

ACE COMMUNITY COOKBOOK

RECIPES & STORIES
BY ACE TEACHERS & FOR ACE TEACHERS



ALLIANCE FOR CATHOLIC EDUCATION
5TH EDITION, SUMMER 2022



Acts 2:42-47

They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone, and many wonders and signs were done through the apostles. All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need.

Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.

BREAKFAST DISHES

BreakfACeT Casserole

Maureen Shields Kurz, ACE 13 – Austin



DAIRY



EGG



WHEAT

As ACE Austin holds the proud title of pre-December Retreat host, our community loved welcoming overnight ACeR guests the night before the retreat began, sending them off with a hearty breakfast before the drive to Hill Country. This breakfast casserole is a great meal to share with a big crowd!

Ingredients:

1 loaf	Bread, cut into small squares	4	Eggs, large
2 cups	Cheddar, shredded	1 tsp.	Ground Mustard
16 oz.	Breakfast Sausage, browned	16 oz.	Cream of Mushroom Soup
2 ½ cups	Milk		

Directions:

Grease a 9x13 in. casserole dish and line with chunks of bread. Sprinkle cheddar over bread, then cover with browned sausage. In a separate bowl, beat 2 cups milk, eggs, and ground mustard; then pour over casserole dish. Mix can of soup with ½ cup milk and pour over casserole dish. Bake in the oven for 1 hour at 350 degrees, waking your guests with the smell of a delicious breakfACeT!

Perfect Sunday Brunch

Elizabeth Dolan, ACE 25 – Sacramento



DAIRY



EGG



WHEAT

There is nothing better than sleeping in a bit on a Saturday and then waking up and making brunch with all your housemates. Some of the best moments I spent in Sacramento were in the W Street kitchen, especially if we were all cooking together. And besides, what's not to love about brunch?! One of the many quirks of the Sacramento convent was that you couldn't have more than one "extra" device running at the same time. This meant if the toaster and microwave were both being used, you would blow a fuse. This quirk often led to brunches including multiple trips to the circuit breaker and toasting bagels in a completely different room.

Ingredients:

Eggs	Spinach
Milk	Hot Sauce
Bacon	Cream Cheese
Cheddar, shredded	Salt & Pepper (to taste)
Bread (bagels)	Garlic Powder
Avocados	Assorted Fruit
Tomatoes	

Directions:

Crack the eggs into a bowl and combine with milk, salt & pepper. Whisk all the ingredients together with a fork and then pour into pan on low/medium heat. Make sure to stir the eggs consistently while cooking. If you do not want to fry your bacon in a pan, you can use a microwave (~1 ½ min./strip). While cooking the eggs and bacon, toast your bagel. Now, time for guacamole – combine avocado, tomatoes, garlic powder, and salt & pepper. Now, it is sandwich time; from bottom to top: cream cheese, spinach, eggs, cheese, bacon, and guacamole. Serve with your favorite fruit and breakfast beverage to treat yourself!

Morning Power Smoothie

John Groden, ACE 22 – Dallas



Once upon a time, a member of ACE Dallas went to the St. Elizabeth of Hungary School auction. Short on funds, the young teacher decided to bid up random items to inflate the price. You know, for the children. A week later, he learned that he had accidentally been the highest bidder for a blender. While initially surprised, the enterprising educator decided to integrate the blender into his new meal-prep routine.

Ingredients:

8-10 oz.	Water	1 tsp.	Chia/Flax Seeds (optional)
1-2 scoops	Protein Powder	1 ½ cups	Frozen Fruit
handful	Spinach/Kale (optional)		

Directions:

Put all ingredients in the blender. Blend until smooth. Pour into a blender bottle. Either drink on the way to school or put in the fridge overnight for a no-frills, healthy, on-the-go breakfast.

Power Muffins

Emma Doerfler, ACE 25 – Stockton



Since every day as an ACE teacher may be full of surprises and challenges (subbing for gym class, battling with a grouchy copy machine, or handling a drop-in observation with poise), a healthy breakfast goes a long way! In our ACE house, we always had overripe bananas, and this recipe was a great way to use them up and start the day on a positive note. Depending on your preferences and whatever you have in your community pantry, you can easily adapt this recipe, and it will make any early-morning commute a little better. Enjoy!

Ingredients:

½ cup	Butter	½ cup	Flax Seed Meal, ground
1 ½ cup	Brown Sugar	1 tbsp.	Baking Powder
6-8	Bananas, mashed	1 tbsp.	Baking Soda
2-3	Eggs	2 tsp.	Salt
4 cups	Whole Wheat Flour	3 cups	Oats & Combo of Chocolate Chips, Blueberries, Nuts, Dried Fruit (optional)

Directions:

Preheat oven to 350 degrees. Cream the butter and brown sugar, then add bananas and eggs. Combine flour, flaxseed meal, baking powder, baking soda, and salt. Stir into banana mixture. Stir in oats and chocolate chips or other mix-ins. Bake for 25 to 28 minutes. Voila!



SOUPS, STEWS, & SALADS

Shrimp & Corn Bisque

Michael McLaughlin, ACE 13 - Biloxi



This tasty recipe takes me right back to Pascagoula and floods my mind with memories of cooking with my roommate, Chris, and learning how to cook alongside faculty and friends made in Mississippi. Eat up, y'all, and enjoy with toasted French bread!

Ingredients:

1 stick	Butter	1 cup	Hot Chicken Stock
1 cup	Onion, chopped	10 oz.	Corn
1 cup	Bell Pepper, chopped	1 lb.	Shrimp, peeled & chopped
½ cup	Celery, chopped	2 cups	Heavy Cream
2 tbsp.	Scallions, chopped	2 cups	Whole Milk
3 cloves	Garlic, minced	2 tbsp.	Parsley, chopped
2 tbsp.	Flour	dash	Creole Seasoning
3 tbsp.	Tomato Paste	dash	Old Bay

Directions:

Sauté onion, pepper, celery, scallions, and garlic in butter. Add flour and whisk for 1 ½ minutes. Add tomato paste, shrimp, creole seasoning, and Old Bay, sauté. Then, add remaining ingredients and cook on medium heat. Do not boil. Let flavors marry together by leaving uncovered on cooling rack to room temperature. Then leave uncovered in the refrigerator for three hours. Heat to serve.

Tortellini Soup

Vincent Burns, ACE 21 – Tampa



Multitasking is the key to ACE, and so what is better than turning on the Crock-Pot before you leave for school and knowing that you're teaching AND cooking at the same time – Nothing. Literally, nothing! This simple, vegetarian recipe is simple and delicious. For our carnivorous friends, try adding chicken.

Ingredients:

1	Onion, diced	¾ tsp.	Salt
½	Carrot, peeled & sliced	½ tsp.	Pepper
3	Celery Stalks, sliced	½ tsp.	Thyme, dried
1 tsp.	Garlic, minced	6 cups	Vegetable Broth
9 oz.	Cheese Tortellini	1 lb.	Chicken Breast, boneless (optional)
		8 oz.	Cream Cheese(optional)

Directions:

Place the onion, carrots, celery, broth, garlic, salt, pepper, and thyme in Crock-Pot. Cook for 3 to 4 hours on HIGH or 6 to 8 hours on LOW. If you would like to have a richer soup, add cream cheese in 1 in. cubes at start. Add tortellini to the slow cooker and cook for 10 to 15 minutes more. Also, you can make chicken tortellini soup by adding chicken at start of cooking.

Rosario Family Chili

Erin Rosario, ACE 20 – Oklahoma City

This chili is more than just OK ... C (get it?!?!). A community favorite, your community members will be going for seconds, thirds, and if you have enough, fourths!

Ingredients:

2 lbs.	Ground Beef	1-2 cans	Red Kidney Beans or Black Beans
1	Onion, chopped	2 large cans	Tomatoes, crushed
2 cloves	Garlic, minced	2 tbsp.	Brown Sugar
2 tbsp.	Chili Powder		Salt & Pepper (to taste)

Directions:

Brown the meat, drain the fat, and add the chopped onions and garlic. After sautéing for a few minutes, add the chili powder, kidney beans, tomatoes, and brown sugar. Add salt & pepper to taste. You can add more chili powder if you like it spicier. Serve with guacamole, sour cream, shredded cheese, green onions, tortilla chips as desired; serve over rice or with corn bread or French bread.

Spicy White Bean & Sweet Potato Stew with Collards

Terri Howells, Institute for Educational Initiatives



No story. This is just a good hearty vegan soup that makes enough for 4-6 people, so perfect for a Sunday dinner in February.

Ingredients:

1 tbsp.	Olive Oil	14.5 oz.	Diced Tomato, canned
1	Yellow Onion, chopped	30 oz.	Cannellini Beans, drained & rinsed
1	Red Bell Pepper, seeded & chopped	1 tsp.	Light Brown Sugar
2 cloves	Garlic, chopped	½ tsp.	All Spice
1 lb.	Sweet Potatoes, peeled & ½" cut	¼ tsp.	Cumin, ground
1	Serrano Pepper, seeded & chopped	2	Bay Leaves
1 tsp.	Ginger, peeled & chopped	3 cups	Vegetable Stock
2 cups	Collard Greens, sautéed		Salt & Pepper (to taste)

Directions:

Heat the oil in a large skillet over medium heat. Add the onion, bell pepper, and garlic. Cook until softened, about 5 minutes. Transfer the mixture to a Crock-Pot. Add the sweet potatoes, serrano pepper, ginger, tomatoes, beans, brown sugar, allspice, cumin, bay leaves, and stock; season with salt and pepper, cover, and cook on low for 4 to 6 hours. Close to serving time, chop and cook your greens, then stir them into the soup. Taste the soup to adjust the seasonings, remove the bay leaves and garnish with Hot Sauce. Serve with crusty bread.

Vegetarian Chili

Michael Comuniello, ACE 21 – Tampa



I didn't have too many opportunities to whip out this recipe in the heat of Florida, but on those cool November and December Nights (aka 60's), this was a "go to" when you needed to warm-up. Denver, Chicago, New York, Philly ... you'll want to keep this one in the rotation. Did I mention, one pot clean-up?!?!

Ingredients:

19 oz.	Black Beans, canned	1	Green Bell Pepper, chopped
15 oz.	Kidney Beans, rinsed & drained	2	Celery, stalks
15 oz.	Garbanzo beans, rinsed & drained	2 cloves	Garlic, chopped
16 oz.	Vegetarian Baked Beans	1 tbsp.	Chili Powder (to taste)
14.5 oz.	Tomatoes, diced	1 tbsp.	Parsley
15 oz.	Whole Kernel Corn, drained	1 tbsp.	Oregano
1	Onion, diced	1 tbsp.	Basil

Directions:

In a slow cooker, combine black beans, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper and celery. Season with garlic, chili powder, parsley, oregano, and basil before you go to school. Cook on low all day ... low & slow, baby!

Chicken Soup

Erin Haines Vu, ACE 16 - Tucson

We loved Costco at our house and sometimes those delicious rotisserie chickens would make their way home for dinner. Two usually covered our house with some left over. When that happened, chicken soup was a must! It made for an easy meal that was great for the nights that you are the cook and need to be at school late. This was also a great meal when there was random left-over veggies and potatoes because the soup can easily be adapted to finish off the remaining food in the fridge before it spoils.

Ingredients:

	Rotisserie Chicken (with bones)	10	Red Potatoes
2	Carrots, large		Salt & Pepper (to taste)
2	Celery, stalks		Basil (optional)
	Mixed Vegetables, frozen		Parsley (optional)
	Garlic		

Directions:

In the morning, fill the Crock-Pot with the remaining chicken and bones; fill it with water. Cover, and set on low for the day. When you get home from teaching, take the Crock-Pot, and pour the broth into a large pot. Place the pot on the stove and put on medium-high heat. Pick the chicken off the bones, and place in the pot. If you need more chicken, you can cook more and add it to the pot. Cut up carrots, celery, and red potatoes; add to soup. Add garlic, salt & pepper to taste. Let the soup cook until the potatoes are soft. Add frozen mixed vegetables and let cook for 10 minutes. Serve with biscuits.

Potato Smash Soup

Gina Navoa Svarovsky, ACE 6 – St. Petersburg



DAIRY



VEGETARIAN

This recipe was created after my time in ACE, when I was living in Madison, WI, and connected with the ND Alumni Club there. During Lent, the young alums would gather for a few soup suppers, and this one was always a hit. I also love it because you can throw everything into a Crock-Pot before heading to school and then finish things off quickly when you get home... and if needed, take out your frustrations (SMASH!) as part of the process.

