# ELA <br> Cookbook 



## WE ARE EXCITED TO SHARE THE EARLY LEARNING ACADEMIES COOKBOOK WITH YOU!

This cookbook is a collection of our favorite go-to recipes that all can enjoy. We encourage you to get the entire family involved in the kitchen by helping with meal planning, prep, setting the table, serving themselves, and cleaning up. When children are engaged in age-appropriate mealtime activities, they will be more willing to try new foods, enjoy a positive mealtime experience, and eat a variety of foods!

Developing healthy eating habits takes many years of patience, encouragement, and support in helping your child explore their individual (and ever-changing) likes and dislikes. Don't get discouraged if your child isn't always open to trying new foods. Continue to provide a variety of healthy foods, model healthy eating behaviors, and discuss food and eating with a positive and neutral approach.


## Appetizers

## COWBOY CAVIAR

## Submitted by Angela in North Carolina

## Ingriedients:

- 3 Roma tomatoes, diced
- $1 / 2$ small red onion, diced
- 1 bell pepper, seeded and diced
- 1 jalapeno, diced (optional)
- 1/4 cup fresh cilantro, chopped
- 1 can black eyed peas
- 1 can of black beans or pinto beans
- 1 can corn
- Corn tortillas or tortilla chips
- Optional: Garnish with salsa, sour cream and avocado


## Birections:

1. Dice fresh vegetables and mix with canned beans and corn.
2. Mix dressing ingredients together and pour over bean mixture.
3. Dice fresh vegetables and mix with canned beans and corn.
4. Mix dressing ingredients together and pour over bean mixture.
5. Serve immediately or chill in the refrigerator.
4.Serve along with tortilla or tortilla chips.

## Notes:

Dressing:

- 1/3 cup olive oil
- 2 tbsp fresh lime juice
- 1 tbsp red wine vinegar
- 1 tsp cumin
- 1 tsp salt
- 1/2 tsp black pepper
- $1 / 2$ tsp garlic powder


## SEVEN LAYER SALAD

## Submitted by Debbie in Ohio

## Ingredients:

- $1 / 2$ head of iceberg lettuce
- 1 cup radishes, sliced
- 1 cup chopped celery
- $1 / 2$ pkg. frozen peas (cooked $\&$ cooled)
- $1 / 4$ cup shredded cheddar cheese
- 1/2 cup chopped onion
- 1 cup chopped green pepper
- 1/4 cup parmesan cheese
- 6 slices bacon, crumbled (or bacon bits)

Dressing:

- 1 1/2 cups Miracle Whip
- 1 tbsp lemon juice
- 1 tbsp sugar


## Birections:

1.In a large bowl, place the lettuce on the bottom.
2. Add the radishes, covering the lettuce to create one layer.
3. Add each ingredient one layer at a time.
4.Spread the dressing mixture over the top as the next layer.
5.DO NOT MIX.
6. Cover with parmesan cheese and bacon crumbles.
7.Refrigerate overnight.
8. Only mix it together when you are ready to serve.
9.Enjoy!

## notes:

Use Miracle Whip, not Mayonnaise.

## POTATOES AU GRATIN WITH HAM

## Submitted by Brittany in Colorado

## Ingriedients:

- 1 tbsp butter
- 1 tbsp all-purpose flour
- Salt and pepper to taste
- $13 / 4$ cups reduced-fat, $2 \%$ milk
- 10 oz. shredded cheddar cheese
- 8 potatoes, thinly sliced
- 10 oz. diced ham


## Birections:

1.Preheat oven to 350 degrees.
2. In a large saucepan, melt butter over low heat. Stir in flour, salt, and pepper until smooth.
3. Gradually add milk to the saucepan. Bring to a boil; cook and stir 2 minutes, until thickened.
4. Remove from heat; stir in cheese until melted. Add potatoes and ham.
5. Transfer to a large, greased baking dish. Cover and bake approx. 1 hour.
6.Uncover; bake additional 30-40 minutes, until potatoes are tender.

