

Easy to Make Recipes

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Omelet

*means optional

3 eggs, warmed in hot water for 5 minutes

Pinch salt

1 teaspoon room temperature butter, plus 1/2 teaspoon for finishing omelet

1/2 teaspoon fresh chopped chives*

Directions

Crack the warm eggs into a bowl, add salt and blend with a fork. Heat an aluminum pan over medium-high heat. Once the pan is hot, add the butter and brush around the surface of the pan. Pour the eggs into the center of the pan and stir vigorously with a rubber spatula. Stop when the egg is cooked thoroughly. Shake the pan to loosen. Using your spatula, fold over. Slide the omelet onto a plate. Coat with the remaining butter and sprinkle with the chives. Serve immediately.

Pancakes

*means optional

2 cups pancake mix

1 cup milk

2 eggs

Your favorite type of fruit*

Directions

Heat griddle or skillet over medium-high heat or electric griddle to 375°F, then grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.) Stir all ingredients until blended. Pour by slightly less than 1/4 cupfuls onto hot griddle. This is where you put in your favorite fruit Cook until edges are dry. Turn; cook until golden. Note: If you like thin pancakes, use 1 1/2 cups milk.

French toast

1 egg

1 teaspoon vanilla extract

1/2 teaspoon cinnamon

1/4 cup milk

4 slices bread

Directions

Beat egg and cinnamon in shallow dish. Stir in milk.

Dip bread in egg mixture, turning to coat both sides evenly.

Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides.

<http://www.mccormick.com/Recipes/Breakfast-Brunch/Quick-and-Easy-French-Toast>

Yogurt and Fruit Parfaits

Ingredients

3 cups vanilla nonfat yogurt

1 cup fresh or defrosted frozen strawberries in juice

1 pint of blackberries, raspberries or blueberries

1 cup of granola

Directions

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

<http://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe.html?oc=linkback>

Mac n' cheese

1 pound of macaroni

2 ½ cups of half and half

¼ teaspoon pepper

4 cups of shredded cheddar

Boil a big pot of salted water. Add the macaroni and cook for about 6 minutes. Strain, reserving 1 cup of the pasta water. Set aside.

Directions

Heat the half-and-half and pepper in a large saucepan over medium heat until it is just about to boil. Continue simmering until the half-and-half shrinks to 1 ½ cups. Do this for about 15 minutes. Whisk in the cheddar until the mixture is combined. Then add the macaroni to the saucepan and stir to combine.

Ham and Cheese Melt

*means optional

8 slices French bread, each about 1/2-inch thick

4 tablespoons unsalted butter, softened

4 teaspoons Dijon mustard*

1 tablespoon honey*

4 thin slices ham

4 ounces sliced Gruyere, Swiss or Monterey jack or u kno just cheez

Directions

Place all of the bread slices on a flat work surface. Using a butter knife and spread 1 side of each slice with some of the softened butter. Use 1/2 of the butter for this and you'll need the rest later.

Turn over 4 slices of the bread and spread the unbuttered sides of 2 of the bread slices with the mustard, and the other 2 slices with the honey.*

For each sandwich, fold 1 ham slice on top of the mustard spread and top with 1/4 of the sliced Gruyere cheese. Cover with the remaining 4 bread slices, making sure that the buttered sides face out. You will have 4 sandwiches.

Heat a large skillet over medium-high heat and melt 1 tablespoon of the butter in the skillet. Transfer the sandwiches to the skillet and cook until golden brown on the bottom, about 2 minutes. Turn and add the remaining tablespoon of butter to the skillet. Cook the sandwiches until the cheese has melted and the second side is golden brown, about 1 1/2 to 2 minutes. Remove the sandwiches from the pan and serve immediately.

<http://www.foodnetwork.com/recipes/emeric-lagasse/grill-it-up-a-notch-ham-and-cheese-sandwich-recipe.html>

Quesadilla

*means optional

4 flour tortillas

1 cup grated cheese, sharp Cheddar or Mexican blend

4 tablespoons butter

Sour cream, for garnish*

Salsa, for garnish*

Guacamole, for garnish*

Directions

Lay the tortillas flat on a cookie sheet. Sprinkle some of the cheese on 1 half of each tortilla. Try not to get it too close to the edge. Fold the tortillas in half over the cheese to make a half-moon. Warm a skillet over low heat and add 1 tablespoon of the butter. Add the tortilla to the skillet and cook until it is lightly brown, about 2 minutes. Using a spatula, gently lift the edge so you can check. When 1 side is brown, turn the tortilla over and cook the other side until brown and the cheese is all gooey. Use a spatula to transfer to individual plates or a large platter. Repeat with remaining butter and tortillas. Top them with the sour cream, salsa, and guacamole.

