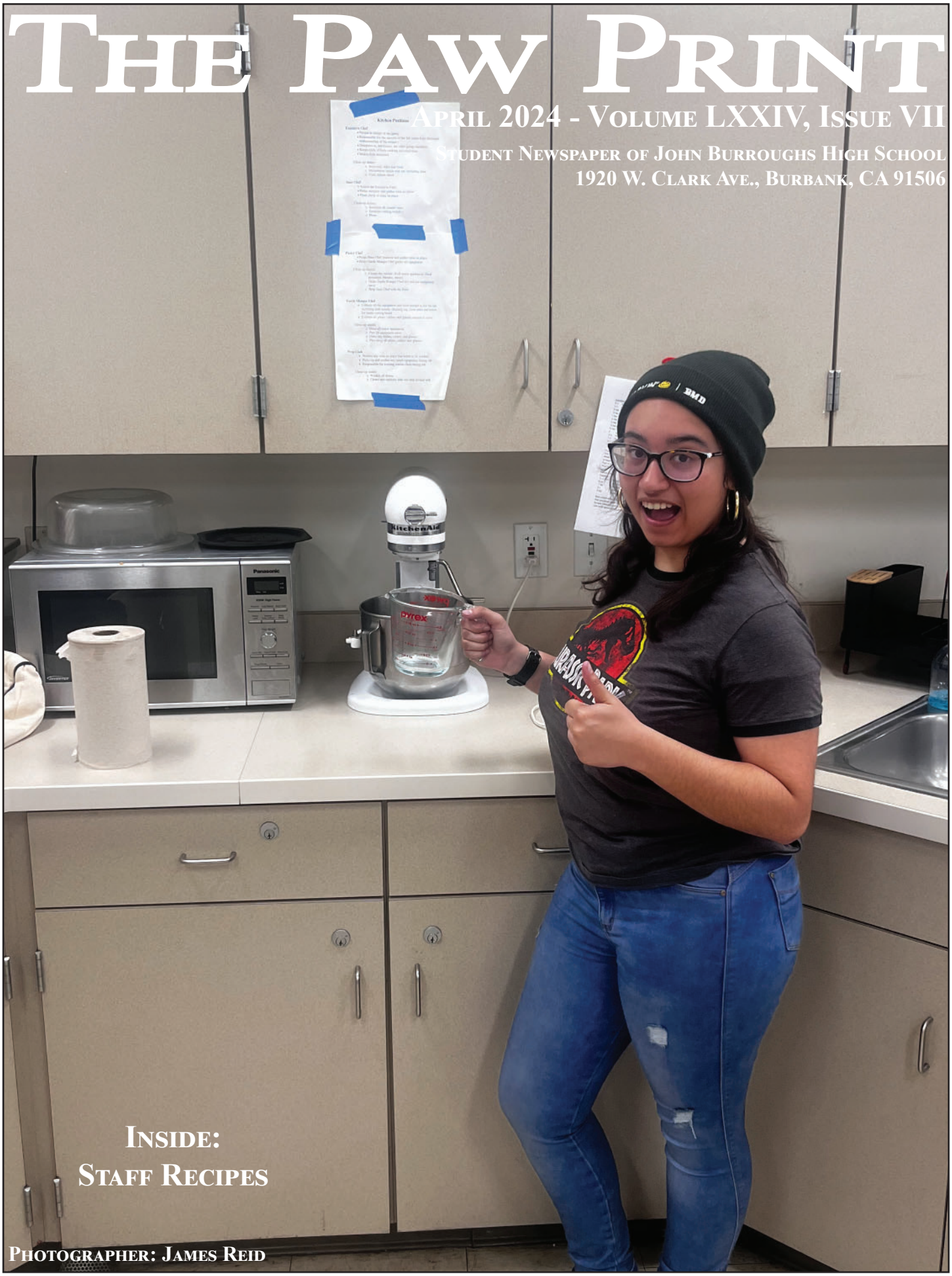
The Paw Print

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Student Newspaper of John Burroughs High School
1920 W. Clark Ave., Burbank, CA 91506



Inside:
Staff Recipes

Photographer: James Reid

The Paw Print Cookbook

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Upcoming Dates

March 25th-April 5th	SBAC Testing
April 8th-12th	Spirit Week
April 11th	Pep Rally
April 12th-14th	Music Showcase
April 15th-19th	Armenian Genocide Remembrance
April 22nd-26th	College Week

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Better Than Beef Meatloaf

By Jaylyn Barjolo
Cub Reporter

Have you ever walked into your home and smelt a delicious aroma coming from the kitchen, knowing that you were going to enjoy a home-cooked meal? If so, then this is the meal for you.

When you take your first bite you will be amazed by the savory flavor and love that went into this dish, fit for any household.

I know this because every Sunday when I was young my family and I would sit down at the dinner table and have a huge feast, with the main meal being better than beef meatloaf.

This recipe has been passed down for generations starting with my great grandmother. However, because of this new generation, a lot of people in my family are vegetarian, so we decided to spice up this recipe and make it plant-based, fit for this new generation.