## Notes:

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## SLOW COOKER BUFFALO CHICKEN DIP

## Ingredients:

- 1 lb. cooked chicken (shredded)
- 8 oz. cream cheese cubed
- 1 cup ranch dressing
- 3/4 cup Frank's red hot wing sauce
- 2 cups shredded cheddar cheese


## Birections:

1.Place all ingredients into slow cooker and heat on high for about an hour until everything is melted
2. Give it a stir a few times along the way.
3. Turn heat to low or warm while serving.

## notes:

Prep time 15 minutes. cook time 1 hr. Makes 12 servings.

## TAILGATE CASSEROLE

## Submitted by Donna in Ohio

## Ingriedients:

- 1 pound loose sausage
- 1 large onion (chopped)
- 2 cups Rice Krispies
- 2 cups sharp shredded cheese
- 1 ( $103 / 4 \mathrm{oz}$ ) can of Cream of Celery soup
- 6 eggs (beaten)


## Directions:

MUST BE MADE THE NIGHT BEFORE AND IN THE REFRIGERATOR
1.In a large skillet, cook the sausage and onion until tender.
2. Drain
3. Mix all ingredients and place in a 9x13 inch greased casserole dish.
4. Place in the refrigerator overnight.
5. In the morning, bake at 350 for about 50 minutes.

## notes:

Fan Favorite at Sunday Tailgates. Go Browns!


## CHICKEN LO MEIN

## Submitted by Brittany in Colorado

## Ingricaicents:

- 1 lb . lo mein noodles
- 10 oz. frozen stir-fry vegetables
- 4 oz. soy sauce
- 6 oz. stir-fry sauce
- 1 lb. frozen chicken, diced


## Birections:

1.Preheat oven to 350 degrees.
2. Cook noodles according to directions on the box.
3. Precook chicken until thoroughly heated.
4. Cook stir-fry veggies according to directions on the bag.
5. Drain noodles once cooked thoroughly.
6. In a large bowl, mix noodles, chicken, vegetables (while still hot).
7.Mix in soy sauce and stir-fry sauce to taste.

## Notes:

## PUMPKIN CHILI

Submitted by Angie in Colorado

## Ingredients:

- 1 can pumpkin puree
- 1 lb. ground turkey
- 1 onion
- 1 large can of diced tomatoes
- 1 large can of black beans
- 1 cup vegetable broth
- 1 tablespoon chili powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder


## Birections:

1. Cook turkey and onion in a skillet on medium heat until fully cooked.
2.Add all the other ingredients into a crockpot.
3.Stir in turkey and onions.
2. Cook on low for 6 to 8 hours.
5.Serve with cheddar cheese.
6.ENJOY!

## notes:

Yields 8 to 10 servings.

## BEEF STROGANOFF

## Submitted by Brittany in Colorado

## Ingricdients:

- 1 lb . ground beef
- 1 lb . egg noodles
- 8 oz. sour cream
- 1 can beef gravy
- Salt and pepper to taste
- 4 oz. sliced mushrooms (optional)


## Birections:

1.In a large skillet, brown ground beef over medium heat until cooked through.
2. Drain
3. Cook noodles according to directions on the box.
4. In a large mixing bowl, combine noodles, beef, gravy, sour cream, salt, and pepper (mushrooms added at this step, if desired).
5.Stir well.
6. Serve while hot

## Notes:

## PIZZA CHAFFLES

## Submitted by Lara in Washington

## Ingredients:

- For Chaffle:
- 1 Egg
- 1/4 cup Mozzarella Cheese
- Salt and pepper
- For Pizza:
- Marinara sauce
- Cheese
- Pizza topping


## pirections:

To make the Chaffle, you will need a mini waffle maker.

