

# Chafee Recipe Book

Creative and Delicious Ideas for  
Those on a Budget



By: Alex Vaassen and Jenny Thompson

**Bon Appétit!**

This is a collection of recipes that Alex and Jenny made during their time with Chafee. Each week, they had the privilege of teaching an independent living class and cooking meals for residents of the Rocky Mountain Youth Housing Project. The recipes vary from simple favorites from our personal collections to slightly more complex and unique recipes found online. Most of these can be made quite easily on a budget as we tailored each recipe to our population and our time with AmeriCorps. We challenge you to stretch your palettes, experiment and play with the recipes found in this book, as well as add your own to this collection. Cooking for yourself and others can be incredibly fulfilling and enjoyable and is an invaluable skill in life. Hopefully these recipes will help you reap those rewards and inspire you to continue cooking plenty more delicious meals in the future!

### **Enjoy!**

For more recipe ideas and cooking tips, visit these websites:

1. [seriouseat.com](http://seriouseat.com)
2. [allrecipes.com](http://allrecipes.com)
3. [foodnetwork.com](http://foodnetwork.com)
4. [webmd.com/a-to-z-guides/features/cooking-101-kitchen-basics?page=1](http://webmd.com/a-to-z-guides/features/cooking-101-kitchen-basics?page=1)
5. [epicurious.com/recipesmenus](http://epicurious.com/recipesmenus)
6. [foodnetwork.com/recipes-and-cooking/index.html](http://foodnetwork.com/recipes-and-cooking/index.html)

# French Toast

## Ingredients

1 cup half-and-half

3 large eggs

2 tablespoons honey, warmed in microwave for 20 seconds

1/4 teaspoon salt

8 (1/2-inch) slices day-old or stale country loaf, brioche or challah bread

4 tablespoons butter

## Directions

1. In medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt. You may do this the night before. When ready to cook, pour custard mixture into a pie pan and set aside.
2. Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.
3. Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick saute pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices. Serve immediately with maple syrup, whipped cream or fruit.

# Rosemary and Garlic Breakfast Burritos

## Ingredients

Olive Oil  
1 Red Potato  
2 Eggs  
2-3 Garlic Cloves  
1 Tbls. Rosemary  
2 Tsp. Thyme  
Milk  
1 Wrap Size Tortilla (or 2-3 smaller ones)  
Shredded Cheese of Choice  
Salt, Pepper to Taste

### *Optional Toppings:*

Sour Cream  
Hot Sauce  
Salsa

## Procedures

1. Heat the olive oil in a small frying pan. While the oil is heating, dice your potato into small cubes.
2. Add the potatoes to the pan and heat on medium-high heat for about 7-10 minutes. Do not stir too often; you want them to get crispy and browned.
3. Turn down the heat to low and add your minced garlic, rosemary, and thyme. Cover the pan and let cook for 10-12 minutes or until potatoes soften all the way through. While your potatoes are cooking, prepare your eggs to be scrambled.
4. Remove potatoes from pan, add more non-stick substance (i.e. oil, butter, bacon fat) to pan, allow to heat, and add your eggs.
5. In a large frying pan, brush a small amount of olive oil to the pan and heat on high. This is to heat your tortilla(s). Just before your eggs are done, add your tortilla and heat until soft and slightly browned.
6. When eggs are still slightly moist, add your cheese and cook to desired texture and until cheese is melted.
7. Combine potatoes and eggs in the wrap, season with salt and pepper, and add desired toppings.
8. ENJOY!

# Tomato Basil Soup

## Ingredients

6 tablespoons olive oil  
4 large carrots, peeled and diced  
1 large onion, sliced  
1 tablespoon dried basil, crushed  
3 28-ounce cans whole peeled Roma tomatoes  
1 quart chicken broth  
1 pint heavy cream  
Salt and pepper to taste

## Directions

1. In a large, heavy saucepan, heat the olive oil over medium-high heat until shimmering. Add carrots and onion and cook until beginning to soften, 10 minutes, then add basil and cook until vegetables are completely soft, about 5 minutes more.
2. Add tomatoes and broth, bring to a boil, then reduce heat and simmer 20-30 minutes, or up to 45 minutes if time permits.
3. After allowing soup to cool somewhat, purée in a blender or food processor until smooth, doing so in batches if necessary. For a much silkier texture, strain the purée before returning to the pot.
4. Stir in cream little by little over low heat, until desired texture is reached and soup is just heated through. Season to taste with salt and pepper, and serve warm.

