

**FCCLA @ THE
TABLE WINTER
RECIPE BOOK**

NJ FCCLA



Adrian-
Anjuna-

Three-Cheese Calzones

Recipe submitted by Vruti Patel , 11th grade, Edison High School

Ingredients

- 1pound refrigerated pizza dough
- 1cup fresh ricotta
- 1cup grated mozzarella (4 ounces)
- 1/4cup grated Parmesan (1 ounce)
- 1bunch spinach, thick stems removed and roughly chopped (5 cups)
- black pepper
- 1/4pound thinly sliced salami
- 2tablespoons olive oil
- 1cup jarred marinara sauce, warmed

Directions

1. Heat oven to 400° F. On a lightly floured surface, divide the dough into 4 equal portions and roll and stretch them into 8-inch rounds.
2. In a large bowl, combine the ricotta, mozzarella, Parmesan, spinach, and ¼ teaspoon pepper.
3. Layer the salami on one side of each round of dough and top with the cheese mixture. Fold the dough over the filling and pinch the edges to seal.
4. Brush the tops of the calzones with the oil. Transfer to a parchment-lined baking sheet and bake until golden, 12 to 15 minutes. Serve with the sauce.

Chicken and Garlic Collards

Recipe submitted by Nimita Sepaha, 11th grade, Edison High School

Ingredients

- 13 1/2-pound chicken, cut into 10 pieces and skin removed
- 2tablespoons Dijon mustard
- 2cups multigrain cereal flakes, crushed
- 2tablespoons olive oil
- kosher salt and black pepper
- 2bunches collard greens, thick stems removed and leaves cut into 1-inch strips
- 2cloves garlic, thinly sliced
- 1lemon, cut into wedges

Directions

1. Heat oven to 400° F. In a large bowl, toss the chicken and mustard to coat.
2. In a separate bowl, mix the cereal, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper. Coat the chicken with the cereal mixture and bake on a baking sheet until golden and cooked through, 45 to 50 minutes.
3. Meanwhile, cook the collards in a large pot of boiling salted water until tender, about 10 minutes. Drain, rinse, and squeeze out the excess water.
4. Heat the remaining oil in a skillet over medium heat. Add the garlic, collards, and 1/4 teaspoon each salt and pepper. Cook for 2 to 3 minutes. Serve with the chicken and lemon.

Pumpkin Ginger Cupcakes

Recipe submitted by Ciara Johnson, 11th grade, Edison High School

Ingredients

- 2 cups all-purpose flour
- 1 (3.4 ounce) package instant butterscotch pudding mix
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/3 cup finely chopped crystallized ginger
- 1 cup butter, room temperature
- 1 cup white sugar
- 1 cup packed brown sugar
- 4 eggs, room temperature
- 1 teaspoon vanilla extract
- 1 (15 ounce) can pumpkin puree

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Grease 24 muffin cups, or line with paper muffin liners. Whisk together the flour, pudding mix, baking soda, salt, cinnamon, ground ginger, allspice, cloves, and crystallized ginger in a bowl; set aside.
2. Beat the butter, white sugar, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Austin-
Destiny-

Devanshi-

Vegetable Minestrone Soup

Recipe given by Ria Parikh, 11th grader at JP Stevens High School

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 stalks celery, diced
- 1 large carrot, diced
- 1/3 pound green beans, trimmed and cut into 1/2-inch pieces (about 1 1/2 cups)

- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Kosher salt and freshly ground pepper
- 1 28 -ounce can diced tomatoes
- Kosher salt and freshly ground pepper
- 1 14 -ounce can crushed tomatoes
- 6 cups low-sodium chicken broth
- 1 15 -ounce can low-sodium kidney beans, drained and rinsed
- 1 cup elbow pasta
- 1/3 cup finely grated parmesan cheese

Directions

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil.

