

*NWCTA Senior Class 2014  
Cookbook*

# Culinary Arts



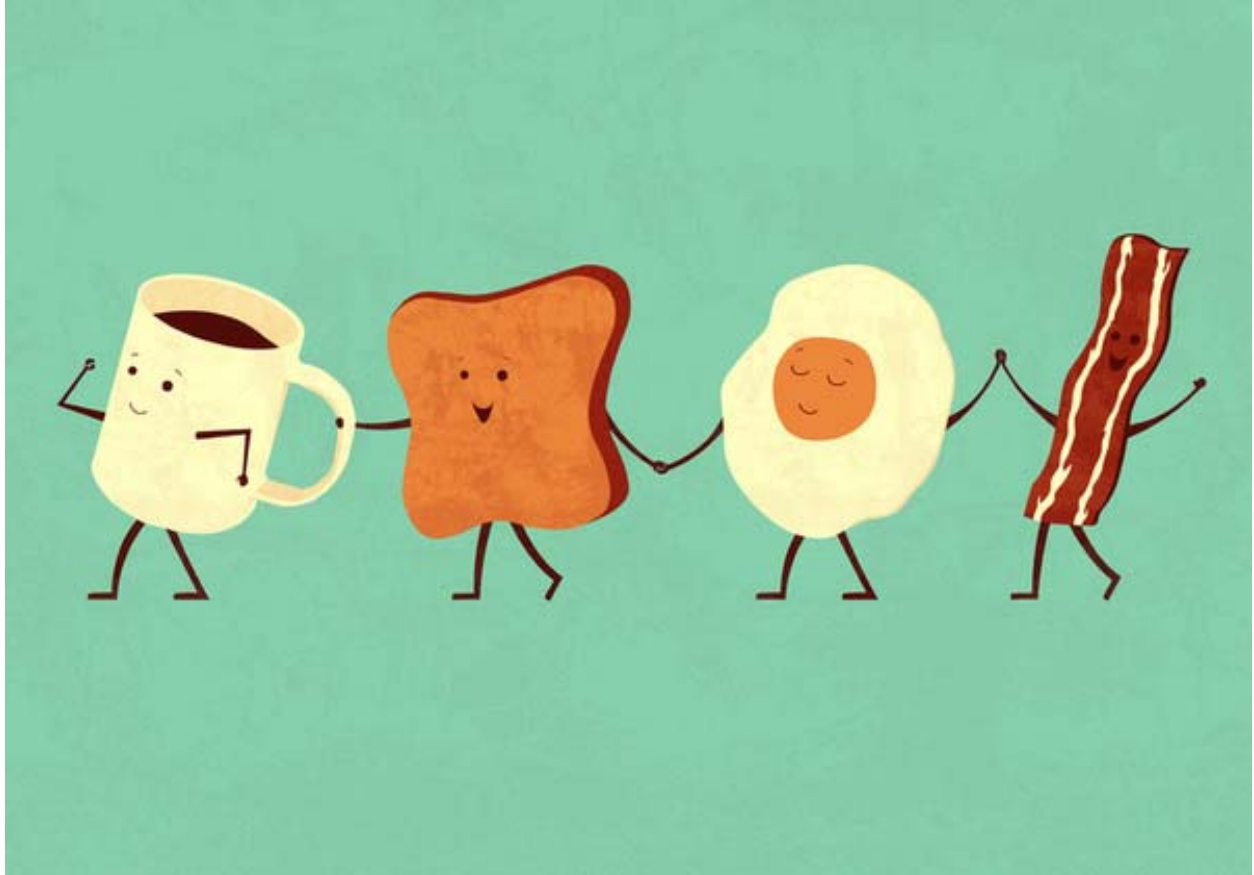
# Capstone

*Cover design by Katia Ojea*

## Table Of Contents

Breakfasts.....	3
Goat Cheese Bacon Omelet.....	4
Breakfast Fruit Salad.....	4
Breakfast Pita Pizza.....	5
Morning Snacks.....	6
Berry Smoothie.....	7
Pita Pockets.....	7
Ants on a Log.....	8
Lunch.....	9
Grilled Cheese with Tomato, Peppers, and Basil.....	10
Turkey and Spinach Pita Pizza.....	10
Black Bean Quesadilla.....	11
Afternoon Snacks.....	12
Asparagus with Toasted Almonds and Parmesan.....	13
Cheese Popcorn.....	14
Garlic Spinach.....	14
Dinner.....	15
Asian Style Salmon.....	16
Herb and Lemon Tilapia with Rice.....	17
Super Simple Garlic Salmon.....	18
Asian Style Beef and Broccoli.....	19
Dessert.....	20
Peanut Butter S'Mores.....	21
Chocolate Peanut Butter Microwave Cake.....	21
Berry Granola Parfait.....	22

# Breakfasts





## Goat Cheese Bacon Omelet

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Breakfasts

*Anthony Stephens, Cory Wells, Chadd Dexter*



**8 eggs**  
**40 g goat cheese**  
**4 slices bacon strips**  
**4 tablespoons onions**  
**8 sprigs dill**  
**4 dashes salt**  
**4 dashes pepper**

Get a bowl, frying pan, whisk, knife, and a spatula. Beat eggs with salt and pepper, cut raw bacon into small pieces, mince onions, chop dill, and measure goat cheese. Cook the bacon in the frying pan, add whisked eggs to cooked bacon in the pan. Lower the heat. When the eggs harden add cheese, dill, and onions in thin layer when everything is hardened. Fold in half. Cook slightly.

Total cost for 4 servings: \$8.80

Nutrition facts per serving:

2.2 carbs

17.9 g fat

20.3 g protein

252.4 calories

## Breakfast Fruit Salad

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Breakfasts

*Brodie Boldt, Brittney Lam, Stephanie Nevarez*

**4 tablespoons honey**  
**8 tablespoons walnuts**  
**2 cups canned fruit**  
**1 cup nonfat greek yogurt**  
**1 tablespoon cinnamon (optional)**

In a parfait or sundae glass, layer fruit first, top with yogurt and top with more fruit. Then, drizzle honey on top.

