

8" chef's knife - sharp

Plastic cutting board\*

3 quart sauce pan\*

8" frying pan\*

2 hot pads/ oven mitts\*

Baking Sheet\*

Silicone or wood spoon and spatula\*

Mixing Bowl\*

9 x 13 cake pan\*

1 set each measuring cups and spoons\*

Microwave safe mug\*

Pair of tongs\*

Serving spoon\*

\*  
GOOD NEWS: THE HIGHLIGHTED ITEMS ARE EASY TO FIND AT THRIFT STORES!



MINNEAPOLIS PUBLIC SCHOOLS  
Culinary & Wellness Services

greatest hits  
COOKBOOK  
from MPS  
culinary & wellness  
services

M P S  
NURTURING ALL CHILDREN THROUGH ACCESS TO QUALITY FOOD & ACTIVE LIVING

Food is the one thing that centers  
all of us. It's the one thing that  
we all have in common, no  
matter who we are.

--CHEF SEAN SHERMAN



Thanks to contributors Mikhaila Diaz • Courtney Chapman • Angela Evans • Emily Olson



## CULINARY CAREERS

- Food Stylist
- Recipe Developer/Tester
- Registered Dietitian
- Food Scientist/Technologist
- Food Buyer
- Operations Manager
- Food Justice Advocate
- Community Food Leader
- Food Policy Analyst
- Culinary Instructor

To MPS Seniors!

As you head off on your next big adventure, your friends at MPS Culinary & Wellness Services wanted to send you off with something special. Consider this cookbook a parting gift to help you fuel your future!

Whether you're heading to a dorm, your first apartment, or staying close to home, these recipes and tips are designed to help you master the art of "True Food & Active Living." To us, that means:

- True Food: Keeping it real with scratch-made meals and whole ingredients that power your brain and body.
- Active Living: Finding that balance of good eats, staying moving, and staying connected to your community.

We've loved cooking for you, and now we're excited to see what you cook up next. Grab a spatula and keep dreaming big!

Happy cooking, and best of luck!

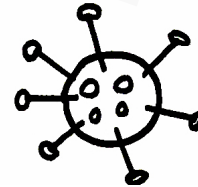
— The MPS Culinary & Wellness Team



# COOKING 101

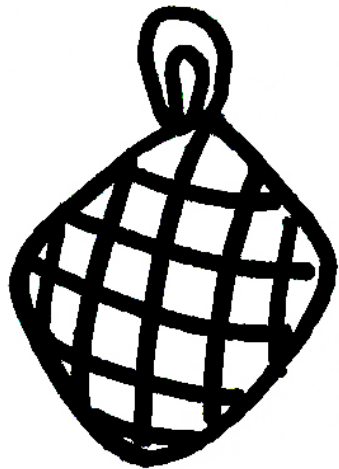
## RULES

- Wash your hands before cooking and after handling raw meat, eggs and flour.
- Cook beef and pork to 145°, chicken, all ground meat, and anything with flour to 165°. Cook eggs at least until the whites have turned completely solid.
- Bacteria grows quick between 40° and 140°, so keep your cold food cold and your hot food hot!
- When using nonstick pots and pans, avoid metal utensils and don't preheat the pan empty - add water or oil first if needed. This protects the nonstick coating!



*You are not only cooks. You are storytellers.*

--CHEF YIA VANG



# Recipes



## BREAKFAST

### Overnight Oats



#### Ingredients

- 1 ¼ cup milk
- 1 Tbsp honey (or to taste)
- ½ tsp cinnamon (or to taste)
- 2 ¼ cup rolled oats
- 1 ½ cup yogurt
- 1 ½ cup frozen fruit

Makes 6 (½ cup) servings

#### Preparation

1. Whisk milk, honey, and cinnamon until smooth.
2. Stir in oats and yogurt.
3. Portion into cups and refrigerate overnight to thicken (keeps up to 5 days).
4. Top with fresh fruit before serving.

## DESSERT

### Pumpkin Bars

Makes 12 bars

#### Ingredients

- 2 cups all-purpose flour
- 1 Tbsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 tsp pumpkin pie spice
- 2 tsp cinnamon
- 1 cup canola oil
- 2 cups pumpkin puree
- 2 cups sugar
- 4 eggs

#### Preparation

1. Preheat oven to 350 degrees. Grease and flour a jellyroll pan (15x10 inches).
2. In a bowl, combine flour, baking powder, baking soda, salt, pumpkin pie spice and cinnamon. In a separate bowl, combine oil, pumpkin, sugar and eggs and mix until smooth.
3. Add dry ingredients to wet ingredients and mix. Pour batter into prepared pan.
4. Bake in preheated oven for 20 minutes or until center springs back when touched.
5. Cool and enjoy as is, or ice with cream cheese frosting.



Enjoy!



Cooking is how I love, gently, intentionally, without needing to say much. It's how I show up when words fall short.

