

Corn Dog Waffles

Recipe By:TINA3031

16 waffle sticks

Ingredients

- PAM® Grilling Spray
- 4 beef franks (from 12oz pkg)
- 1 1/4 cups yellow cornmeal
- 1 cup original baking mix (Bisquick)
- 2 tablespoons granulated sugar
- 1/4 teaspoon salt
- 1 cup water
- 1/4 cup Egg Beaters® Original
- 2 tablespoons Canola Oil
- 3/4 cup frozen whole kernel corn, thawed
- 16 popsicle sticks
- Ketchup, optional



Directions

- 1) Spray grids of 7-inch round waffle iron with grilling spray; pre-heat to medium-high heat. Cut each frank in half lengthwise, then in half crosswise; set aside.
- 2) Combine cornmeal, baking mix, sugar and salt in medium bowl. Add water, Egg Beaters and oil; stir just until blended. Stir in corn.
- 3) Spoon one-fourth batter onto grids of waffle iron; place 1 frank piece in middle of each section on batter. Cover and bake about 5 minutes or until steaming stops. Do not open until done.
- 4) When done, use fork to loosen waffle and lift off grid. Keep warm. Repeat with remaining batter. Separate waffles into sections. Insert popsicle stick into each section and/or serve with ketchup, if desired.

Cook's Tips

Waffle irons vary in size. Use an amount of batter appropriate for the size. A 7inch round waffle iron should make 4 waffles. An 8 1/2 inch square waffle iron will make 1 1/2 large squares. 'Original baking mix' is a premixed, multipurpose baking mix, commonly with sugar, salt, butter or oil and leavening agents added. You can prepare your own at home, from common pantry staples, or for your convenience purchase in the baking aisle of your local grocery store (near the flour).

Fruit Parfaits

4 Servings

Ingredients

- ½ cup chopped cantaloupe
- ½ cup sliced peaches
- ½ cup sliced kiwifruit or honeydew melon
- ½ banana, sliced
- 1 cup vanilla artificially sweetened low-fat yogurt



Directions

- 1) Alternate layers of fruit and yogurt in 2 goblets or parfait glasses, beginning and ending with fruit.

Baked French Toast Muffins

12 muffins

Ingredients

- 3 large eggs
- scant 1/2 cup milk (I used unsweetened vanilla almond milk)
- 1 tablespoon light brown sugar, packed
- 1 tablespoon granulated sugar
- 2 teaspoons cinnamon
- 1 to 2 teaspoons vanilla extract
- 6 slices whole-grain or whole-wheat bread, diced into 1-inch cubes
- sugar-free syrup, for serving



Directions

- 1) Preheat oven to 350F. Spray 8 of the 12 cavities of a Non-Stick 12-Cup Regular Muffin Pan (note you will not use all 12) very, very well with cooking spray or grease and flour the pan; set aside. (I don't prefer the cosmetic look of muffin liners and in this recipe, I think the bread would stick.)
- 2) To a large bowl, add the first 6 ingredients, through vanilla, and whisk to combine.
- 3) Add the bread and gently toss with a spoon to coat evenly. Allow bread to rest in bowl for 3 to 5 minutes, or until most/all of the batter has soaked into the bread.
- 4) Evenly distribute bread (and any un-absorbed batter can be drizzled evenly) among 8 cavities in prepared pan by loosely laying it in, without packing down. Each cavity should be about 3/4-full. The bread puffs quite a bit while baking, but deflates upon cooling. Pieces should all lay fairly flat in each cavity because any pieces that are jutting up will be prone to burning.
- 5) Bake for about 25 minutes or until tops are lightly golden brown, the coating mixture is set, and bread looks fairly dry (no wet batter); use your judgment when evaluating doneness because type of bread used, muffin pans, ovens, and climates vary. Start watching closely at 20 minutes.
- 6) Allow French toast to cool for about 10-15 minutes in muffin pan on top of a wire rack before gently rimming each cavity with a knife if necessary, dislodging, and serving with syrup.