1. Heat your mini waffle maker. While heating, mix one egg and a bit of cheese. Season to taste.
2. Once the waffle maker is hot, place a bit of your mozzarella cheese on the waffle iron. As it melts, place half of the egg mixture onto your waffle iron. Close the iron. Once it stops steaming, it is ready (take a peek and see if it is brown enough for your liking).
3. Repeat with the remaining egg and cheese mixture (this makes 2).
4. To make your pizza, heat the oven to 375 or broil.
5. Place your chaffle onto your pizza pan (or foil), add sauce, cheese, and other toppings.
6.Place in the oven and cook until warm and melted.

## Notes:

## COLOR THAT SHAPE



## HOMEMADE MAC AND CHEESE

## Submitted by Tricia in California

## Ingredients:

- 8 oz. elbow macaroni
- $1 / 4$ cup butter
- $21 / 2$ tbsp flour
- 3 cups milk
- 2 cups shredded sharp cheddar cheese
- $1 / 2$ cup parmesan cheese
- 2 tbsp butter
- $1 / 2$ cup bread crumbs
- 1 pinch paprika


## Birections:

1.Preheat oven to 350 degrees
2. Cook macaroni and drain.
3. Melt butter in skillet on low heat. Gradually add flour, whisking until well combined.
4. Slowly pour in milk, whisking until smooth. Stir in cheeses and cook over low heat until melted and the sauce thickens.
5. Put macaroni in a large casserole dish and pour sauce over macaroni. Stir well.
6. Melt butter in a skillet over medium heat. Add breadcrumbs and brown.
7.Spread over the macaroni and cheese to cover. Sprinkle with paprika.
8. Bake in preheated oven for 30 minutes.
9.Serve and enjoy!

## notes:

Yields 8 to 10 servings.

## COWBOY PASTA

## Submitted by Brittany in Colorado

## Ingredients:

- 1 lb. mini pasta shells
- 12 oz. hickory smoked bacon, diced
- 1 lb . ground beef or turkey
- $3 / 4$ tsp cumin
- Salt and pepper (to taste)
- 3/4 cups mayonnaise
- 3 tbsp barbecue sauce
- 1 tbsp Worcestershire sauce
- 15 oz. can whole kernel sweet corn, drained
- 1 to $11 / 2$ cups cherry tomatoes, cut in halves
- 12 oz. shredded sharp cheddar cheese


## Birections:

1. Cook pasta according to directions on the box. Drain, and rinse with cold water. Drizzle with a bit of olive oil to keep from sticking.
2. While pasta cooks, sauté bacon in a large skillet over medium heat until crispy. Use a slotted spoon to transfer to a paper towel-lined plate, leaving a little bacon grease.
3. Brown beef or turkey in bacon grease. Season with cumin, salt, and pepper. Drain, and set aside to cool completely
4. In an extra-large bowl, whisk together mayonnaise, barbecue sauce, and Worcestershire sauce until combined and smooth. Add in cooked pasta, bacon, meat, corn, tomatoes, and cheese. Toss to combine and coat
5.Serve right away, or refrigerate before serving.

## Notes:

## SAUSAGE AND RICE

## Submitted by Angela in North Carolina

## Ingredients:

- 1 pound of fresh sausage
- 1 cup of diced onion
- 3 tbsp finely chopped garlic
- $11 / 2$ cups medium or long grain rice
- 3 ounces sun-dried tomatoes (not packed in oil), diced
- 1 tsp smoked paprika
- 2 tsp dried oregano
- 4 cups low-sodium chicken broth


## Birections:

1.Preheat deep skillet over medium-high.
2. Squeeze sausage from the casing into the pan, crumbling it into small pieces.
3. Add onion and cook until sausage is browned around edges and onions are translucent, about 5 minutes.
4.Stir in garlic, rice, sun-dried tomatoes, smoked paprika, and oregano.
5. Cook, stirring constantly until rice is toasted and aromatic, 1 to 2 minutes.
6.Stir in broth and cover pan.
7.Reduce heat to low and cook for 20 minutes until rice is just tender.
8. Remove from heat and let sit for 5 to 10 minutes, still covered, to allow the rice to fully absorb liquid.
9. Remove cover and serve immediately.

