



Breakfast Theme

Ingredients

- 2 large eggs
- Low fat cheddar cheese
- Your choice of vegetables
include: *pepper, onion,
mushroom, tomato, spinach,*
- Salt and pepper to taste

Directions

- Crack and mix eggs in a bowl with a fork until yolk is mixed completely in
- Add cheese into bowl
- Cut up vegetables into small pieces.
- Use about 2-3 tablespoons of each vegetable and place in bowl
- Sprinkle salt and pepper into bowl and mix all ingredients
- Heat up skillet with cooking spray on medium heat.
- Once the skillet is hot, place ingredients from bowl in skillet and let cook on medium heat for about 5 minutes.
- Fold the eggs in half once the bottom of the eggs are cooked and allow to cook for about another 2-4 minutes
- Enjoy for breakfast, lunch or dinner!

the Grub Club



Recipe Book 2018



the Grub Club



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Teriyaki Beef Stir Fry

<u>Ingredients</u>	<u>Directions</u>
<ul style="list-style-type: none"> • 1lb steak • 2/3 cup of soy sauce • 2/3 cup of water • ¼ cup brown sugar • 1 tablespoon of honey • 1 tablespoon fresh ginger • ½ teaspoons garlic powder • 3 teaspoons of cornstarch • 1 large red pepper • 1 large green pepper • 1 large onion • 1 broccoli crown • 2 garlic cloves • oil • Sesame oil • White Rice 	<ul style="list-style-type: none"> • Trim and cut the steak into bite size pieces • Cut red and green peppers into at least ½ inch strips • Dice the onion • Separate broccoli into large bite sized pieces • Finely mince the garlic cloves <p style="text-align: center;"><u>Teriyaki Sauce</u></p> <ul style="list-style-type: none"> - ¼ cup of soy sauce - ½ cup of water - ¼ cup of brown sugar - 2 teaspoons of minced garlic - 2 teaspoons minced ginger - 1 tablespoon of honey - 1 teaspoon toasted sesame oil - 1 tablespoon of cornstarch
<p><u>Cooking Instructions:</u></p> <ul style="list-style-type: none"> • Mix and combine soy sauce, water, brown sugar honey, ginger powder and cornstarch in a medium bowl <li style="text-align: center;">** Make sure to slowly whisk the cornstarch in ** • Pour half of the mixture into a large zip-lock bag and add the beef and allow it to marinate in the refrigerator for 30-90 minutes. • Heat pan with one tablespoon canola oil and one tablespoon of sesame oil until smoking. Your pan should be very hot. Swirl to coat the pan. Shake the beef in the marinade and carefully add to the pan. • Discard the marinade. Cook for about 5-6 minutes stirring halfway through. Remove the steak, cover and keep warm. • Add another tablespoon of sesame oil over high heat. Swirl to coat the pan. • Add the broccoli and cook for about 1-2 minutes stirring once. Add the peppers and onions and cook for 2-3 minutes stirring once or twice. Add garlic and cook for 1 minute. Remove all veggies from the pan cover and keep warm. • Whisk the remaining soy sauce mixture and add to the pan and bring to a low boil. Stir until slightly thickened. Add the cooked beef and veggies back to the pan. 	



Pasta Theme



Football Theme

Veggie Pasta

Pasta Dish:

- 4 tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 1 28-ounce can crushed tomatoes
- 4 tablespoons chopped fresh Italian parsley
- 2 tablespoons dried oregano
- 1/8 teaspoon red pepper flakes (optional)
- Salt and black pepper to taste
- 1 pound eggplant
- ½ pound zucchini
- ¾ pound dry pasta
- 4 tablespoons chopped fresh basil
- 4 tablespoons grated parmesan cheese

Directions

- Heat 1 tablespoon of olive oil in a saucepan and add the garlic.
- Cook and stir without browning.
- Add the tomatoes, parsley, oregano, pepper flakes, salt and pepper.
- Stir to blend, bring to a boil and simmer for 15 minutes.
- Meanwhile cut off the ends of the eggplant and peel. Cut it into 1-inch cubes.
- Cut the ends of the zucchini and slice into 1-inch thick slices.
- Heat the remaining olive oil in a large skillet.
- When the oil is very hot, add the eggplant, zucchini, salt and pepper.
- Cook, tossing until nicely brown and tender.
- Add to the tomato sauce. Mix well and cook for 15 minutes.
- Drop the pasta into salted boiling water and cook.
- Combine the pasta, the vegetables and sauce mixture, basil and Parmesan cheese.
- Toss and serve hot. ENJOY!

Veggie Salad

Salad:

- 1 pound Roma tomatoes
- 1 English cucumber
- ½ medium red onion
- 2 tablespoons extra virgin olive oil
- Juice of 1 medium lemon
- ¼ cup cilantro, chopped
- 1 teaspoon sea salt
- 1/8 teaspoon of black pepper

Directions

- Chop tomatoes, slice cucumber, slice onion, and chop cilantro
- Place into large salad bowl.
- Drizzle with 2 tablespoon extra-virgin olive oil
- Add 2 tablespoon of lemon juice.
- Toss gently to combine.
- Just before serving toss with one teaspoon sea salt and 1/8 teaspoon of black pepper.
- ENJOY!