Ingredients:

3 ½ lbs.	Potatoes, peeled & 3/4" diced	½ cup	Heavy Cream
½ cup	Red Pepper, chopped	1 ½ cups	Cheddar Cheese, shredded
1 ½ tsp.	Roasted Garlic, bottled	½ cup	Sliced Green Onions
½ tsp.	Black Pepper		Sour cream (optional)
4 ½ cups	Vegetable Broth		

Directions:

In a 4- or 6-quart slow cooker combine potatoes, red pepper, garlic, and black pepper. Pour vegetable broth over vegetables. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat for 4 to 5 hours. Mash potatoes slightly with a potato masher when done. Stir in heavy cream, 1 cup of shredded cheddar, and green onions. To serve, ladle soup into serving bowls. Top with sour cream and additional cheddar cheese if desired. Serve with crusty bread and enjoy!

Crockpot Chicken Tortilla Soup

Collin Gortner, ACE 27 – Oklahoma City

Community dinners and late-night desserts were a staple in the ACE OKC House! In fact, when one of our community members graduated at the end of my first year, she created a cookbook of her favorite recipes to pass down to the next generation! This recipe is my favorite from her cookbook – great for community dinner or meal prep, especially in the winter. It is simple to make, and it yields many amazing meals.

Ingredients:

1 lb.	Chicken Breasts	1 tbsp.	Olive Oil
1 jar	Salsa, Red	1 tbsp.	Lime Juice
4 cups	Chicken Broth	1 tbsp.	Chili Powder
1 cup	Corn	1 tsp.	Cumin
1	Red Pepper, diced	1 tsp.	Coriander
1	Green Pepper, diced	1 tsp.	Paprika
1	Yellow Onion, diced	½ tsp.	Salt
2 cloves	Garlic, minced	½ tsp.	Pepper

Directions:

Add all ingredients to the slow cooker in the order in which they are listed; cook on high for four hours, or on low for eight hours (teaching & cooking, the dream!). Remove chicken breasts, shred, and then return to the slow cooker. Serve in large bowls, and add tortilla chips, cilantro, avocado, jalapeños, sour cream, and/or cheddar cheese as toppings. Enjoy!

White Bean Chili & Cornbread

Adriana Marrero, ACE 25 – San Jose



If you're like me, you prefer bowls to plates. There's something about having a hot meal in a bowl that is just so comforting (especially when it's community dinner night in the middle of the week and you're tired). This chili was a go-to for me as it was easy and is a great alternative to those who don't eat red meat, or, don't like the tomato base of a traditional chili. This pot was always cleared at the end of the night!

Ingredients:

2 tbsp.	Olive Oil	1 tsp.	Cayenne Pepper
2	Onions, chopped	80 oz.	Great White Northern Beans, canned
4+ cloves	Garlic, minced	3-4 cups	Chicken Breast, chopped
28 oz.	Green Chiles, canned	3 cups	Cheddar or Pepper Jack, grated
3 tsp.	Cumin	16 oz.	Sour Cream
1 cup	Yellow Cornmeal	½ tsp.	Salt
1 cup	All-Purpose Flour	1 cup	Milk
¼ cup	Sugar	1	Egg, large
4 tsp.	Baking Powder	¼ cup	Cooking Oil

Directions:

Chili: In the pot, heat the oil to medium heat and add onions and garlic to sauté. Stir in chiles, cumin, oregano, and cayenne. Sauté for about 3 minutes. In a pan, heat oil and sauté chicken until fully cooked. In the pot, add chicken, beans, and broth. Turn heat to low and simmer for 30 minutes. In the pot, add cheese and sour cream. Stir until melted.

Cornbread: Preheat the oven to 425 degrees and coat the inside of a 9 in. pie plate, cast iron skillet, or 8x8 in. casserole dish with non-stick spray (or butter for more flavor). In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined. In a separate bowl, whisk together the milk, egg, and oil. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. Pour the batter into the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into 8 pieces and serve.

Picnic Salad

Katie Moran, ACE 22 - Indianapolis



One of my favorite community dinners was memorable not for the food but for the experience. On a Sunday evening, I made paninis, a fruit salad, and this picnic salad, and we packed everything up and drove to a nearby park. We ate dinner and tossed the frisbee around and watched the sunset. It was so refreshing to take a break from work, get out of the house, and spend time just being together.

Ingredients:

4 cups	Corn, grilled/baked	2 tbsp.	Olive Oil
4 cups	Cherry Tomatoes, halved	2 tbsp.	Lime Juice
2	Avocados, cubed	1 tbsp.	Red Wine Vinegar
½ cup	Red Onion, chopped	1 can	Black Beans, drained (optional)
2 tbsp.	Cilantro, chopped		Salt & Pepper (to taste)

Directions:

Grill corn or bake at 400 degrees for 10 minutes. Cut off cob. Combine all ingredients, stir, and enjoy! Great on top of lettuce or with tortilla chips or by itself. Best when eaten as a community.

Mason Jar Salads

John Groden, ACE 22 – Dallas



A short time ago, in a galaxy quite close to our own, a budding ACE teacher was at the end of his rope. He was lesson planning in the faculty work room at Bishop Dunne Catholic School when he noticed that the librarian (one wonderful Ms. Melanie Gibson) had set aside some professional development books. The aspiring educator picked up "The Power of Habit" by Charles Duhigg and began his fledgling obsession with productivity systems and meal prepping. This Mason jar salad recipe proved to be a cost-effective, nutritious, and delightful lunch throughout his ACE journey.

Ingredients:

7.5 – 15 oz.	Salad Dressing	1	Cucumber, diced
12 oz.	Tri-color Rotini Pasta	5 oz.	Spring Mix
	Assorted Veggies, chopped	pinch	Chia Seeds (optional)
5	Wide Mouth Mason Jars		

Directions:

Boil the pasta. While cooking, rinse and chop up the cucumber. Drain and rinse chickpeas/beans. Distribute 1.5 to 3 oz. of salad dressing to the bottom of each jar. Drain the cooked pasta and distribute equally between the 5 mason jars. Next, distribute chickpeas/beans, followed by the cucumbers or other chopped veggies. Finish it off by distributing the greens (topping off with chia or similar seeds is optional). Seal tightly and keep in the fridge for up to 5 days.

Harvest Bowl

Alé Gallardo, ACE 27 – St. Petersburg



One of my community members introduced me to the wonders of the harvest bowl in my first year; if you've ever had Sweetgreen, you'll appreciate this one. This meal is a perfect combination of cozy and nourishing -- providing the strength you'll need to tackle all your teaching endeavors! It quickly became one of my favorites. This one is easy, customizable, and also a great recipe for meal prepping!

Ingredients:

4 cups	Chicken, shredded	4 oz.	Mustard, honey dijon
4 – 5	Sweet Potatoes, cubed	2 cups	Olive Oil
16 oz.	Kale		Goat Cheese (to taste)
2	Apples, cubed		Almonds, slivered (to taste)
2 cups	Wild Rice, cooked		Salt & Pepper (to taste)
2 cups	Balsamic Vinegar		

Directions:

Begin with cooking the rice and baking the sweet potato; once they're on heat, you can set a timer and prepare everything else. Note, buying a rotisserie chicken can save you some cooking stress (or ditch the chicken altogether for a vegetarian meal). Preheat the oven to 400 degrees. Wash and cut the sweet potato in slices or cubes. Toss the sweet potato slices in olive oil, salt, and pepper. Roast for 40 minutes. Cook your rice according to the package instructions (and remember to salt your water).

Ideally, you've purchased pre-washed and pre-chopped kale. If not, remove the stems and cut the leaves into bite-sized pieces. Cut your cooked chicken and apple. To make the dressing, in a jar combine balsamic vinegar, olive oil, honey dijon mustard, and salt/pepper; shake to combine.

When the sweet potatoes and wild rice are done cooking, it's time to assemble! Don't forget your goat cheese and slivered almonds. Pour the dressing over the portion you are going to eat and toss to combine. Keep the ingredients separate for serving and to accommodate for dietary needs!



CHICKEN DISHES

Oven Stovetop Chicken Breast

John Schoenig, ACE 5 - Shreveport



DAIRY



WHEAT

For years, my wife and I have tried to find a simple recipe that would allow us to make a batch of chicken on Sunday that I could then use for lunch throughout the week. Some recipes were tasty but took a long time to prepare. Others were quite easy to make but didn't hold up all that well after they sat in the fridge for a few days. About 3 months ago, my wife found this one. It takes very little time to make and is totally delicious. It's become my "go to" lunch (and sometimes dinner).

Ingredients:

4	Chicken Breasts, boneless & skinless	1 tsp.	Cornstarch
2 tbsp.	Salt	1 tsp.	Pepper, freshly ground
4 tbsp.	Butter	2 tbsp.	Cooking Oil, canola or peanut
2 tbsp.	Flour		



PEANUTS

Directions:

Preheat oven to 275 degrees, set empty frying pan on stovetop, and set out baking sheet covered with 1 layer of aluminum foil. Place chicken breasts on baking sheet and prick all over with a fork. Season with salt. Cover pan with aluminum foil and seal bottom foil and top foil. Bake in oven for 30 to 35 minutes - chicken will be still be pink in the middle when you remove to finish it on the stovetop. While chicken is baking, melt butter in saucepan on stovetop. After butter is melted, put it in a small bowl; add flour, cornstarch, and pepper; mix into a paste. When you take chicken out of oven, pat it dry with paper towel. Turn on stovetop and warm oil. Using a spoon or pastry brush, cover one side of chicken breasts with butter paste. Put chicken breasts in pan, paste-side down, and cook until golden. While cooking on first side, spread paste on 2nd side, then flip chicken breasts onto 2nd side and cook until golden. Remove chicken from pan and place on plate. Eat warm or store in refrigerator to serve with salad, soup, or sandwiches.

Juicy Baked Chicken

Heidi Rocha Witte, ACE 16 – New Orleans

An easy, quick recipe for juicy baked chicken!

Ingredients:

4 – 6	Chicken Breasts, boneless & skinless	½ tsp.	Garlic Powder
2 tbsp.	Extra Virgin Olive Oil	½ tsp.	Onion Powder
1 tsp.	Salt	½ tsp.	Chili Powder
½ tsp.	Black Pepper		

Directions:

Preheat oven to 450 degrees. Pound chicken breasts lightly so they are of even thickness. Pour olive oil in a 9x13 in. baking dish. Lightly dredge the chicken through to coat it, and then place chicken breasts side by side in the dish. In a small bowl, whisk together salt, pepper, garlic powder, onion powder, and chili powder. Sprinkle the seasoning mixture over both sides of the chicken and rub it in with your hands. Place chicken breasts side by side, ensuring no overlap. Bake in a preheated oven for 15 to 20 minutes, until juices are clear, or a meat thermometer reads 160 to 170 degrees.

"Secret" 2.5 Hour Chicken Marinade

Ethan Montemayor, ACE 21 – Santa Ana



Passed down through the generations, this marinade is a tried and true "go to" for community dinner and beyond. It's simple, cheap, and can be used for grilling, stove top, and/or baking. Eli Langston (ACE 21, Santa Ana) loved this recipe so much that we scaled it up to marinade 40 pounds of chicken (at \$1.89/lb.) for our Survivor Themed Halloween Party!

Ingredients:

Chicken, boneless & skinless

Soy Sauce

Balsamic Vinegar

Basil Leaves, dried

Black Pepper, freshly cracked

Garlic, minced or powder

Directions:

Place chicken in a large bowl, Ziploc bag or pot. Add soy sauce until ~65% of chicken is submerged; then, add balsamic vinegar until ~90% of the chicken is submerged. Sprinkle enough basil leaves to cover ~ 2/3 of the surface, then sprinkle enough garlic powder to cover ~3/4 of the surface (if using minced put in a couple of big dollops using a spoon). From there, add freshly cracked black pepper (we probably grind it out for at least an entire minute). Then, as T-Swift might say ... "Shake it up." Cover with saran wrap/lid and let marinate for a couple of hours prior to cooking. Grilled is best! If cooking on a frying pan, throw some oil into the marinade to keep meat from sticking. Serve over white rice with roasted broccoli, cauliflower, corn and bake at 400 degrees for 10 minutes. Cut off cob. Combine all ingredients, stir, and enjoy! Best when eaten as a community.

Poppy Seed Chicken

Erin Haines Vu, ACE 16 - Tucson



In our ACE house, we made dinner together 5 nights a week, and some of my favorite memories of ACE community were sitting around the table and talking. I have long since forgotten many of the meals we ate, but I remember the dinnertime stories about the roadrunner that came into the classroom or the way one of my cohort members had his whole 5th grade class cheering for the Buffalo Bills. This dish was a favorite of mine because it allowed me to prepare the meal and then get some work done while it cooked so I could enjoy those dinner conversations without thinking about the grading that still needed to be done.