Spinach and Ricotta Cheese Stuffed Shells

Recipe given by Alisha Shah, 11th grader at JP Stevens High School

- 16 jumbo pasta shells (Cook a couple of extra shells to allow for a few breaking while the pasta cooks.)
- 1-1/2 tbsp olive oil
- 2 tsp fresh garlic, minced
- 4 cups (packed) fresh spinach leaves, roughly-chopped
- 12 oz skim-milk ricotta cheese
- 1 cup shredded skim-milk mozzarella cheese
- 1/2 cup grated Parmesan cheese, plus more for serving
- 1 large egg
- 1 tbsp fresh basil, finely chopped
- 1 tsp kosher salt
- 1/2 tsp freshly-ground black pepper

- 1-1/4 cups marinara sauce

Directions

1. Preheat the oven to 375 degrees F. Cook the pasta al dente, according to package directions. Drain and set aside.
2. Meanwhile, heat the olive oil in a large skillet over medium-high heat. When the oil begins to shimmer, add the garlic and cook until it begins to brown, about a minute or two. Add the spinach and cook, stirring occasionally, until the leaves begin to wilt but are still bright green, about 3 to 4 minutes. The spinach should be reduced by half. Remove from the heat and let cool.
3. In a mixing bowl, stir together the spinach, ricotta, mozzarella, Parmesan, egg, basil and salt and pepper until thoroughly combined. Pour 1/2 cup of the marinara sauce into the bottom of a shallow 8-inch by 8-inch baking dish. Stuff each pasta shell with a generous amount of the spinach and ricotta mixture, and place in the baking dish.
4. Cover with the remaining sauce and bake covered with aluminum foil for 25 minutes. Remove the foil and continue baking until the top begins to brown and the sauce begins to bubble, another 10-15 minutes. Serve warm with a dusting of Parmesan.

Ingredients

2 cups uncooked elbow macaroni (about 6 oz)

3 eggs, beaten

1 block (10 oz) extra-sharp Cheddar cheese, shredded

2 ¼ cups milk

1 cup Bread crumbs

Salt and pepper to taste

Directions

- 1 Heat oven to 350°F. In Dutch oven or 3-quart saucepan, cook and drain macaroni as directed on package.
- 2 In 9-inch square baking dish, mix cooked macaroni, beaten eggs and shredded cheese. Add milk, salt and pepper; mix well.

- 3 Bake 45 minutes. Enjoy!

Kelsey-Chicken Mozzarella Pasta with Sun-Dried Tomatoes

Submitted by Samantha Enterline, Senior, Southern Regional High School

Ingredients

Print

Chicken Mozzarella Pasta with Sun-Dried Tomatoes

Total Time: 1 hour

Yield: 4 servings

Chicken Mozzarella Pasta with Sun-Dried Tomatoes

Ingredients

3 large garlic cloves, minced

1 small jar (3-4 oz) sun-dried tomatoes in oil, or use 3-4 oz fat-free sun dried tomatoes

1 lb chicken breast tenders

salt

paprika (just a little bit)

1 cup half and half (half milk - half cream to form a lighter cream)

1 cup mozzarella cheese, shredded

8 oz penne pasta (for gluten free, use Tinkyada gluten free brown rice pasta)

1 tablespoon basil (if using dry basil), if using fresh basil you can add more

1/4 teaspoon crushed red pepper flakes (at least, add more to taste)

1/2 cup reserved cooked pasta water (or more)

salt, to taste

Instructions

Note: if using sun-dried tomatoes in oil (in a jar), make sure to drain sun-dried tomatoes from oil, before using them. Reserve 2 tablespoons of this drained oil for sauteing as described below.

In a large pan, on high heat, sautee garlic and sun-dried tomatoes (drained from oil) in 2 tablespoons of oil (reserved from the sun-dried tomatoes jar - see note above) for 1 minute until garlic is fragrant.

Remove sun-dried tomatoes from the pan, leaving the oil, and add chicken tenders, salted and lightly covered in paprika (for color) and cook on high heat for 1 minute on each side.

Remove from heat.

Cook pasta according to package instructions. Reserve some cooked pasta water. Drain and rinse the pasta with cold water (to stop cooking).

Slice sun-dried tomatoes into smaller bits and add them back to the skillet with chicken. Add half and half and cheese to the skillet, too, and bring to a gentle boil.

