

A large, dark blue bowl filled with a vibrant salad. The salad consists of fresh green spinach leaves, bright red pomegranate seeds, and pieces of grilled chicken with visible char marks. A wooden spoon is partially visible on the right side of the bowl. The background is slightly blurred, showing a wooden surface and a hint of another dish.

A RECIPE BOOK

COOKING CLASS

Favorite Family Recipes
from the Staff at
Kyrene de los Cerritos
Elementary School



MRS. ARNOLD'S SLOW-COOKER ITALIAN CHICKEN

"My family loves this crockpot recipe and it is SUPER easy!"



SERVINGS
6



PREPARATION
15 minutes



COOKING TIME
4 hours



READY IN
4 hours 15 min

INGREDIENTS

4 boneless, skinless chicken breasts

1 packet (0.6 oz) zesty Italian dressing and recipe mix

1 can (10.75 oz) cream of chicken soup

1 package (8 oz) cream cheese, softened

Milk (optional)

Pasta or rice, for serving

DIRECTIONS

1. Place the chicken in a slow cooker and sprinkle the Italian dressing over it.
2. Combine cream cheese and cream of chicken soup in a small pot over low heat and pour over chicken.
3. Cook on low for 4 hours or until chicken is done. Once the chicken is done you can take it out and shred it or cube it depending on your preference. Return chicken to slow cooker.
4. Add milk to the sauce to get it to your preferred consistency. Serve over cooked pasta or rice.



MR. BAUMANN'S SPAGHETTI & MEATBALL SAUCE

"My favorite recipe is my mom's spaghetti and meatballs. Well it actually isn't her recipe. She got it over 40 years ago from a plumber who came to fix a leak in our bathroom. How they went from fixing a bathroom plumbing issue to talking about his grandma's spaghetti recipe still baffles me today."



SERVINGS
4-6



PREPARATION
10 MINUTES



COOKING TIME
8-10 HOURS



READY IN
10 MINUTES

INGREDIENTS

Sauce

- 2 cans Hunts Diced Tomatoes (28 oz)
- 2 cans Hunts Tomato Paste (12 oz)
- 1 teaspoon Oregano
- 1 teaspoon Basil
- 1 teaspoon Salt
- 1 teaspoon Pepper
- 4 Tablespoons Sugar
- Sweet Sausage

Meatballs

- 1 lb ground beef
- 1 egg
- ½ cup bread crumbs
- ½ cup Parmesan Cheese
- Pinch of garlic
- Pinch of salt and pepper
- Drop of milk

DIRECTIONS

Add all ingredients for the sauce except for the sausage in a crock pot. Brown the sweet sausage with some garlic in a pan. When brown, add the sausage to the crock pot. Cook for 2 hours in the crockpot on high, then cook for 6 hours on low.

Preheat the oven to 350 degrees.

Mix all the ingredients for the meatballs in a large bowl. Form into meatballs and place on a baking sheet or pan.

Cook meatballs for 5 minutes and then flip. Cook for another 5 minutes. Flip again and cook another 3 minutes.

Add meatballs to the sauce in crockpot.

Serve with noodles



MRS. BYRNE-QUINN'S SOUR CREAM CHICKEN ENCHILADAS



SERVINGS
4-6



PREPARATION
15 min



COOKING TIME
30 min




READY IN
45 min

INGREDIENTS

2 cups shredded chicken
1 28 oz can Las Palmas green chili
enchilada sauce
2 cups sour cream
2 cups shredded Monterey Jack
cheese
½ onion chopped
4 oz. can diced green chilis
12 small flour tortillas

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Put sour cream in large mixing bowl. Slowly stir in green chili sauce. Set aside
3. In a different large bowl, combine shredded chicken, onion, half of the green chilies and ½ cup of the cheese.
4. Moisten the chicken mixture with ½ or more of the sour cream sauce.
5. To assemble enchiladas, dip one tortilla into sour cream mixture, put on plate or work space and add about ¼ cup of chicken mixture. Roll and place seam side down into 9x13 inch baking dish.
6. Continue with the rest of the tortillas.
7. When finished with all the tortillas, top with the remaining sour cream mixture, remaining cheese, and sprinkle the rest of the green chilies on top.
8. Cover with foil and bake about 20 minutes. Uncover and bake 5-10 more.