Ingredients:

3 lbs. Chicken Breast

2 cans

Cream of Mushroom Soup

16 oz. Sour Cream

1 sleeve

Ritz Crackers

1 Yellow Onion, chopped into ¼" rings

Poppy Seeds

Directions:

Pound the chicken, and trim off the fat. Cut the chicken in half and place the chicken on a cooking dish with sides at least 2 in. high. Cut the onion into slices so they are about ¼ in. thick rings. Place the onion rings on top of the chicken. Mix the cream of mushroom soup mix and the sour cream together in a bowl. Spread the mixture over the chicken and onions. Crumble the Ritz crackers over the dish so that it is covered; then, sprinkle the poppy seeds over the dish. Cover the dish with foil and cook in oven for 45 minutes. After 45 minutes, uncover and cook for an additional 10 minutes. This dish tastes great served over white rice with a side salad! Feeds ~6 people.

Pep's Chicken Tortilla Casserole

Caitlin Crosby, ACE 25 – Sacramento



Also known as "Mexican Lasagna," this recipe has been handed down through three generations since my grandmother made it a family favorite decades ago. It combines the comforting ingredients of tacos and quesadillas with the ooey-gooey warmth of a casserole. The recipe does call for pre-cooked chicken breasts to be put in the casserole, so make sure you either have leftovers on hand or cook your chicken the day before or morning of!

Ingredients:

6	Chicken Breasts, halved	4.5 oz.	Ripe Olives, sliced
1 can	Cream of Mushroom Soup	¾ tsp.	Cumin, ground
1 can	Cream of Chicken Soup	10-12	Corn Tortillas, cut in strips
8 oz.	Sour Cream, light	2 cups	Cheddar Cheese, grated
7 oz.	Whole Green Chiles	2 cups	Jack Cheese, grated
7 oz.	Green Chile Salsa		

Directions:

Bake chicken breast halves at 350 degrees for 45 to 60 minutes. Cool, and cut into strips. Preheat oven to 350 degrees. Chop the whole green chiles, and combine the chicken, soups, sour cream, chiles, olives, salsa, and cumin in a large bowl. Arrange tortilla strips on the bottom of a greased casserole dish and cover strips with half of the chicken mixture and half of the cheeses. Repeat the layers - arrange tortilla strips, cover with remaining mixture, and top with rest of cheese. Bake covered for 30 minutes and uncovered for 20 to 30 minutes. Let stand before cutting into squares and serving.

Microwave Chicken

April Garcia, ACE 12 – San Antonio



Full disclosure: This recipe is from a cookbook but was recreated many times for our community. The best part is how it has morphed and changed over the years as we all still cook it for our families (with less microwaving and more stove-top cooking) even years later!

Ingredients:

8 oz.	Fusilli Pasta	½ tsp.	Dried Italian Seasoning
10 oz.	Frozen Spinach, chopped	10 oz.	Premium White Chicken, drained
8 oz.	Cream Cheese	1 tbsp.	Lemon Juice
½ cup	Chicken Broth		Salt & Pepper (to taste)

Directions:

Cook pasta according to package directions. While pasta is cooking, remove outer wrapping from spinach, leaving spinach in box. Microwave spinach at HIGH 3 minutes or until thawed; drain in colander, and cool slightly. Squeeze spinach to remove excess moisture. Set aside. Combine cream cheese, broth, Italian seasoning, salt, and black pepper in microwavable 2-quart casserole. Cover and microwave on HIGH 2 to 3 minutes; whisk until smooth and blended. Add spinach, chicken, and lemon juice. Microwave on HIGH 2 to 3 minutes or until hot, stirring after 1 minute. Combine pasta and spinach mixture in large bowl, toss until blended.



Chicken Marsala a la Crock-Pot

Michael Comuniello, ACE 21 – Tampa

Truthfully, this is the most infamous recipe in the ACE Tampa house – other than Cenz's Raw Burger Night. Accidentally confused ¼ cup of cornstarch with 1 cup of cornstarch ... and Chicken Mar-sludge was born. It was like eating cement! This recipe (in correct portions) is delicious – a must have, especially if you want to impress your pastoral supervisor!

Ingredients:

1 ½ lbs.	Chicken Breasts, boneless & skinless	½ cup	Water
8 oz.	Mushrooms, sliced	¼ cup	Cornstarch
3 cloves	Garlic, minced	2 tbsp.	Heavy Cream
1 cup	Marsala Wine	2 tbsp.	Parsley, chopped
	Salt & Pepper (to taste)		

Directions:

Spray inside of Crock-Pot with cooking spray; season chicken all over with salt & pepper and add to pot. Top with mushrooms and garlic, then pour marsala wine (substitute with chicken broth, if necessary) on top. Cover and cook on low for school day. Remove chicken from Crock-Pot and whisk together water and cornstarch in sauce. Whisk in heavy cream and return chicken to Crock-Pot. Cook on high until the sauce has thickened (~20 mins.); Garnish with parsley and enjoy with rice, egg noodles, and/or vegetables.



Mashed Potato Bowls a la Mobile

Mairead Mumford, ACE 21 - Mobile

Teaching is tough, and some days you just need some good old comfort food. During our time in Mobile, we would pair up to cook community dinner. Whenever my housemate, Shippie, and I were scheduled to cook together, we used this foolproof favorite.

Ingredients:

	Mashed Potatoes, homemade or instant
1 packet	McCormick Brown Gravy Mix
1 bag	Chicken Nuggets, dinosaur shaped
1 bag	Corn or Frozen Vegetable Medley

Directions:

Make mashed potatoes according to your mother's, Google's, or package instructions recipe, chicken nuggets, gravy, and vegetables. Serve buffet style. Note, the only trick to this recipe is timing everything to make sure it's all ready at once. If you're making mashed potatoes from scratch, you will need to start cooking them well in advance of the chicken, vegetables, and gravy.



The Orange Chicken

Seamus Ronan, ACE 23 – New York

Like many ACE communities, we lived and died by the Crock-Pot. One Sunday evening my housemate was in charge of community dinner and was craving orange chicken. The allure of takeout in NYC is difficult, but she found an easy recipe for this Chinese-American staple. As was our way, we had also invited a few others for dinner. So, she prepped the chicken and put it in the Crock-Pot. Somewhere along the way, she forgot that the whole point of the Crock-Pot is that you're supposed to leave the lid on. She kept checking to see if the chicken was cooking, and every time she checked she'd add more cornstarch. As our guests arrived, she panicked and added several cups of cornstarch. We ended up with orange cornstarch and some very under-cooked chicken. We threw in the towel and ordered pizzas, but that meal was fondly remembered as the Orange Chicken Night whenever we talked about community dinners.

Ingredients:

2 lbs.	Chicken Breasts, boneless	2 cloves	Garlic, minced
1 cup	Chicken Broth	1 ½ tbsp.	Orange Zest, grated
½ cup	Orange Juice, freshly squeezed	1 tsp.	Red Pepper Flakes
¼ cup	Brown Sugar	¼ tsp.	Ginger, ground
¼ cup	Honey	¼ tsp.	Black Pepper
½ cup	Seasoned Rice Vinegar	¼ cup	Cornstarch
½ cup	Soy Sauce		

Directions:

Grease your Crock-Pot with cooking spray. Whisk together sauce ingredients: broth, orange juice, brown sugar, honey, vinegar, soy sauce, garlic, orange zest, red pepper flakes, ground ginger, and black pepper. Pour half the sauce into Crock-Pot. Place chicken into Crock-Pot. Pour the rest of the sauce over the chicken. Place the lid on and cook on LOW for 4 hours or HIGH for 2 hours. Remove chicken from Crock-Pot and set aside. Whisk the cornstarch into the sauce until well combined. Place chicken back into Crock-Pot and cover. Cook for an additional 30 minutes on HIGH (if you cooked on HIGH before) or 1 hour on HIGH (if you cooked on low before). Remove chicken, cut into chunks, then stir back into sauce. Serve with your choice of rice and additional toppings and enjoy!



Chicken with Adobo & White Rice

April Adalim, ACE 21 – Tulsa

I asked my mom for some traditional and easy Filipino recipes I could cook for my community and she said, "Well everyone loves chicken adobo." It has been a go-to favorite of mine that I not only cooked for my TulsACE community, but for my faculty and staff at my school, the new TulsACers, and Fr. Joe Carey's Filipino Day during my ACE summers. Now, whenever I make chicken adobo, I always think of ACE and of community dinners.

Ingredients:

3 cups	White Rice, steamed	1 cup	Soy Sauce
1 lb.	Chicken Thighs, thawed	1 cup	White Vinegar
1 lb.	Chicken Drumsticks, thawed	5	Bay Leaves
3 tbsp.	Garlic, chopped	2 tbsp.	Black Peppercorns, whole
2 ½ cups	Water	1 tbsp.	Garlic Powder (optional)

Directions:

In a large bowl, mix chicken thighs, drumsticks, chopped garlic, garlic powder, water, ½ cup soy sauce, ½ cup vinegar, and peppercorns. Let chicken marinate for at least 1 hour (overnight for best results). Transfer bowl contents into a large pot and place on high heat. Add 1 cup water, ½ cup vinegar, and ½ cup of soy to cover chicken. Leave pot uncovered and bring to a rolling boil. Once boiling, lower to medium heat and place lid on pot, allowing chicken to simmer. Stir occasionally to keep chicken from sticking to bottom of the pot and to allow all pieces to cook thoroughly, about 10 to 15 minutes. To check the chicken, see if the skin falls off the meat easily by using tongs or a ladle to separate the skin from the chicken. Once this happens, bring the pot to a low heat, and continue to let the pot simmer under the lid, stirring occasionally for about 5 to 10 minutes. Add more water, vinegar, soy sauce, black peppercorns, and chopped garlic to taste. Serve chicken and sauce over a bed of steamed, white rice. Serves ~4-5.

Bishop's Chicken Salad Casserole

Danielle Villhard – ACE 27, New York



EGG



DAIRY



TREE NUTS

This family recipe originated when my family hosted our diocese's bishop at our home for lunch. To this day, it is still a family favorite and a meal I was excited to share with my community! This meal was first enjoyed by NYaCe on our patio overlooking the city on the first cool day of the fall. This casserole is the perfect way to warm up surrounded by friends who become family! We even added (by virtue of necessity - it was the only bread in our pantry) the addition of English muffins as a vehicle - yum!

Ingredients:

4 cups	Chicken, diced	1 tbsp.	Lemon Juice
½ cup	Celery, chopped finely	½ tsp.	Pepper
1 tbsp.	Onion Powder	½ cup	Almonds, slivered
1 cup	Mayonnaise	1 cup	Cheddar Cheese, shredded
10.5 oz.	Condensed Cream of Chicken, canned	1 ½ cups	Potato Chips, crushed
Salt (to taste)			

Directions:

Preheat oven to 350 degrees and grease an 11x7-inch casserole dish. Combine all ingredients except salt and potato chips in a large bowl; stir well. Taste the mixture and add salt to taste. You will probably want to add between ¼-½ teaspoon. Transfer mixture to prepared pan. Sprinkle crushed potato chips on top; bake 25 minutes. Serve warm.

Panko-Crusted Sriracha Mayo Chicken Wraps

Alyssa Daly – ACE 27, Mission



WHEAT



EGG

During my first year of ACE, our community decided to participate in a "Chopped"-style challenge over Easter Weekend. This recipe was born out of the "main course" round of our Chopped challenge and I've been making it ever since!

Ingredients:

1 ½ - 2 lbs.	Chicken Breasts, boneless	1-2	Lemons OR Limes
1 cup	Sriracha		Lettuce, Romaine
1 ½ - 2 cups	Mayonnaise	3 cups	Panko Bread Crumbs, seasoned
1	Red Onion, large & julienned	4 – 8	Pitas/Wraps
3	Bell Peppers, julienned		

Directions:

Preheat oven to 400 degrees. Combine about half of total sriracha, mayonnaise, and lemon/lime juice into a large bowl and combine; set to the side. Take chicken breasts and cut into tender-sized pieces. Once cut, place chicken into large bowl with sriracha-mayo marinade. If time allows, allow to marinate for 30 min., but if you're in a pinch keep going. Place seasoned panko bread crumbs into a bowl. After chicken has sat in marinade, transfer pieces into bread crumbs and coat one at a time; then transfer to foil-lined baking sheet. Bake for 15 – 20 min.

