Preparation time: 10 minutes

Cook time: 50-60 minutes



Nutritional Information: Calories: 239, Total Fat 7.4g, Saturated Fat: 2.6g, Cholesterol: 114mg, Sodium: 196mg, Total Carbohydrates: 10.4g, Sugar: 2.1g, Protein: 30.7g

Ingredients

*1 small onion
1 bell pepper
2 cloves of garlic
2 eggs
1/3 cup milk
2 tbsp Worcestershire sauce
2 tbsp yellow mustard
1 pkg HEB meatloaf seasoning
1 cup plain Panko or bread crumbs
2 pounds ground beef*

Directions

1. Spray pan with cooking spray or olive oil and sauté 1 small chopped onion and 1 chopped bell pepper (red or green) until soft.
2. Add 2 cloves chopped garlic and cook 1 minute. Remove from fire and cool.
3. Combine 2 eggs and 1/3 cup milk in a bowl and beat with a fork.
4. Add the following and mix each one in: 2 Tbs Worcestershire Sauce, 2 Tbs yellow mustard or 1Tbs dry mustard, 1 pkg of H-E-B meatloaf seasoning, 1 cup plain Panko or bread crumbs. (Add up to 1/2 cup crumbs if too wet or up to 1/4 cup more milk if too dry.)
5. Add 2 lb. ground beef (OR 1 lb. ground beef and 1 lb. ground pork for more flavor OR 2 lb. ground turkey low fat) to wet ingredients and mix well. Add cooled cooked vegetables to mixture and mix well.
6. Form into loaf pan or form loaves into casserole dish with space between loaves. Loaves should almost fill pans. Put thick layer of barbecue sauce on the top of loaves. Cook 50-60 minutes. Pour grease off but allow loaves to cool before cutting.

Amazingly the best

TOFU KATHI ROLL/TOFU WRAP

By: Neela Mandalapu, Jan Schiff Elementary

Servings: 6

Preparation time: 15 minutes

Cook time: 3-4 minutes



Nutritional Information: Calories: 141, Total Fat 5g, Saturated Fat: 1.4g, Cholesterol: 1mg, Sodium: 30mg, Total Carbohydrates: 16.9g, Sugar: 3.6g, Protein: 9.4g

Ingredients

2 cups Tofu cut into 1" cubes

1 small red pepper

1 small green pepper

1 medium red onion

Marinade:

¼ cup plain yogurt

1 tsp ginger

1 tsp garlic

1 tsp Kashmiri red chili powder

1 tsp garam masala

¼ tsp turmeric powder

1 tbsp kasoori methi

1 tsp salt

To Serve:

6 buttered flour tortillas

1 medium onion

½ cup cilantro

Mint Cilantro Chutney:

½ cup cilantro

¼ cup mint leaves

2 tbsp unsweetened coconut

Directions

1. Mix all the marinade ingredients in a bowl. Add tofu and mix well. Marinate the tofu with the marinade ingredients.

Make the filling

2. Heat 2 tablespoons of oil in a pan. Add onions, peppers and 1/2 teaspoon of salt and cook for 3 to 4 minutes. Add marinated tofu and mix well. Cook for another 3 to 4 minutes. Turn the heat off. Add cilantro.

Chutney

3. Blend all the chutney ingredients using 2 tablespoons of water to make a smooth sauce. Note: Add more water as needed, little at a time.

Tortilla

4. Heat a non-stick griddle pan. Place tortilla on griddle and cook on medium high heat for about 1 to 1-1/2 minutes on each side or until both sides are golden brown, pressing gently with a spatula.

Assemble Kathi Roll

5. Spread 2 teaspoons of chutney on cooked tortilla. Add 2 to 3 spoonful of the filling in the middle. Add few sliced onions and cilantro on top. Roll the sides up to the middle. You can use small toothpicks to hold them together.