Sprinkle walnuts and optional cinnamon on top

Total cost for 4 servings:

Nutrition per serving: \$8.08

33.1g carbs

9.3g fat

16.3g protein

264 calories

## Breakfast Pita Pizza

Makes 8 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Breakfasts

*Kenneth Dobis, Joel Finkielsztein, Trenton Rose*



**4 pita bread**  
**4 cups grated mozzarella cheese**  
**4 cups raw spinach**  
**4 eggs**  
**1 dash salt**  
**1 dash pepper**  
**1 teaspoon oregano**  
**1/4 teaspoon cayenne pepper**  
**4 tablespoons Parmesan cheese**

- 1) Put oven rack to the middle of the oven, set oven to broil. Line sheet pan with aluminum foil and place pan in the oven.
- 2) place bread on work surface and sprinkle with mozzarella, oregano, and cayenne. Arrange the spinach on top, leaving a hole in the center.
- 3) remove the baking sheet from the oven and place pitas on the sheet. Crack an egg into the center of each pita where you left the hole from the spinach. broil for 6-7 minutes. Remove from oven and sheet pan and sprinkle with parmesan. Serve.

Total cost for 4 servings: \$4.36

Nutrition per serving:

38.6 carbs

17.8 g fat

30.3 g protein

425.6 calories

# Morning Snacks





## Berry Smoothie

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Morning Snacks

*Liliana Galvan, Monserrath Dominguez, Jaydan Pendleton, Jessica Mendez*

- 2 cups strawberries**
- 2 bananas**
- 2 cups orange juice**

Put bananas, strawberries, and orange juice into blender. Blend until smooth. Serve

Total cost for 4 servings: \$2.08

Nutrition per serving:

3 g carbs

6 g fat

2 g protein

## Pita Pockets

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Morning Snacks

*Mia Patton, Alex Ulloa, Quincy Mcgee*



- 12 cherry tomatoes**
- 4 pita bread**
- 2 cups hummus**
- 1 cup alfalfa sprouts**
- 2 tablespoons olive oil**

Rinse the cherry tomatoes and cut them in half, make a slit in the top of each pita bread, and spread hummus on the inside pocket of the bread. Stuff with alfalfa sprouts and 6 tomato halves, drizzle olive oil over sandwich filling and serve.