While chicken is cooking, cut bell peppers, red onion, and lettuce into thin slices and place to the side. In a small bowl, combine the rest of sriracha, mayonnaise, and lemon/lime; stir to combine. Assemble wrap starting with pita and chicken; add desired amounts of sauce and other toppings as you see fit. Enjoy!

BEEF & RED MEAT DISHES

Italian Sausage & Peppers

Felicia Comuniello, ACE 24 – Sacramento

Here is a recipe that is very simple and delicious! The Sacramento community did a great job testing out many great recipes, but this was certainly a "go to" meal to make after a long day in the classroom! For an extra kick, try using half sweet sausage and half hot sausage.

Ingredients:

8	Italian Sausage, hot or sweet	3	Red/Green Peppers, seeded & sliced
2 tbsp.	Olive Oil	1 tbsp.	Oregano
1	Onion, sliced		Salt & Pepper (to taste)

Directions:

Heat the oil in large pan. Add the sausage and cook, turning frequently to avoid burning (you want them browned all over – about 10 minutes). Add the onions and stir up the browned bits on the bottom of the pan. Then after another 2 minutes, add the peppers, salt, pepper, and oregano. After lowering the heat cook for another 5 to 10 minutes until vegetables are tender and the sausages are cooked through. Serve on Italian rolls or with a side of mashed potatoes! Enjoy!

GrandMemphis' Meatloaf

Katie Trivett, ACE 22 – Memphis



When my housemate, Patrick, arrived at our ACE house – I was cooking meatloaf and roasted veggies. He had just driven 9 hrs. from South Bend and was hungry, tired, and ready to settle in. Fortunately, dinner was ready the moment he walked in the door, and we sat down to share dinner and build our community. Since then, meatloaf and roasted vegetables (broccoli, carrots, squash, zucchini, bell peppers, and sometimes potatoes) have been staples in the MemphACE house for community dinner. They've even come to define our community. This recipe is perfect for a winter night when everyone needs some warm comfort food!

Ingredients:

1 ½ lbs.	Ground Beef	5 tbsp.	Ketchup
3 tbsp.	Onions, dried		Cornflakes, crushed
1	Egg, large		Salt & Pepper (to taste)
2 tbsp.	Brown Sugar		

Directions:

Mix all but the cornflakes together. Add cornflakes until the texture is right. Put in a casserole dish, and cover with ketchup. Bake for 1 hour at 350 degrees. If you use a pie pan, it will only bake for 20 to 30 minutes.



Stuffed Peppers

Sophia Denney, ACE 26 – Dallas

When our schools shut down in March 2020 due to COVID, the DallACE community made the decision to send just one person to do the grocery shopping for all of us. This experience was certainly memorable. Who could forget the elaborate shopping list spreadsheet, or the statistics kept for what item each person spent the most money on? Wednesday mornings became little Christmases, when we slipped away between Zoom classes to help divvy up the groceries, Clorox wiping every box, bottle, and jar. Of course, the highlight of the whole grocery shopping situation was the 10-item-a-person limit. My roommate Lauren and I pooled our resources to cook meals with the fewest amount of ingredients. We made many delicious recipes that spring, but one of our favorites was this versatile dish.

Ingredients:

1 lb.	Ground Turkey OR Beef	Olive Oil (to taste)
1/3	Yellow Onion, chopped	Garlic Powder (to taste)
1 package	Rice, Microwaveable	Salt (to taste)
4	Peppers, green OR red	Paprika (to taste)
1 can	Tomato Sauce	Salt & Pepper (to taste)
1 package	Shredded Cheese	

Directions:

Preheat oven to 400 degrees. In a skillet, begin by sautéing the onion in olive oil. Add the ground turkey or beef and brown with garlic powder, salt, and pepper to taste. Cut the tops off the peppers and empty them of ribs and seeds. Place them cut-side down in a greased sheet pan, and bake for about 10 minutes. Meanwhile, drain the meat of excess fat. Microwave the rice according to package directions. Add rice and tomato sauce to the meat. Remove the peppers from the oven, flipping them over and stuffing them with the meat mixture. Top with shredded cheese and bake for 10-15 minutes more.

Crockpot Carnitas

Peter Spalitto, ACE 26 – Atlanta

The crockpot was a staple of the ACElanta house. Not only does it create succulent, tender product, but it also can be thrown together in the morning before school and is ready when you get home. This particular recipe was a community favorite throughout the whole year and can be used in Tacos, Enchiladas, Burritos, Quesadillas, Sliders, Mexican pizzas, etc. It also can be frozen perfectly fine and reheats very well!

Ingredients:

2-3 lbs.	Pork Shoulder OR Butt	2 ½ tsp.	Salt
1	Onion, chopped	1 tsp.	Black Pepper
1	Jalapeño, deseeded & chopped	2 tbsp.	Chili Powder
4	Garlic Cloves, minced	2 tbsp.	Paprika
¾ cup	Orange Juice, squeezed	1 tbsp.	Oregano, dried
2 tbsp.	Olive Oil	2 tsp.	Ground Cumin

Directions:

Rinse and dry the pork shoulder, then rub all over with the olive oil. Afterward, combine the rub ingredients (spices) and rub all over the pork, forming a crust. Place the pork in a slow cooker (fat cap/white side up), and top with the onion, jalapeño, and minced garlic. When finished, squeeze/pour over the orange juice. Slow cook on low for 8-10 hours or on high for 5-6 hours. Pork should be tender enough to shred. Remove from slow cooker and let cool slightly. Then shred using two forks.

Optional: Skim off the fat from the juices remaining in the slow cooker and discard. If you have more than 2 cups of juice, reduce it down to about 2 cups. The liquid will be salty, and it is a great seasoning for the pork. If you want the pork to be crispy, you can add the finished product to a foil-lined baking sheet and BROIL for 2-3 minutes until brown.



Tacos Dorados

Lindsay Baca – ACE 27, Detroit

Every so often, our community needed a comforting Mexican dish. When we did, this was my go-to! This recipe belongs to my Abuelita Baca; I want to make sure that this recipe lives on and gets the love it deserves! Your community is sure to be full, happy, and sleep well following this meal!

Ingredients:

2 lbs.	Ground Beef	2 – 3 tbsp.	Vegetable Oil
1 – 2	Potatoes, finely diced		Lettuce, shredded
	Garlic Salt (to taste)		Tomato, diced
	Onion Powder (to taste)		Colby Jack Cheese, grated
	Pepper (to taste)		Corn Tortillas

Directions:

In a medium mixing bowl, mix ground beef with black pepper, garlic salt, and onion powder; be generous. Then, peel and finely dice your potatoes. In a large skillet, cook your ground beef on medium-high heat for 5-7 minutes or until it begins to brown. Then, add the potatoes; stir well and cover. You may uncover every so often to stir.

While meat is cooking, finely chop your lettuce and tomatoes, and grate your Colby Jack cheese. Once meat and potatoes are fully cooked, make sure to taste for flavor; season further with pepper if necessary.

In a smaller frying pan, heat 2-3 tablespoons of vegetable/canola oil on medium-high heat. Once oil is bubbly, lay down tortilla(s) flat in the pan. Allow to cook for 15 seconds on flat side before using tongs to fold tortilla shell in half in the shape of a taco. Allow taco shell to cook for about 30-45 seconds on each side. Make sure to keep an eye on shells as they can quickly burn. Remove shell once they have achieved your desired hardness. Place finished shells on a plate with napkin so that they can drain the grease.

Once taco shells are done, begin building your taco, starting with the meat, then cheese, then toppings! Do not forget the salsa! You might want to serve these with rice and beans. Enjoy!

The Bacon Explosion

Matt Rhodes, ACE 21 – New Orleans

The inspiration for this edible masterpiece came while several ACE NOLA members were watching Epic Mealtime. While some might be intimidated by crafting this 4-6 lb. slab of intricately woven meat, ACE NOLA seized it as an opportunity for greatness. Though not for the faint of heart, this amazing meal brought our community together while simultaneously taking years off our lives.

Ingredients:

2 lbs.	Bacon, thick cut
2 lbs.	Italian Sausage
¾ cup	Barbeque Sauce
3 tbsp.	Barbeque Seasoning (e.g. Bad Byron's Butt Rub, etc.)

Directions:

Begin by weaving strips of bacon into a weave pattern – recommended is 5 x 5 in., but the size of your pans will dictate this. Once woven, sprinkle with barbeque seasoning. Take the remaining bacon ... because what's better than more bacon ... and bake it in the oven. While bacon is cooking, take sausage meat and lather it up with some of that barbeque sauce (let's say, ¼ cup). Once done, lay nicely on top of the bacon weave. Think of the bacon weave as a basket; you'll want the bacon to be pressed evenly across the entire weave; sprinkle with barbeque seasoning. Now, remember that cooked bacon, dice that up and place on top of the sausage layer ... see where we're going with this. Once constructed, create a roll. Your bacon weave will be the outer layer, then sausage, and in the middle some good ol' cooked bacon. Sprinkle some barbecue seasoning on the outside of the bacon weave, and now it is ready for the smoker. Cook your Bacon Explosion at 225 degrees in a constant cloud of hickory smoke until your meat thermometer gives an internal temperature reading of 165 degrees. Normally this will take about 1 hour for each inch of thickness, but that could vary depending on how well you maintain your fire and how many times you open the smoker to peek. Now that the Bacon Explosion is fully cooked, you need to add some finishing flavors. Remember that barbecue sauce you used for inner flavor? You'll be using that same sauce to glaze the cooked bacon weave. Using a basting brush, coat the entire surface with a thin layer of sauce. Sweet sauces are loaded with sugars, so they'll give your fatty a nice glossy finish. Spicy and vinegar-based sauces don't contain as much, so they won't set up as well. If you're dead set on using those sauces, just cut them with a bit of honey and you'll get the same effect. Slice the Bacon Explosion into quarter to half inch rounds to serve. If your roll was good and tight, you should now see a nice bacon pinwheel pattern throughout the sausage. Obviously, pork is best served by itself, but if you feel the need to make this meat monster into a sandwich, a couple Bacon Explosion slices on a warm Pillsbury's Grand Biscuit never hurt anybody.



SEAFOOD DISHES

Brown Rice Jambalaya

Gina Navoa Svarovsky, ACE 6 – St. Petersburg



During my time as an ACE faculty supervisor, I was fortunate enough to be supporting our ACE communities in Baton Rouge and Plaquemine/Donaldsonville. This jambalaya recipe always reminds me of trips I made to those sites and the wonderful ACers I worked with at each one. I also make this recipe every year for my local parish's Trivia Night, and the team - which always includes local ACE grads - loves it. The best part of all is that it's pretty easy to make, despite the long list of ingredients!

Ingredients:

1 lb.	Smoked sausage, thinly sliced	2-3	Celery, diced
2 tbsp.	Olive Oil	3 cloves	Garlic, minced
1	Onion, diced	pinch	Salt
1	Green Pepper, diced		
2 cups	Chicken Stock, low sodium	2 tsp.	Oregano, dried
28 oz.	Diced Tomatoes, canned	1 tbsp.	Creole Seasoning
¾ cup	Parsley, chopped	¼ tsp.	Cayenne Pepper
1 ½ tsp.	Thyme, dried	¼ tsp.	Black Pepper
2	Bay Leaves		
2 cups	Brown Rice, long grain	1 ½ lb.	Shrimp, raw
4 cups	Chicken, cooked & chopped		Cornbread (optional)

Directions:

In a large cast iron dutch oven (at least 5.5 quart, if not 7.5 quart), begin by browning the smoked sausage over medium heat, but do not char them. Just crisp them up a bit. Evacuate sausage to plate with slotted spoon. Pour olive oil in dutch oven and over medium heat, add onion, green pepper, celery. Add a pinch of kosher salt and stir. You want to soften the vegetables, not sauté or caramelize them. After about 5 minutes, add garlic. Cook for another 1 to 2 minutes. Add chicken stock, canned tomatoes, fresh tomatoes, parsley, thyme, bay leaves, oregano, creole seasoning, cayenne pepper, and black pepper. Gently scrape the bottom of the dutch oven to deglaze. Add rice, cooked sausage, and cooked chicken. Stir to combine. Bring to simmer and cover. Cook for about 45 to 60 minutes, or until rice has absorbed most, but not all, of the liquid. Recommend stirring after the first 30 minutes, and then checking/stirring every 15 minutes or so afterwards so the rice doesn't stick to the bottom of the pan. If using raw shrimp, add them and cook until pink. If using pre-cooked shrimp, add when you're just about ready to serve. Jambalaya is ready when almost all liquid has been absorbed. Serve with cornbread and enjoy!