<http://www.foodnetwork.com/recipes/paula-deen/cheese-quesadillas-recipe.html>

Salad

*means optional

1 cup extra-virgin olive oil

Salt and freshly ground black pepper

3 heads of Romaine lettuce

1/3 cup grated Parmesan

Croutons

Dressing

Chicken*

Directions

Wash the lettuce. In a large bowl, combine ingredients. Top with parmesan, toss gently, and serve

Chicken Fried Rice

*means optional

3 eggs

Salt and freshly ground black pepper

Vegetable oil, for frying

sliced chicken

1 teaspoon sesame oil

1 large onion, finely chopped

2 garlic cloves*

4 cups cold, cooked rice

6 green (spring) onions, thinly sliced, plus more for garnish.*

2 tablespoons soy sauce

Directions

Beat eggs with a whisk in a small bowl and season with salt and pepper. Heat some oil in a frying pan over heat and make an omelette using half the beaten eggs. Turn out onto a plate to cool (do not fold omelette). Repeat process with remaining eggs.

Place 1 omelette on top of the other, fold and chop.

In a medium bowl, toss chicken strips with the oil and add salt and pepper. Heat 3 tablespoons vegetable oil over heat in large frying pan and stir-fry the prepared chicken strips until lightly golden, about 2-3 min. Add onion, garlic, and stir-fry for 1-2 min or until onion is soft. Add 2 tablespoons more vegetable oil and when hot, stir in the cooked rice and green onions, mixing thoroughly until very hot. Remove from heat and stir in chopped cooked egg.

<http://www.foodnetwork.com/recipes/robert-irvine/chicken-fried-rice-recipe.html>

Pasta

2 ½ tablespoons olive oil

1 pound box of uncooked pasta

2 pints of tomato sauce

¾ teaspoon salt

½ teaspoon black pepper

Directions

Cook the pasta according to the package directions.

Meanwhile, cook the tomato sauce for about 5 minutes. Season with the salt and pepper. Reduce heat to medium-low and continue to cook, stirring occasionally, until the pasta is done. Remove pan from heat. Drain the pasta and place it in a serving dish. Spoon the tomato mixture over the top.

Wraps

*means optional

2 medium zucchini, cut lengthwise into 1/4-inch slices

2 teaspoons olive oil

1/8 teaspoon salt*

Pinch freshly ground black pepper

1 cup store-bought hummus

4 pieces whole-wheat wrap bread (about 9 inches in diameter) or tortilla

1/4 cup pine nuts, toasted*

1 medium red bell pepper, thinly sliced*

2 ounces baby spinach leaves (2 cups lightly packed)

1/2 cup red onion thinly sliced into half moons

1/4 cup fresh mint leaves*

Directions

Preheat the grill or grill pan over medium heat. Brush both sides of the zucchini slices with the oil and sprinkle with the salt and pepper. Grill until tender and slightly browned, about 4 minutes per side.

Spread 1/4 cup of the hummus over each piece of bread or tortilla. Sprinkle 1 tablespoon of pine nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of the spinach, a few sliced onions, and 1 tablespoon of the mint. Roll each of them up and cut in half on a diagonal.

<http://www.foodnetwork.com/recipes/ellie-krieger/hummus-and-grilled-vegetable-wrap-recipe.html>

Potato soup

*means optional

Chicken Stock

Green Onions*

Cheddar Cheese

Sliced Potatoes

Directions

Simmer all the ingredients — minus the cheese and onions— until the potatoes are cooked and soft. Then mash the potatoes against the side until it is mixed together. Stir in some cheese until it's nice and ooey gooey and melted. And then serve the soup warm garnished with green onions and extra cheese.

<http://www.gimmesomeoven.com/5-ingredient-potato-soup/>