MS. BROWN'S BANANA BREAD

"I'm obsessed with bananas and eat 3 a day! When my bananas get too ripe I freeze them and make banana bread to share with friends and family later"



SERVINGS
4-6



PREPARATION
15 MIN



COOKING TIME
35 MIN



READY IN
45 MIN

INGREDIENTS

- 3 REALLY ripe frozen bananas
- ½ stick melted butter
- 1 egg
- 1 teaspoon baking soda
- 1 cup sugar
- 1 ½ cups flour
- 1 teaspoon vanilla
- Optional ingredients for fun 😊
 - Chocolate chips (any/all kinds)
 - Peanut butter (Ms. Brown's favorite)
 - Cinnamon

DIRECTIONS

Preheat the oven to 350 degrees.

Combine all ingredients in a bowl.

Bake for 35 minutes and then check the middle. If still gooey, bake increments of 3 minutes until no longer gooey. .

Eat!



MRS. COOK'S AMAZING TOFFEE BARS

"This is my mom's recipe and these toffee bars are the BEST!"



SERVINGS
8-10



PREPARATION
15 minutes



COOKING TIME
20 minutes



READY IN
35-45 minutes

INGREDIENTS

1 cup soft butter
1 cup light brown sugar
1 egg yolk
1 tsp rum or vanilla extract
2 ¼ cups sifted flour
2 cups milk chocolate chips
Optional: Finely chopped nuts

DIRECTIONS

1. Cream butter and sugar.
2. Blend in egg yolk and add rum or vanilla extract.
3. Add flour in 3 or 4 parts.
4. Pat dough evenly into 11 x 17 baking sheet.
5. Bake 18-20 minutes at 350 degrees.
6. Remove from oven.
7. Sprinkle chocolate chips in baked batter.
8. Place back in oven to soften the chocolate chips for 1 minute.
9. Remove from oven and spread melted chips with the back of a spoon.
10. Sprinkle the top with finely chopped nuts.
11. Cut into small squares while still warm.



MRS. DIAPOULIS' CROCKPOT CHICKEN GYROS

"While this is not an old family recipe, I love to make this dish to pay homage to my Greek Heritage. I also just love Mediterranean food and it's a super simple dinner!"



SERVINGS
3-4



PREPARATION
15 MIN



COOKING TIME
3-4 hours



READY IN
4 HRS 15 MIN

INGREDIENTS

For Crockpot:

- 1 lb boneless, skinless chicken breast
- 2 tbsp extra virgin olive oil
- 2-3 garlic cloves
- 1 tbsp oregano
- 2 tsp salt
- 1 tsp pepper
- ½ cup of water
- ¼ cup of lemon juice
- 3 tbsp red wine vinegar

For Serving (choose what you'd like):

- Crumbled feta
- Cucumbers
- Kalamata olives
- Diced tomatoes
- Pita bread
- Tzatziki sauce

DIRECTIONS

- Mix everything together in a crockpot! Cook on low for 6-8 hours or high for 3-4 hours.
- Once done, shred chicken in crockpot and let sit in the juice for about 30 minutes on WARM.
- Serve however you'd like! I usually spread tzatziki on a pita and put all the fixings inside. Top with feta and a garnish of mint and enjoy!



MRS. GINGELL'S HONEY LIME CHICKEN ENCHILADAS

"My family does not like Mexican food but it is my favorite! This is the ONE recipe that my whole family agreed upon and it has become a family favorite!"



SERVINGS
Enter text



PREPARATION
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COOKING TIME
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READY IN
Enter text

INGREDIENTS

Marinade

- 6 Tablespoons honey
- 5 Tablespoons lime juice
- 1 Tablespoon chili powder
- 1/2 Teaspoon garlic powder
- 3 boneless skinless chicken breasts (cooked and shredded)

Enchiladas

- 1 (16 oz) can green enchilada sauce (divided)
- 10 flour tortillas
- 2 cups shredded cheddar cheese (divided)
- 1 cup heavy cream

DIRECTIONS

1. Whisk together marinade ingredients and toss with shredded chicken in a reseal-able gallon-sized bag or airtight container.
2. Let chicken mixture marinate in the fridge for at least 30 minutes, but preferably a few hours.
3. Preheat oven to 350 degrees F.
4. Pour 1/2 cup enchilada sauce on the bottom of a 9x13 in baking pan.
5. Fill the tortillas with chicken, saving marinade (if any left), and shredded cheese, reserving about 1 cup of cheese to sprinkle on top of enchiladas.
6. Place rolled tortillas into prepared pan.
7. Mix the remaining enchilada sauce with heavy cream and leftover marinade, if any, and pour on top of enchiladas. Sprinkle with remaining cheese.
8. Bake for 30 minutes, or until brown and crispy on top.