Sriracha Lime Shrimp Tacos

Jaret Criss, ACE 27 - Chicago



DAIRY



SHELLFISH

I love shrimp, but it always seemed like a protein that was more of a luxury than a weekly staple; I was thrilled to see a sale on frozen shrimp at our local Acme in Chicago. I decided to cook the shrimp on a random Tuesday night, and sliced up a few limes to squeeze on top to make shrimp tacos. My community members and I decided to make this a weekly taco Tuesday event. We'd alternate who went to the store to buy the bag of frozen shrimp for the week; it became one of my most cherished memories living in community.

Ingredients:

1 bag	Shrimp, frozen	Sriracha (to taste)
2	Limes	Tortillas, corn or flour
1 bag	Cheese Blend, Mexican	Garlic Powder (to taste)
	Onion, minced (to taste)	Salt & Pepper (to taste)
	Jalapeño, minced (to taste)	



WHEAT

Directions:

Peel and thaw frozen shrimp bag in a strainer. Season shrimp with salt, pepper, and garlic powder; cut the thawed and seasoned shrimp into smaller bite sized pieces. Add small amount of olive oil to pan. Pan sear the shrimp until the color becomes a nice red-orange. At the same time, add butter to medium pan; add tortillas to pan on medium heat, flipping so both sides get buttered and golden brown. When tortillas are hot, add a hand-full of cheese to one tortilla; place the other tortilla on top and press together. This will be just like a cheese quesadilla, and this cheesy golden-brown delight will be used as your taco shell. Add shrimp onto the toasted tortilla, toppings, and squeeze a slice of lime on top. Drizzle sriracha on top to taste.

Crab Boil

Grace Carroll, ACE 22 – Biloxi



SHELLFISH

Our ACE Pastoral Supervisor visited us in early September 2015 and we wanted to welcome him to our Gulf Coast home with some local cuisine! We picked up fresh crabs from Bozo's Seafood Market in Pascagoula after school and headed home, hoping that we could pull off a crab boil. It was our first time as a community of eight to all cook together, and meal prep included crab races across the kitchen floor and the realization that our kitchen pots were not big enough for the number of crabs we had bought. The adventure continued during dinner as we messily and ungracefully cracked shells and attempted creative ways to extract crab meat. It was our first bonding experience as a community and stands as a beloved memory!

Ingredients:

24	Crabs	½ cup	Salt
4	Sweet Potatoes, diced	1 cup	Seafood Seasoning (e.g. Old Bay)
4	Onions, sliced	1 dozen	Ears of Corn, husked
2	Lemons, quartered	6 qts.	Water

Directions:

Bring a large pot of water to a boil. Add onions, potatoes, corn, salt, lemon, and seafood seasoning. Cover and cook at a boil until potatoes are cooked through (usually 15 mins). Gently drop crabs into the pot. Cook at a boil for five minutes and then let stand for 15 to 20 minutes before draining liquid and serving. Enjoy with corn bread and a bib! Serves ~10.

Fake-Out Grilled Foil Packet Salmon & Veggies

Anna Busse, ACE 24 – Corpus Christi



I was so sad when I learned that our ACE house didn't have a grill and that #stipendlife would likely prevent us from buying one. Good thing it's easy enough to fake this grilled fish recipe in an oven. Get creative: use whatever fish and vegetables are in season near you. It's also great because cleanup is minimal, and who has time to clean a grill when there are 6,732 assignments to grade? I hope you'll love this recipe as much as I do, and I hope you'll think of CorpACE when you make it on a Friday (Lenten or otherwise).

Ingredients:

1/3 lb. per person	Salmon Filets	2 heads	Broccoli
1 per 3 ppl.	Lemons	3 tbsp.	Capers
2 bunches	Asparagus		Olive Oil
			Salt & Pepper (to taste)

Directions:

Start by setting up your foil packets. You'll need one for each person in your community. This recipe will show for six. Cut twelve sections of aluminum foil, about 10 inches long. Layer two sections to ensure that your fish and veggies won't burn. Lightly coat the center of each packet with olive oil. Preheat your oven to 400 degrees. Then, start assembling your packets: Wash all produce (asparagus, broccoli, and lemons). Cut produce: Trim ends of asparagus, cut broccoli into bite-sized pieces, and slice each lemon into 6 slices. Place the asparagus at the center of each packet. It should form a little "table" for your broccoli and your salmon. Lightly coat the salmon with olive oil and season with pepper and just a little salt. Place the salmon on top of the asparagus in each packet. Place two lemon slices on top of each piece of salmon. Make a little "basket" out of the foil so the broccoli and capers won't fall out. Put 1 tsp. capers and 1/6th of the broccoli in each packet and seal the packets completely. There are some super helpful videos for this step on YouTube! They should look like calzones when you're done. Place three packets on each sheet tray and bake for 17 to 20 minutes. You can eat your meal directly out of the foil once it's cooled slightly; just toss the foil and you're ready to get back to work after dinner!

PASTA DISHES

Lemon Garlic Pasta with Green Beans & Chicken

Regina Ekaputri, ACE 25 - Tucson



In Tucson, we have always had our dinners on Sunday night, which could be quite a stressful time for us teachers. I loved making this recipe because it is quick, definitely under our dinner budget, only requires very few dishes to wash (which helps us all after community dinner), and tastes so yummy and comforting. It also can be adjusted super easily- I've tried it using different canned goods that we have aplenty in the Tucson community pantry. My housemates and I also made a vegetarian version of this during Lent, by omitting the chicken!

Ingredients:

2 tbsp.	Olive Oil	½ tsp.	Pepper
1	Onion, diced	1 tsp.	Salt
6 cloves	Garlic, minced	½ tsp.	Italian Seasoning
1 lb.	Chicken Breasts, boneless & cubed	1 cup	Milk
12 oz.	Green Beans, trimmed & halved	¼ cup	Lemon Juice
1 box	Pasta, penne/rotini/rigatoni	3 cups	Spinach
2 ½ cups	Chicken Broth		Parmesan, shredded (to taste)

Directions:

Add the olive oil to a large nonstick pot/skillet over medium heat. When hot, add in onion and cook for about 2 minutes, until it starts to soften. Add in the garlic and cook for 1 minute, until fragrant. Add the chicken and stir fry until cooked. After the chicken is cooked, add the green beans, penne, broth, salt, pepper, and Italian seasoning; mix to combine. Bring the liquid to a boil, then cover, reduce the heat and simmer for about 15 minutes, stirring occasionally, until the pasta is al dente and a lot of the liquid has absorbed (there will still be a good bit of liquid in the pot- that's okay!). Add in the milk, lemon juice, and spinach. Cook uncovered for about 5 to 7 minutes, stirring occasionally, until the spinach is wilted and a touch more of the liquid has absorbed. Remove the pot from the heat and add the cheese into the pot. Stir until all the cheese is mixed into the sauce. Let the pasta stand for 5 to 10 minutes, to let the liquid get absorbed as it sits. Taste and season with additional pepper flakes and salt & pepper as needed.

Baked Macaroni & Cheese

Michael Szopiak, ACE 21 – Baton Rouge



DAIRY



WHEAT



VEGETARIAN

What's better than coming home to a baking dish full of oozing, cheesy pasta, with just enough crunch to add a little texture? Or so Courtney (ACE 21) thought, when she arrived home from school late one evening and followed her nose into the darkened kitchen. She promptly scooped out a dinner-sized bowl of macaroni, looking to make the food-to-stomach connection in as expeditious a manner as could reasonably be achieved, yet innocently and inauspiciously unaware of the stippling of reddish flakes peppered throughout the dish. Now, one thing to know about Court is that there's ne'er been a person with a palate quite so sensitive to capsaicin (a challenge for someone living in Cajun country!). All we heard, echoing through the house: "OOHHHH, SPICY!! Did y'all put something in this Mac n' cheese?!!"

Ingredients:

1 lb.	Pasta	1 tbsp.	Dijon Mustard
4 tbsp.	Butter	2 tsp.	Red Chili Flakes (optional)
4 tbsp.	Flour		Salt & Pepper (to taste)
2 cups	Milk	½ cup	Breadcrumbs
½ lb.	Sharp Cheddar Cheese, grated	2 tsp.	Olive Oil

Directions:

Preheat oven to 375 degrees. Cook pasta according to instructions, until tender, then drain. Melt butter in a large saucepan; then stir in flour and whisk to make a roux, cooking for 2 to 3 minutes. Gradually stir in milk, whisking and stirring constantly, until it bubbles and thickens. Add cheese and seasonings. Mix well so cheese melts smoothly. Add pasta to a 9x13 in. casserole dish; add cheese sauce on top of the pasta and mix. Top with the lightly oiled breadcrumbs. Bake until bubbly, about 20 minutes. Enjoy!



WHEAT



TREE NUTS



VEGAN



VEGETARIAN

Mac n' No Cheese

Ingredients:

1 lb.	Pasta, elbow	1/3 cup	Canola Oil
1 tbsp.	Vegetable Oil	4 oz.	Roasted Red Peppers, drained
1	Onion, chopped	3 tbsp.	Nutritional Yeast
1 cup	Cashews	1 tsp.	Garlic Powder
1/3 cup	Lemon Juice	1 tsp.	Onion Powder
1 1/3 cup	Water		Salt (to taste)

Directions:

Preheat oven to 350 degrees. Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente. After draining, transfer to a medium baking dish. Heat vegetable oil in a medium saucepan over medium heat. Stir in onion and cook until tender and lightly browned. Gently mix with the macaroni. In a blender, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, yeast, garlic powder, and onion powder. Blend until smooth. Thoroughly mix with macaroni. Bake for 45 minutes, until lightly browned. Cool 10 to 15 minutes before serving.

Clam Sauce Spaghetti

Caitlin Crosby, ACE 25 - Sacramento



This is my go-to dinner when I'm cooking for others! It's quick, easy, and feels fancier than normal spaghetti. The sauce can be made a day early and refrigerated, or leftover sauce can be frozen and saved. Pair it with a salad and some bread, and you have a complete easy meal!

Ingredients:

1 lb.	Spaghetti, tossed in olive oil	2 tsp.	Sugar
3 cloves	Garlic, minced	2 tsp.	Italian Herb Seasoning
3 tbsp.	Oil	1 tsp.	Thyme, Dried
2 lbs.	Stewed Tomatoes, canned	½ tsp.	Crushed Red Pepper
16 oz.	Tomato Sauce, canned		Salt & Pepper (to taste)
14 oz.	Clams, chopped		

Directions:

Sauté garlic in olive oil in pan you will be making the sauce. Now add the remaining ingredients (except the spaghetti) and simmer sauce, uncovered, for about 10 to 15 minutes. Sauce is now ready to serve. Yields enough sauce for 1 pound of spaghetti.

Ramen

Robert McCarthy, ACE 25 - Stockton



Queer Eye served as a wonderful community viewing activity my first year in ACE, especially when we needed a pick me up after a long week of teaching. During my second year, Antoni's cookbook came out, and I went to the cookbook release in San Francisco (on a school night!!) This ramen served the NorCal communities well and became a staple of our second semester. It's easy to customize (pleases vegetarians and non alike) and kept our community company as we dueled each other during the occasional game nights.

Ingredients:

3 cloves	Garlic, minced	1 tbsp.	Ginger, grated
1 tbsp	Sesame Oil, toasted	2 tsp.	Chili Garlic Sauce
2	Carrots, julienned	8 cups	Vegetable Broth, low sodium
4	Scallions, thinly sliced	¼ cup	Miso Paste, white/red/yellow
2 tsp.	Salt	2 tbsp.	Butter, unsalted

Add-ins (Get Creative): Ramen/Soba Noodles, Hard Boiled Eggs, Grilled Tofu, Ground Pork, Cilantro, Nori, Frozen Corn/Veggies, Sesame Seeds, etc.

Directions:

Heat the tablespoon of sesame oil over medium heat. Add the carrots, scallions (white and green parts), and salt. Cook for about 2 minutes. Push the carrots to the side. Add the ginger, chili garlic sauce, and garlic. Cook for about 30 seconds. Your kitchen should smell quite fragrant! Add your vegetable broth. When the broth begins to lightly boil, add the miso and butter. Ensure that the miso has dissolved. Allow the pot to lightly boil while you make your noodles. Serve and encourage everyone to customize away!

Brussels Spaghetti Carbonara

Elizabeth Nuter, ACE 21 – Baton Rouge



DAIRY



WHEAT



EGG

I've been encouraged by my housemate Michael to share this PBR favorite! It easily feeds 6 w/ leftovers, is easy to shop for, and comes together quickly. Just don't let the egg mixture scramble! (It still tastes good, just looks weird). I'm notorious for not measuring when I cook, but I did my best to estimate below - it's pretty much one package of everything.