Immediately reduce to simmer and cook, constantly stirring, until all cheese melts and creamy sauce forms. If the sauce is too thick - don't worry - you'll be adding some cooked pasta water soon. Add cooked pasta to the skillet with the creamy sauce, and stir to combine. Add 1 tablespoon of basil, and at least 1/4 teaspoon of red pepper flakes. Stir to combine.

Add about 1/2 cup reserved cooked pasta water because the creamy sauce will be too thick (do not add all water at once - you might need less or more of it). This will water down the thickness of the cheese sauce and make it creamier. Immediately, season the pasta with salt and more red pepper flakes, to taste, if needed. Let it simmer for a couple of minutes for flavors to combine.

Note: Make sure to salt the dish just enough to bring out of the flavors of basil and sun-dried tomatoes.

Samantha-

SPICY BAKED MACARONI AND CHEESE

Recipe submitted by Emily Matson, 7th grade, Herbert Hoover Middle School

Ingredients:

- Salt
- 1 pound elbow macaroni pasta
- 3 tablespoons extra-virgin olive oil
- ½ pound assorted mushrooms, quartered
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1(14.5-ounce) can diced tomatoes
- 1 (10-ounce) package frozen spinach, thawed and drained of excess liquid
- ½ teaspoon red pepper flakes
- ½ cups bread crumbs
- ¼ cup grated Parmesan, plus ½ cup
- ¼ cup Romano, plus ½ cup
- 2 tablespoons butter, softened, plus 2 tablespoons
- 12 ounces mozzarella cubed (about 2 cups)
- ¼ teaspoon freshly ground nutmeg

Directions:

1. Preheat the oven to 350 degrees F.
2. Bring a large pot of salted water to a boil over high heat.
3. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta.
4. In a large skillet, heat the olive oil over medium heat.
5. Add the mushrooms, onion, and garlic. Cook until the mushrooms are tender and the onion is golden, about 7 minutes.
6. Add the tomatoes, spinach, and red pepper flakes. Stir to combine and cook until heated through, about 5 minutes.
7. In a small bowl mix together the breadcrumbs, ¼ cup of parmesan, and ¼ cup Romano.
8. Spread the softened butter in a 9 by 13 inch glass baking dish and sprinkle half of the breadcrumb mixture inside the dish to coat.
9. In a large bowl combine the vegetable mixture with the cooked macaroni, cubed mozzarella, the remaining Parmesan and Romano cheeses, and the nutmeg.
10. Spoon into the prepared dish, top with the remaining bread crumb mixture, and dot the top with the remaining butter.
11. Bake until the top is golden brown, about 30 to 40 minutes. Enjoy!

HERB ROASTED CHICKEN

Recipe submitted by Mrs. Sandra Ledda, FCCLA adviser for Edison High School.

Ingredients:

- 2 3-to-4-pound chickens.
- Kosher salt and freshly ground pepper.
- 3 tablespoons unsalted butter, softened.
- 1 tablespoon chopped fresh thyme, plus 2 sprigs.
- 2 teaspoons chopped fresh rosemary, plus 1 sprig torn in half.
- 1 lemon, halved.
- 1 onion, halved.
- 6 cloves garlic, smashed
- 5 bunches scallions, quartered
- 2 pints grape tomatoes or small heirloom tomatoes
- 2 tablespoons extra-virgin olive oil



Directions:

1. Pat the chicken dry; generously season the skin and inside the cavity with salt and pepper.
2. Preheat the oven to 425 degrees
3. Mash the butter with the chopped thyme and chopped rosemary in a small bowl.
4. Gently slide your fingers under the chicken skin on the breasts and legs to loosen it.
5. Scoop some of the herbed butter with a spoon; slide the spoon under the skin and hold the skin in place while you remove the spoon.
6. Smooth the skin to distribute the butter. Repeat with the remaining butter.
7. Squeeze a lemon half into the cavity of each chicken, then stuff the lemon half inside.
8. Stuff 1/2 onion, 3 garlic cloves, 1 thyme sprig and 1/2 rosemary sprig into each chicken cavity.
9. Tie the legs together with twine. Set a rack in a large roasting pan; put the chicken on the rack and roast 25 minutes. Toss the scallions, tomatoes, olive oil and a large pinch of salt in a bowl, then add to the roasting pan.
10. Remove the twine from the chicken and continue roasting until the skin is golden brown and a thermometer inserted into the thigh registers 170 degrees F, about 50 more minutes.
11. Transfer the chicken and vegetables to platters and let rest about 10 minutes before carving.