total cost: \$8.13

Nutrition per serving:

54.9 g carbs

20.4 g fat

4.216.8g protein

445.2 calories

## Ants on a Log

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Morning Snacks

*Rachel Bertram, Joey Gonzalez, Sky Testo*



**8 tablespoons peanut butter**  
**4 stalks celery**  
**4 tablespoons raisins**

Cut stalks of celery into three even pieces. Spread the peanut butter onto the celery. Place desired amount of raisins onto the celery and enjoy!

total cost: \$5.92

Nutrition per serving:

9.2g carbs

17.6g fat

8.7g protein

215 calories



# Lunch



**Grilled Cheese with Tomato, Peppers, and Basil**

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Lunch*Jessica Johnson, Natalie Fuller, Miranda Loria*

- 1 Sliced tomato**
- 8 slices white bread**
- 2 serrano chile**
- 4 slices Cheddar cheese**
- 2 teaspoons basil**
- 2 tablespoons butter**
- 1 dash black pepper**
- 1 dash salt**

Slice the tomato. Butter one side of each slice of bread. Heat up a pan and place bread on the pan (butter side down), place slice of cheese, 1 tomato slice, a couple peppers, sprinkle basil, salt, and pepper onto the bread. Top off with another slice of bread (butter side facing up). Grill sandwiches until golden brown; about 2 to 3 minutes on each side.

Total cost for 4 servings: \$2.67

Nutrition per serving:

28.1 g carbs

16.8 g fat

11.4 g protein

307.7 calories

**Turkey and Spinach Pita Pizza**

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Lunch*Karlee Linnell, Ariele Palermo, Sarah Langel*

- 16 teaspoons fresh chopped basil**
- 4 whole pita bread**
- 1 cup shredded mozzarella cheese**
- 3 cups fresh spinach**
- 4 teaspoons olive oil**
- 12 slices turkey breast**
- 4 medium whole tomatoes**

1) preheat oven to 325 F

2) prepare pizza pan with olive oil

3) spread a thin layer of mozzarella cheese on a whole wheat pita, then add three slices of turkey to each pita. Top with a layer of thinly sliced tomato and fresh spinach. Sprinkle left-over cheese on top.

4) Cook in oven about 5-7 minutes or until the cheese is melted and the pita bread becomes crispy

5) Garnish with fresh basil

Total cost for 4 servings: \$7.20

nutrition per serving:

44.7 g carbs

12.4 g fat

26.8 g protein

384.4 calories

## Black Bean Quesadilla

Makes 4 Servings

NWCTA Senior Class 2014 Capstone Recipes Cookbook  
Lunch

*Oz, Halle Harper, Oscar Avalos*



**1/4 cup canned black beans**  
**1/4 cup Monterey Jack cheese**  
**3-4 ounces salsa**  
**4 corn tortillas**

Combine the black beans, cheese, and salsa in a medium bowl. Place a half of a cup of mixture on each half of each tortilla. fold the tortilla in half and flatten. Microwave for approximately 40 seconds to a minute, serve with remaining salsa

total cost for 4 servings: \$5.32

Nutrition per serving:

46.6 g carbs

13.2 g fat

18.5 g protein

374.2 calories

total cost: \$5.32



## Afternoon Snacks



## Asparagus with Toasted Almonds and Parmesan

---

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Afternoon Snacks

*Madalyn Freeman, Amber M, Gabby A, Logan S*



**2 tablets unsalted butter**  
**1 pound fresh asparagus**  
**1/3 cup sliced almonds**  
**1/3 cup Parmesan cheese**

Melt butter in medium sauce pan. Add fresh asparagus and cook for approximately 3 minutes. Stir in almonds and parmesan cheese, cook until the cheese looks light brown. (3-5 minutes)

Total cost for 4 servings: \$4.08

Nutrition per serving:

6.4g carbs

12.1 g fat

7.4 g protein

154.2 calories



## Cheese Popcorn

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Afternoon Snacks

*Reyna Gomez, Britni Townsend, Sarah Fajardo*

- 1 ounce Parmesan cheese**
- 1/4 teaspoon salt**
- 2 tablespoons inexpensive olive oil**
- 8 cups popcorn**
- 1/2 teaspoon pepper**