I became vegetarian during the pandemic, as my family and I were quarantining. We were quarantining with my uncle, who lives on a plant-based diet and so as I was living there I wasn't exposed to any meat products, so I started to see meat differently, and once I left his home, I continued to abstain from meat until it was no longer a habit.

So now every time my grandma comes to visit or vice versa she'll make her traditional meals without meat for me to enjoy.

Not only that but, she also taught me how to make this special recipe, that I'm going to share with you. As long as I can remember I was helping my grandma cook in the kitchen. She would always call me out of my room to help her in the kitchen, and I would always complain about why my siblings couldn't help.

However, these moments created great memories for my childhood, whether it be something simple like spaghetti or something with more time spent like a cake.

This is how I established my love for cooking, I love coming across cool recipes online and making them at home. Especially when I can experience it with my siblings so that they can learn something new too. Cooking in my family has created a stronger bond between us all.

In the beginning, it was a struggle I would switch between plant-based and meat products because I thought that becoming a vegetarian would be illogical. Why should I change the way I consume if I've been eating like this my whole life?

However, during my journey, I discovered a new world of creations, and it was really easy to make accommodations to my diet. You can always switch meat products out with things like tofu, beans, jackfruit and so much more. With this experience, I learned how to perfect this better-than-meatloaf recipe even further.

Ingredients:
1 package:
Amy's Veggie Loaf
Directions: Microwave

Free Recipe For My Great-Great-Grandma's Famous Pumpkin Bread

By Lilly Landau
Cub Reporter

What's delicious, sweet, traditional, and sentimental?.My great-great-grandma's famous pumpkin bread! Everyone loves the pumpkin bread that has been passed on for generations. This dish has been loved for decades.

It has been passed down through generations in the family till present time and everyone still loves it. This pumpkin bread is serious and no joke!! This pumpkin bread has such a unique and delicious taste to it and this is the only recipe of a pumpkin bread like this. I am going to be sharing the recipe for the pumpkin bread.

My great-great-grandma's name was Sabrinna Landau and she invented this delicious and famous pumpkin bread. She came up with this brilliant recipe in 1923. She made so much money from her bakery business adding her pumpkin bread to the menu. People from around the world came to try her pumpkin bread. Later when Sabrina's daughter Anna was born she passed on the famous pumpkin bread and Anna made this bread for everyone that she knew. When Anna had my grandma of course she passed down the famous pumpkin bread recipe to her. Eventually it was passed down to my mom and now it is passed down to me.

Okay are you ready to read the delicious pumpkin bread recipe? Well first I need to tell you how sentimental this pumpkin bread is. First you need a pumpkin. Then you need bread. And the recipe to my great-great-grandma's famous pumpkin bread is on my website. Pumpkinbread.com to get the recipe free! Subscribe for $25 a month.

My Mom's Pasta Recipe

By Allen Kramer
Cub Reporter

In the realm of culinary adventures, there exists a treasure trove of recipes passed down through generations, each bearing its own unique tale. Amongst these culinary gems lies a recipe that defies convention, challenging the very essence of traditional pasta dishes. Enter the whimsical world of my mom's pasta recipe, a concoction that dances on the taste buds with its medley of nonsensical ingredients.

At first glance, one might question the sanity of incorporating ingredients such as rainbow sprinkles, cotton candy shavings, and gummy bears into a pasta dish. Yet, beneath the surface lies a stroke of genius, as these seemingly absurd additions infuse the dish with an unexpected burst of flavor. Each bite becomes a journey through a carnival of tastes, where savory meets sweet in a delightful fusion of contrasts.

One cannot overlook the deliciousness of my Mom's pasta recipe, which transcends the boundaries of traditional culinary norms. It's a testament to her creativity and willingness to think outside the box, daring to experiment where others might hesitate. While purists may scoff at the idea of unconventional ingredients infiltrating a classic Italian staple, true culinary aficionados recognize the brilliance in innovation and boldness.

Beyond its playful exterior, my mom's pasta recipe carries with it a deeper significance—a symbol of familial love and tradition. Passed down through generations, it serves as a reminder of the joy found in embracing the unexpected and celebrating individuality. Each time the recipe is recreated, it becomes not just a meal, but a shared experience that binds family members together in laughter and delight.

In a world often bound by rules and expectations, my Mom's eccentric pasta recipe serves as a refreshing reminder to embrace spontaneity and revel in the joy of culinary exploration. It's a reminder that sometimes, the most memorable dishes are born not from adherence to convention, but from the courage to defy it. So, the next time you find yourself in the kitchen, don't be afraid to throw caution to the wind and embark on your own culinary adventure—after all, who knows what delicious discoveries await?

Classic Spaghetti and Meatballs Recipe

By Noel Cevene
Cub Reporter

Whether it comes to wanting a nice dinner or trying to impress your date, making a nice bowl of spaghetti and meatballs does the trick. You know my great-great-grandma who passed down this recipe also passed down to my great-grandpa then my grandpa then my father! This is a delicious pasta recipe that has been passed down for generations which is how you know this is a good recipe for such a basic meal! Spaghetti and meatballs is such a good meal so this will definitely be tasty for you and whoever you share your meal/this recipe with. The real story behind this recipe is how good and tasty it was when My great-great-grandma immigrated from Italy to the U.S. You know I remember when my grandma first made me this dish, I don't think I could ever forget the flavor of the savory meatballs clashing with the almost sweet tomato sauce, and you can't forget the flavor of all the herbs lingering in your mouth, man it's so good. Personally I think a lot of places can't compete with this specific recipe for it.