Hummus Dip

Ingredients

- 2 (15-oz) cans chickpeas, drained and rinsed
- ½ cup extra-virgin olive oil, plus more for garnish
- 1/2 lemon, juiced
- 2 cloves garlic, peeled
- 1 ½ teaspoon salt
- ½ to 1 teaspoon ground cumin
- 12 grinds black pepper
- ¼ cup water
- Paprika, for garnish
- 2/3 cucumbers

Directions

- Scrape the hummus onto a plate.
- Sprinkle the paprika over the top, then drizzle with olive oil.
- Slice cucumbers and use as a dip to the hummus.
- In a blender, combine all the ingredients (except for the paprika) on low speed until smooth.
- You'll have to stop the blender often to push down the ingredients.
- If the mixture is dry, add a few teaspoons of cold water
- Serve and enjoy!

French Onion Dip

Ingredients

- Low Fat Sour Cream- 16 oz
- Onion dip mix - 1 pouch
- Raw baby carrots

Directions

- Mix the onion dip mix in with the low fat Greek yogurt and mix
- Serve with vegetables for dipping.
- Use baby carrots as a dip to the French Onion Dip
- Enjoy as a snack!

Spinach Artichoke Dip

Ingredients

- 2 cups of parmesan cheese
- 1 (10 ounce) box frozen chopped spinach
- 1 (14 ounce) can of artichoke hearts
- 2/3 cup of sour cream
- 1 cup of cream cheese
- 1/3 cup of mayonnaise
- 2 teaspoons garlic

Directions

- Get the box of chopped spinach and thaw and drain it of excess liquid.
- Get the can of artichoke hearts and have it drained and chopped.
- Then combine all ingredients.
- Serve and enjoy!



Valentine's Day Theme

Homemade Whipped Cream

Ingredients	Directions
<ul style="list-style-type: none"> • 1 cup heavy cream • 1 teaspoon vanilla extract • 1 tablespoon of powdered sugar 	<p>In a large bowl, whip cream until stiff peaks are just about to form. Then beat vanilla and sugar until peaks form.</p> <p>Make sure not to over-beat, cream will then become lumpy and butter-like.</p> <p>ENJOY!</p>

Fruit Parfaits

Ingredients	Directions
<ul style="list-style-type: none"> • ½ package of strawberries • Bunch of Bananas • Homemade whipped cream from above • Graham crackers 	<p>Cut strawberries into small pieces. One strawberry should be cut up into about 6 pieces.</p> <p>Cut bananas into small pieces about ½ inch thick.</p> <p>Smash graham crackers in a bowl creating a graham cracker crumb.</p> <p>Using a clear cup layer strawberries, whipped cream, and graham crackers creating a beautiful master piece! Enjoy this delicious dessert!</p>



St. Patrick's Day Theme

St. Patrick's Day Potato Soup

Ingredients	Directions
<p><u>Soup Dish:</u></p> <ul style="list-style-type: none"> • 3 Russet potatoes • 1 medium onion, thinly sliced • 3 Celery Stalks, cut it into 1-inch cubes. • 3 cups of chicken broth • 1 teaspoon salt • 1/3 teaspoon pepper • Milk <hr/> <p>Toppings: (Optional)</p> <ul style="list-style-type: none"> ~ Shredded Cheddar Cheese ~ Chopped Scallions ~ Crumbled Bacon 	<ul style="list-style-type: none"> • Slice onions into small cubes or slices. • Cut celery stalks into 1-inch cubes • Peel potatoes and then carefully cut in half, then cube the potatoes into 1-inch cubes. • Chop up scallions into slices for topping <p>Prepare</p> <ul style="list-style-type: none"> - 3 cups of chicken broth - 1 teaspoon of salt - 1/3 teaspoon of pepper <p>Cooking Instructions:</p> <ul style="list-style-type: none"> • Cover saucepan with olive oil over medium heat; stir in onions and celery. • Cover and cook until tender. • Stir in potato; cover and cook 15 minutes. • Stir in broth, salt, and pepper; bring to a boil. • Reduce heat, and simmer 20 minutes or until potato is tender. • Remove from heat and cool slightly. <p>Add to blender and blend to soup consistency</p> <ul style="list-style-type: none"> - Add milk if consistency is too thick <p>Serve, Add toppings, and Enjoy!</p>

Homemade Croutons:

Ingredients	Directions
<ul style="list-style-type: none"> • Half a loaf of French bread • 2 table spoons Extra Virgin Olive Oil • Garlic (Optional) • Oregano (Optional) 	<ul style="list-style-type: none"> • Chop up the bread into small cubes and put into a bowl • Minch Garlic and add on top of the bread • Drizzle with 2 tablespoon extra-virgin olive oil • Add Oregano then toss gently to combine. • Place into oven for about 5 minutes • ENJOY!