1 garlic clove

½ tsp cumin seeds

1-2 small green chiles

1 tbsp lemon juice

1 tsp salt

1 tsp sugar

Amazingly the best
CHICKEN RICE CASSEROLE

By: Neela Mandalapu, Jan Schiff Elementary

Servings: 5

Preparation time: 30 minutes

Cook time: 15 minutes



Nutritional Information: Calories: 243, Total Fat 17.3g, Saturated Fat: 7.2g, Cholesterol: 64mg, Sodium: 689mg, Total Carbohydrates: 7.8g, Sugar: 1.5g, Protein: 14g

Ingredients

5 boneless chicken thighs, no skin

1 onion chopped

2 cloves garlic

2 tbsp butter or olive oil

1 ½ cup uncooked basmati

1 1.2 cups hot chicken broth

1 ¼ cup hot water

Chicken Rub:

1 tsp paprika

1 tsp dried thyme

½ tsp garlic powder

½ tsp onion powder

¾ tsp salt

¼ tsp black pepper

Fresh thyme

Gravy:

1 chicken stock cube

2 ¼ cup boiling water

4 tbsp butter, unsalted

4 tbsp flour

½ tsp onion powder

¼ tsp black pepper

Directions

1. Preheat the oven to 180°C/350°F.
2. Scatter onion and garlic in a baking dish (about 10 x 15" / 25 x 35 cm), then place butter in the center. Bake for 15 minutes (check after 12 minutes, mix if they are browning too much).
3. Meanwhile, mix together the Chicken Rub. Sprinkle on both sides of the chicken.
4. Remove the baking dish from the oven. Add the rice and then mix. Place chicken on rice. Then pour chicken broth and water around the chicken.
5. Cover with foil, then bake for 30 minutes. Remove foil, spray chicken with oil (optional, gives chicken nicer finish), then bake for a further 20 minutes until liquid is absorbed.
6. Let it stand for 5 minutes, then remove chicken and fluff up the rice. Garnish with parsley or thyme, serve with gravy and enjoy!

Gravy

7. Crumble cubes into boiling water, mix to dissolve. Melt butter in a saucepan over medium heat. Add flour, onion powder and pepper. Mix into butter with a wooden spoon or whisk.

tsp dark soy sauce 1

- 8.** While stirring, slowly pour in half the liquid. Once added into the flour butter roux (it will thicken quickly), add remaining liquid, soy sauce and mix.
- Stir for 1- 2 minutes until it thickens to a gravy consistency (it's quick as water is already hot). Taste, adjust salt and pepper if needed

Amazingly the best
CHEESEBURGER CABBAGE

By: Loretta Moutra, Burton Elementary

Servings: 12

Preparation time: 15 minutes

Cook time: 0 minutes



Nutritional Information: Calories: 206, Total Fat 11.1g, Saturated Fat: 4.8g, Cholesterol: 58mg, Sodium: 119mg, Total Carbohydrates: 7.4g, Sugar: 3.7g, Protein: 18.9g

Ingredients

*Avocado
1 pound ground beef
Bag of coleslaw
Carrots
Coconut aminos
cheese*

Directions

1. Heat pan and add avocado, coconut or olive oil.
2. Brown your meat. I use ground beef but any protein will be delicious. Especially salmon.
3. Dump bag of coleslaw with carrots in the pan.
4. Add coconut aminos.
5. Mix well and allow the meat and sauce to simmer together.
6. Add cheese.

Amazingly the best
MACARONI AND CHEESE

By: Octavia Harper, Lake Olympia Middle School

Servings: 10

Preparation time: 15 minutes

Cook time: 35-40 minutes



Nutritional Information: Calories: 490, Total Fat 33.4g, Saturated Fat: 20.3g, Cholesterol: 127mg, Sodium: 849mg, Total Carbohydrates: 27.8g, Sugar: 8.6g, Protein: 21.6g

Ingredients

8 to 10 ounces elbow macaroni
½ cup whole milk
1 (12-ounce) can evaporate milk
2 eggs, lightly beaten
1½ teaspoons white pepper
1½ teaspoons granulated sugar
½ teaspoon salt or to taste
½ cup (1 stick) butter, cut into small pieces
2 tablespoons sour cream
½ pound Velveeta, cut into small chunks
8 ounces shredded Colby-Jack cheese or 4 ounces Colby and 4 ounces Monterey Jack
4 ounces shredded sharp cheddar cheese
1 cup shredded mild cheddar cheese

Directions

1. Preheat oven to 350°. Bring a large pot of water to boil and then salt generously. Cook macaroni just shy of package directions, al dente. Drain well and place in a 9" by 13" baking dish or pan.
2. In the same pasta pot, whisk together whole milk, evaporated milk, eggs, salt, pepper, and sugar until combined. Pour mixture over cooked macaroni in pan.
3. Add butter, sour cream, Velveeta, Colby-Jack, and sharp cheddar cheeses. Stir to combine well and top evenly with shredded mild cheddar.
4. Bake for 35 to 40 minutes until bubbly and lightly browned on top. Let rest 10 minutes or so before serving. Enjoy!