You know that place, Olive Garden? Yeah not even that place could compete with this recipe. I mean if you just get spaghetti, some ground beef, and some herbs you can easily make the world's best pasta. I mean I hope that people actually like spaghetti, I mean who doesn't?

Personally I think this dish could change someone's perspective on spaghetti entirely if I'm being honest. Man, even just writing this has gotten me in a craving for pasta. Now that I think about it maybe I should've made my ex-girlfriend this instead of taking her out to an Olive Garden. It was our third date and we decided to go out to dinner at an Olive Garden. I'd like to say it was a good night but it mustn't have been for her though considering it was our last date. I remember walking her home and then when my ride picked me up I texted her about how good of a time I had, I was left on read for a week. Of course after a week she responded saying she was "busy" but I still thought she was into me and continued to talk for a few more weeks till we both stopped. Man she messed me up for a long time, there's more to the story but I must talk about how to make this delicious said spaghetti and meatballs! When I think about it now she was very weird, she kept blocking me to not blocking me and heck even after more than 6 months after the breakup she sabotaged my friendship with another ex girlfriend, weird right? But it's been a year and a little more since that all happened and it was an experience I guess. I think the lesson was to not talk to girls who people have described as mean and rude and to also not take a girl out to an Olive Garden.

I wonder if all Olive Gardens are cursed like that, what if there's some evil spirit or ghost that acts like the opposite of Cupid that's haunting some Olive Garden out there, probably the one I went to. Anyway the steps to the recipe is to just make how you normally would make spaghetti and meatballs just add in some heavy cream for the sauce because it makes the sauce thicker. I know most spaghetti recipes are probably almost all the same but sometimes I wonder if someone makes spaghetti the exact same way I make spaghetti.

It's really weird to think about the fact that someone out there is very similar to me, I mean the whole idea of doppelgangers freaks me out. That film *Us* by Jordan Peele, really scary if you ask me! But that film was really good or honestly any film made by Jordan Peele is really good. I'd probably say that *Get Out* is his best film, I'm sort of biased considering it is one of my favorite horror films. Speaking of horror films, I think the *Resident Evil* series by Paul W.S Anderson is very underrated for a horror series that's cheesy. I mean when you think of a cheesy horror movie you'd probably think of *Gremlins* or *Scream* but no one thinks of *Resident Evil* probably because it's not that good however I just needed a segue into why fixed camera angles and tank controls should not be hated in survival horror video games and why I think we should bring it back for survival horror specifically. The first horror games that used fixed camera angles/tank controls, "Alone in the Dark" (1992) and "Resident Evil" (1996) were also some of the games that really kicked off horror and survival horror, they are also highly rated games and are very nostalgic for most people (people born 2008 and below). Let's skip three years after the first *Resident Evil* was made and you have the first *Silent Hill* which was also very influential for many video games. Let's skip now to the 2000's where we have two most popular games for the *Resident Evil* and *Silent Hill* franchises, *Resident Evil 4* (2005) and *Silent Hill 2* (2001) both are awesome and have tank controls. I rest my case for that now. Going back to pasta however I think chicken Alfredo is the best pasta. I know I said a lot of things about Spaghetti and meatballs but frankly chicken Alfredo is just better in every way. Also garlic bread is the best side dish ever, it goes with so many things (mainly pasta) but I rest my case. I think the real reason of this recipe is to share how much pasta can affect your life, which is pretty crazy if you ask me.

Lemonade

By Evelyn McNally
Cub Reporter

Recipes are a gift that can be passed down from generations to generations. They can bring us together, and form bonds with loved ones. Cooking and baking in itself is a love language!

With that being said, I thought I'd share with you my great grandma's lemonade recipe. It's a funny story actually! My great grandma grew up in the Louisiana swamps. Her and her friends would spend hours out there on hot summer days swimming in the swamp.

She spent so much time out there her entire childhood catching frogs and playing in the mud! There was even an old hillbilly that would play guitar in the swamp! My great grandma wouldn't venture out of the swamps much.

This is why she was so shocked when she was strolling through her small town and came across an intriguing bush with yellow fruits on it! She was so perplexed by the lemon that she ran away from home and told her mother about them. The next day, she came back and picked one to try.

Back at home, her mother was worried sick about the fruit. When she brought it home, she and her mom cut it open and were amazed. The glimmering yellow fruits were so beautiful! They cut a piece and tried it, but quickly found out about its bitterness.

My great grandma was stumped for so long on what to do with the lemons, as they were greatly bitter. It wasn't until another day out on the swamp with her friends that she knew what to do with the mysterious fruit.

Out on the swamp, my great grandma's friend Lucy Sue was craving a drink. And her other friend Mary May was wanting something sweet!