## Notes:

## CHICKEN ENCHILADA CASSEROLE

## Submitted by Brittany in Colorado

## Ingredients:

- 1 lb. boneless, skinless chicken breasts (boiled)
- 12 corn tortillas
- 1 large 28 oz can green enchilada sauce
- 16 oz. sour cream
- 1 cup shredded cheddar and jack cheese
- 4 oz. can diced green chilis
- Optional garnish with sour cream and tomatoes


## Directions:

1.Preheat oven to 350 degrees.
2.Spray large casserole dish with cooking spray.
3.Shred already boiled chicken.
4. In a large bowl, combine sour cream and enchilada sauce. Mix well.
5.Add chilies to the mixture.
6. Line the bottom of the casserole dish with tortillas.
7. Layer tortillas with sauce mixture, top with chicken. Repeat layer a 2nd time.
8. Top with 3 rd layer of tortillas, top tortillas with a light layer of sauce mixture.
9.Top with cheese.
10.Bake for 25-30 minutes, or until tortillas are tender enough to cut through.

## Notes:

## Desserts

## TOASTED S'MORES BARS

## Ingriedients:

- One pouch of Betty Crocker sugar cookie mix
- 1 cup of graham cracker crumbs
- 1 cup of butter or margarine (melted)
- 3 cups of milk chocolate chips
- $4 \mathrm{l} / 2$ cups of miniature marshmallows


## birections:

1. Heat oven to 375 .
2. In a large bowl, stir together cookie mix and graham cracker crumbs.
3. Stir in melted butter until a soft dough forms.
4. Press into an ungreased $13 \times 9$ pan or foil cupcake liners.
5. Bake 18 to 20 minutes or until set.
6. Immediately sprinkle chocolate chips over the crust.
7. Let stand 3 to 5 minutes or until chocolate begins to melt.
8. Spread chocolate evenly over crust.
9. Set oven to broil and sprinkle marshmallows over the melted chocolate.
10. Broil for 20 to 30 seconds or until the marshmallows are toasted.
11. Watch closely as the marshmallows will brown quickly.
12. Cool for 10 minutes.

## Notes:

Prep time 20 minutes serves 24 .

## ICE CREAM IN A BAG

## Submitted by Christina in Virginia

## Ingredients:

- 1 cup half and half
- 2 tbsp granulated sugar
- $1 / 2$ tsp pure vanilla extract
- 3 cup ice
- $1 / 3$ cup kosher salt
- Toppings of your choice
- Resealable plastic bags (large and small)


## Birections:

1.In a small resealable plastic bag, combine half and half, sugar, and vanilla.
2. Push out excess air and seal.
3. Combine ice and salt into a large resealable plastic bag. Place the small bag inside the large bag and shake vigorously for 7 to 10 minutes until the ice cream has hardened.
4. Remove from bag and enjoy with your favorite ice cream toppings.

## Notes:

Yields 1 serving.

## ULTIMATE ZUCCHINI BREAD

## Submitted by Karen in Colorado

## Ingredients:

- 2 cups packed zucchini - grated on the large holes of a box grater
- 2 eggs
- $2 / 3$ cup safflower oil (or any neutral oil)
- $1 / 2$ cup brown sugar packed
- 1/2 cup granulated sugar
- 1 tsp vanilla
- $11 / 4$ tsp cinnamon
- 1 tsp salt
- $1 / 8$ tsp nutmeg
- 3/4 tsp baking soda
- $1 / 2$ tsp baking powder
- 2 cups flour
- 2 tbsp raw or turbinado sugar


## pirrections:

1. Heat oven to 350 .
2. Spray loaf pan with cooking spray.
3. Mix grated zucchini with oil, eggs, sugars, vanilla, and salt.
4.Add cinnamon, nutmeg, baking soda, baking powder, and mix to combine.
4. Make sure it's well mixed, and all ingredients are incorporated.
5. Add flour and mix to combine.
6. Power into a loaf pan and smooth the top.
7. Sprinkle the top of the mixture with the raw/turbinado sugar. This is yummy and makes a nice crust on the top, so don't skimp.
8. Bake for 55-60 minutes until a toothpick comes out clean.
9. Let cool completely in pan.