MRS. HANSON'S BRAZILLIAN CHICKEN POT PIE

"Otherwise known as Empadao de Frango"



SERVINGS

4-6



PREPARATION

45 min



COOKING TIME

35 min



READY IN

1.5 hours

INGREDIENTS

Crust

- 3 sticks of cold butter
- 500 g flour
- 1 egg + 1 egg yolk beaten
- 1 tsp salt
- 3 Tbsp cold water

Chicken filling

- 2 lb chicken breast, cooked and shredded
- salt and black pepper
- 1 medium onion chopped
- 3 cloves garlic minced
- ½ cup Chopped parsley
- 2 Tbsp olive oil
- ½ cup cream cheese
- 4 Tbsp flour dissolved in ½ cup of milk
- 2 cup chicken broth
- 1 cup corn (optional)
- 1 cup green peas (optional)
- 1 egg yolk, lightly beaten, for brush

DIRECTIONS

Make the filling

- 1- In a large sauté pan, over medium heat, add the olive oil and, once hot, sauté the onions and garlic until translucent, about 2 minutes.
- 2- Add the shredded chicken, olives, corn (if using), peas (if using). Then add the chicken broth, cream cheese, mix well. Then add the flour dissolved in milk. Lower the heat to medium low and cook, stirring often, until most of the liquid is gone and the filling is creamy and lightly thickened, about 10 minutes.
- 3- Add chopped parsley and stir to incorporate. Taste for seasoning. Cool completely before assembling the pie.

Making the crust

- 1- In the food processor, combine the flour and the salt the butter, until the mixture resembles coarse salt. Add eggs and cold water, mix until the dough comes together. Wrap dough in plastic wrap and chill for about 20 minute.
- 2- Preheat oven to 350F degrees.
- 3- When the dough is chill, cut in 1/3 of the dough and reserve. Roll out the remaining dough to about 12" round. Place the pastry in a 9 " pie dish, making sure the dough also covers the sides.
- 4- Add cold filling, smoothing it out so its evenly distributed.
- 5- Then, roll out the remaining dough and place it on top of the filling, sealing pie and tucking the edges.
- 6- Brush the pie with the lightly beaten egg yolk.
- 7- Bake in the preheat oven for 25 to 35 minutes or until golden brown.
- 8- Remove from oven and allow to cool slightly before serving.



MRS. HARRIS' AMAZING MARINADE

"My husband mixed a bunch of ingredients together and created this super yummy marinade. I have always told him he should bottle and sell it! We use this to marinate meat, sauté veggies on the stove, or as a dipping sauce."



SERVINGS
4-6



PREPARATION
10 min



COOKING TIME
0



READY IN
10 min

INGREDIENTS

*Ingredient measurements are approximate. Just mix and taste test!

- 1 cup olive oil
- ¼ cup lemon juice
- ¼ cup soy sauce
- 2-4 tablespoons Dijon mustard or spicy brown mustard
- ¼ cup of all-purpose Garlic seasoning (we use garlic garni (you can order it online at www.garlicfestival.com or you can make your own with garlic powder, onion powder, dried parsley, red/white/black pepper, salt
- 1/8 cup dried Italian seasoning or ½ tablespoon of each of the following: basil, rosemary, oregano, marjoram, thyme)

DIRECTIONS

1. Combine all ingredients and whisk.
2. Pour in ziplock bag to marinate meat. Or, use in place of oil while sautéing veggies.



MRS. JONES' STOVETOP TURKEY MEATLOAF MUFFINS

"Meatloaf IS and ALWAYS has been one of my favorite meals! This particular recipe is low calorie and doesn't have the grease like most meatloaf recipes have. It is also super easy to make!"



SERVINGS
4-6



PREPARATION
10 MIN



COOKING TIME
35 MIN



READY IN
45 MIN

INGREDIENTS

- 1 box of Stovetop Stuffing
- 1 packet of dried onion soup mix
- 1-2 pounds of ground turkey
- Either 2 eggs or ½ cup egg whites
- Optional: Ketchup, spaghetti sauce, cheese

DIRECTIONS

Preheat the oven to 350 degrees.

Mix all of the ingredients in a large bowl.

Spray muffin tins with cooking spray.

Fill muffin tins to the top with the meat mixture.

Bake at 350 degrees for 35 minutes.

After you remove meatloaf from the oven you can add optional toppings such as ketchup, spaghetti sauce, shredded cheese, green onions etc.