At that moment, my Great Grandma knew what to do. She ran back to her house and mixed the lemons with filtered swamp water. Lucy Sue liked it but Mary May knew something was missing. My great grandma decided to mix some sugar cubes she had around the house with the drink. They all tried it and were delighted with the mixture.

The drink was so good, they invited the neighbors in to try the drink. All of them approved of it and now have a new refreshment for hot days on the swamp.

Sorry, I ran out of space!- recipe online

The Perfect Apple Pie Recipe

By Piper Gomez-Zahnley
Cub Reporter

Food of all kinds is the best way to bring family and friends together and enjoy each other over a delightful homemade dish. In this case, this dish is a very well known dessert, apple pie. Everyone knows, and loves this dessert for how well known it is, but also how delicious it is. Steamy cinnamon apples baked in a fluffy toasted crust in the form of the pie. I mean, how could you say no to that?! Well anyways, this is the recipe for the most perfect, wonderful, classic apple pie.

History Of The Apple Pie

Usually people think that apple pie is the most American dessert, and it originated in America; but did you know that the apple pie originated in England? Weird, right? This dish is usually seen at Fourth of July backyard barbecues and Thanksgiving and Christmas dinners, but it's from England, of all places.

In the 1390's, France and the Netherlands influenced the thought of apple pie and invented it before the pilgrims set foot on Plymouth Rock. Over the years the word about the apple pie was here all over the continent and then the word got spread to the United States as European settlers came to America from the 1400's to the 1600's. Apple trees weren't even native to North America until settlers arrived. But over centuries, and centuries, European settlers started spreading the word over apple pie and planted apple trees as well around the country. This is how Johnny Appleseed became famous!

Then Americans started catching onto baking apple pies in the 1700s and 1800's and this dessert really started hitting it off, and this dish became so popular.

Overall, apple pie has been a very loved dessert everywhere and people love this dish for how delicious, but also how popular it's been and well loved. It has spread so much love over the world for how iconic it is but also how it's been used for so many years for every holiday, or event.

Apple Pie Recipe:
1 Package:
Marie Calendar's Apple Pie
Oven

Challenging Recipe For Experienced Chefs

By Chase Kardosh
Cub Reporter

If you are interested in a challenging but worth it recipe, then this article is for you! This recipe is challenging for even the experienced chef, but let's you have a nice sugary treat at the end. This recipe is perfect for springtime.

You will first start out with getting a good sized bowl. You might want to get a bowl that looks pleasing to the eye. So it looks nice when you present your masterpiece.

You will then need to get a utensil. Preferably a spoon or large spoon spatula so it is easy to mix.

You will then need to get water and your preferred color and brand of jello mix. Get these items ready so that you can easily put them into the bowl.

So first add your jello packet into the bowl. You will want to let it sit in the bowl for a couple of minutes so that the powder can settle.

You will then add the water. Slowly add the water in and make sure to avoid making bubbles in the powder and avoid splashing.

Let the water saturate in the powder. You do this step so that the flavor can really submerge in the jello.

Now after a couple of minutes you will carefully bring your spoon into the bowl. Make sure to not stir yet just let the spoon submerge in the mixture.

Now after the spoon is submerged you will carefully stir. Emphasis on the carefully because you want to avoid potentially splashing.

Carefully fold the water into the powder and make sure that the powder and water mixes well.

After the water and powder is fully mixed. You will need to let your mixture sit. Make sure your powder is completely dissolved in the water.

Now, after your mixture is set a bit you will now want to put it into the fridge. If you want to speed up the time you can put it into the freezer but we recommend putting it in the fridge so that the flavors can really be emphasized.

Carefully place it in the fridge away from all the other items in the fridge so that the other fumes of other food don't get solidified into the jello.

You will now wait approximately eight hours for the jello to solidify. Make sure that it is in the fridge without interruption.

After the jello is solidified you will now proceed to take it out of the fridge. Make sure to do this slowly and carefully so that your masterpiece doesn't drop.

After that you can now proceed to present your creation. You can present it in a fun bowl so that it looks pleasing to the eye.

This recipe is super fun and easy. It is also perfect for springtime. You can utilize Thai recipe at barbecues, or really any group events since it is so easy.

Make sure to send this recipes to all your friends and we hope you will utilize this fun recipes!



Nature's Cereal

By Noah Frenkel
Cub Reporter

This spring there are many new fun recipes you can try. One recipe that is worth trying is Nature's Cereal.

Not only is this treat tasty, it is also healthy. You might have seen this recipe on TikTok but here is the recipe to go along with this viral recipe.

You will first start by gathering your fruit. This cereal usually consists of strawberries, blueberries, raspberries, and pomegranate seeds. You can use as much or as little fruit as you want just make sure you use enough fruit to get a good taste.

You will then need ice and coconut water. Also make sure to grab a decent sized bowl and a normal sized spoon.

Proceed to wash your fruit thoroughly. These fruits have a lot of pesticides on them so it's important to make sure you clean them.

You obviously don't have to cut blueberries, raspberries, or pomegranate seeds. But, you will need to cut your strawberries slightly.

After you wash your fruit thoroughly make sure to pat them dry. Make sure there is no moisture left on the fruit.

