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Meal Ticket

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PAM Meal Ticket Cookbook

Lexa Walsh

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Mix together 1 c oats, ½ c wheat germ, 1 ½ c walnuts, ½ c maple syrup, ½ c brown sugar, ½ c olive oil or butter, remove from heat and stir — whisk rapidly. Bake at 350° until juices are bubbling and top sits dry & wet and put on top of fruit.

Greg's Bolognese, by Elizabeth

Cook chopped carrots, onions and garlic in small amount of olive oil until soft. Brown ½ lb ground turkey in veggies.

Add wine (cheap red cabernet) over and over... Add canned tomato sauce and fresh basil. Boil rigaton in salted water until al dente. Serve sauce on pasta with Parmesan cheese.

Elizabeth's Chopped Salad, by Greg

Coarsely chop carrots, cucumber, celery, red cabbage, red onion, halved cherry tomatoes, and Kalamata olives.

Drizzle with fresh lemon juice, red wine vinegar, kosher salt, black pepper, a pinch of sugar, and a dollop of Dijon and a clove of crushed garlic.

Luke's Japanese Cold Tofu, by Lexa

Blend a dollop of tahini, a dollop of Dijon, 1 small shallot, 1 peeled, deseeded roasted gaperfruit juice and Dijon mustard.

Crack pink pepper and sprinkle sea salt on top. Taste for graininess and keep cooking if necessary. Remove from heat and add cheese.

Lexa's Tahini Roasted Pepper Dressing, by Luke

Blend a dollop of tahini, a dollop of Dijon, 1 small shallot, 1 peeled, deseeded roasted gaperfruit juice and Dijon mustard.

Crack pink pepper and sprinkle sea salt on top. Taste for graininess and keep cooking if necessary. Remove from heat and add cheese.

Stephanie's Egg Puff, by Miro

In a large bowl, beat 10 eggs on medium high for 3 minutes until light yellow in color. Combine ½ c flour, 1 t baking powder, and ½ t salt. Gradually add to eggs. Mix well. Stir in ½ -1 lb shredded Monterey Jack cheese, 2 c cottage cheese, ½ c melted butter and a can of chopped chilies (or fresh roasted Anchos.) Pour into a 13x6 greased baking dish. Bake at 350° for 35-40 minutes until browned on top and a toothpick comes out clean.

Serves 12. Better the next day!

Miro's Mixed Drawing Medium, by Stephanie

1 stick of charcoal, walnut ink, India Ink, colored pencil, conté crayon and watercolor

"You should really see Miro's drawings." — LW

Kate's Apricot Glazed Pork Tenderloin, by Maggie

Preheat oven to 400°. Coat the bottom of a shallow baking dish with olive oil. Rub tenderloin with ½ t salt and 1 T rosemary so it covers the meat. Put tenderloin in the oven when hot. Meanwhile, in a small dish, mix 2 T Dijon mustard, 2 T apricot preserves until combined. Baste roast after 15 minutes with mixture, repeating every 10 minutes until internal temperature is 160° (usually around 45 minutes.) Slice and serve this deliciousness.

Thumbs up. Obviously.

Maggie's Pasta Fagioli, by Kate

Mince 2 lg. shallots and crush a few garlic cloves. Sauté in olive oil until shallots are translucent. Add red wine and reduce. Add 4 chopped Roma tomatoes, a bit of tomato paste, a can of cannellini beans, and a little juice from that can. Stir generously, turn heat down to simmer, and add a pinch of oregano. Chop Swiss chard semi fine.

While sauce is simmering, cook Penne in salted water with olive oil.

When pasta is almost finished, add chard to sauce, along with red wine and salt to taste. When pasta is done, drain and toss with sauce.

Serve with Parmesan.

Aaron's Chilaquiles, by Michelle

Cut 8 stale corn tortillas into ½" strips. Fry on high heat until good and brown and hard. Add ½ c salsa & mix.

Garnish with a fried egg, Cotija cheese, avocado slices and tomatoes.

Michelle's Flank Steak, by Aaron

In a food processor, blend 2 shallots, 2 sprigs of rosemary, ½ c olive oil, and 5 & P into a paste. Apply to both sides of flank steak and marinate or a half or a whole day.

Wipe rub off, grill steak to medium rare, slice on the bias and serve.

Lexa's Creamy Polenta, by Kristy

Boil water for a pinch of salt. Grate ½-1 c of Parmesan, or go wild and add a little blue cheese. Put aside. Slowly add ½ c of polenta to the boiling water and reduce heat to low-medium. Stir with a water until it looks and feels like bubbly lava. Taste for graininess and keep cooking if necessary. Remove from heat and add cheese.

Serve immediately, alongside a glass of crisp Sauvignon Blanc.

Emma's Shrimp Stir Fry, by Joe

Baste and spice shrimp with a ½ c each of oil and vinegar, plus salt to taste. Stir haricots (thin French green beans) in a pan with extra virgin olive oil on medium high. Improve spices: garlic powder, onion powder, red pepper flakes.