MRS. KNIPE'S CREAMY VEGAN LEMON BARS

"I love lemon desserts and this is one of my favorite vegan recipes! I usually add sliced strawberries on top."



SERVINGS
9 BARS



PREPARATION
5 HOURS



COOKING TIME
45 MINUTES



READY IN
5 HRS 45 MIN

INGREDIENTS

FILLING

- 1 cup raw cashews
- 1 cup coconut cream* (the hardened portion at the top of full-fat coconut milk)
- 2 Tbsp arrowroot or cornstarch
- 1/2 cup lemon juice (2 large lemons yield ~1/2 cup or 120 ml)
- 1 heaping Tbsp lemon zest (1 large lemon yields ~1 heaping Tbsp or 4 g)
- 1 pinch sea salt
- 1/4 cup maple syrup (plus more to taste)
- 2 Tbsp organic powdered sugar (*optional* // for topping)

CRUST

- 1 cup gluten-free oats
- 1 cup almonds
- 1/4 tsp sea salt
- 2 Tbsp [coconut sugar](#)
- 1 Tbsp maple syrup
- 4-5 Tbsp coconut oil (melted)

DIRECTIONS

1. Add raw cashews to a mixing bowl and cover with boiling hot water. Let rest for 1 hour (uncovered). Then drain thoroughly.
2. In the meantime, preheat oven to 350 degrees F (176 C) and line an [8x8 inch baking dish](#) with parchment paper.
3. Add oats, almonds, sea salt, and coconut sugar to a [high speed blender](#) and mix on high until a fine meal is achieved.
4. Transfer to a medium mixing bowl and add maple syrup and melted coconut oil, starting with lesser end of range (4 Tbsp or 60 g as original recipe is written // adjust if altering batch size) and adding more if it's too dry. Stir with a spoon to combine until a loose dough is formed. You should be able to squeeze the mixture between two fingers and form a dough instead of it crumbling. If too dry, add a bit more melted coconut oil.
5. Transfer mixture to parchment-lined baking pan and spread evenly. Then place parchment paper on top and use a flat-bottomed object, such as a drinking glass, to press down firmly until it's evenly distributed and well packed.
6. Bake for 15 minutes, then increase heat to 375 F (190 C) and bake for 5-8 minutes more, or until the edges are golden brown and there is some browning on the surface. Remove from oven to cool slightly, then reduce oven heat to 350 degrees F (176 C).
7. Once cashews are soaked and drained, add to a high speed blender with coconut cream, arrowroot starch, lemon juice, lemon zest, sea salt, and maple syrup. Mix on high until very creamy and smooth.
8. Taste and adjust flavor as needed. I added a bit more lemon zest and maple syrup. It should be very lemony, and not overly sweet.
9. Pour filling over the pre-baked crust and spread into an even layer. Tap on counter to remove any air bubbles.
10. Bake for 20-23 minutes or until the edges look very slightly dry and the center appears "jiggly" but not liquidy.
11. Let rest for 10 minutes, then transfer to refrigerator to let cool completely (uncovered) - at least 4 hours, preferably overnight.
12. To serve, slice and sift with powdered sugar (*optional*). Store leftovers in the refrigerator, covered, up to 4 days, though best within the first 2 days.



MRS. KORSON'S CREAMY CROCKPOT WHITE CHICKEN CHILI

"Using the Crockpot for this family meal, is easy and preps in 5 minutes!"



SERVINGS
6



PREPARATION
5 minutes



COOKING TIME
8 hours



READY IN
8 hours 5 min

INGREDIENTS

- 1 lb boneless skinless chicken breasts
- 1 yellow onion diced
- 2 cloves garlic minced
- 24 oz. chicken broth (low sodium)
- 2 15oz cans great Northern beans drained and rinsed
- 2 4oz cans diced green chiles (I do one hot, one mild)
- 1 15oz can whole kernel corn drained
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 3/4 tsp oregano
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- small handful fresh cilantro chopped
- 4 oz reduced fat cream cheese softened
- 1/4 cup half and half

TOPPINGS: sliced jalapeños, sliced avocados, dollop of sour cream, minced fresh cilantro, tortilla strip, shredded Monterey jack or Mexican cheese

DIRECTIONS

1. Add chicken breasts to bottom of slow cooker, top with salt, pepper, cumin, oregano, chili powder, and cayenne pepper.
2. Top with diced onion, minced garlic, great Northern beans, green chiles, corn, chicken broth and cilantro. Stir.
3. Cover and cook on LOW for 8 hours or on HIGH for 3-4 hours.
4. Remove chicken to large mixing bowl, shred, and then return to slow cooker.
5. Add cream cheese and half and half, stir, then cover and cook on HIGH for 15 minutes, or until chili is creamy and slightly thickened.
6. Stir well and serve with desired toppings.