# Easy Chicken Cordon Bleu

## Ingredients

### For the Cordon Bleu:

3 large, thick boneless, skinless chicken breasts, cut in half length-wise (to make two thinner chicken breast cutlets; you will have 6 total thin chicken breasts)

12 slices good quality deli ham

1 cup bread crumbs (preferably fresh)

2 tablespoons butter, melted

1/2 pound (8 ounces) thinly sliced Swiss cheese

### For the Parmesan-Dijon Cream Sauce:

2 tablespoons butter

2 tablespoons all-purpose flour

1 cup milk

1 teaspoon chicken bouillon granules (or 1 bouillon cube, crushed)

1/2 teaspoon salt

1 tablespoon Dijon mustard

1/2 teaspoon Worcestershire sauce

1/2 cup grated Parmesan cheese

## Directions

Lightly grease a 9X13-inch baking dish with cooking spray and preheat the oven to 350 degrees. In a bowl, combine the bread crumbs and melted butter. Set aside.

Lay the cut chicken breasts in a single layer in the 9X13-inch dish. Layer each chicken breast with two slices of ham and top with slices of Swiss cheese, layering across the chicken breast to make sure the entire chicken breast is covered with ham and cheese. Sprinkle the bread crumbs over the top of the chicken.

Bake the chicken for 30-35 minutes, until the chicken is cooked through completely, the cheese is bubbling and the bread crumbs are golden.

When the chicken is almost done, in a medium saucepan, melt the 2 tablespoons butter. Stir in the flour, whisking constantly. Cook the flour/butter mixture for 1-2 minutes. Slowly pour in the milk while whisking quickly. Stir in the chicken bouillon granules and salt. Whisk mixture constantly over medium heat until the mixture begins to simmer and thicken, about 3-5 minutes.

Once the sauce has bubbled and thickened, remove from heat and stir in the mustard, Worcestershire sauce and Parmesan cheese. Stir until the cheese is melted. Keep the sauce warm until the chicken is finished baking. If your sauce is too thick, whisk in some more milk. If it's too thin, simmer longer.

Serve each chicken cordon bleu portion with warm sauce.

# Turkey Burger w/ Eggplant and Spinach

## Ingredients

1 lb. ground turkey  
1 eggplant  
1 pkg. baby spinach leaves  
1 egg  
Kosher salt  
Pepper  
Olive Oil  
Fresh-grated parmesan cheese  
1 bottle asiago cheese dressing

## Directions

1. Preheat your oven to 375 degrees.
2. In a large bowl, mix the ground turkey, egg, salt, pepper, parmesan cheese, and whatever seasonings you like. I suggest some nutmeg and maybe a little cayenne pepper for a nice kick. With your hands, form out 1/3 lb. patties from the mixture after thoroughly mixing all ingredients.
3. For the eggplant, cut out thin slices and spread them out on a baking sheet. Drizzle the olive oil over the top of them and then sprinkle salt over the top as well. Put them in the oven for about 10-15 minutes or until golden browned.
4. You can either grill or fry the turkey burgers at this point. If you are frying them, put some olive oil in a pan and wait until the oil is hot enough to start smoking. Fry them each until browned and cooked all the way through, about 10 minutes.
5. To serve, lay a bed of the spinach leaves on each plate. Place a burger on the bed and top it with an eggplant slice. Drizzle the asiago cheese dressing over top and dig in!

# Easy Homemade Pizza

## Ingredients

1 Boboli pizza crust(s)

1 jar of pizza sauce, pesto, pasta sauce, or olive oil for base

1 ball of fresh mozzarella cheese

Toppings of choice

Some ideas:

- Red pears with prosciutto and goat cheese
- Hot Italian sausage, hamburger and red peppers
- Red onion, mushrooms, and green, red, and orange peppers
- Roma tomatoes and fresh basil leaves
- Grilled bbq chicken and onions
- White pizza! Olive oil base, ricotta cheese, fresh basil, finely chopped garlic

## Directions

1. Cover the middle of pizza crust with your base sauce of choice, leaving about half an inch before the end for the crust.
2. Spread some olive oil around the edge of the pizza with a brush or with your fingers to make it crispy when in the oven.
3. Put on your toppings of choice and then cover them with a generous amount of cheese.
4. Bake in the oven following the directions on the pizza crust casing.
5. Cut into even slices and serve!