You will now put your fruit in the fridge. You do this only for a couple minutes, around 5-10 minutes. We do this so that the fruit is still cold and fresh after prepping all of it. Make sure to not leave it in the fridge for too long.

After you have waited for a couple minutes you can take your fruit out of the fridge. Make sure to handle it with care.

Now, you can finally begin to assemble your masterpiece. Place each group of fruit in your bowl layer by layer.

After all of the fruit is in your bowl, you can begin to mix it. Make sure you mix your fruit thoroughly so you can get every fruit with every bite.

You will now need your ice and coconut water. After your fruit is mixed thoroughly you will add your ice. Don't add too much, and for an easy eat you might wanna make sure your ice is cubed.

You can now add your coconut water. The measurements don't really matter all that much, just make sure your fruit is coated with the coconut. Your fruit should be submerged in the coconut water.

Your fruit doesn't have to be drowning, just a little bit submerged. After you taste it you can decide if you wanna add more of anything or not.

After all of your ingredients are added in your bowl,get your spoon and mix it all together. Make sure to make it look like you have a variety of fruits, and not too much of one fruit.

After you mix well, you can taste your masterpiece. You should get an amazing blend of flavors and fruits.

Like we mentioned earlier not only is this recipe super easy and fun, it actually is healthy for you and a refreshing spring snack.

We hope you try this recipe and make sure to share it with your friends because you can utilize this recipe in spring and summer!

We here at *The Paw Print* hope you try all these fun and amazing recipes in this issue.

Stay cool Bears!

Best Chocolate Cake

By Kylee Johnson
Cub Reporter

Chocolate cake is a world-renowned dessert, popular for any event, or just to eat for fun. And honestly, cake of any kind is delicious and a crowd pleaser. Most bakeries and grocery stores sell cakes, but why buy one when you can make your own?

If you have the time and money, baking your own treats is one of the best ways you can unwind and relax. One special way you can show your love and appreciation for people is to bake them their favorite desserts. And once you start baking the easy desserts, you will be mastering the more complicated recipes in no time.

If you are looking to improve your baking skills, start off by making some desserts that you've eaten before, so you know what the final product should look and taste like. Finding recipes is very important, and also an easy job. A simple search will bring up many different variations of recipes and tips from more experienced bakers.

You don't always have to find your recipes and inspiration for baked goods online as well. Many people have family members that have recipes that have been passed down for generations. It can be a nice way to bond with your family by baking with your grandparents or parents.

Whatever recipe you're using, you have to check out the ingredients. Most cake recipes require common ingredients like flour, sugar, eggs, milk, and baking soda. If you want to level-up your cake game, you can add some ingredients to spice things up.

In a chocolate cake, you would usually add cocoa powder to your list of dry ingredients. The quality of your chocolate powder will definitely affect the quality of your cake, so choose wisely. Picking out your ingredients does not have to be expensive, so do some research before buying.

Most recipes use one of two types of chocolates for making the cake: baking chocolate or cocoa powder. Baking chocolate comes in a solid bar form, while cocoa powder is powdered chocolate. Baking chocolate has a lower sugar content, so it is slightly better for you than a few alternatives.

There are a lot of different kinds of chocolate that can be used in your cake. Milk and dark chocolate are the top picks, but you can customize your flavors however you want. Whatever recipe that you choose will need to specify the type of chocolate that you will be using.

Chocolate cakes are a fairly simple dessert, but they are easily customizable. You can adjust the frosting by making it any flavor, or even by coloring it. Experiment with different types of frosting to see which is your favorite.

If you want your cakes to have a little something special, consider adding a second flavor. For example, berries on top or layered between the cakes (if your cake is multi-tiered) would add an extra pop of flavor. It also makes the dessert more elegant and delicious.

You can also experiment with mixing other kinds of cake flavors. Marble cakes are exactly what they sound like - a swirl of chocolate and vanilla cake. If you look it up, they're very pleasing to the eye, and the taste buds.

If you would rather show off the looks of your cake rather than the taste, there's many fun ways to do this. You can coat the outside with sprinkles, sprinkle chocolate shavings, or make delicious sculptures out of fondant. There's a plethora of online inspiration and tutorials that you can use.

Finally, let's get to making the cake. You can find the recipe for the chocolate cake online at the JBHS Journalism website. Have fun baking!

Recipe:
Ingredients:
1 box Pillsbury Chocolate Cake
1 cup water
1/2 cup oil
3 eggs
Directions:
Mix
Bake at 350 for 30-40 minutes

Gummy Worm Surprise Cookies

By David Romero
Cub Reporter

Gather 'round, folks, and let me tell you a story about my sister Natalie, the daring baker who turned our kitchen into a playground of culinary creativity. Natalie wasn't your average cookie maker. No, she was a rebel with a spatula, always on the lookout for ways to shake things up in the kitchen.