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## BANANA PUDDING

## Submitted by Christina in Virginia

## Ingredients:

- 2 cups milk
- $1 / 4$ cup granulated sugar
- 2 egg yolks
- 3 tbsp corn starch
- 1 tsp vanilla
- $1 / 4$ tsp salt
- 2 large bananas for slicing


## pirections:

1. Whisk together sugar, cornstarch, salt, milk, vanilla, and egg yolks in a medium saucepan.
2. Cook over medium heat, whisking frequently.
3. Cook until bubbly and mixture thickens, about 6-8 minutes.
4. Remove from heat.
5.Transfer the pudding into a serving bowl or individual cups.
5. Chill to the desired temperature, then place sliced bananas on top and serve immediately.

## notes:

This pudding is a great way to add an extra serving of fruit for the day.

## PEANUT BLOSSOMS

## Submitted by Parma Montessori in Ohio

## Ingriedients:

- 13/4 cup flour
- 1 tsp baking soda
- $1 / 2$ tsp of salt
- $1 / 2$ cup of sugar
- $1 / 2$ cup of brown sugar
- 1/2 cup shortening
- 1/2 cup peanut butter
- 1 egg
- 2 tbsp of milk
- 1 tsp of vanilla
- Hershey kisses


## Directions:

1. Combine flour, baking soda, and salt.
2. Combine shortening, sugars.
3.Add peanut butter, milk, and egg.
4.Stir in flour mixture.
3. Shape dough into balls.
4. Roll ball in sugar.
5. Place on ungreased cookie sheet.
6. Bake 375 for 10 to 12 minutes.
9.Top immediately with a candy kiss and press firmly so the cookie surrounds the edge of the Hershey's kiss.

## Notes:

Yields 4 dozen.

## Ingredients:

- 1 bag of large marshmallows
- 1 small can (14 oz.) sweetened condensed milk
- $1 / 2$ cup butter
- 1 bag (14 oz.) caramels
- 7 cups of Rice Krispies cereal (in December, use the festive Holiday Rice Krispies)


## Birections:

1. Pour the Rice Krispies into a $9 \times 13$ baking pan.
2.In a medium saucepan, melt the caramels, milk, and butter over medium heat.
3.Stir constantly until smooth and creamy.
2. Using a fork or skewer, dip each marshmallow into the caramel mixture. Tap off the excess.
3. Drop it into the Rice Krispies and roll until fully covered. Then roll in your hands to form a smoothly packed ball. Be careful, the caramel is still hot!
4. Place on a cookie sheet lined with parchment paper.
5. After cooled, place in a sealed container to keep fresh.

## notes:

You may have to rinse your hands often as it is a sticky mess. It's easier with two people.

## CHOCOLATE CHIP BANANA BREAD

## Submitted by Jessica in Pennsylvania

## Ingredients:

- 3 ripe bananas
- $1 / 2$ cup butter
- $1 / 2$ cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp baking soda
- dash of salt
- $11 / 2$ cup flour
- $1 / 2$ cup mini chocolate chips


## Birections:

1. Preheat oven to 350 .
2.Mix together sugar, egg, vanilla, baking soda, and flour until smooth.
2. Add chocolate chips.
3. Pour into a greased pan.
4. Bake for about 50 minutes.

## Notes:

This is an easy recipe to make with your children and a favorite with picky eaters who do not like bananas.

## SHERBET

## Submitted by Christina in Virginia

## Ingricdients:

- 1 tsp citric acid
- 2 tbsp icing sugar
- 3 tbsp jelly crystals (any flavor you like)
- 1 tsp baking soda


## Birections:

1. Gather your ingredients.
2. Measure ingredients into a small bowl.
3. Mix them well.
4. Enjoy!

## Notes:

Prep and cook time: 10 mins with the children.

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