Drizzle oil over hot popcorn in large bowl and toss to coat. Then toss with cheese, pepper and salt.  
total cost for 4 servings: \$0.48

Nutrition per serving:

- 6.5 g carbs
- 4.7 g fat
- 2.3 g protein
- 76 calories

## Garlic Spinach

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Afternoon Snacks

*Kacy Kurau, Justina Pool, Breanna Williams*



- 1 tablespoon butter**
- 6 cloves minced garlic**
- 10 ounces fresh spinach**
- 1 teaspoon garlic powder**
- 1/2 teaspoon lemon juice**

Heat the butter in a skillet over medium heat. Stir in garlic; cook and stir until garlic is fragrant, about 2 minutes. Add spinach a few handfuls at a time, stirring until wilted before adding more (about 5 minutes). Stir in lemon juice and season with garlic salt.

Total cost for 4 servings: \$3.72

Nutrition per serving:

- 7.3g carbs
- 3.5g fat
- 4.5g protein
- 67.5 calories



# Dinner



## Asian Style Salmon

Makes 4 Servings

NWCTA Senior Class 2014 Capstone Recipes Cookbook  
Dinner



- 1 sliced mango**
- 1 cup soy sauce**
- 1 tablespoon ginger**
- 2 atlantic salmon fillets**

1) Preheat oven to 350 F

2) in a large skillet, combine mango, soy sauce, and ginger. Cook over medium heat for about three minutes or until ginger is softened, constantly stirring. Place salmon in a large, glass baking dish. Pour mango mixture over the salmon. bake in oven for 10-15 minutes

Total cost for 4 servings: \$16.22

Nutrition per serving:

12.8 g carbs

12.8 g fat

43.6 g protein

346.4 calories

## Herb and Lemon Tilapia with Rice

Makes 4 Servings

NWCTA Senior Class 2014 Capstone Recipes Cookbook  
Dinner

*Claudia Lopez, Erick Vasquez, Kyle Fuentes, Keanu Serrano, Geno Lingat*



**4 4 oz Tilapia Filets**  
**2 tablespoons olive oil**  
**2 dashes salt (to taste)**  
**2 dashes pepper (to taste)**  
**2 lemons**  
**4 cloves minced garlic**  
**4 tablespoons basil**  
**4 tablespoons parsley**  
**2 cups cooked brown rice**

- 1) Preheat oven to 350 F
- 2) Cut 4 pieces of tin foil large enough to wrap 4 oz piece of fish.
- 3) Place each fish in the center of a piece of tin foil. brush each fish with olive oil.
- 4) Season the fish with salt, pepper, and lemon zest. Squeeze lemon juice onto the fish. Add the minced garlic and herbs on top. Wrap the fish completely in the foil.
- 5) Bake for 15-25 minutes. or until fully cooked.
- 6) serve with 1/2 cup of brown rice.

total cost for 4 servings: \$11.34

Nutrition per serving:

20 g carbs

9.5 g fat

25.7 g protein

261 calories



## Super Simple Garlic Salmon

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*  
Dinner

*Katia Ojea, Kayley Green, Tiana Robinson, Francisco Weller, Emma Reed*

- 4 6 ounce pieces salmon**
- 1 sliced lemon**
- 4 sprigs dill**
- 2 stalks halved green onions**

Preheat oven to 450 F, spray 2 pieces of tin foil with cooking spray, mince garlic, green onions and 1 sprig of dill. Place salmon on one piece of foil, sprinkle salmon with salt and pepper, garlic and chopped dill. Arrange lemon slices on top and a sprig of dill on each. Sprinkle on green onions. Cover salmon with foil and pinch sides together to create a closed pocket. Place on baking dish, bake for 20-25 minutes

total cost for 4 servings: \$12.28

Nutrition per serving:

1.4 carbs

13.9g fat

43.5g protein

315 calories

## Asian Style Beef and Broccoli

NWCTA Senior Class 2014 Capstone Recipes Cookbook  
Dinner

Allison Bidochka, Mariah Dehlinger, Brittney Hudkins



- 1 tablespoon olive oil**
- 1 (10-ounce) package frozen broccoli**
- 1/2 cup carrot (strips or slices)**
- 3 tablespoons soy sauce**
- 1/2 cup onion (chopped)**
- 1/2 cup chicken stock**
- 12 ounces beef top sirloin (strips)**

1. In a 10" skillet or wok, heat the oil. Add the prepared vegetables.
2. Cook, stirring quickly and frequently until the vegetables are crisp tender and onions are brown.
3. Stir in beef strips and cook until done.
4. Add the chicken broth and soy sauce.
5. Serve and enjoy.

total cost for 4 servings: \$14.32

Nutrition per serving:

9.2g carbs

14.9 g fat

20.9g protein

252 calories

# Dessert





## Peanut Butter S'Mores

Makes 4 Servings

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*

Dessert

*Jazmine Washington, Lorena Bravo, Alexis Hoagland, Natalie Urrutia*

- 8 regular marshmallows**
- 8 graham crackers**
- 4 reeces peanut butter cups**

Cook the marshmallows over an open flame or hot coals until they are brown on the outside and soft on the inside (2-4 minutes) Place the marshmallows on top of the graham cracker squares. Place a peanut butter cup on each marshmallow. Top with other half of the graham cracker square.

Total cost for 4 servings: \$1.16

Nutrition per serving

8 g carbs

1.7 g fat

.7 g protein

48.1 calories

## Chocolate Peanut Butter Microwave Cake

*NWCTA Senior Class 2014 Capstone Recipes Cookbook*

Dessert

*Jilline Salamanca, Ana Valladares, Jasmine Joy Carlos, Caryl Lou Paayas*



- 1 tablespoon ground flaxseed**
- 1/3 cup unsweetened almond milk**
- 1/4 cup unsweetened apple sauce**
- 4 packages Truvia**
- 1/8 teaspoon salt**
- 2 tablespoons unsweetened cocoa powder**
- 3 tablespoons oat flour**
- 1 teaspoon baking powder**
- 3 tablespoons peanut flour**

1. In a medium sized bowl, stir together the flax and almond milk.
2. Stir in the applesauce, truvia, and salt.
3. Stir in the cocoa powder, then the oat flour, then the peanut flour (stir to make sure all clumps are gone)
4. Last, stir in the baking powder. Pour batter into a 5" baking dish and microwave for 5 minutes, or until surface springs back when tapped.

total cost for 4 servings: \$19.80

Nutrition per serving:

9 g fat

18 g protein

36 g carbs

260 calories

## Berry Granola Parfait

Makes 4 Servings

NWCTA Senior Class 2014 Capstone Recipes Cookbook  
Dessert

*Katherine Mendes, Eva Fernandez, Leslie Salas.*



**2 cups low fat yogurt**  
**2 cups Hidden Valley granola**  
**1 cup strawberries**  
**1 cup blueberries**  
**1 tablespoon honey**

Cut each strawberry in half. Carefully layer the yogurt, granola, and fruit into single serving containers, and top with honey. Enjoy!

total cost for 4 servings: \$6.85

Nutrition per serving:

58 g carbs

16.8 g fat

16 g protein

440.6 calories

# Index

## A

Ants on a Log.....	8
Asian Style Beef and Broccoli.....	19
Asian Style Salmon.....	16
Asparagus with Toasted Almonds and Parmesan.....	13

## B

Berry Granola Parfait.....	22
Berry Smoothie.....	7
Black Bean Quesadilla.....	11
Breakfast Fruit Salad.....	4
Breakfast Pita Pizza.....	5

## C

Cheese Popcorn.....	14
Chocolate Peanut Butter Microwave Cake.....	21

## G

Garlic Spinach.....	14
Goat Cheese Bacon Omelet.....	4
Grilled Cheese with Tomato, Peppers, and Basil.....	10

## H

Herb and Lemon Tilapia with Rice.....	17
---------------------------------------	----

## P

Peanut Butter S'Mores.....	21
Pita Pockets.....	7

## S

Super Simple Garlic Salmon.....	18
---------------------------------	----

## T

Turkey and Spinach Pita Pizza.....	10
------------------------------------	----