And so it was on a rainy afternoon, with a mischievous glint in her eye and a bag of gummy worms in hand, that Natalie set out to create her masterpiece. First, she raided the pantry like a seasoned explorer, gathering an eclectic assortment of ingredients – flour, sugar, butter, and a bag of gummy worms that had been lurking in the depths of the cupboard for who knows how long. As she mixed and mashed, her kitchen became a whirlwind of activity, with ingredients flying this way and that as Natalie worked her magic. She added potato chips for crunch, mini marshmallows for gooeyness, and a sprinkle of powdered sugar for that extra touch of whimsy. And when the cookies emerged from the oven, golden brown and fragrant, Natalie knew she had struck gold. These weren't just any cookies – they were a testament to her wild imagination and her fearless spirit. With a grin as wide as the Mississippi, Natalie offered up her creation to the world, eager to share the joy and laughter that went into every bite. And as we sat around the kitchen table, munching on our gummy worm surprise cookies and swapping stories, I couldn't help but marvel at the magic of my sister's kitchen adventures.

So here's to Natalie, the queen of culinary chaos, and to all the daring bakers out there who aren't afraid to think outside the cookie jar.

May your kitchen be filled with laughter, your cookies be filled with surprises, and your taste buds be forever grateful for the delicious madness that ensues. Cheers!

Today, we're embarking on a quirky culinary adventure that will challenge your taste buds and your sense of culinary norms. Get ready to shake up your cookie game with our Gummy Worm Surprise Cookies – a delightful concoction that's sure to leave you questioning everything you thought you knew about baking.

Ingredients:

1 cup of all-purpose flour
1/2 teaspoon of baking soda
1/4 teaspoon of salt
1/2 cup of butter, softened
1/2 cup of granulated sugar
1/4 cup of brown sugar, packed
1 egg
1 teaspoon of vanilla extract
1 cup of crushed potato chips
1/2 cup of mini marshmallows
1/2 cup of gummy worms

A sprinkle of powdered sugar for that extra touch of whimsy

Instructions:

Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.

In a medium bowl, whisk together the flour, baking soda, and salt. Set aside.

In a large mixing bowl, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.

Beat in the egg and vanilla extract until well combined.

Gradually add the dry ingredients to the wet ingredients, mixing until a smooth dough forms.

Gently fold in the crushed potato chips, mini marshmallows, and chopped gummy worms until evenly distributed throughout the dough.

Using a cookie scoop or spoon, drop rounded tablespoons of dough onto the prepared baking sheet, spacing them about 2 inches apart.

Bake in the preheated oven for 10-12 minutes, or until the edges are golden brown and the cookies are set.

Remove from the oven and let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Once cooled, sprinkle the cookies with powdered sugar for that extra touch of whimsy.

Serve these quirky Gummy Worm Surprise Cookies to your friends and family, and watch as their faces light up with delight and confusion.

Lasagna Recipe

By Zoe Reid
Cub Reporter

Today I will finally be giving you all my anxiously awaited, famous lasagna recipe. I have kept this recipe for myself because of how special it is to my family and me.

Many people have begged me to finally share this recipe with the world simply because it is by far the best way to make lasagna. It has taken me a while to finally make the decision to give you all the steps to make it, however I know that the world will be a better place once everyone has tried this masterpiece.

Ever since I was little I loved to cook. My grandmother and I would make dinner for our family together, and I still remember how proud I was when they all took their first bite.

She taught me how to make everything from eggs to steak dinners. Now, I honor her memory by sharing all of her recipes and giving the world the gift of her cooking skills.

My grandmother was actually the one who invented and introduced me to this delicious recipe. Her and her mother were avid chefs, therefore many of the meals I cook today derive from their expertise.

These recipes always bring me back to my childhood because I remember cooking and eating with her. This lasagna recipe in particular reminds me a lot of her comforting presence.

My husband and kids also agree with me that the lasagna is just to die for. Every day my kids whine and beg for me to make their favorite lasagna for dinner!

Even if your kids are picky eaters like mine, I promise you, even they will lick their plates when you make this dish. My kids are some of the pickiest eaters I have ever met, but this lasagna is always a sure thing in our household.

This recipe is also super easy to make. I know that after a long day at work, the last thing that I want to do is spend my evening in the kitchen.

No longer are the days that you have to spend hours cooking a mediocre meal, because this recipe is quick and very simple. That is just another reason why this is the all time best recipe for lasagna.

I know that sharing my famous lasagna recipe will help hardworking moms everywhere! More than anyone, I know that finding simple recipes that your kids adore is very tough, and that is why this is a favorite of mine.

Another positive thing about this dish is how healthy it is. Lasagna is usually not the healthiest meal, however the substitutes that my grandmother used for this meal are so subtle but effective.

My grandmother came up with many brilliant substitute ingredients in the lasagna that make it much healthier while keeping the integrity of its flavor. Now I can make lasagna often and not feel guilty!

The world is going to freak out when they find out what ingredients my grandmother used in the lasagna. Nobody will believe it until they try it for themselves.

I strongly urge everyone to make this lasagna at home. It is truly a life changing recipe for so many reasons, and I am truly so grateful that I get to share it with the world.

It brings me so much joy to use my platform to spread something as meaningful to me as this recipe. Thank you to everyone who has supported me in this endeavor. Remember to enjoy, and have fun cooking!