DESSERTS



Strawberry Buttercream Cake

Amazingly the best **CREPES**

By: Jocelyn Lewis, Rosa Parks Elementary

Servings: 8

Preparation time: 60 minutes

Cook time: 15 minutes



Nutritional Information: Calories: 128, Total Fat 4.9g, Saturated Fat: 2.6g, Cholesterol: 57mg, Sodium: 53mg, Total Carbohydrates: 16.6g, Sugar: 4.6g, Protein: 4.2g

Ingredients

2 Large Eggs
1 cup milk
1/3 cup water
1 cup all-purpose flour
2 Tbsp sugar
1 tsp vanilla extract
2 Tbsp butter melted

Directions

1. In a blender blend eggs, milk, water, flour, sugar, vanilla, and butter until smooth.
2. Cover and refrigerate for 1 hour can refrigerate up to 24 hours before
3. Gently stir if batter separated. Warm up a 6- or 7- inch crepe pan over medium high heat
4. Wipe pan lightly with butter, lift pan from heat and add ¼ cup batter tilting and rotating to coat pan surface
5. Cook till almost dry on top and lightly brown on edges, about 1 min. Loosen with spatula around edges and flip
6. Cook other side for 15 seconds. Turn crepe onto a clean tea towel or plate to cool
7. Repeat with rest of batter. Add filling in middle and roll (we like adding filing such as Nutella, bananas, strawberries, whip cream, peanut butter)

Amazingly the best
DR. PEPPER CAKE

By: Rachel Robinson, Annex

Servings: 6 -10

Preparation time: 10 minutes

Cook time: 35 minutes



Nutritional Information: Calories: 791, Total Fat 48.3g, Saturated Fat: 19g, Cholesterol: 142mg, Sodium: 965mg, Total Carbohydrates: 84g, Sugar: 61.2g, Protein: 8.3g

Ingredients

Cake:

1 box German Chocolate Cake Mix

1 box (3 1/2 oz.) instant vanilla pudding

2/3 cup vegetable oil

4 eggs

1 can Dr. Pepper

1 tsp. vanilla

Frosting:

1 8 oz. package cream cheese

1 stick butter

1/4 cup Cocoa

1 tsp vanilla

1 Box powdered sugar

1 cup chopped pecans

Directions

- 1.** Cake: Combine first three ingredients. In large mixing bowl. Beat with mixer until well blended. Add eggs one at a time, beating well after each addition. Add Dr. Pepper and vanilla and mix well pour into floured and greased three 9" pan or a 13x9" pan.
- 2.** Bake at 325 for 35 mi Cool in pans for 10 min Frost when cool.
- 3.** Frosting: Beat first 5 ingredients until light and fluffy. Mix in pecans

Amazingly the best

PALEO BROWNIES

By: Courtney Skiles, Wellness

Servings: 9

Preparation time: 10 minutes

Cook time: 15 minutes



Nutritional Information: Calories: 267, Total Fat 17.6g, Saturated Fat: g, Cholesterol: 72.6mg, Sodium: 321.5mg, Total Carbohydrates: 18.1g, Sugar: 10.5g, Protein: 7.4g

Ingredients

*3/4 cup almond flour
1/2 cup cacao powder
1/2 teaspoon sea salt
1/4 teaspoon baking soda
1/2 cup dairy-free chocolate chips
3 large eggs
1 teaspoon vanilla extract
1/3 cup maple syrup
3 tablespoons ghee, if you can't
tolerate ghee, use coconut oil
1/2 cup almond butter, opt for the
runny, drippy kind*

