

## COOKING SCHOOL #2

### BEST OAT BURGERS



Ingredient	Amount
Water	4 Cups
Onion, chopped	1 small
Walnuts chopped	1/2 Cup
Garlic powder	1/2 Teaspoon
Onion powder	2 Teaspoons
Salt	2 Teaspoons
Basil	1 Teaspoon
Cumin (geera)	2 Teaspoons
Italian Seasoning	1 Teaspoon
Quick Oats	4 Cups

**Recipe serves 10**

#### Instructions

- Heat 1/2 cup water in pan, add onion and cook till tender.
  - Add remaining water and seasonings and bring to a boil.
  - Stir in oats and turn off heat. Allow to cool slightly.
  - Form into burgers using a round 1/4 cup measure and place on lightly sprayed cookie sheet. Flatten burgers with bottom of cup. Dip cup into a bowl of water between each burger to prevent it from sticking.
  - Bake at 350 degrees for 30 minutes, then flip and bake for 10 more minutes.
- Variation: Make into meatballs, or crumble into burger for use in your favorite recipe. For breakfast "sausage" add 1 1/2 teaspoons of sage and make into smaller patties.

### CHANNA A LA KING



Ingredient	Amount
Onion, chopped	1 medium
Celery, minced	1/2 Cup (optional)
Red bell pepper or pimiento	1/4-1/2 Cup (optional)
Raw cashews	1/2 Cup
Sesame Seeds	4 Tablespoon
Water	3 Cup
Goya Adobo (no pepper)	1 Tablespoon
Garlic powder	3/4 Teaspoon
Onion powder	1 Tablespoon
Whole wheat flour	1/4 Cup
Parsley	1 Tablespoon
Channa (Garbanzos)	2 Cups/ 1 can
Carrots, sliced	1 Cup
Peas, frozen	2 Cups
Slivered almonds	1/2 Cup (optional)

**Recipe serves 8**

#### Instructions

- Saute onion, celery and pepper in 2 T water.
  - In blender, combine all but the last 4 ingredients and blend till smooth.
  - Add blender mixture to sautéed veggies and add carrots.
  - Bring to a boil and simmer 5-10 min to thicken. Add peas and channa. Adjust salt and seasonings to taste. Add slivered almonds if using, or serve almonds on the side.
  - Serve on brown rice.
- Variation: Also good on whole grain pasta,

### CARROT SALAD



Ingredient	Amount
Grated carrots	3 Cups
Grated Coconut	3/4 Cup
Chopped pecans	1/2 Cup
Raisins	1/2 Cup
Orange Juice	1/3 Cup
Salt	1/4 Teaspoon

**Recipe serves 8**

#### Instructions

- Mix all ingredients well.
- May serve immediately or chill before serving.
- Variation-use chopped walnuts or slivered almonds in place of the pecans, or add sunflower seeds for additional crunch and nutrition. Chopped dates may also be used in place of raisins if desired.

### PEANUT COOKIES



Ingredient	Amount
Peanuts, roasted	2 Cups, unsalted
Oat flour	1 Cup
Cane sugar	1/3 Cup
Vanilla	1 Teaspoon
Salt	1 Teaspoon
Water	1/4-1/2 Cup, as needed

**Recipe serves 8 or 10**

#### Instructions

- Blend peanuts and flour in blender.
- Place peanuts, flour and sugar in bowl and mix well.
- Add salt and vanilla to 1/4 c water and add to peanut mixture. Mix well, add more water as needed to reach right consistency.
- Place on lightly sprayed cookie sheet and press crisscross with a fork.
- Bake at 350 degrees for 10-15 minutes.