Mini-Chicken and Broccoli Pies

Ingredients

Chicken-Broccoli Mixture

- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken breasts, cut into bite-size pieces
- 1 medium onion, chopped (1/2 cup)
- 1 cup steamed chopped broccoli
- ¼ cup steamed chopped carrots
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup shredded Cheddar cheese (4 oz)

Baking Mixture

- ½ cup Original Bisquick™ mix
- ½ cup milk
- 2 eggs

Directions

- 1) Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- 2) Steam broccoli and carrots.
- 3) In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center. Add onion; cook 2 to 3 minutes. Add broccoli, carrots, salt and pepper, stirring occasionally, until mixture is heated through. Cool 5 minutes; stir in cheese.
- 4) In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup chicken-broccoli mixture. Spoon 1 tablespoon baking mixture onto chicken-broccoli mixture in each muffin cup.
- 5) Bake about 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

Vanilla Cupcakes

20 – 24 Cupcakes

Ingredients

For Cupcakes:

- 3 cups sifted cake flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoons salt
- 1 3/4 cups sugar
- 2/3 cup butter or margarine
- 2 eggs
- 1 1/2 teaspoons vanilla
- 1 1/4 cups milk

For the Icing:

- 1 cup butter, room temperature
- 3 1/2 cups confectioners' sugar
- 1/8 teaspoon salt
- 2 teaspoon milk
- 1 1/2 teaspoon vanilla extract



Directions

For Cupcakes:

- 1) Preheat oven to 350F; line muffin cups with papers.
- 2) Sift together flour, baking powder and salt; set aside.
- 3) Cream sugar and butter together until light. Add eggs and vanilla to creamed mixture and beat until thoroughly mixed.
- 4) Add flour mixture to creamed mixture alternately with milk, beating well after each addition.
- 5) Continue beating one minute.
- 6) Divide evenly among pans and bake for 18-20 minutes.
- 7) Let cool in pans.

For the Icing:

- 1) Beat slightly softened butter on medium speed with an electric or stand mixer. Beat for about 3 minutes until smooth and creamy.
- 2) Add powdered sugar (one cup at a time), milk, vanilla extract, and salt with the mixer running. Increase to high speed and beat for 3 minutes. Add more powdered sugar if frosting is too thin or more milk if mixture is too thick.

Burritos, Chips, Pico de Gallo, Guacamole

Burrito

Ingredients

- 2 pounds Ground Beef
- 1/2 whole Medium Onion
- 1 can (7 Ounce) Mexican Tomato Sauce Or Enchilada Sauce
- Salt And Pepper, to taste
- Cumin, Oregano, Chili Powder, Garlic To Taste
- 1 can (28 Ounce) Refried Beans
- 3/4 cups Grated Cheddar Cheese
- 12 whole Burrito-sized Flour Tortillas
- Extra Grated Cheese, For Sprinkling
- Extra Sauce, For Drizzling
- Cilantro Leaves (optional)
- Optional Filling Ingredients: Mexican Rice, Sour Cream, Guacamole, Green Chilies, Pico De Gallo



Directions

- 1) Dice up equal quantities of onion and tomato. Roughly chop the cilantro.
- 2) Brown ground beef with onion and season to taste. Pour in sauce and simmer over low heat. Add water if mixture gets too dry.
- 3) Heat refried beans in a saucepan. Add cheese and stir in till melted. Keep warm.
- 4) Heat tortillas in microwave for one minute.
- 5) Spread a small amount of beans on each tortilla. Add meat. Fold over ends, then roll up. Place two burritos on a microwave-safe plate. Drizzle red sauce over the top and sprinkle with more grated cheddar. Microwave for one minute, or until cheese is melted and burritos are very hot. Serve immediately.
- 6) OPTIONAL: Fill burritos with any optional ingredients you like. (I love them full, but my boys like them very plain.)

Pico de gallo

Ingredients

- 3 yellow or red onions
- 12 Roma tomatoes (slightly under ripe is fine)
- 2 cups fresh cilantro leaves
- 2 to 3 jalapenos
- 1 lime
- Salt

Directions

- 1) Dice up equal quantities of onion and tomato. Roughly chop the cilantro.
- 2) Now, slice 1 or 2 jalapenos in half. With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalapenos very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires. Now dump the four ingredients into a bowl.

- 3) Slice the lime in half and squeeze the juice from half a lime the bowl. Sprinkle with salt, and stir together until combined. Be sure to taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

Guacamole

Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic

Directions

- 1) In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.