Family Recipe For Grits

By Shalini Pathak
Cub Reporter

Recipes are something that connect generations so far back it is hard for our minds to even comprehend. My personal family was gifted with the top ranked grits recipe in the entirety of America! You may ask what are grits and my answer to you would be that grits are a type of porridge made from coarsely ground dried maize or hominy, the latter being maize that has been treated with an alkali in a process called nixtamalization. While the end result of these grits are pure perfection and you can taste the coarsely maize or hominy (depending on what recipe you use) My family and I taste the surviving passion and love from the origins of this dish.

It all started in the year 1692 and my great-great-great-great-grand meemaw attended the biggest new year rager of the 1600s. Rumor was that Bartholomeus was throwing the party in the town barn. When the light hit the ten on her sundial she put on her top hat and less modest pilgrim dress and set out with a bowl of her famous grits.

She passed through the Oregon Trail as a shortcut until she finally arrived at the barn. They put out the colorful candles so she knew the party would be wild. At this point in her trek her hands were burning hot from holding the grits! Bartholomeus comes out of nowhere and took the grits out of her hands while he led Meemaw into the party. Classical music was blasting as the violinist went wild on his instrument. None of the laddies had their day bonnets on; it was a sea of night bonnets! This was her kinda place, but wait in all the chaos she had lost where the grits had gone. As it was like liquid gold she ran frantically around to find it. After running around the barn for thirty minutes she found a huddle of her best friends with a look of bliss on their faces. The only reason she could think of for their reactions was, ah yes they were eating the grits! They looked as if they had never known the taste of anything other than seeds and whole wheat bread. Moments of silence continued until the moods shifted to anger. As the year changed to 1692 it's like something shifted and someone screams "WITCH!" Loud yells and pointing fingers point at her. They thought she had used witchcraft to concoct the grits. She couldn't tell whether to be flattered or run away. Sadly she chose flattery and they arrested her for witchcraft!

Through this ancient and cherished story emerged the amazing Grits we can taste today. I hope you use this recipe to change the world for the better like my great-great-great-great-grand meemaw did! This is the top rated grits recipe in the world tied with Bartholomeus's family that stole the recipe but since I am here to set the record straight, follow the recipe to honor my family. In my many years of living this is hands down the best food I have ever tasted.

Click this link to get the recipe. www.ancientgritswithhealthbeneifitsandyoucanusemilksubstitutions.com

Fruit Salad

By Meleyna Merino
Cub Reporter

We are now in springtime and a whole lot of fruits are now in season. A fun and refreshing meal you can eat is a fruit salad. This is a fun and easy recipe you can use.

You will first need to get a large sized bowl. You may want to get a nice looking bowl so that it would be nice to present.

You will then need to get out a cutting board and a knife. Make sure your dishes are clean.

You can use a mix of fruits. You might want to use a variety of colors to make your fruit salad pop. Some fruits you can include kiwis mangos, strawberries, oranges, and many more fruits!

Rinse all of your fruits thoroughly. Make sure to submerge them in water and making sure all of the residue on the fruits is off

After your cutting board is sanitized well you can begin cutting your fruits. Cut the fruit into smaller pieces so that the fruit salad is evenly distributed.

For fruits that can be harder to cut like strawberries and mangos you may want to cut them vertically. For fruits that have a peel make sure to take it out or scoop out the fruit like Kiwi apples, or oranges.

You will begin cutting your fruit carefully and thoroughly. Make sure to cut a hefty amount so you have enough fruit in there to make it look nice and presentable. Make sure to cut each type of fruit all at the same time.

For example cut all of the kiwis together and throw it in the bowl. Don't mix and match and add kiwis to the top if they're at the bottom of the bowl.

After you feel you have enough fruit cut into the bowl let the fruit sit. Make sure to not add too much fruit into the bowl in the case that it will overflow when you stir it all together

Let the fruit marinate with each other for a couple minutes. You might want to give the fruit another rinse just be extra cautious. If you do that step after you rinse, proceed to dump out the excess water.

Now you will take a large spoon or spatula and stir thoroughly. By stirring thoroughly you will make sure there is not too much of one type of fruit and that with each bite you will get an explosion of different fruits in your mouth.

After you feel you have stirred it thoroughly, place a lid on the bowl. After you do that to the best of your ability, shake the large bowl to ensure that the juices will submerge with each other to create a delicious taste.

After you are done shaking your mixture of fruits, place it in the refrigerator. Make sure to keep your fruit salad in the fridge for tablets a little while so that the fruits don't lose their freshness and their taste value.

Keep cold until you serve the salad.. Make sure to present this salad well to optimize the taste ability.

This recipe is super fun and easy and is definitely worth a try. Anybody can do it! It is perfect for the springtime and even the summertime. Make sure to utilize it and show it off to your friends!

Water

By Isabella Copano
Cub Reporter

Ingredients:
1 ½ cup of ice, cubed
4 ½ cups of tap water
3 cups of filtered water
1 ½ cup of ice cubes
1 Brita filter

Directions: start with taking one half cup of water and pour into an ice cube tray. Remove once frozen and place in a metal bowl.

Pour tap water into Brita filter. Remove when filtered into a metal bowl.

Fold ice cubes into the tap water, do not overmix.

Add everything to the original bowl, let rest.

Add to a glass and enjoy!