# Fish Tacos w/ Cantaloupe Salsa

## Ingredients

1/4 cup reduced-fat sour cream or plain yogurt  
2 tablespoons fresh lime juice  
Coarse salt and fresh ground pepper  
1/4 small red cabbage, thinly shredded (about 2 1/2 cups)  
4 scallions, thinly sliced (about 1/2 cu)  
1 jalapeno chile, halved lengthwise, one half minced  
2 tablespoons olive oil  
1 pound tilapia fillets (or other firm white fish), cut into 16 equal strips  
8 flour tortillas (6-inch)  
1/2 cup fresh cilantro leaves  
1 small cantaloupe  
3-4 fresh tomatoes  
2-3 bell peppers (choose your own color)  
1/2 cup mint

## Procedures

1. Chop the peppers, cantaloupe, and tomatoes into small cubes. You may not want to use the whole cantaloupe. Finely chop the mint and combine all ingredients in a bowl; mix.
2. In a large bowl, combine the sour cream and lime juice; season with salt and pepper. Transfer half the mixture to another container; set aside for serving. Toss the cabbage, scallions, and minced jalapeno with the remaining sour-cream mixture. Season again with salt and pepper.
3. In a large nonstick skillet, heat the oil and remaining jalapeno half over medium-high heat; swirl to coat the bottom of the pan. Season the fish on both sides with salt and pepper. In two batches (starting with any larger pieces), cook the fish until golden brown on all sides, 5 to 6 minutes. Discard the jalapeno.
4. Meanwhile, warm the tortillas. I do this on top of the stove in another skillet as I cook the fish.
5. Fill the tortillas with slaw, fish, and fresh cilantro leaves. Drizzle with the reserved sour-cream mixture and serve immediately.

# Mexican Chicken Casserole

## Ingredients

2 spray(s) olive oil cooking spray  
2 pound(s) uncooked boneless skinless chicken breast(s)  
30 oz canned black beans, rinsed and drained  
2 1/2 cup(s) fat-free sour cream  
2 cup(s) shredded reduced-fat Mexican-style cheese, divided  
8 oz chopped green chili(es), two 4-oz cans  
2 tsp ground cumin  
1/2 tsp black pepper  
13 medium corn tortilla(s), cut in half each  
1 cup(s) salsa

## Procedures

1. Preheat oven to 350°F. Coat a lasagna pan with cooking spray.
2. Place chicken in a medium saucepan and fill with enough cold water just to cover chicken. Set pan over high heat and bring to a boil. Reduce heat to medium and simmer until chicken is cooked through, about 10 to 15 minutes; drain. When chicken is cool enough to handle, cut into 1-inch pieces.
3. Transfer chicken to a large bowl and add beans, sour cream, 1 cup shredded cheese, chilies, cumin and pepper; mix well and set aside.
4. Arrange 10 tortilla halves in bottom of prepared pan, overlapping pieces to cover surface. Top tortillas with 1/3 of chicken mixture and then layer with 8 tortillas halves. Spoon 1/3 more chicken mixture over top and then top with remaining 10 tortilla halves. Spoon remaining chicken mixture over top and sprinkle with remaining cup of cheese.
5. Bake until filling is bubbly and cheese is melted, about 30 minutes. Let stand 5 minutes before slicing into 12 pieces. Serve with salsa on the side.