# BBQ Spice Rubbed Chicken

Serves: 2

## Ingredients

- 1 pound raw chicken drumsticks (4 large)
- ¼ cup BBQ spice rub

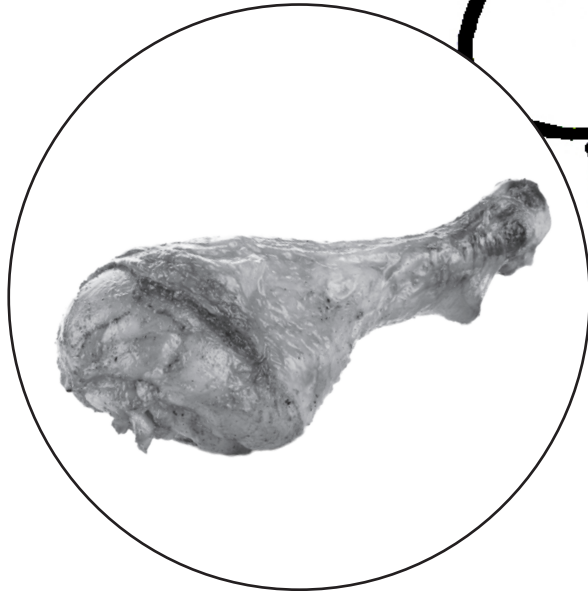
## BBQ Spice Rub

- (Yield: 1 cup)
- ½ cup brown sugar
- ½ cup Salt
- 1 tsp Cinnamon
- ½ tsp nutmeg
- ¼ cup black pepper
- ½ tsp cayenne
- ½ cup chili powder

## Preparation

1. Preheat oven to 350°F.
2. Coat chicken in ¼ cup BBQ rub.
3. Arrange on a lined pan (don't overcrowd).
4. Bake ~25 mins until chicken reaches 165°. Because of the sugar in the rub, the finished product will have a dark caramelized appearance.

*Enjoy!*



# Fluffy Blueberry Baked Pancake

Serves: 6

## Ingredients

- 2 cups buttermilk
- 2 eggs
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 2 Tbsp vegetable oil
- 1 ¼ cup all-purpose flour
- 1 ¼ cup whole wheat flour
- ¼ cup sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup fresh or frozen blueberries

## Preparation

1. Preheat oven to 425°. Line an 11x17" rimmed baking sheet with parchment paper.
2. In a mixing bowl, whisk together the buttermilk, eggs, vanilla, cinnamon and oil. In a separate bowl, combine the dry ingredients. Add the wet mixture to the dry ingredients. Stir until just combined.
3. Pour the batter onto the baking sheet, spreading evenly. Scatter the blueberries on top.
4. Bake until lightly browned and springy, about 12 to 14 minutes.

*Enjoy!*

Recipe adapted from Edible Door



## LUNCH/DINNER



# Black Bean and Cheese Quesadilla

Serves: 1

### Ingredients

- 1 whole wheat tortilla
- ¼ cup shredded cheddar cheese
- 2 Tbsp shredded mozzarella cheese
- 2 Tbsp black beans, drained and rinsed
- ½ tsp taco seasoning

### Preparation

1. Preheat a skillet over medium heat and spray with nonstick cooking spray.
2. Lay one tortilla on a plate for assembly.
3. Sprinkle one half of the tortilla with the cheese, black beans, and taco seasoning. Fold the tortilla in half.
4. Cook on the preheated skillet until the bottom of the quesadilla is golden brown, then flip. Once the cheese is melted, remove from the skillet.
5. Cut the quesadilla into 4 pieces and serve with your favorite salsa.

### TACO SEASONING

- 2 ¾ tsp chili powder
  - 1 ¾ tsp ground cumin
  - 1 ¼ tsp garlic powder
  - ½ tsp salt
  - 1 tsp onion powder
  - ½ tsp dried oregano
  - ½ tsp cayenne pepper
- \* Makes about 2 Tbsp.



*Enjoy!*

# Calabacitas

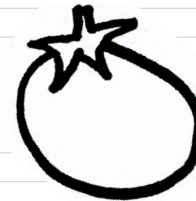
Serves: 6

### Ingredients

- ½ cup chopped red onion
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 garlic clove, minced
- ½ tsp oregano
- ¼ tsp black pepper
- ½ cup frozen corn
- ½ tsp salt
- 14.5 oz can diced tomatoes

### Preparation

1. Prep: Dice the onion and mince the garlic. Halve the zucchini and squash lengthwise, then slice into quarter-inch half-moons.
2. Season: Toss the onion, zucchini, squash, garlic, oregano, and pepper in a bowl.
3. Roast: Spread on a greased baking sheet and roast at 350°F for 15 minutes.
4. Finish: Stir in the corn, salt, and tomatoes. Cover with foil and bake for 20 more minutes.



*Enjoy!*

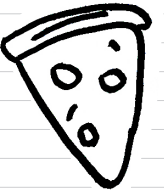
# Spicy Sonoran Pizza

### Ingredients

- 1 frozen cheese pizza
- 8 oz prepackaged chorizo or vegan chorizo
- 1 cup frozen corn
- ½ cup pickled jalapenos, chopped
- ½ cup cheddar cheese

### Preparation

1. Evenly cover the pizza with chorizo, corn and chopped pickled jalapenos. Sprinkle cheddar cheese over topping on the pizza.



Serves: 8

### Tex Mex Sauce

- 1 cup mayo
- ½ cup sour cream
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp granulated garlic
- 1 tsp granulated onion
- 2 tsp chipotle chili powder
- ½ tsp salt

2. Bake at 350 degrees for 12-15 minutes.

3. Mix all ingredients of the Tex Mex Sauce in a bowl.

4. Drizzle sauce over baked pizza and serve.