Sara-

FRENCH ONION SOUP

Recipe submitted by Sean Seneviratne, John P. Stevens High School, 12th Grade

Ingredients:

- ½ cup unsalted butter
- 2 tablespoons olive oil
- 4 cups sliced onions
- Salt and pepper
- 4 slices french bread
- 4 slices provolone cheese
- 4 (10.5 ounce) cans beef broth

- 1/4 cup grated Parmesan cheese
- 2 slices Swiss cheese, diced
- 1 teaspoon dried thyme

Directions:

1. Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.
2. Add beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.
3. Heat the oven broiler.
4. Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer). Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

CHICKEN POT PIE

Recipe submitted by Bansari Patel, John P. Stevens High School, 11th Grade

Ingredients:

- 1 pound skinless, boneless chicken breast halves, cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 4 Sticks of butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery seed
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crusts

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
5. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

TOMATO BISQUE

Recipe submitted by Ashwin Konkimalla, John P. Stevens High School, JPS

Ingredients:

- 4 tablespoons unsalted butter

- 1 tablespoon minced bacon (about 1/2 ounce)
- 1 onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 4 cloves garlic, minced
- 5 tablespoons all-purpose flour
- 5 cups chicken broth
- 1 (28-ounce) can whole, peeled tomatoes (with liquid), roughly chopped
- 3 parsley sprigs
- 3 fresh thyme sprigs
- 1 bay leaf
- 1 cup heavy cream
- 1 3/4 teaspoon kosher salt
- Freshly ground black pepper

Directions:

1. Heat the butter in a large soup pot over medium-high heat. Add the bacon and cook, stirring, until crisp and most of the fat has rendered, about 1 minute.
2. Using a slotted spoon, transfer the bacon to a paper towel-lined plate and set aside.
3. Lower the heat to medium, add the onion, carrots, celery, and garlic and cook, covered, stirring occasionally, until soft and fragrant, about 8 minutes.
4. Stir in the flour and cook, stirring, for 3 minutes. Pour in the broth and tomatoes and bring to a boil while whisking constantly. Tie the parsley sprigs, thyme, and bay leaf together with a piece of kitchen twine and add to the pot. Lower the heat and simmer for 30 minutes.
5. Remove from the heat and allow to cool. When the soup base is cool, remove and discard the herb bundle.
6. Working in batches, transfer the mixture to a blender and puree until smooth. Using a sieve over a large bowl, strain the tomato puree. Return the puree to the pot and reheat over medium heat.
7. Whisk the heavy cream and salt into the soup and season with pepper to taste. Divide among warm soup bowls, garnish with the crispy bacon, and serve.

Shyamala-

Easy Vietnamese Pho:

Recipe submitted by Nicole White, John P. Stevens High School, JPS

Ingredients

8 ounces rice noodles
 12 ounces lean beef sirloin, fat trimmed
 Kosher salt and freshly ground pepper
 1 large onion, halved
 1 4 -inch piece ginger, unpeeled, halved
 3 cups low-sodium beef broth
 5 star anise pods
 1 cinnamon stick
 4 scallions
 2 jalapeno peppers, preferably red and green
 1/2 cup fresh cilantro
 2 to 4 tablespoons fish sauce

1 cup fresh bean sprouts

Directions

1. Prepare the rice noodles as the label directs.
2. Place a large pot over high heat. Tenderize and season the meat. Sear the meat until charred but still rare, 2 to 3 minutes per side, then transfer to a plate.
3. Add the onion and ginger to the pot; cook about 4 minutes. Add the broth, 3 cups water, the star anise and cinnamon. Reduce the heat and simmer about 20 minutes.
4. Slice the scallions and jalapenos and tear the cilantro. Thinly slice the meat against the grain. Drain the noodles.
5. Add the fish sauce to the broth and boil 5 minutes.
6. Discard the ginger, star anise and cinnamon stick. Remove and slice the onion.
7. Divide the noodles among 4 bowls; top with the broth, beef, scallions, cilantro, bean sprouts, jalapenos and onion.