# Summer Tagliatelle

## Ingredients

4 ounces pine nuts  
juice and zest of 2 lemons  
1 large bunch fresh flat-leaf parsley, minced (reserve some leaves for topping the pasta)  
1 cup good quality extra virgin olive oil  
2 1/2 ounces Parmesan cheese, grated  
1 ounce Pecorinio cheese, grated  
Kosher salt and freshly ground black pepper  
1 pound tagliatelle pasta (or fettuccini)

## Procedures

1. In a medium bowl, smash half the pine nuts to a paste. Add the remaining pine nuts whole, along with the lemon zest, parsley, olive oil, and cheeses. Add in lemon juice to taste, aiming for a tarter-than-you'd think flavor (the lemon will be muted once it's mixed with the pasta).
2. Meanwhile, bring a large pot of salted water to boil. Cook the pasta until al dente, reserving at least a cup of cooking water before draining.
3. Return the pasta to the pot and scrape the sauce into the pot. Add in a splash of pasta cooking water and toss the noodles well with tongs to coat them in the sauce. Aim for a luxurious consistency wetter than you'd think; as much as a cup of cooking water might be required. Season to taste with salt and pepper while still in the pot.
4. Divide the pasta amongst 4 plates and top with the whole parsley leaves. Serve immediately.

**\*Editor's Note:** This one is a little pricier due to the types of cheeses used and the pine nuts.

# Spinach and Sausage Lasagna

## Ingredients

1 pound hot Italian sausage  
1 onions, finely chopped  
1 carrot, peeled and grated  
1 rib celery, finely chopped  
2 cloves garlic, minced  
1 28 ounce can crushed tomatoes  
1 pound chopped frozen spinach, thawed  
1 16 ounce container ricotta  
1 pound fresh mozzarella, grated  
16 ounces lasagna noodles (either boiled to package instructions, or oven-ready version)

## Procedures

1. Preheat oven to 350°. Remove casing from sausage and crumble into small chunks. Place in large saucepan and heat over medium high heat; cook sausage until no longer pink, about 12 minutes.
2. Remove sausage from pan and discard all but one tablespoon leftover sausage fat. Place pan back over heat and add onions, stirring until onions have begun to brown, about 5 minutes. Add carrot, celery, and garlic and cook until beginning to soften, about 6 minutes. Add can of crushed tomatoes and stir to combine. Bring to a simmer (adding water to loosen if necessary) and cook until flavors have come together, about 30 minutes. Season with salt and pepper to taste. Remove from heat and reserve until cool enough to handle.
3. In small batches, squeeze spinach until most of the liquid has come out. Season to taste with salt and pepper, mixing well to ensure even seasoning.
4. In the bottom of the pyrex dish add 1 cup of sauce. Place one layer of noodles on top of sauce. On layer of noodles add a handful of drained spinach and a handful of grated mozzarella, then add ricotta in small spoonfuls. Repeat with remaining ingredients in alternating layers of sausage sauce, pasta, cheese and spinach, and pasta. The top layer should be sausage sauce topped with grated mozzarella.
5. If using regular lasagna noodles, cover with foil and place in oven until cheese is melted, then remove foil and continue to heat until top of lasagna is bubbling and beginning to brown, about 20 minutes. If using oven-ready lasagna, cover with foil and bake for 30 minutes, then uncover and cook for an additional 15 minutes, or until cheese has melted and sauce is bubbling. Allow to cool for 10 minutes before serving.

# Angel Hair Pasta with Scallops

## Ingredients

2 tbsp. butter  
2 lb. bay or sea scallops  
2 shallots, finely chopped  
2 c. white wine  
1/4 c. chopped fresh parsley  
1 c. heavy cream  
Salt and freshly ground black pepper to taste  
2 (8 oz.) pkg. fresh angel hair pasta

## Directions

1. If using sea scallops, halve them. In a large, heavy skillet, heat the butter and sauté the scallops over high heat, shaking the pan often and tossing the scallops so they don't stick, for 2 minutes or until they are firm on the outside. Remove them from the pan.
2. Add the shallots and wine to the pan. Bring the wine to a boil and let it bubble vigorously until the wine reduces by half. Pour the cream into the pan with salt and pepper and simmer for 2 minutes. Add the scallops and any liquid that has accumulated around them. Turn off the heat and set the sauce aside. You may need to mix some flour with warm water and combine that with the sauce for thicker sauce.
3. Bring a large saucepan of water to a boil, drop in the pasta, and cook for 3 minutes or until it is just done. Dip a glass measuring cup into the pasta cooking liquid, remove 1/2 cup, and set the liquid aside. Drain the pasta and return it to its saucepan. Add a few tablespoons of the cream sauce and toss well. Add salt and pepper. Cover with a lid.
4. Add the pasta cooking liquid to the cream sauce and scallops. Bring it just to a boil. Divide the pasta among 6 dinner plates or pasta bowls. Spoon some sauce and scallops into each one, sprinkle with parsley, and serve at once.