Tortilla Chips

Ingredients

- About 3/4 to 1 cup canola, grapeseed, or corn oil (a high smoke point oil), more or less depending on how many chips you are making
- Corn tortillas (get the standard kind, not the super fancy kind), each tortilla will make 6 chips, 12 tortillas will yield 72 chips, a good snack for 2 to 3 people
- Kosher salt

Directions

- 1) Cut each tortilla into 6 triangle shaped wedges.
- 2) **3** Pour oil into a medium skillet to a depth of 1/8 to 1/4 of an inch. (Make sure you are working with a completely dry pan or the oil will sputter as it heats.)
- 3) Heat the oil on medium high heat until a small piece of tortilla placed in the oil sizzles, about 350°F. (This is where an infrared thermometer comes in handy!) Do not allow the oil to get so hot that it smokes. (If that happens, move the pan off the heat immediately.)
- 4) **3** Place a paper towel onto a large plate and have several other paper towels ready. Place a handful of tortilla triangles into the hot oil, in a single layer. Use metal tongs or a metal slotted spoon to distribute the tortilla triangles so that they aren't overlapping and so that all sides get coated with oil. Fry for approximately 2 minutes until the chips just begin to color and they are firm, no longer pliable.
- 5) Use tongs or a slotted spoon remove the chips from the oil to the paper-towel-lined plate. Sprinkle with salt. Place another paper towel over the top of the chips to be ready for the next batch.

Japan – Hanami Dango Cookies

Ingredients

- 7 tbsp Unsalted butter
- 1/4 cup Sugar
- 1 3/8 cup Cake Flour
- ¼ cup Corn starch
- 1 tsp Matcha green tea powder
- Sufficient amount of Confectioners' sugar, to roll out

Directions

- 1) Preheat oven to 350F. Shift together flour and corn starch.
- 2) Heat the butter until it's melted. Combine the sugar and butter together.
- 3) Combine flour and corn starch with a spatula.
- 4) Add matcha.
- 5) Form into small balls.
- 6) Bake about 10 minutes. The cookies shouldn't be browned.
- 7) When it cooled, roll in confections' sugar.



Japan - Tsukune Balls

Yields 20 balls

Ingredients

- 1 lb. ground chicken
- 1 Tbsp. sesame oil and more for coating your hands
- 1 Tbsp. miso (I use awase miso, which is a combination of red and white miso)
- 10 shiso leaves (Perilla)
- 4 scallions (green onion)
- Salt
- ½ cup Yakitori Tare (Recipe here)

Yakitori Sauce (Tare)

- ½ cup soy sauce
- ½ cup mirin
- ¼ cup sake
- ¼ cup water
- 2 tsp. packed brown sugar

Directions

- 1) Soak the bamboo skewers in water for 30 minutes.
- 2) Pile and roll up the shiso leaves, then cut into thin julienne slices. Cut the scallion into thin slices.
- 3) Heat a non-stick frying pan over medium heat. When it's hot, add ⅓ of ground chicken and break it up into small pieces using a wooden spatula. Cook until no longer pink and transfer to a plate to let it cool.
- 4) Combine the cooked chicken and uncooked chicken in a large bowl and mix well with rubber spatula.
- 5) Add sesame oil and miso and mix well.
- 6) Add the scallions and shiso leaves and combine well with silicone spatula.
- 7) Now with your hand, knead 30 times clockwise. Then knead counterclockwise 30 times. The meat will become more pale in color and sticky. This part is very important for the meat to stay on stick so please do not skip this step.
- 8) Grease the grill rack with brush. I use a roasting pan and rack as it can support the skewers very well while the excess oil drips down to the bottom of roasting pan when cooking.
- 9) Lightly coat your hands with sesame oil to prevent the meat from sticking. Scoop a handful of the chicken mixture (1 ½ scoop for my hand using an OXO cookie scoop) and form into a round patty.
- 10) Toss the meat to left and right hands to release the air pockets and gently squeeze to form the meat into a long oval patty, about 3-4 inches in length. Insert the skewer on the prepared wire rack.
- 11) Lightly sprinkle salt over the chicken skewers.
- 12) Put aluminum foil around the skewers to prevent them from burning.
- 13) Preheat the oven to High Broil (550F) for 5 minutes. Boil in the middle rack, for 6 minutes. Then flip the skewers over and broil more for 4 minutes.
- 14) When both sides are cooked, brush the yakitori sauce on the meat and broil for another 30 seconds. Transfer the skewers to a serving plate and brush the extra sauce on the meat.



