



QUICK & EASY RECIPES

COMMUNITY COOKING CLASS 6/20



Entrees

HAM & WHEAT BERRY SALAD

INGREDIENTS:

- ~ 1.5 LBS COOKED HAM OR HAM STEAK
- 4 CUPS COOKED WHEAT BERRIES
- 1 CUP (OR MORE) CHOPPED AND ROASTED CARROTS, BEETS
- 1/4 CUP APPLE CIDER VINEGAR
- 1 RED PEPPER, CRUSHED
- 1 HEAPING TBSP CUMIN
- 2 TBSP DRIED OREGANO
- 3/4 CUP MAYONNAISE
- SALT AND PEPPER TO TASTE (THE HAM HAS A LOT OF SALT)

DIRECTIONS:

1. TO COOK WHEAT BERRIES- 4-1 RATIO 4 CUPS WATER : 1 CUP WHEAT BERRIES (BOIL) UNDER TENDER. SET ASIDE.
2. COOK HAM 18-20 MINUTES PER POUND AT 350 DEGREES. COOL THEN DICE.
3. IN A SMALL BOWL, MIX TOGETHER APPLE CIDER VINEGAR, RED PEPPER FLAKES, CUMIN, OREGANO AND MAYONNAISE. STIR UNTIL FULLY COMBINED.
4. IN A LARGE BOWL, COMBINE THE HAM, WHEAT BERRIES, ROASTED VEGGIES AND DRESSING. TOSS UNTIL COATED.

CRISPY NOODLES WITH BOK CHOY

INGREDIENTS:

- 1 BUNCH BOK CHOY
- 4 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS MAPLE SYRUP
- 2 TABLESPOONS SESAME SEEDS
- 1 TEASPOON SESAME OIL
- 1/2 POUND WHOLE WHEAT PASTA-THIN NOODLES

DIRECTIONS:

1. BOIL WATER, ADD PASTA, COOKING UNTIL DONE THEN DRAIN.
2. RINSE BOK CHOY AND CUT OFF THE HARD END.
3. CUT BOTH THE GREEN AND WHITE PARTS INTO STRIPS.
4. DICE THE WHITE PART INTO SMALLER 1/4" PIECES.
5. HEAT OIL IN A SKILLET OVER MEDIUM HEAT. ADD A HANDFUL OF PASTA, STIRRING TO COAT WITH OIL. ADD MAPLE SYRUP AND SESAME SEEDS.
6. SAUTEE UNTIL NOODLES START TO BROWN LIGHTLY.
7. COOL NOODLES FOR 5-10 MINUTES, THEN TOP SHREDDED BOK CHOY.

Side Dish

SPRING RADISH SALAD

INGREDIENTS:

- 2 CUPS RADISH, CHOPPED
- 2 LARGE SCALLIONS, CHOPPED
- 3 TABLESPOONS OLIVE OIL
- 1 TABLESPOON APPLE CIDER VINEGAR
- SALT AND PEPPER

DIRECTIONS:

1. CHOP RADISH AND SCALLIONS, COMBINING IN A MEDIUM BOWL.
2. DRIZZLE OLIVE OIL AND APPLE CIDER VINEGAR.
3. TOSS AND ADD SALT AND PEPPER TO YOUR TASTE.



Snack

HOMEMADE GRANOLA

INGREDIENTS:

- 6 CUPS OF OATS
- 1 CUP OF OIL (OR LARD)
- 1 CUP MAPLE SYRUP
- 1 TSP VANILLA
- 1 TSP SALT

OPTIONAL:

- 1 TSP CINNAMON
- 1 CUP NUTS (ANY TYPE)
- 1 CUP DRIED FRUIT (ADD AFTER BAKING)

DIRECTIONS:

1. STIR ALL INGREDIENTS TOGETHER IN A LARGE BOWL UNTIL FULLY COMBINED (IF ADDING NUTS, OMIT UNTIL END).
2. SPREAD THE GRANOLA ONTO A BAKING SHEET AND BAKE AT 350' FOR 30 MINUTES, STIRRING HALFWAY THROUGH.
3. ALLOW TO COOL BEFORE ADDING DRIED FRUIT. KEEP IN AN AIRTIGHT CONTAINER.



Dessert

PUFFED SPELT KRISPIE TREATS

INGREDIENTS:

½ CUP HONEY

½ CUP PEANUT BUTTER

¼ TEASPOON CINNAMON

1 TEASPOON VANILLA EXTRACT

4-5 CUPS PUFFED SPELT CEREAL

DIRECTIONS:

1. IN A SMALL SAUCEPAN, HEAT THE HONEY ON LOW UNTIL IT COMES TO A BOIL (ABOUT 3 MINUTES).
2. TURN OFF THE HEAT AND ADD PEANUT BUTTER, CINNAMON AND VANILLA. STIR UNTIL FULLY COMBINED.
3. IN A LARGE BOWL, ADD THE PUFFED SPELT, THEN SLOWLY POUR THE HONEY/PEANUT BUTTER MIXTURE OVER THE TOP. STIR UNTIL THE PUFFED SPELT IS FULLY COATED.
4. POUR THE MIXTURE INTO AN 8X8 INCH PAN AND ALLOW TO SET FOR 10-15 MINUTES. ONCE BARS ARE FIRM, CUT INTO INDIVIDUAL TREATS AND ENJOY!