# Chicken Fettuccini Alfredo

## Ingredients

6 skinless, boneless chicken breast halves - cut into cubes  
6 tablespoons butter, divided  
4 cloves garlic, minced, divided  
1 tablespoon Italian seasoning  
1 pound fettuccini pasta  
1 onion, diced  
1 (8 ounce) package sliced mushrooms  
1/3 cup all-purpose flour  
1 tablespoon salt  
3/4 teaspoon ground white pepper  
3 cups milk  
1 cup half-and-half  
3/4 cup grated Parmesan cheese  
8 ounces shredded Colby-Monterey Jack cheese  
3 roma (plum) tomatoes, diced  
1/2 cup sour cream

## Directions

1. In a large skillet over medium heat combine chicken, 2 tablespoons butter, 2 cloves garlic, and Italian seasoning. Cook until chicken is no longer pink inside. Remove from skillet and set aside.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. Meanwhile, melt 4 tablespoons butter in the skillet. Saute onion, 2 cloves garlic, and mushrooms until onions are transparent. Stir in flour, salt and pepper; cook 2 minutes. Slowly add milk and half-and-half, stirring until smooth and creamy. Stir in Parmesan and Colby-Monterey Jack cheeses; stir until cheese is melted. Stir in chicken mixture, tomatoes and sour cream. Serve over cooked fettuccini.

# Crispy Chicken and Fruit Salad

## Ingredients

1/4 cup all-purpose flour  
salt and pepper  
1 large egg  
1 cup panko breadcrumbs  
1 pound boneless, skinless chicken breast, gently pounded to even thickness  
2 tablespoons olive oil  
1/4 cup buttermilk  
2 tablespoons mayonnaise  
1 tablespoon white wine vinegar  
1 tablespoon chopped fresh parsley  
1-2 heads red-leaf lettuce (to make 8 cups of torn leaves)  
2 apples, cut into thin wedges  
1/2 cup dried cranberries  
1-2 red pears, cut into thin wedges

## Procedures

1. On three small plates, set up the dredging stations: the flour on one, the egg whisked with 1 tablespoon of water on another, and the breadcrumbs on the third. Season the flour with 1/4 teaspoon salt, and the pan with 1/2 teaspoon salt. Dry the chicken breasts thoroughly with paper towels until tacky. Dredge first in the flour and shake off the excess, then into the egg mixture, allowing the excess to drip off, and finally in the bread crumbs, pressing gently to adhere.
2. In a medium skillet, heat the olive oil over medium until shimmering. Add the chicken and cook until golden, then flip and finish cooking, 8-10 minutes total. Drain on paper towels, allow to cool for a few moments, then slice into strips.
3. While the chicken cooks, whisk together the buttermilk, mayonnaise, vinegar, and parsley. Season with salt and pepper.
4. Lay the lettuce on a platter and scatter with the apples and cranberries. Lay the chicken over the top, drizzle with dressing, and serve.

# Grapefruit Crisp

## Ingredients

1 large grapefruit, cut in half  
1/4 cup old-fashioned oats  
1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon  
Dash of salt  
2 teaspoons butter

## Directions

1. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
2. Remove all visible seeds from the grapefruit and loosen sections from membrane with a sharp knife.
3. Place grapefruit halves cut side up in a baking dish.
4. Stir the oats, brown sugar, cinnamon, and salt together in a small bowl; add the butter and mash with a fork to incorporate oat mixture into the butter. Spread about half of the butter mixture over the top of each grapefruit half.
5. Cook under the broiler until the topping is golden brown, about 10 minutes.



# Strawberries w/ Mint and Yogurt

## Ingredients

1 8 oz. pkg fresh strawberries  
1 pkg. fresh mint  
1 container yogurt (plain or flavored, your preference)  
\*Optional\* 1-2 limes worth of lime juice

## Directions

1. Cut the strawberries into fourths and put them all in a bowl.
2. Mince the mint leaves and combine with the strawberries and lime juice if you have it.
3. Serve over yogurt into individual bowls for a fresh, tasty treat!