India – Coconut Barfi (sweet cake)

Ingredients

- 4 cups grated coconut
- 3 cups sugar
- ¾ cup milk
- 2 cardamoms (Elaichi)
- 2 tsp ghee

Directions

- 1) First, mix milk and sugar thoroughly. Once it's uniform, add grated coconut and mix it well.
- 2) Cook the mixture in a pan. Don't forget to stir it continuously.
- 3) Crush cardamoms (Elaichi) and add it to the mixture. Stir it well.
- 4) Cook for roughly ten minutes. Wait till the mixture becomes a little dry.
- 5) Simultaneously, grease a tray with ghee.
- 6) Now spread the mixture evenly on the greased tray.
- 7) Once it cools off, cut it into pieces.

India - Baked Indian Samosas

Ingredients

- 4 potatoes, peeled and cubed
- 1/4 cup oil
- 2 small onions, finely chopped
- 3 tablespoons coriander seed
- 1 tablespoon curry powder
- 1 (1 inch) piece fresh ginger, grated
- 1 teaspoon salt
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground allspice
- 1/2 teaspoon cayenne pepper
- 1/8 teaspoon ground cinnamon
- 2 roma (plum) tomatoes, finely chopped
- 1/2 cup frozen peas
- 4 prepared pie crusts
- 2 egg whites, beaten, or as needed



Directions

- 1) Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain and transfer potatoes to a bowl; coarsely mash.
- 2) Preheat oven to 400 degrees F (200 degrees C).
- 3) Heat oil in a skillet over medium-high heat; cook and stir onions, coriander seed, curry powder, ginger, salt, turmeric, cumin, allspice, cayenne pepper, and cinnamon until onion is lightly browned, about 5 minutes. Remove skillet from heat and stir tomatoes and peas into onion mixture; pour into mashed potatoes and thoroughly mix. Cool completely.
- 4) Cut each pie crust into 8 even triangles. Spoon filling onto the wide end of each triangle; fold corners over filling creating a triangular 'hat' shape. Pinch the dough together to form a seal. Brush egg white over each samosa and arrange on a baking sheet.
- 5) Bake in the preheated oven until samosas are golden brown, about 15 minutes

Spain - Roscos de San Antonio

Yields 30 cookies

Roscos de San Antonio are a traditional Spanish cookie, eaten on the feast day of San Antonio de Padua, June 13th. They are also called *Mantecados de San Antonio* (due to originally made with lard or "manteca" in Spanish.) There are many different versions of this cookie, including some made with lemon peel and anise liqueur. *Roscos de San Antonio* are the typical cookie prepared by *abuelas* (grandmas) before anyone worried about fat.

Ingredients

- 1 lb lard or vegetable shortening
- 1 1/4 cup granulated sugar
- 8 cups enriched flour
- 3 egg yolks
- 2 large eggs
- granulated sugar for dusting



Directions

- 1) Beat the vegetable shortening and sugar together in a large bowl until the mixture is a light yellow. Add one whole egg and all 3 egg yolks, beating until smooth. Stir in the flour a portion at a time.
- 2) Pre-heat the oven to 360F (180C) degrees.
- 3) The dough will be dry, so knead the dough with your hands to finish mixing if necessary. Turn out a quarter of the dough at a time, to a counter or board. Roll out with a rolling pin.
- 4) Cut cookies using a cookie-cutter or a glass. Transfer cookies to *ungreased* cookie sheet. Make a depression in center of each. Beat the remaining egg, and brush the cookies with it. Sprinkle each with some granulated sugar.
- 5) Bake cookies in oven on center rack until golden (approximately 15 minutes). Remove from oven, and cool on a rack.
- 6) If the cookies are not consumed immediately, store them in a tightly sealed container in a cool place.

