



# Made From Scratch

## Cooking Together

Cooking together has many benefits and can help to make special lifelong memories. Since cooking requires you to communicate, it's a great way to get people to bond or break the ice if they don't know each other very well or want to get to know each other better.

### Basic Quiche

#### Ingredients:

- 1 pie crust (baked, 9-inch)
- 1 c. vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 c. cheese (shredded)
- 3 eggs (beaten)
- 1 c. milk (non-fat)
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder

#### Instructions:

1. Preheat the oven to 375°.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.



**Nutrition facts | Servings:** 1/6 of the recipe

**Per serving | Calories:** 133 **| Fat:** 7 g **| Saturated Fat:** 3 g **| Fiber:** 2 g **| Carbs:** 9 g **| Protein:** 8 g **| Sodium:** 338 mg

**Tip:** You can vary this recipe by using whatever vegetables you have on hand—fresh, frozen, or canned. Want to add in a little extra protein? Add precooked turkey bacon or sausage to your egg mixture.

### Soft Pretzels

#### Ingredients:

- 1 tbsp. yeast
- 1 c. of warm water (100–110°F)
- 2 c. all-purpose flour
- 1 1/2 c. whole wheat flour
- 1 egg
- 1 tbsp. sugar
- 2 tbsp. sesame seeds, optional

#### Instructions:

1. Preheat oven to 425°. Lightly grease 2 baking sheets.
2. In a large bowl, sprinkle yeast over warm water (if the water is too hot, it will kill the yeast). Stir until well blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, 1/2 tsp. salt and 2 1/2 to 3 cups flour to make a soft, sticky dough. Place on a well-floured surface.
5. To knead, fold the dough in half and push it flat with the heels of your hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until the dough is smooth and elastic; it should not stick to hands or counter.
6. Cut dough into twelve even pieces (about golf ball size).

#### To Form Pretzels:

1. Place pretzels 3 inches apart on a baking sheet. Enlarge holes in pretzels to prevent them from closing during baking.
2. In a small bowl, mix egg and 1 tbsp. water. Brush on pretzels. Sprinkle with sesame seeds.
3. Bake for 15 to 20 minutes or until golden brown. Best when eaten warm.



**Nutrition facts | Servings:** 12 **| Serving Size:** 1 pretzel

**Per serving | Calories:** 140 **| Fat:** 1 g **| Saturated Fat:** 0 g **| Fiber:** 2 g **| Carbs:** 28 g **| Protein:** 5 g **| Sodium:** 8 mg

**Storage tip:** Let pretzels cool completely, then wrap individually in plastic wrap. Store at room temperature for up to two days, or freeze the up to one month. To warm, reheat in oven at 350° for about 5 minutes, or 10-12 if frozen.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Caramelized Mushroom and Vidalia Onion Risotto

### Ingredients:

- 1 Vidalia onion (thinly sliced vertically)
- 2 tbsp. canola oil (divided)
- 1 lb. cremini mushrooms (sliced)
- 1 c. short-grain brown rice
- 1/4 c. dry white wine
- 2 c. low-sodium vegetable or chicken broth
- 3 c. water
- 1 1/2 c. frozen peas
- 1/4 cup reduced-fat Parmesan cheese



### Instructions:

1. Heat 1 tbsp canola oil in a 10-inch skillet over medium heat. (Do not use non-stick skillet.)
2. Add Vidalia onions and stir to coat with the oil. Let cook until brown (about 30 minutes), stirring occasionally.
3. Remove Vidalia onions from pan, and set aside.
4. Wipe the pan clean. Heat the remaining olive oil in a pan and brown mushrooms (about 15 minutes).
5. While mushrooms and Vidalia onions are browning, cook risotto as follows.
6. Heat wine and rice in pot, and stir until wine is absorbed.
7. Mix broth and water together.
8. Increase heat to medium-high; stir in 1 cup of water-broth mixture. Cook uncovered, stirring frequently until liquid is absorbed. Continue stirring and add the remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Add peas to rice with the last cup of liquid.
9. Cook until rice is tender, and mixture has a creamy consistency, approximately 1 hour.
10. Gently stir in caramelized Vidalia onions, mushrooms, and cheese. Let sit for about five minutes and serve.

**Nutrition facts** | **Servings:** 4 | **Serving Size:** 1/4 of the recipe

**Per serving** | **Calories:** 380 | **Fat:** 10 g | **Saturated Fat:** 2 g | **Fiber:** 6 g | **Carbs:** 58 g | **Protein:** 12 g | **Sodium:** 270 mg

**Did you know** caramelizing Vidalia onions brings out complex and delicious flavors. Mushrooms add meatiness without significant calories. Add these to risotto made with brown rice providing whole grains with a nutty flavor and you have a deliciously healthful dish.

## Berry Bread Pudding

### Ingredients:

- 1 1/2 c. berries (frozen blueberries, sliced strawberries, or raspberries, thawed)
- 5 slices whole wheat bread (crusts removed)
- 1/2 tsp sugar (optional)
- vanilla yogurt, low-fat (optional)



### Instructions:

1. Combine the thawed berries and sugar (if you choose to use the sugar).
2. Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
3. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
4. Refrigerate overnight. Check the dish to be sure the juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
5. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

**Nutrition facts** | **Servings:** 2 | **Serving Size:** 1/2 of the recipe

**Per serving** | **Calories:** 236 | **Fat:** 3 g | **Saturated Fat:** 1 g | **Fiber:** 7 g | **Carbs:** 44 g | **Protein:** 9 g | **Sodium:** 320 mg