Apple Cinnamon French Toast

By June Elmore
Cub Reporter

Whether it's a brunch with friends or a Christmas morning at home, I always get the same question, "what is your secret with this incredible apple-cinnamon French toast?" My family's French toast is soft and doughy while being coated in an outer layer of tangy apple goodness. French toast is my family's specialty and many could infer that I take such a liking to the recipe due to its unique origin story.

I remember sitting at my aunt and uncle's kitchen counter as a little kid, my arms sticking to the counter with the summer heat. Cinnamon would be wafting across the kitchen from the stove and my aunt Sylvia would be standing in the center of the kitchen humming along to the top 40 on the radio. When she was plating the French toast she would tell me the same story every time. Her sweet words would match the syrup pouring slowly but surely onto the golden-brown French toast.

My aunt was sitting in a practically empty diner in the middle of the night almost twenty years ago now. She had been having trouble with her college thesis and needed some coffee in a bustling diner atmosphere. A waiter and her had been exchanging stolen glances across the warmly lit diner for the whole evening, my aunt would explain, grinning. Sylvia would go on to say that he was about her age and she figured that they probably attended the same university given how much of a college town the area was.

She said that he had been clumsy the whole night, small things at first: his elbow bumping a salt shaker, or a mop falling to the floor with a clatter at his own hand. But they started to build with each timid glance in her direction. She heard a loud shatter in the kitchen followed by shouting and the boy wandered out sheepishly. Sylvia offered him a sympathetic smile and he shrugged in response.

My aunt would recall that she hardly got any work done that night. She had set out with the intention of finally nailing down her thesis but a glance at the clock showed that she had been sitting in the plasticky booth for well over an hour and done next to nothing. She hadn't even cracked a book. She had become so easily distracted by the clumsy waiter with his crooked smile and his subtle glances.

Sylvia had ordered nothing more than a cup of coffee and some toast so she was confused when she saw the boy coming up to her with an arm full of French toast and a wide grin set firmly on his face. Now this was the point of the story where my aunt liked to pause and emphasize just how delicious this stack of French toast looked. She would compare the syrup glistening under the fluorescents to a sunset over a canyon, which you may think of as a bit of an exaggeration but after trying this recipe yourself I'm sure you'll feel differently. She said the French toast looked like the best she'd ever seen.

And then he dropped it. It spilled across the entire table and onto the floor and across my aunt's lap. The boy was horrified, apologizing profusely, his face turned a beet red. Sylvia didn't care; she still thought the French toast was a sweet gesture. As she helped him clean it up, she slipped a napkin with her number on it into his pocket. And that's how my aunt and uncle met, and how this incredible French toast recipe was born.

Ingredients:
1 Package:
Eggo French Toast
1 can apple pie filling

Directions:
Open can
Open package
Pour can contents on toast
Microwave 1 minute

How To Make A Crème Brûlée

By Myah Pearl
Cub Reporter

Crème brûlées, a popular dessert that many associate with a fancy candlelight dinner. A sophisticated treat, sweet but simple with an exceptional design. Many people picture a baker with years of training working hard to perfect such a delicate dessert and never try to make it themselves. Contrary to belief, crème brûlées are extremely easy to make. All it takes are five ingredients, many of which can be found inside the average household.

I remember trying a crème brûlée for the very first time. I was at my grandfather's 100th birthday party. There was a beautiful banquet and lively music. The waiters approached everyone with a platter of small bowls filled with yellowish-brown delights.

I was beyond excited since I too believed that this was something only the rich could afford to eat. Years later I realized just how wrong I was. Crème brûlées are something anyone could enjoy; they were simply advertised to an exclusive audience.

Of course, my journey to improve my baking abilities also led to my curiosity about the origins of the crème brûlée. The French, English, and Spanish claim to be the first to create the crème brûlée and it hasn't been confirmed where exactly the history of the dessert started. Although, evidence points to France being its country of origin.

The earliest record of the crème brûlée was in 1619. The dessert was found in the cookbook of François Massialot. The cookbook was called Cuisinier Royal et Bourgeois which translates to The Court and the Country Cook.

In 1702, when the book was translated to English the dessert was later on referred to as burnt cream. Some claim that Bartolomeo Stefani's Latte alla Spagnuola may have been the first. It was made in 1622 and contained similar instructions but not exactly the same.

I also learned that the ceramic bowls that contain the crème brûlées are called "ramekins". The word was derived from the French "ramequin," a meat or cheese-baked dish put into a small mold. The reason that the ramekins are so small is because traditionally, the crème brûlée is meant to be served in small portions. Of course it doesn't hurt to make it in a larger ramekin if you wish to save money and show off your new baking skill to the rest.

Everyone is fond of the vanilla crème brûlée but there are multiple ways to make a crème brûlée which is listed down below. For example there are chocolate, raspberry, and orange crème brûlées. There's also the less popular grapefruit crème brûlée.

Although the dessert is easy to make I would also like to stress the importance of fire safety. For those who want to perfect the brownish color on the top please practice proper fire-safety precautions. For those who don't plan on using a torch or match, other options are listed below along with the ingredients in order to stay safe within your comfort zone. Make sure to have fun with your new found skill!

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