Directions

- 1.** Preheat oven to 350 degrees Fahrenheit. In a medium-large size bowl, mix together almond flour, cacao powder, sea salt, and baking soda.
- 2.** In a separate small bowl, whisk the eggs. Add the vanilla and maple syrup.
- 3.** In a small, microwave safe bowl, melt the ghee. Add the ghee and half the chocolate chips in with the wet ingredients. Stir lightly.
- 4.** Combine wet ingredients in with the dry ingredients and stir using a baking spatula. Don't over beat the batter with a fork, or mixer (this will lead to more cake-like brownie texture).
- 5.** Stir the almond butter into the brownie mixture with the spatula.
- 6.** Pour batter into a 9×9 greased baking pan. Spread batter evenly throughout the pan so that it fills all corners. Sprinkle top of batter with the remaining amount of chocolate chips.
- 7.** Bake for 15 minutes for gooey brownies and 15-22 minutes for more well done, cake-like brownies. Let brownies cool in pan. Cut brownies into 9 squares.

Amazingly the best

GINGER BREAD

By: LaShonda Walls from the kitchen of Mama Johnson

Servings: 9

Preparation time: 10 minutes

Cook time: 50 minutes



Nutritional Information: Calories: 267, Total Fat 17.6g, Saturated Fat: g, Cholesterol: 72.6mg, Sodium: 321.5mg, Total Carbohydrates: 18.1g, Sugar: 10.5g, Protein: 7.4g

Ingredients

½ cup of shortening

½ cup of sugar

2/3 cups molasses

2 cups flour

2/3 cup orange juice

2 eggs

¾ teaspoon clear soda

1 teaspoon salt

1 ½ teaspoons ginger

½ teaspoon cinnamon

½ teaspoon cloves

1/3 cup sugar (used for sprinkle)

4 tablespoons grated orange rind

Directions

- 1.** Cream shortening and sugar. Add eggs, molasses, clear soda and orange juice. Sift flour with dry ingredients. Mix well.
- 2.** Pour into a greased 12" X 8" X 2" pan. Sprinkle with 1/3 cup sugar mixed with 4 tablespoons of grated orange rind.
- 3.** Bake at 350 degrees for 45 to 50 minutes. Leave in pan.

Amazingly the best

BANANA CAKE

By: LaShonda Walls from the Kitchen of Mama Johnson

Servings: 9

Preparation time: 10 minutes

Cook time: 45 minutes



Nutritional Information: Calories: 267, Total Fat 17.6g, Saturated Fat: g, Cholesterol: 72.6mg, Sodium: 321.5mg, Total Carbohydrates: 18.1g, Sugar: 10.5g, Protein: 7.4g

Ingredients

*1/2 cup of butter or oleo
1 cup of sugar
1 teaspoon vanilla extract
2 eggs
2 cups sifted flour
1 cup mashed ripe bananas
1/4 teaspoon salt
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 cup milk
Lemon icing*

Directions

- 1.** Cream butter or oleo and sugar, add vanilla and eggs and beat well.
- 2.** Sift dry ingredients together, add to creamed mixture and mix well.
- 3.** Add banana and milk.
- 4.** Stir until well mixed.
- 5.** Pour into a greased pan 8" X 8" or any greased pan about this size. Bake at 350 degrees for 45 minutes. Cool and ice with lemon icing.

Amazingly the best
RICOTTA PIE

By: Jocelyn Lewis, Rosa Parks Elementary

Servings: 10

Preparation time: 20 minutes

Cook time: 3-4 hours



Nutritional Information: Calories: 475, Total Fat 30.6 g, Saturated Fat: 18.7 g, Cholesterol: 152mg, Sodium: 261mg, Total Carbohydrates: 39.5g, Sugar: 30.8g, Protein: 11.8g

Ingredients

*16 oz. ricotta cheese
4 eggs
3 Tbsp flour
1 lb. cream cheese
¼ cup butter
3 Tbs corn starch
1 ½ cups sugar
2 Tbsp Vanilla extract
1 cup sour cream*

Directions

- 1.** Combine ricotta cheese, cream cheese and sugar. Mix well
- 2.** Add eggs in one at a time continuing to mix.
- 3.** Add butter and vanilla
- 4.** Fold in flour and corn starch and mix well.
- 5.** Fold in sour cream
- 6.** Pour mixture into an 8-inch spring form pan and bake at 350 degrees for 1 hour. Turn off heat and let stand in oven for 3 hours.
- 7.** Chill then garnish with fresh strawberries, pineapple, peaches or other fruit

ACKNOWLEDGEMENTS

THANK YOU TO ALL OF THE
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CHALLENGE.