Spain - Crispy Wonton Pea and Ricotta Ravioli

Ingredients

- 1 cup ricotta cheese
- 1 cup green peas
- 1 egg
- 1/4 cup grated Parmigiano Reggiano
- Zest of 1 fresh lemon
- 1 teaspoon chopped fresh thyme leaves
- 1/2 teaspoon Kosher or sea salt, or to taste
- Fresh cracked black pepper, to taste
- About 40 wonton wrappers
- Water, for sealing the wrappers
- Grapeseed or other frying oil, for frying
- Tomato sauce, béchamel sauce, butter sauce, or other vegetable accompaniments (optional)



Directions

- 1) In a bowl combine the ricotta cheese, peas, egg, Parmigiano Reggiano, lemon zest, thyme, salt and pepper. Set aside.
- 2) Lay out about 6 wrappers. Scoop 1 tablespoon of filling into the center of each wrapper. Brush the edges with water. Lay a second wrapper on top of each ravioli. Press down the edges, sealing the raviolis as well as pressing out as much air as possible from the centers. If desired, cut the edges with a fluted cutter or roller.
- 3) Repeat process with remaining wrappers and filling.
- 4) In a large skillet, heat about 1/4-inch of oil over medium-high heat to 350 degrees F. In small batches, fry each side of the raviolis until crisp, about 30 seconds each side. Remove with a slotted spoon and serve hot with desired sauce or other accompaniment.

Caribbean - Bonbon Amidon

Bonbon Amidon or Starch Cookies are a delight in the Haitian Culture. Very tasty, light and delicate. Enjoy with tea, coffee or hot cocoa.

Ingredients

- 3/4 cups powdered sugar (confectioner sugar)
- 1 cup butter or margarine (2 sticks), softened
- 1/4 teaspoon salt
- 1 teaspoon pure vanilla extract
- 1 1/2 cup all-purpose flour
- 1 1/2 cup tapioca flour
- 2 tablespoons water (plus a few more drops if needed)



Directions

- 1) Preheat oven to 360 degrees Fahrenheit. Have 1 - 2 large un-greased cookie sheets (baking sheets) on hand.
- 2) In a large bowl, using a wooden spoon, mix sugar, butter, salt, and vanilla until creamy, 1 to 2 minutes. Mix in all-purpose flour and tapioca flour until well combined.
- 3) Transfer the mixture to a smooth surface area (countertop or wooden cutting board) when it becomes difficult to mix in the bowl. The mixture should resemble a coarse meal.
- 4) Add water and work with fingertips until a smooth dough is formed, about 1 minute. Do not overwork the dough because it will toughen.
- 5) Form a ball with the dough. On a lightly floured surface, flatten dough slightly with the palm of your hand. Roll out the flattened dough with a lightly floured rolling pin into 1/2 inch thick circle. Cut round shapes with 2-inch cookie cutter.
- 6) Using a spatula, carefully transfer cookies onto un-greased cookie sheet, 1 inch apart. bake in the middle of preheated oven until slightly holder, about 20 minutes. Let cool and serve.
- 7) Dip in melted chocolate and sprinkle sea salt flakes for a festive look.

Caribbean – Jerk Chicken Skewers

Ingredients

Dry seasoning

- 2/3 cups seasoning salt
- 2/3 cup allspice
- 1/3 cup granulated garlic
- 1 teaspoon kosher salt

Sauce

- 1 cup Dry Seasoning
 - 2/3 cup allspice
 - 2 tablespoons msg
 - 1/4 cup vegetable oil
 - 2 tablespoons vinegar
 - 3 onions
 - 1/2 lemon juiced
 - 1/4 cup sugar
 - 3-4 habanero peppers
 - 1 bushel thyme roughly chopped
 - 1/4 cup browning seasoning
 - 6 cloves garlic
 - 3 1/2-4 cups of water
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- Chicken thighs cut in small chunks
 - 3 tablespoons oil for grill pan



Directions

- 1) Place all dry ingredients in a bowl and mix together and set aside.
- 2) Season the chicken with the dry rub on both sides.
- 3) Skewer 2 1/2 ounces of chicken onto each skewer (about 4 pieces). Marinate in the refrigerator 1 hour.
- 4) Place the skewers onto a hot grill and grill until done, about 2 to 3 minutes per side.

Sauce:

- 1) Blend all marinade ingredients in a blender until smooth. Taste for desired flavor.