## HEALTH TIPS

- Eat breakfast like a king, lunch like a queen, and supper (if you have it) like a pauper.
- Keep at least 5 hours between your meals. Your stomach needs time to digest your last meal and have a rest before you put more food in it.
- Eat your last meal at least 3 hours before you go to bed. Your stomach wants to sleep too. And you will sleep better and feel more rested and refreshed in the morning.
- Before you eat, ask yourself these three questions:
  - Is it healthy for me?
  - Is it the right time to eat?
  - Is it the right amount of food?
- Put nothing in your mouth between meals except water. No snack is a "healthy" snack. Water will help to satisfy hunger if you are feeling hungry before mealtime.
- Eat for health, not for taste. You get new taste buds about every 30 days; so be persistent. Your new taste-buds will appreciate and enjoy the new flavors.



Last name	First name	Phone	Email	Total in Party	Nights Attended	Contact me for upcoming events
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
					1 2 3 4	<input type="checkbox"/> Yes, please <input type="checkbox"/> No, thank you
<b>Count</b>						

# COOKING SCHOOL #2

## PERISHABLE ITEMS LIST AND BUDGET

### Shopping List

Ingredient	Have it	Quantity	Estimate	Store
Water	<input type="checkbox"/>			
Onion, chopped	<input type="checkbox"/>			
Walnuts chopped	<input type="checkbox"/>			
Garlic powder	<input type="checkbox"/>			
Onion powder	<input type="checkbox"/>			
Salt	<input type="checkbox"/>			
Basil	<input type="checkbox"/>			
Cumin (geera)	<input type="checkbox"/>			
Italian Seasoning	<input type="checkbox"/>			
Quick Oats	<input type="checkbox"/>			
Celery, minced	<input type="checkbox"/>			
Red bell pepper or pimiento	<input type="checkbox"/>			
Sesame Seeds	<input type="checkbox"/>			
Raw cashews	<input type="checkbox"/>			
Goya Adobo (no pepper)	<input type="checkbox"/>			
Whole wheat flour	<input type="checkbox"/>			
Parsley	<input type="checkbox"/>			
Channa (Garbanzos)	<input type="checkbox"/>			
Carrots	<input type="checkbox"/>			
Peas, frozen	<input type="checkbox"/>			
Slivered almonds	<input type="checkbox"/>			
Coconut	<input type="checkbox"/>			
Raisins	<input type="checkbox"/>			
Honey	<input type="checkbox"/>			
Orange juice	<input type="checkbox"/>			
Peanuts, roasted	<input type="checkbox"/>			
Vanilla	<input type="checkbox"/>			
<b>Total</b>				

### Budget

Item	Have it	Store	Estimate
Food	<input type="checkbox"/>		
Napkins	<input type="checkbox"/>		
Handouts	<input type="checkbox"/>		
Take out Plates	<input type="checkbox"/>		
Plasticware	<input type="checkbox"/>		
<b>Total Cost</b>			

# COOKING SCHOOL #2

---

## NON-PERISHABLE ITEMS CHECK LIST

Item to bring	Quantity	Size	Have it
Blender	1		<input type="checkbox"/>
Hot plate	1		<input type="checkbox"/>
Cooking Spray	1		<input type="checkbox"/>
Cookie Sheet	2	small	<input type="checkbox"/>
Hot pad	2		<input type="checkbox"/>
Mixing bowl	2	medium, small	<input type="checkbox"/>
Measuring spoons	4	2 1T, 1t, 1/2t	<input type="checkbox"/>
Mixing/serving spoons	6	large	<input type="checkbox"/>
Spatula	1		<input type="checkbox"/>
Sauce pan	2	1 quart	<input type="checkbox"/>
Measuring cups	4	4c, 1c, 1/2c, 1/4c	<input type="checkbox"/>
Table clothes		large	<input type="checkbox"/>
Pitcher for water	1		<input type="checkbox"/>
Dishcloth	1		<input type="checkbox"/>
Dish towel	1		<input type="checkbox"/>
Extension cord	1	large	<input type="checkbox"/>
Power strip	1		<input type="checkbox"/>
Take-out containers			<input type="checkbox"/>
Plasticware		forks, spoons	<input type="checkbox"/>
Napkins			<input type="checkbox"/>