**** to thicken chili even more, mix 1 Tbsp of cornstarch into 2-3 Tbsp of milk/half and half/chicken broth or water. Stir until cornstarch dissolves, then stir that mixture into the chili. Cook until thickened to your liking**



MS. OEBERST'S FETTUCINNE ALFREDO



SERVINGS
4-6



PREPARATION
10 min



COOKING TIME
20 min



READY IN
30 min

INGREDIENTS

- 3 Tablespoons light cream or whipping cream
- 4 oz packaged fettuccine
- 1/3 cup grated Parmesan cheese
- 1 tablespoon margarine or butter
- Cracked pepper
- Nutmeg
- Optional: 1 ½ cups fresh mushrooms, 1 clove garlic

DIRECTIONS

1. Let the cream come to room temperature.
2. Cook the fettuccine noodles according to package directions and drain well.
3. Return fettuccine to saucepan.
4. Add cream, Parmesan cheese, and margarine or butter.
5. Toss gently till fettuccine is well coated.
6. Transfer to a warm serving dish.
7. Sprinkle with pepper and nutmeg.
8. Added touch... try adding 1 ½ cups



MS. WILLS' CORN CASSEROLE

"My Aunt Nancy used to make this casserole for Thanksgiving every year. I grew up enjoying it. Now this is my oldest daughter's favorite recipe and can eat a ton of it!"



SERVINGS
6-8



PREPARATION
10 MIN



COOKING TIME
1 HOUR



READY IN
1 HR 10 MIN

INGREDIENTS

- 1 (17oz) can cream style corn
- 1 (16oz) can whole kernel corn
- 1 cup shredded American or Colby cheese
- 1 cup uncooked small spaghetti (broken up)
- ½ cup melted butter
- ½ medium onion, diced

DIRECTIONS

Preheat the oven to 325 degrees.

Melt butter in pan/baking dish.

Add all of the ingredients.

Mix well and then bake for 1 hour, uncovered.

Stir after 30 minutes of baking.



MS. WILLS' YUMMY GYRO'S

"My Aunt Nancy used to make this casserole for Thanksgiving every year. I grew up enjoying it. Now this is my oldest daughter's favorite recipe and can eat a ton of it!"



SERVINGS
4-6



PREPARATION
10 MIN



COOKING TIME
1 HOUR



READY IN
1 HR 10 MIN

INGREDIENTS

- 1 pound ground beef
- 1 pound lamb
- ½ cup bread crumbs
- 2 garlic cloves
- 3 teaspoons oregano
- 2 teaspoons onion powder
- 2 teaspoons salt
- 1 teaspoon pepper

DIRECTIONS

Preheat the oven to 350 degrees.
Combine all ingredients in a bowl.
Flatten out and put in roasting pan.
Bake at 350 for 1 hour.
Serve with warm pitas or rice.



MS. WONTOR'S HAMBURGER CASSEROLE

"My mom is the youngest of 8 siblings, and her mother (my grandma) was an excellent cook. My mom decided to collect a bunch of our family members' favorite recipes to make a cookbook for a family reunion we had in 1998. This recipe was submitted by my aunt, but it has become a favorite meal of mine. If my mom ever wants me to come over for dinner, she lovingly lures me to their house by telling me she's making hamburger casserole"



SERVINGS
4-6



PREPARATION
10 min



COOKING TIME
1.5 hours



READY IN
1 hour 45 min

INGREDIENTS

- 1 lb. ground beef
- 4 medium potatoes, cubed
- 4 carrots, cubed small
- ½ cup water
- 2 Tbsp. instant onion soup
- One 17 oz. can peas and liquid
- 2 cans tomato soup

DIRECTIONS

1. Brown ground beef and drain.
2. Season with salt, pepper, and accent to taste.
3. Put cubed potatoes on bottom of buttered, low, flat casserole dish.
4. Add carrots, peas with all liquid, browned meat, and tomato soup mixed with water (in that order).
5. Bake in covered casserole dish at 350 degrees for 1 ¾ hours (or 400 degrees for 1 ¼ hours).
6. Test if veggies are done and stir before serving.
7. Enjoy!