Ingredients:

12 oz.	Raw Brussel Sprouts	10 oz.	Parmesan Cheese, shredded or grated
1 lb.	Pasta, linguine	1 lb.	Bacon
2 cloves	Garlic, minced		Salt & Pepper to taste
2	Eggs		

Directions:

Start boiling a large pot of salted water, and then cook pasta. Meanwhile, in a large pan, cook the bacon until crispy. Remove from pan and crumble. Cut the brussels sprouts roughly into eighths, and cook for several minutes in the bacon fat, until soft. Add minced garlic for the last minute, and salt and pepper. Remove brussels sprouts from pan and REMOVE THE PAN FROM THE HEAT! When pasta is cooked, add to pan, and coat in bacon fat or oil. In separate bowl, mix the eggs and cheese. Pour the cheese and egg mixture over the hot pasta, and quickly stir to coat - the hot pasta will cook the sauce. Add back in the bacon and brussels and serve with more cheese! Best enjoyed while it's hot.

Dolan's Garlic Shrimp Pasta

Elizabeth Steward Nava, ACE 15 – Atlanta



DAIRY



WHEAT



SHELLFISH

This recipe was a staple in our house, courtesy of Elizabeth Dolan. After she graduated, Ryan Kelly asked me for directions to make it and I talked him through it at breakfast. After school, I wandered into the kitchen post-nap, only to find Ryan chopping two HEADS of garlic, rather than two cloves. Luckily, I caught him in time, but we ate re-purposed garlic for weeks after that.

Ingredients:

1 box	Pasta, bowtie	2 cloves	Garlic, minced
1 bag	Broccoli, frozen & chopped		Parmesan Cheese, shaved
1 bag	Frozen Shrimp		Salt (to taste)
¾ cup	Olive Oil		

Directions:

Fill a large pot with water and bring to boil. Add pasta and cook according to box instructions. Boil shrimp according to package instructions. Heat broccoli according to package instructions. When pasta is finished cooking, drain and dump into a large serving bowl; add cooked shrimp and cooked broccoli to the bowl. Crush two cloves of garlic (or mince with a knife) and add to olive oil. Warm oil in the microwave for 30 seconds. Pour oil and garlic mixture over pasta, shrimp, and broccoli. Salt to taste, add parmesan, and toss. Makes enough to feed a crowd and may create a battle for lunch box leftovers.

One-pot Lemon Shrimp Pasta

Christina Schuler, ACE 27 – New York



WHEAT



SHELLFISH

Our NYaCe community enjoyed this several times, and it was my number one recommendation whenever my housemate would ask, "What easy thing should I make for dinner this week?" It's got all the food groups (practically) and it's a one-pot way to wow the pastoral team, your community members, or your visiting family. As a disclaimer, "1 bunch kale" does not mean 2 lbs. of Kale as my community member once thought. It means about 8-10 large leaves, which are usually sold as a "bunch."

Ingredients:

1 bunch	Kale	2 tbsp.	Olive Oil
15 oz.	Cannellini Beans, canned	2 tsp.	Salt
1	Lemon, large	½ tsp.	Pepper
4 ½ cups	Water	1 lb.	Shrimp, raw & peeled
12 oz.	Pasta, linguine		Crush Red Pepper (to taste)

Directions:

Rip the leaves from 1 bunch of kale, then tear into bite-sized pieces. Place in a large, straight-sided skillet, adding drained & rinsed cannellini beans. Finely grate the zest from the lemon into the skillet. Add water, linguine, olive oil, salt, and pepper, bringing to a boil over high heat. Continue to boil, turning the pasta frequently with tongs, for 5 minutes. Then, add the shrimp and cook until the pasta is al dente, the liquid has nearly evaporated, and shrimp are opaque, approximately 3 to 5 minutes more. Remove from the heat, halve the lemon, and squeeze the juice over the pasta; toss to combine. Taste and season with more salt and crushed red pepper flakes, if desired.

Stuffed Shells

Amanda Hamilton, ACE 21 – Tampa



In ACE I hardly had time to do my Italian grandmother's recipe justice; however, this quick version of yummy stuffed shells is fun, fast, and sure to fill bellies. Once I paired it with small baby corn (because it was in the cabinet) and my housemates were kind enough to eat them. Don't do that- pair these with a nice side salad and Italian bread or baguette. Mangiamo!

Ingredients:

2 lg. cans	Red Sauce,	2 cups	Mozzarella Cheese
1 box	Jumbo Pasta Shells, uncooked	2 cups	Parmesan Cheese
10 oz.	Spinach, frozen and chopped	2	Eggs, large
32 oz.	Ricotta Cheese	1 lb.	Lean Ground Beef or Turkey (optional)

Directions:

Heat the oven to 400 degrees while preparing the shells and stuffing. Start boiling the shells right away but drain and rinse them with cold water before they're overly soft. They should be slightly firm, 'al dente,' to your preference, for optimal stuffing. While they're boiling, start browning your meat of preference and seasoning it if you choose. (Meat is also optional- these shells are still delicious filled with cheese and veggies mix, too!) Combine one tub ricotta cheese, 1 cup mozzarella, 1 cup parmesan, two eggs, drained chopped spinach, and cooked meat into one large mixing bowl. Here comes the crazy part!

Line your baking dish with the first can of red sauce. Put the stuffing mixture a few cups at a time into the large Ziploc bag. Cut one of the bottom corners off, about the size of a dime, and the bag transforms into a convenient shell-stuffer. Fill each shell with stuffing, squeezing from the bag and re-filling it when needed. Line the baking dish with shells, crammed next to each other tightly. When they're all stuffed and arranged in your dish, cover them with the second can of red sauce. Sprinkle 1 cup of mozzarella cheese and 1 cup of parmesan cheese over them. Shells should be saturated in sauce for optimal cooking and taste. Cover the dish with foil and bake for 40 to 45 minutes.



DAIRY



EGG



WHEAT



VEGETARIAN

Baked Eggplant Parmesan

Ingredients:

2	Eggplant, cut into ½" thick slices	28 oz.	Tomato Sauce
1 tbsp.	Salt	½ cup	Parmesan Cheese, grated
1 cup	Italian-style Breadcrumbs	16 oz.	Mozzarella Cheese, shredded
2	Eggs, beaten	½ tsp.	Basil
	Salt & Pepper (to taste)		

Directions:

Preheat oven. Place eggplant slices in a colander, sprinkle both sides of each slice with salt, and allow to sit for 1 hour; wipe excess moisture from eggplant slices with paper towel. Preheat oven to 350 degrees, greasing a baking sheet. Mix breadcrumbs and ¼ cup of parmesan cheese together in a bowl. Dip eggplant slices in beaten egg; coat with breadcrumb mixture. Arrange coated eggplant slices in a single layer on the baking sheet. Bake in the preheated oven until lightly browned and crisp (~5 min. per side). Cover the bottom of a 9x13 in. dish with sauce; top with eggplant slices, and sprinkle parmesan cheese and mozzarella cheese. Repeat layers with remaining ingredients, ending with a cheese layer. Sprinkle with basil. Bake in oven for 35 minutes or until cheese is bubbling and golden.

VEGETARIAN & VEGAN DISHES

Shakshuka

Andrew Burrows, ACE 25 – St. Petersburg



DAIRY



EGG



VEGETARIAN

This is a flavorful and versatile dish that can also accommodate vegetarians. Our house had several vegetarians, but after serving this dish at a few community dinners even the omnivores began making it on their own. The best part is that you can assemble this dish mostly with ingredients you have on hand, or with odds and ends that you need to use up.

Ingredients:

28 oz.	Crushed Tomatoes, Can	1 per person Eggs
1	Yellow Onion, Diced	Olive Oil
2-4 cloves	Garlic, Minced	Mushrooms (optional)
	Bell Peppers	Feta Cheese (optional)

Spices: 1 tsp. of Salt, Pepper, Cumin & Paprika.
½ tsp. of Red Pepper Flakes, and/or Cayenne Pepper

Directions:

Dice onion, bell peppers, mushrooms (optional) and mince garlic. Heat olive oil in wide pot with high walls. When oil is shimmering, add onions and cook until translucent (about 5 minutes). Add bell pepper and mushrooms, cooking for an additional 3 minutes. Add garlic and cook for 30 seconds. Add seasoning, using a teaspoon each of salt, pepper, cumin, and paprika. Use ½ teaspoon of pepper flakes or cayenne if using. Add crushed tomatoes, stir, and simmer for 20 minutes. When sauce has thickened and turned a deep red, taste and adjust seasoning, as necessary. Then, prepare the eggs. Make a divot in the sauce where you will place each egg, using one egg per person. It's helpful to crack the eggs into another bowl before pouring into the sauce. Place each egg into its divot in the sauce and cover the pot for 5 to 7 minutes or until the whites of the eggs have set. Turn off heat, let cool slightly, and serve. Top each portion with additional olive oil, pepper, or feta cheese if desired. Enjoy!



SOY



VEGAN



VEGETARIAN

Veggie Ginger Stir-Fry

Ingredients:

1 tbsp.	Cornstarch	¾ cup	Carrots, julienned
1 ½ cloves	Garlic, crushed	½ cup	Green Beans, halved
2 tsp.	Ginger Root, chopped	2 tbsp.	Soy Sauce
¼ cup	Vegetable Oil	2 ½ tbsp.	Water
1	Small Broccoli Head, florets	¼ cup	Onion, chopped
½ cup	Snow Peas	½ tbsp.	Salt

Directions:

In a large bowl, blend cornstarch, garlic, 1 tsp. ginger, and 2 tbsp. vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat. Heat remaining 2 tbsp. oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 tsp. ginger. Cook until vegetables are tender but still crisp.

Black Bean & Sweet Potato Enchiladas

Michael Comuniello, ACE 21 – Tampa



DAIRY



WHEAT



VEGETARIAN

I'll admit this is a recipe that didn't enter my repertoire until I got married – it's my wife, Maria's, go to dish. Simply delicious, and served even better with a side of cilantro-lime rice or tortilla chips to scoop up all the deliciousness left on your plate after the enchiladas are gone.

Ingredients:

2	Sweet Potatoes	¼ tsp.	Oregano
3 oz.	Cream Cheese, softened	¼ tsp.	Black Pepper
15 oz.	Black Beans, drained & rinsed	1 tsp.	Chili Powder
¼ cup	Green Onion, chopped	1 tsp.	Cumin
10 oz.	Enchilada Sauce	1 cup	Shredded Mexican Cheese Blend
	Cooking Spray	5-7	Flour Tortillas, 10 in.
			Salt (to taste)

Directions:

Bring a large pot of water to a boil. Boil sweet potatoes until tender, about 30 minutes. Cool until easily handled and slip off peels. Preheat oven to 350 and grease an 8x10 in. baking dish with cooking spray. Mash sweet potatoes with cream cheese in a bowl. To make vegan, do not add cream cheese. Stir in black beans, green onion, chili powder, cumin, oregano, salt, and pepper until well mixed. Place ¾ cup sweet potato mixture in the center of each tortilla. Roll up tortillas and place seam-side down in the baking dish. Pour enchilada sauce over tortillas and sprinkle with cheese. Bake until enchilada sauce is bubbling, and cheese is beginning to brown, ~25 minutes.

Chickpea Tikka Masala

Andrew Burrows, ACE 25 – St. Petersburg



VEGAN



VEGETARIAN

This Indian-inspired dish is hearty, warm, flavorful and accommodates vegetarians. Pair this dish with rice as a main course or serve as a side.

Ingredients:

28 oz.	Crushed Tomatoes, canned	1	Yellow Onion, diced
13.5 oz.	Coconut Milk, canned	2-4 cloves	Garlic, minced
2 cans	Chickpeas, drained & rinsed		Olive Oil

Spices: 1 tsp. of Cumin, Curry Powder, Paprika, Cayenne Pepper, & Salt

Directions:

Dice onion and garlic cloves. Heat oil over medium-high heat in a wide pot with high walls. Add onions, cooking until translucent (about 5 minutes). While onions are cooking, drain and rinse the chickpeas. Add garlic to the pot, cooking for 30 seconds. Add chickpeas and seasoning, 1 tsp. each of cumin, curry powder, paprika, salt, and cayenne pepper (optional). Add crushed tomatoes and stir until tomatoes simmer. Add coconut milk, stirring to incorporate. Cover the pot and simmer for at least 20 minutes. After 20 minutes, taste and adjust seasoning. Remove from heat, let cool slightly, and serve over rice. Enjoy!

