

## Virtual Cooking Class Recipes and Ingredient Lists Family Weekend 2021

### Muffin Tin Frittatas

Ingredients	Equipment
<ul style="list-style-type: none"> <li>• 1 Tablespoons olive oil</li> <li>• Nonstick spray</li> <li>• 6 eggs</li> <li>• 1/2 cup milk</li> <li>• dash sea salt and pepper</li> <li>• Optional seasonings from pantry</li> </ul> <p><b>Choose approximately 1 cup of vegetables from the list:</b></p> <ul style="list-style-type: none"> <li>• Onions (chopped and sautéed first)</li> <li>• Bell Peppers (sautéed first)</li> <li>• Spinach (sautéed first)</li> <li>• Mushrooms (sautéed first)</li> </ul> <p><b>Choose approximately ½ cup of cheese from the list below:</b></p> <ul style="list-style-type: none"> <li>• Feta, crumbled</li> <li>• Cheddar</li> </ul>	<ul style="list-style-type: none"> <li>• Small bowl</li> <li>• Measuring cups</li> <li>• Measuring spoons</li> <li>• Large bowl</li> <li>• Cast iron pan</li> <li>• Muffin tin</li> <li>• Chef’s knife</li> <li>• Whisk</li> <li>• Plastic spoon</li> </ul>

#### Instructions

1. Preheat oven to 350. Spray muffin tin with non- stick spray at food prep sink.
2. Heat 1 tablespoon oil in cast iron skillet and sauté vegetables until softened, 5-10 minutes. Drain excess liquid. Set aside in small bowl.
3. Whisk eggs, milk, salt and pepper in a large bowl.
4. Pour egg mixture into the prepared muffin tins.
5. Spoon cooked vegetables and cheese into egg mixture
6. Bake until set in the middle and lightly browned – 15-20 minutes.

### Waffle Iron Hash Browns

Ingredients	Equipment
<ul style="list-style-type: none"> <li>• Frozen Hash Browns – thawed and squeezed in a towel</li> <li>• Non-Stick Cooking Spray</li> <li>• Seasoning of choice (salt/pepper/garlic or onion powder)</li> </ul>	<ul style="list-style-type: none"> <li>• Waffle or Pizzelle Iron</li> </ul>

#### Instructions

1. Heat Waffle or Pizzelle Iron
2. Spray with non-stick cooking spray
3. Place ½ cup potatoes on iron – season
4. Press lid and cook until indicator light goes green
5. Remove with a fork – Enjoy!

## Banana Muffins

Ingredients	Equipment
<p><b>Produce</b></p> <ul style="list-style-type: none"><li>• 2 to 3 medium (7 to 8- inch long) very ripe bananas, peeled</li></ul> <p><b>Wet Items</b></p> <ul style="list-style-type: none"><li>• 1/3 cup butter or non-dairy spread, melted</li><li>• 1 large egg, beaten</li></ul> <p><b>Dry Items</b></p> <ul style="list-style-type: none"><li>• 1 teaspoon baking soda</li><li>• Pinch (1/16<sup>th</sup> teaspoon) salt</li><li>• 3/4 cup sugar</li><li>• 1 ½ cups all-purpose flour (Whole wheat pastry flour is preferred)</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Cooking spray</li></ul>	<ul style="list-style-type: none"><li>• Muffin pan</li><li>• Fork</li><li>• Wooden spoon</li><li>• Mixing bowl</li><li>• Measuring cups and spoons</li><li>• Mise en place bowls</li><li>• Oven mitt</li></ul>

## Instructions

### Step One: Mise en Place

1. Preheat the oven to 350° F.
2. Spray muffin pan with cooking spray.
3. Peel 2 to 3 ripe bananas.
4. Melt 1/3 cup butter or non-dairy spread.
5. Beat 1 large egg.
6. Measure 1 teaspoon baking soda.
7. Measure 1/16 teaspoon salt.
8. Measure 3/4 cup sugar.
9. Measure 1 ½ cups all-purpose flour.

### Step Two

1. In a mixing bowl, smash bananas with a fork until completely smooth.
2. Stir the melted butter/non-dairy spread into the mashed bananas.
3. Mix in the baking soda, salt, beaten egg, and vanilla extract.
4. Mix in the flour.

### Step Three

1. Pour the batter into your sprayed muffin pan.
2. Bake for 13-15 minutes or until a toothpick comes out clean.

### Step Four

1. Carefully remove from oven and let cool for a few minutes.
2. Remove muffins from pan once cooled.

**Green Ginger Pina Colada \* adapted from [Minimalist Baker](#)**

<b>Ingredients</b>	<b>Equipment</b>
<ul style="list-style-type: none"><li>• 1 Tbsp fresh ginger (small knob) or 1/8 tsp ground ginger.</li><li>• 1 Tbsp lemon or lime juice (1/2 medium lemon or lime)</li><li>• 1 1/2 cups chopped frozen pineapple</li><li>• 1 small ripe frozen banana</li><li>• 2 large handful spinach and/or kale</li><li>• 1/3 cup light coconut milk</li><li>• 2/3 cup unsweetened almond milk</li><li>• 3/4 cup water</li><li>• 1 Tbsp flaxseed meal (<i>optional</i>)</li><li>• 1 Tbsp maple syrup or agave nectar – optional</li></ul>	<ul style="list-style-type: none"><li>• Blender</li></ul>

**Instructions**

1. Blend together and enjoy!