Pumpkin Cranberry Waffles

Recipe submitted by Aditi Singh, John P. Stevens High School, JPS

INGREDIENTS:

- 1 cup whole-wheat pastry flour
- 3 tablespoons toasted wheat germ
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 1/8 teaspoon salt
- 1 cup well-shaken low-fat buttermilk
- 1/2 cup pure pumpkin puree
- 2 large eggs
- 3 tablespoons pure maple syrup, plus more for serving
- 1 tablespoon canola oil or other neutral-tasting oil, plus more for the waffle iron
- 3/4 cup fresh or frozen cranberries, each cut in half or quartered, as needed

DIRECTIONS:

1. Whisk together the flour, wheat germ, baking powder, baking soda, cinnamon, ginger, nutmeg and salt in a mixing bowl.
2. Whisk together the buttermilk, pumpkin puree, eggs, 3 tablespoons of maple syrup and 1 tablespoon of oil in a separate bowl until well combined. Pour into the flour mixture, stirring just enough so that no dry ingredients are left, then stir in the cranberries.
3. Brush a waffle iron with oil and preheat it. Ladle enough of the batter to cover three-fourths of the surface of the waffle iron, close it, and cook for 3 to 5 minutes, until golden brown. Repeat with remaining batter.
4. Serve hot, with maple syrup passed at the table.

Classic Lasagna:

Recipe submitted by Jennifer Lazarowitz, John P. Stevens High School, JPS

Ingredients

Kosher salt

1 1/2 (16-ounce) boxes lasagna noodles

Olive oil

1 pound bulk Italian sausage

4 cloves garlic, smashed, divided

Crushed red pepper flakes

1 (12-ounce) package cremini mushrooms, stems removed, caps sliced

1 zucchini, cut in 1/2 lengthwise and cut on the bias

2 cups ricotta

2 cups grated Parmigiano-Reggiano, divided

2 eggs

6 to 7 basil leaves, cut into chiffonade

1 recipe Marinara Sauce

1 pound grated mozzarella

Directions:

1. Bring a large pot of well-salted water to a boil. Working in batches, cook the lasagna noodles until they are soft and pliable but not limp, 6 to 7 minutes. Remove the pasta from the boiling water and lay flat on a sheet tray to cool. Reserve.
2. Coat a large saute pan with olive oil and bring to medium-high heat. Add the sausage and cook until brown and crumbly. Remove from pan and reserve on paper towels.
3. Ditch the fat from the pan and add new olive oil along with 2 cloves of garlic and a pinch of crushed red pepper. Bring the pan to medium-high heat. When the garlic becomes golden and very aromatic, remove it from the heat and discard. Toss in the mushrooms and season them with salt. Cook the mushrooms until they are soft and wilted and dark brown, 4 to 5 minutes. Remove from pan and reserve. Repeat this process with the remaining garlic and the zucchini.
4. In a small bowl, combine the ricotta, 1/2 the Parmigiano-Reggiano, the eggs, and the basil. Mix to combine well and season with salt.
5. Preheat the oven to 350 degrees F.
6. In the bottom of a 9 by 13-inch deep-dish baking dish, add a couple ladlefuls of sauce and spread out in an even layer. Arrange a layer of the lasagna noodles to completely cover the sauce.
7. Spread 1/3 of the ricotta mixture over the pasta. Place a layer of pasta going in the other direction as the first layer (this will give a little more stability). Spread a light layer of sauce on the pasta and sprinkle 1/3 of the sausage over the sauce, repeat this process with 1/3 of the mushrooms and zucchini. Sprinkle a layer of mozzarella and some of the remaining Parmigiano-Reggiano over the veggies. Repeat these layers until all the ingredients have been used up or the pan is full. Be sure that there is a layer of pasta on top covered with sauce and sprinkled with mozzarella and Parmigiano. Cover with foil.
8. Place the lasagna on a baking sheet and bake in the oven until the lasagna is hot and bubbly, about 1 hour 15 minutes, removing the foil for the last 15 minutes of cooking. Let cool.