Tasty Tofu

Lewis Poche, ACE 26 – San Jose



SOY



VEGAN



VEGETARIAN

WAIT! Before you furrow your brow at the possibility of tofu being good, hear me out. As a flexitarian and a foodie, I'm always looking for tasty meat substitutes. Normal tofu, in my opinion, is the wrong texture, the wrong taste, and – by itself – just wrong. But, through reading many blogs, learning new techniques, and experimenting with flavors, I finally figured out how to make tofu that even my carnivorous housemates enjoyed. I used this tofu recipe to make spring rolls as an appetizer for my last community dinner as chef. The spring rolls were a hit, and I highly recommend that you try your hand at gingerly rolling them (spoiler: it's difficult). However, you can also use this tofu in a variety of different ways. It would be great in a Thai curry, in a mason jar salad, or even with eggs for breakfast. Enjoy!

Ingredients:

1 package	Tofu, Extra Firm	2 tbsp.	Cilantro
¼ cup	Grapeseed Oil		Salt OR Soy Sauce (to taste)
2 tbsp.	Sriracha		Black Pepper (to taste)

Directions:

As soon as you buy the tofu (but at least 24 hours before), put the tofu in the freezer. Approximately 12 hours before cooking time, remove the tofu from the freezer to thaw, then approximately 2 hours before cooking time, remove tofu from its packaging. Set the tofu on a wire rack and weigh the tofu down to squeeze the water out. You could either use extra plates or a small cutting board with cans stacked on top. The key is to exert as much force without the tofu exploding. Let the tofu drain. Cut tofu into ½ inch thick slabs, then each slab into 8 parts; if done correctly, you should end up with thin flat rectangles. Put tofu into a bowl along with Sriracha, fresh chopped cilantro, soy sauce (1 tbsp.) OR salt (1 tsp.), and black pepper. Heat ¼ cup of grapeseed oil in a large non-stick frying pan. The bottom should be nicely coated. Let the oil get hot, but not smoking. Once the pan is hot, dump in the tofu. Stir occasionally until crispy, about 5 minutes. Remove from the pan and enjoy!

SIDES, DIPS, & SNACKS

Grandma's Baked Beans

Anna Busse, ACE 24 – Corpus Christi

My grandma makes these baked beans for every family gathering. They've become a staple in my diet in addition to being the single most comforting food on the planet. I loved to make them for my community, who came to call them "Anna's Grandma's Baked Beans." They're easy, cheap, and delicious, plus they can be made vegetarian – just leave out the bacon! I hope you love them as much as my family and community do!

Ingredients:

1 can	Bush's Original Baked Beans	1 squirt	Ketchup
1	Yellow Onion, diced	1 squirt	Mustard
1 tbsp	Molasses	2 strips	Bacon, diced
2 tbsp.	Brown Sugar		Salt (to taste)

Directions:

Preheat your oven to 375 degrees. Dice your onion into small pieces. Cut your bacon into 1 in. pieces. Empty the can of beans into a mixing bowl. Add onions, half the bacon pieces, molasses, brown sugar, ketchup, and mustard to beans and stir well.

Transfer beans to a round glass baking dish. Place the rest of the bacon on top of the beans (it'll get nice and crispy that way!) and bake until bacon looks good and beans are bubbling, somewhere between 45 minutes and 1 hour.

To make vegetarian: Buy Bush's Vegetarian beans instead and omit the bacon. Season with salt, to taste.



VEGETARIAN

Roasted {Insert Vegetable Here}

Michael Comuniello, ACE 21 – Tampa



VEGAN

VEGETARIAN

Pastoral site visits aren't about impressing your pastoral with your amazing cooking skills.

However, if you want to step up your game just a bit – try this simple and versatile recipe. When our pastoral would visit, I'd whip these up and they were a huge hit!

Ingredients:

1 ½ lbs.	Brussel Sprouts	1 tsp.	Salt
3 tbsp.	Olive Oil	½ tsp.	Pepper
	Other Spices (to taste)		

Directions:

Preheat oven to 400 degrees. Place trimmed vegetables, olive oil, salt, and pepper in a large resealable plastic bag; shake to coat. Pour onto a baking sheet and place on center oven rack. Roast for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Vegetables should be browned when done. Adjust seasoning as desired.

Caprese Roasted Asparagus

Christina Schuler, ACE 27 – New York



This is an NYaCe favorite, which pairs amazingly well with any protein as a side. The first time I made this, all my community members' jaws dropped, and I felt like a regular old Rachel Ray. I tricked them, though - It is SO ridiculously simple to make! Here's a way to bring a fun wow factor to dinner that will have you plating your food all fancy-like and posting a cutesy picture on your community's Instagram.

Ingredients:

1 lb.	Asparagus, trimmed	Basil, chopped (garnish)
2 tbsp.	Olive Oil	Balsamic glaze (garnish)
2 cups	Mozzarella Cheese, shredded	Salt & Pepper (to taste)
2 cups	Cherry Tomatoes, halved	

Directions:

Preheat oven to 400 degrees, then line a baking sheet with foil and spray with non-stick cooking spray. Place the asparagus on one side of the baking sheet in a single-layer row, then place the tomatoes on the other side in a row; drizzle the top of the asparagus with 1 tbsp of olive oil, salt and pepper, then repeat process with tomatoes. Place the veggies in the oven and cook for 10 minutes. With 5 minutes left, remove the baking sheet and top the asparagus with mozzarella. Place back in the oven and continue to cook until the cheese has melted and is slightly golden. Remove the baking sheet from the oven and place the asparagus on a serving plate. Top the asparagus with tomatoes and fresh basil. Drizzle the balsamic glaze on top, snap a picture, serve, and enjoy!

Buffalo Chicken Dip – The BCD

Taylor Kelly, ACE 23 – Richmond



Early on in my first year of teaching, I made this recipe for my housemates during one of our ND football game watches. It became an instant hit and a house classic and is now commonly referred to as the BCD in the RVACE community. It is perfect for social events, parties, or a fun appetizer for community dinner.

Ingredients:

8 oz.	Cream Cheese, softened	¼ cup	Mozzarella Cheese, shredded
½ cup	Buttermilk Ranch Dressing	2	Chicken Breast, canned
½ cup	Hot Sauce, original or buffalo		Celery or Chips (optional)

Directions:

Heat oven to 350 degrees. Place cream cheese in a deep baking dish and stir until smooth. Mix in buttermilk ranch dressing, hot sauce, and mozzarella cheese. Stir in chicken. Top with a sprinkling of more mozzarella cheese. Bake 15 to 20 minutes or until the dip is completely heated throughout. Serve with tortilla chips and/or celery.

Spinach Artichoke Dip

Erin Rosario, ACE 20 – Oklahoma City



The acronym for this dish is S.A.D., but it's anything but! Who doesn't love a full-serving of veggies (artichokes) with ¾ cup of mayonnaise?!? Great for a football Saturday with the community, a mid-week pick me up, or a great grading snack!

Ingredients:

2 jars	Artichokes, drained & chopped	1 cup	Parmesan Cheese
¾ cup	Mayonnaise	2 cans	Mild Green Chiles, chopped

Directions:

Mix the artichokes, chiles, mayo, and cheese in a bowl. Spread thinly into a flat baking dish. Bake at 425 degrees for 30 to 40 minutes until brown and crispy on top. Let cool for 15 minutes. Serve with tortilla chips.



Classic Guacamole

VEGAN

VEGETARIAN

Ingredients:

2 tbsp.	Serrano Chili, minced	4	Avocados
½ cup	Cilantro, fresh & chopped	1 cup	Tomatoes, diced
¼ cup	Red Onion, diced	1	Lime, juiced

Directions:

Place minced peppers, ¼ cup of the chopped cilantro, and the diced onions on a cutting board. Chop them together into very small pieces. Sprinkle with kosher salt. Stem, halve, and pit the avocados. Scoop out flesh and place in a bowl. Add ¼ cup chopped cilantro, onion, serrano mixture, salt, and fresh lime juice. Mash with a potato masher to desired texture (smooth or chunky), 5 to 6 minutes. Taste and adjust seasonings.

DESSERTS & BAKED TREATS

No-Knead "Peasant" Bread

Whitney Lim – ACE 27, Philadelphia



WHEAT



DAIRY



VEGETARIAN

I love bread! This simple recipe will also make you and your community members love bread. Although I did not hop on the at-home sourdough bread-baking craze during quarantine, I adapted an easy recipe that my mom used to bake for me growing up. This delicious bread will create a cozy Saturday morning for you and your housemates!

Ingredients:

3 cups	All-Purpose Flour, unbleached	1 ½ tsp.	Sugar
1 ½ tsp.	Salt	1 ½ tsp.	Yeast, instant
1 ½ cups	Water, lukewarm	1 ½ tbsp.	Butter, salted & room temp.

Directions:

In a large mixing bowl, stir together the flour, salt, sugar, and instant yeast. Add the lukewarm water. Mix with a fork or sturdy rubber spatula until the flour is absorbed. Cover bowl with a moist towel and set aside in a warm spot to rise for 1 hour. If you need to create a warm spot, preheat your oven on a low temp for about 2 minutes and turn it off. Put the bowl in the oven, close the oven door, and let rise 1 hour.

Preheat oven to 425 degrees; grease a loaf pan with room-temp salted butter. Use your finger to get the bottom, corners, sides, and edges! Using 2 forks, punch down the dough, scraping it from the sides of the bowl, to which it will cling. As you punch and scrape, try to turn the dough into itself (kind of like kneading). Let the dough rise in the loaf pan for about 20-30 mins. on top of or near the oven as it preheats.

Put the loaf pan in the oven and bake for 10 mins. Next, reduce the heat to 375 F and bake for 10-15 minutes longer. Remove from the oven, and turn out the loaf and rolls to cool. Let cool about 10 minutes before cutting. Enjoy bread slices and rolls with (more) butter, jam, nut spread, avocado, as a sandwich, or all on its own!

Bacon Brownies

Alec Torigian, ACE 18 – Mobile



DAIRY



EGG



WHEAT

"Somebody should make brownies" was an all-too-common statement in the "FUNvent" in Mobile. Admittedly, it was usually Dan Faas or me saying it, so it was high time we carried our own weight in the kitchen when we agreed that two of our favorite foods should come together as one... For the record, we once made a really awful batch, but there were good batches too!

Ingredients:

1 box	Brownie Mix (& whatever the brownie mix calls for)
	Bacon & Bacon Grease

Directions:

Do whatever the box tells you to do, but substitute at least some bacon grease where it calls for oil or butter. Cook bacon and cut it into "chips" to be sprinkled into the brownie batter as you might with chocolate chips. Bake 'n enjoy!

Caramel Brownies

Catherine Wagner, ACE 24 – Mobile



DAIRY



VEGETARIAN

I got this recipe from my mom, and it soon became a staple for both potluck faculty lunches at my school or even just community dessert. What's great about this recipe is that these brownies are sturdy enough to take to the beach or even ship to an ACEr far far away!

Ingredients:

~14 oz.	Light Caramels	¾ cup	Butter, melted
1/3 cup	Milk	1 box	German Chocolate Cake Mix

Directions:

Preheat oven to 350 degrees. Grease and flour a 9x13 in. pan. Place caramels and about half of the milk in a saucepan and melt slowly over low heat. In a large mixing bowl, combine remaining milk, melted butter, and cake mix. Spread only half of the cake mixture in the prepared pan and bake for 6 minutes. While the cake is hot, sprinkle chocolate chips on top. Spread melted caramel over the chocolate chips and crumble the remaining cake mix over the caramel. Bake for another 20 minutes or until done. Cool and cut into squares.

Quick Icebox Sandwiches

Adriana Marrero, ACE 25 – San Jose



DAIRY



WHEAT



VEGETARIAN

Have a pastoral visit coming up? A community member's birthday? Or maybe it's the depths of October and everyone in your house needs a pick me up but you have so little time. Never fear, this recipe is the easiest dessert to make and can easily be made ahead of time and left until they're ready to consume! These little frozen desserts were a hit in the San Jose house at the end of a long Wednesday with grading left to finish before bed. Every community dinner is better with dessert!

Ingredients:

3.4 oz.	Instant Vanilla Pudding Mix	1 cup	Chocolate Chips, mini & semi-sweet
2 cups	Cold Milk, Whole or 2%	24	Whole Graham Crackers, Halved
2 cups	Whipped Topping		

Directions:

Mix pudding and milk according to package directions; refrigerate until set. Fold in whipped topping and chocolate chips. Place 24 graham cracker halves on a baking sheet; top each with about 3 tbsp. filling. Place another graham cracker half on top. Wrap individually in plastic; freeze until firm, about 1 hour. Serve sandwiches frozen.