After beans cook, add shrimp, stir until caramelized. Serve hot over rice. Spritz with lemon for extra flavor.

"From DC via Ann Arbor, MI. Grad School. Cooked in studio apartment. Portland anniversary is tomorrow! Moved here for new stage in life."

Elizabeth's American Pasta Salad, by Carla

Combine 2 cans tuna, 4 hard cooked eggs, 1 red pepper, diced, 1 cucumber, deseeded and diced, 1 lb fattoli, cooked al dente.

Press with the juice of one lemon, ½ c olive oil, mustard to taste, 5 & P, and white balsamic vinegar.

Carl's Risotto, by Elizabeth

Heat oil and saute mixed onion. Add zucchini and approximately 2.5x bigger than fish. Drizzle 1 t soy sauce. Add diced fresh ginger and diced red and orange peppers. Gather and roll paper over sides. Bake in preheated 350° oven for 10 minutes.

Amy's Skillet Chicken and Chive Dumplings, by Kirk

Slice three chicken breasts and fry them in butter just tender. Meanwhile, saute pancetta and chopped sweet onions. Add crème fraiche and simmer.

Add potatoes into mixture and remove from heat. Grate a generous amount of mixture or mozzarella cheese. Layer potato mixture and remove from heat. Bake in oven until golden brown.

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Lexa's Lamb Stew, by Ted

Brown a lamb shoulder in olive oil on all sides. Remove lamb, set aside. Sauté chopped onion and garlic in juices/fat until translucent. Add lamb back to pan, plus ½ ½ bottle red wine, 1 lg can of stewed tomatoes, 1-2 cinnamon sticks, a heaping T cumin, some red chili flakes, a dollop of honey, and a handful of dried prunes or apricots. Cook on medium for about 3 hours, until meat falls off. Add liquid (wine, water, stock) when necessary.

Garnish with fresh cilantro and sprinkle with Ras el Hanout.

Michelle's Greek Slaw, by Lisa

Combine 1 each sliced red and yellow pepper, a small jar of quartered artichoke hearts, ½ red onion, sliced thin, ½ bunch chopped parsley, 5 & P. Drizzle with olive oil and balsamic vinegar.

Kate's Pumpkin White Bean Soup, by Elizabeth

Sauté 1 coarsely chopped onion until soft, add a 15 oz. can of pumpkin puree, 3-½ c chicken broth, 15 oz can of white beans, rinsed, ½ t oregano, and 5 & P. Simmer 8-10 minutes, and puree in batches. Adjust seasoning, serve with Parmesan. Yummy Fast!

Elizabeth's Recipe for Disaster, by Kate

Leave 1 bottle of Odwalla protein shake in the fridge until bulging. Open carefully in sink. Prepare to clean walls, cabinet and ceiling.

Luisa's Recipe for Disaster, by Lexa

At times, do or say things without thinking what the consequences might be, like saying what's on your mind without meaning anything, and have the person possibly take it personally.

Lesson: be thoughtful.

Joe's Grandmother's Ice Box Cake, by Emma

Layer enough graham crackers to cover bottom of cake pan, add chocolate pudding, more graham crackers, vanilla pudding, more graham crackers, and icing.

Then, go wild with mixed berries, bananas, and kiwi. Put in the fridge until set.

Henry's Tuna and Rigatoni, by Michelle

Boil water for pasta and add rigatoni. Heat a dash of olive oil in a 12" skillet. Add 1 red chili, seeded and diced, ½ red onion, a dash of cinnamon, small bunch basil and saute for 5 minutes on medium or until onions are soft. Meanwhile, put pasta in boiling water, add salt. Turn up heat few minutes until sauce thickens a bit. Drain pasta and combine with sauce.

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Michelle's Parchment Fish, by Henry

Center rockfish on 1 sheet of parchment paper, approximately 2.5x bigger than fish. Drizzle 1 t soy sauce. Add diced fresh ginger and diced red and orange peppers. Gather and roll paper over sides. Bake in preheated 350° oven for 10 minutes.

Mark's Catfish Stew, by Sara

1 black pepper, bring to boil, add 5 baby red Worcesterstire, 1 Tabasco, 2 t salt, potatoes, finely diced. Add red wine, if more liquid is needed. Simmer until done.

Add 2 lb raw catfish, Pollock or Snapper. Simmer 7 minutes. Grumble in bacon. Serve with French bread.

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Sara's Swiss Chard with Chick Pea and Couscous salad, by Mark

Place 10oz couscous in a bowl. Cover tightly and let stand 10 minutes.

In a large skillet, over low heat, toast ½ c pine nuts, shaking the pan frequently until golden brown. Fry chicken 2-3 minutes on each side.

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Michelle's Emergency Meal, by Kristy

Make Trader Joe's shopping list: Lemon Farofa/diced pasta, one can of chickpeas, 1 T Tabasco, 2 t salt. Dump in tuna with oil, plus 3 T capers. Boil pasta for 9 minutes, drain. No kids, cable TV, laugh, cherish your friendship, and be best friends.

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