Jimmy's Famous Whoopie Pies

Kateri Budo, ACE 27 – New Orleans



WHEAT



DAIRY



EGG



VEGETARIAN

We always knew it was going to be a good day when we saw Jimmy come home with a jar of marshmallow fluff or we arrived home to a package from his lovely grandmother who would frequently send the ingredients to make this delicious treat. Jimmy's whoopie pies were a staple dessert in the ACE NOLA convent!

Ingredients:

For Cake:

2 cups	Flour
1 tsp.	Baking Soda
1 tsp.	Salt
5 tbsp.	Cocoa Powder
1 cup	Milk w/ 1 tsp. of vanilla

For Filling:

6 tbsp.	Marshmallow Fluff
½ cup	Vegetable Oil
2 cups	Sugar, confectioners
1 -2 drops	Vanilla Extract
Drops	Milk, as needed

Directions:

For the cake: Combine the dry ingredients in a medium sized bowl. Set to the side. Combine the wet ingredients into the dry and beat until blended. Drop by tablespoon or use a small cookie scoop on a baking sheet. Bake at 400 degrees for 7 – 9 mins.

For the filling: If desired, double the filling to make sure there is plenty for each whoopie pie. Beat fluff and vegetable oil together until combined, add confectioners' sugar and vanilla, beat until combined and fluffy.

Create sandwich with filling in the middle and enjoy!

Nana Shea's Cookies

Eve Wenger, ACE 25 – Oklahoma City



EGG



WHEAT



VEGETARIAN

This TOP SECRET recipe comes from my great grandma, Nana (Mary) Shea, but my students called them Ms. Wagner's Cookies. These cookies are the perfect class incentive or pick me up for your community in hard weeks. I always make double batches so there will be plenty to share. If your students ask for the secret ingredient, I give you permission to tell them: it's unicorn dust.

Ingredients:

1 box	SuperMoist White Cake Mix	2	Eggs, large
½ cup	Oil	6 oz.	Chocolate Chips, semi-sweet
2 tbsp.	Water		

Directions:

Preheat oven to 350 degrees. Combine all wet ingredients in bowl, then add dry mix until combined. Fold in chocolate chips. Drop by rounded teaspoonful on baking sheet (you can use parchment paper, but not necessary). Bake for 10 to 12 minutes, until just golden. Cool on a baking rack, sprinkle with unicorn dust.

Fallen Chocolate Cake

Annette Romans, ACE 11 – South Bend



DAIRY



EGG



VEGETARIAN

I am passionate about baking and have an extensive collection of recipes (yes, I am a hoarder of recipes). This is a relatively new addition but has been a crowd pleaser every time I have brought it to a gathering. It doesn't look "pretty" when it's finished - hence the name Fallen. But decorate it with fresh fruit, whipped cream, or more chocolate (shavings), and you are set to impress. Plus, it's Gluten-free!

Ingredients:

½ cup	Butter, cut into 1 in. pieces	6	Eggs, large
¾ cup	Sugar	2 tbsp.	Natural Cocoa Powder, unsweetened
10 oz.	Semi-sweet Chocolate	1 tsp.	Vanilla Extract
2 tbsp.	Vegetable Oil	¾ tsp.	Salt
1 cup	Heavy Cream, chilled	3 tbsp.	Powdered Sugar
½ cup	Mascarpone		

Alternative Toppings: Simple Berry Sauce, Powdered Sugar, or Caramel Glaze

Directions:

Preheat oven to 350 degrees. Lightly butter a springform or removable bottom pan and dust with sugar. Combine chocolate, oil, and ½ cup butter in a large heatproof bowl and set over a saucepan of simmering water, stirring often to melt. Separate 4 eggs, placing whites and yolks in different bowls. Add two remaining eggs to bowl with yolks then add cocoa powder, vanilla, salt, ¼ cup sugar and whisk until mixture is smooth. Gradually whisk yolk mixture into chocolate mixture, blending well. Using an electric mixer on high speed, beat egg whites until frothy (this can be done by hand but will take a while). With mixer running, slowly beat in ½ cup of sugar. Beat until firm peaks form. Gently fold egg whites into chocolate mixture in 2 additions, folding until incorporated. Scrape batter into prepared pan, smooth top, and sprinkle with remaining 2 tbsp. of sugar. Bake until top is puffed, starting to crack, and pulling away from the sides of the pan. 35 to 45 minutes. Let cake cool in pan before removing. Cake WILL collapse in the center and crack more as it cools.

For whipped topping: Using electric mixer, beat cream, mascarpone, and powdered sugar until soft peaks form. Mound whipped cream mixture in center of cake.

Cinnamon Sugar Soft Pretzels

Mary Driewer, ACE 24 - Stockton



Some of my housemates and I loved to bake (and eat) together. We would often watch The Great British Baking Show for inspiration and then try to recreate a recipe. While this recipe isn't from TGBBS, it did become a late-night staple in our house. I encourage you to try making your own pretzels – it's easier than it sounds and is a great community activity. If cinnamon sugar isn't your thing, you can do a garlic parmesan topping (which, ACE Stockton can confirm, is also delicious).

Ingredients:

2 cups	Warm Milk	4 tbsp.	Butter, melted
1 ½ tsp.	Yeast	2 tsp.	Salt
¼ cup	Brown Sugar	4 ½ cups	Flour
1/3 cup	Baking Soda	4 tbsp.	Butter, melted
3 cups	Water, warm	½ cup	Sugar

Directions:

In a large bowl, dissolve the yeast in the warm milk. When the mixture is bubbly, mix in the brown sugar, butter, one cup flour, and salt. Mix until combined. Add the remaining flour, one cup at a time, and mix until a smooth and slightly sticky dough forms. Cover the bowl with plastic wrap and let rise about one hour, until doubled in size.

After the dough has risen, preheat the oven to 450 degrees. Line two baking sheets with parchment paper and set aside. Divide the dough into 12 equal sized pieces and roll each piece into a long skinny rope. Twist into a pretzel shape. (Note: pretzel bites are also great; make whatever shape you want.)

In a medium bowl, mix the warm water and baking soda until dissolved. Dip each pretzel into the baking soda mixture and place on the prepared baking sheets. Bake 7 to 11 minutes, or until golden brown.

In a shallow dish, whisk together the sugar and cinnamon. Brush the pretzels with melted butter, then dip them in the cinnamon sugar mixture.



GROCERY STORE & KITCHEN TIPS & TRICKS

NAVIGATE THE GROCERY STORE



TIPS

Start with a plan! Make a list of what you need before going shopping.

Buy in-season fruits & vegetables-- they tend to be cheaper!

When shopping for a recipe: PLATE CHECK! Protein + Carbs + Color + Healthy Fat.

Let's get started...

➤ PRODUCE SECTION: VEGETABLES & FRUIT

- Shop for a variety of colors!
 - Pre-cut veggies/fruit are more expensive, so buy whole and cut it yourself if possible
 - Buy pre-washed greens for quick salads and smoothies
 - Buy fresh fruit to snack on and use frozen fruit in smoothies or overnight oats
 - Choose fresh or frozen vegetables! Frozen veggies can last you for months and may save you \$.
- Always keep some on hand to quickly add to meals for balance.

➤ MEAT & SEAFOOD COUNTER

Shop for a variety of lean meats! PRO TIP: Less legs = More lean :)

- Fresh or frozen: chicken, turkey, ground turkey, beef, etc.
- Buy a rotisserie chicken for the week

Choose wild caught fish when available- look for fresh or frozen!

Need to keep fish on hand?- keep tuna packets or cans in your pantry to have when you are in a hurry to throw on a sandwich or salad



➤ **DAIRY** milk, yogurt, cheese & **EGGS**

- Look for 2% fat milk, yogurt, cheese
- Yogurt: Shop for Greek yogurt that is higher in protein and contains probiotics and minimal ingredients.

➤ **FROZEN AISLES**

- Buy frozen fruit and vegetables to toss into smoothies and meals.
- Skip frozen dinners with cream sauces, gravies, or fried foods. Choose balanced meals that include lean protein + complex carbs + veggies.

➤ **GRAINS** pasta, rice, crackers, bread, tortillas, cereal

- Choose WHOLE grains if available! Brown > White rice, bread, crackers, and pasta.
- Read bread, tortilla, cracker and pasta ingredients list to make sure the 1st ingredient is whole grain flour and not enriched white flour.
- When choosing whole grain cereals, aim for at least 4 grams of fiber per serving (read nutrition label)
- Watch added sugars in oatmeal and cereals. Choose unsweetened, regular oats versus instant oatmeal.

➤ **CONDIMENTS**

- To keep on hand: Mustard, ketchup, soy sauce, vinegars, salsa, marinara sauce, and hot sauce.
 - Salad dressings: Choose oil and vinegar-based salad dressings over creamy ones. Look for minimal ingredients that you can recognize. Consider making your own!!
- PRO TIP: try hummus as a dressing substitute!

➤ **CANNED AND PANTRY FOODS**

- Keep a variety of canned beans on hand to toss into salads, or rice dishes.
- Pre-cooked brown rice, quinoa & other whole grain packets are a convenient staple.
- Tuna packets are a great portable lean protein option.
- Choose nut butters with a MAX of 2 ingredients: Nuts + salt.



GROCERY STORE STAPLES

Produce, Protein, Grains, Fresh, Canned, Frozen, Pantry

- Fresh and frozen protein (fish, chicken, turkey, lean beef, tofu)
- Rotisserie chicken
- Eggs
- Greek yogurt & cottage cheese
- Milk (regular dairy or milk alternative)
- Dry whole grains for cooking (pasta, oatmeal, quinoa, brown rice, etc)
- Pre-cooked rice and other whole grain packets (time saver and budget friendly!)
- Bread, English muffins, or tortillas (can freeze and thaw when needed)
- Popcorn, crackers, pita chips, pretzels, roasted chickpeas,
- Potatoes (regular and sweet)
- Fresh and frozen produce (carrots, broccoli, cauliflower, cauliflower rice, asparagus, green beans, spinach, peas, bananas, apples, oranges, berries, etc)
- Greens (If going bad, throw in freezer and use in smoothies or smoothie bowls!)
- Canned beans (chickpeas, black beans, lima beans, navy beans, etc)
- Dry spices and herbs (ginger, cumin, garlic powder, salt, pepper, etc)
- Marinades & dressings (BBQ sauce, balsamic vinegar, Italian dressing)
- Nut butters (peanut, almond, etc.)-- look at ingredient label! aim for just nuts + salt
- Hummus
- Nuts, seeds, & trail mix
- Granola & whole grain cereal
- Sauces: tomato, pesto, teriyaki
- Canned soup
- Olive oil and cooking sprays
- NSF Certified for Sport Protein Powder



Get the Most Bang for Your Buck



To get the most out of the produce aisle, shop for in-season fresh fruits and vegetables.

**Spring
(March-May)**

Apricots, artichoke, arugula, asparagus, avocado, carrots, celery, chives, collards, fennel, mango, peppers, pineapple, rhubarb, salad greens, strawberries

**Summer
(June-August)**

Apples, apricots, artichoke, berries, broccoli, cherries, cucumber, figs, grapes, green beans, nectarines, peaches, peppers, plums, salad greens, tomatoes, watermelon, zucchini

**Fall
(September-November)**

Apples, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, garlic, kale, mushrooms, onion, pears, pumpkin, radishes, salad greens, spinach, squash, tomatoes, zucchini

**Winter
(December-January)**

Avocado, bananas, carrots, celery, chestnuts, cranberry, grapefruit, kale, leeks, lemons, oranges, mushrooms, radishes, sweet potato, tangerines, turnips, winter squash



CONSIDER INVESTING IN THE FOLLOWING **KITCHEN ESSENTIALS:**

- Boiling Pot
- Cookie Sheet- Baking Sheet, Sheet Pan
- Parchment paper or foil for baking
- Oven Mitts
- Cutting Board
- Handsoap
- Measuring Cups
- Measuring Spoons
- Plates, Bowls, Cups
- Sharp Knives- chef knife
- Silverware: Forks, Knives, Spoons
- Spatula
- Wooden mixing spoons
- Skillet-- frying pan
- Strainer
- Tupperware
- Whisk
- Sponge, Dish Scrub Brush
- Dish Soap, Dishwasher Detergent
- Other: Blender, Crock Pot, Food Processor, Instant Pot



Notes

ALLERGENS

Items marked with these symbols contain the allergen pictured.



DAIRY



EGG



SHELLFISH



SEAFOOD



TREE NUTS



SOY



WHEAT



PEANUTS

PREFERENCES



VEGETARIAN

These items do not contain meat or fish. However, they may contain dairy and/or eggs.



VEGAN

These items do not contain animal products.

