

LIVINGSTON NEIGHBORS HELPING NEIGHBORS

# TEEN RECIPES

*Delicious and easy food to cook and share*



*Created By Eli Goren*





In the pages that follow, you will find recipes that we have used to prepare meals for local families in need. We hope to help other teens continue in the same way with this resource.



*...the people who give you their food give you their heart.*



# PREPARATION

*We know that cooking and delivering meals is the fun part, but it's really helpful to prepare your supplies before you begin.*

1



## *Purchase containers*

We like to buy tin foil containers in bulk in various sizes. The large ones are great for salads, pasta dishes, and main courses. The smaller ones are great for side dishes and desserts.

2



## *Make a list of ingredients*

Plan your menu at least a few days in advance so that you can shop for the best items. We find great prices at Shoprite and Aldi. Some items like dry pasta, rice, and sauces can be purchased in bulk at Costco.

3



## *Cooking and Delivering*

Since we like to cook after school and deliver before dinner time, it is important to use your time wisely. While ovens preheat or water boils, use that time to prep salads or veggies. Also, when the meal is complete, we always label the package so the family knows what it holds.





# *Mandarin Orange Salad*

## *INGREDIENTS*

- 1 bag of greens (arugula, romaine, spinach, or mixed)
- 1 can of mandarin orange slices, drained
- 1 red onion, sliced
- 1 cup of crunchy Asian wontons
- 1 cup chopped walnuts (optional)
- 1 jar of poppyseed dressing

## *INSTRUCTIONS*

1. Wash greens and add to dish
2. Layer with red onion slices
3. Layer with mandarin oranges
4. Sprinkle with Asian wonton strips and optional walnuts
5. Package and provide with poppyseed dressing



# BBQ CHICKEN

## INGREDIENTS

1 tsp smoked paprika  
1/2 tsp garlic powder  
1/4 tsp salt  
1/4 tsp freshly cracked black pepper  
1 lb. boneless, skinless chicken breast or thighs  
1 Tbsp cooking oil  
1/4 cup BBQ sauce

## INSTRUCTIONS

1. If using chicken breasts, pound them to an even thickness to ensure quick and even cooking. To pound the breast, place them on a cutting board and cover with a piece of plastic wrap. Use a mallet or rolling pin to pound the thicker areas to an even 1/2 to 3/4-inch thickness. There is no need to pound chicken thighs.
2. Combine the smoked paprika, garlic powder, salt, and pepper in a small bowl. Season both sides of the chicken pieces with the spice blend.
3. Heat grill or a large skillet over medium heat. Once hot, add the cooking oil and swirl to coat the surface of the skillet. Add the seasoned chicken and cook on each side until well browned and cooked through (an internal temperature of 165°F), about 5-7 minutes on each side.
4. Turn the heat off and brush both sides of the chicken with BBQ sauce. Let the chicken rest five minutes before slicing and/or serving.







# Spaghetti & Meatballs

## INGREDIENTS

1 box of spaghetti  
2 tbsp parmesan cheese  
1/2 tsp salt  
2 tsp dried oregano  
1/2 cup bread crumbs  
1/5 lbs ground beef  
2 eggs, beaten

## INSTRUCTIONS

1. Cook pasta according to box directions
2. Preheat oven to 350 degrees
3. In large bowl, mix cheese, salt, oregano, bread crumbs. Add eggs and meat
4. Using a spoon, form balls, golf ball size.
5. Place 1 inch apart on foil lined sheet
6. Bake 15 minutes, flip and cook 5-7 more





# Chicken Alfredo

## INGREDIENTS

1 lb boneless, skinless chicken breasts  
2 tsp Italian seasoning  
1 Tbsp cooking oil  
2 Tbsp butter  
4 cloves garlic, minced  
1 cup heavy cream  
3/4 cup grated Parmesan  
1/4 tsp salt  
1/4 tsp pepper  
1 Tbsp chopped parsley (optional garnish)  
8 oz. fettuccine

## INSTRUCTIONS

1. Season both sides of the chicken breast with Italian seasoning and a pinch of salt.
2. Heat a large skillet over medium. Once hot, add the cooking oil and swirl to coat the surface. Add the chicken to the skillet and cook for about 7-8 minutes on each side, or until browned on the outside and cooked through.
3. Remove the chicken to a clean plate and turn the heat under the skillet down to medium-low.
4. Add the butter and minced garlic to the skillet. Stir and cook the garlic in the melted butter for about two minutes, dissolving the browned bits from the bottom of the skillet as you stir.
5. Add the heavy cream and whisk to combine, dissolving any remaining browned bits. Allow the cream to come up to a simmer.
6. While waiting for the cream to simmer, bring a pot of water to a boil for the fettuccine. Once boiling, add the pasta and continue to boil until tender (about 7 minutes). Reserve about 1/2 cup of the starchy cooking water just before draining the pasta.
7. Once the cream is simmering, add the grated Parmesan to the skillet. Continue to whisk and stir until the Parmesan has melted into the sauce and the sauce has begun to simmer. Simmer the sauce for a few minutes, or until it becomes slightly thicker. Add salt and pepper to the sauce to taste.
8. Add the drained pasta to the skillet with the creamy sauce and toss to combine. If the sauce becomes too thick, add a couple of tablespoons of the reserved pasta water and toss to combine with the sauce.
9. Slice the cooked chicken breasts and serve it atop the creamy pasta. Garnish with chopped parsley, if desired.





# Chicken or Beef & Broccoli Stir Fry

## INGREDIENTS

1.5 lb boneless, skinless chicken breasts or chunk steak sliced or diced  
3 Tbs cornstarch, divided  
1/2 cup water plus 2 Tbs  
1/2 tsp garlic powder  
2 Tbs olive oil  
1/4 cup tamari or soy sauce  
2 Tbs maple syrup  
4 cups broccoli florets

## INSTRUCTIONS

1. Combine 2 tbs cornstarch, 2 tbs water and garlic powder
2. Add chicken pieces and toss with tongs
3. In large skillet, over med-high heat, stir fry chicken in 1 tbs oil until chicken is done, remove and keep warm
4. Combine soy sauce, syrup, remaining cornstarch and water until smooth, add to pan
5. Steam broccoli in 1/2 inch of water in pot for 5 minutes
6. Put chicken in broccoli in with sauce and cook/stir for 2 minutes

*Great served over rice or pasta*





# *Salmon in Pastry Puff*

## *INGREDIENTS*

2 (12 ounce) skinless, boneless  
salmon fillets  
1 teaspoon onion powder  
½ teaspoon garlic powder  
seasoned salt to taste  
1 (6 ounce) package spinach leaves  
1 (17.25 ounce) package frozen puff  
pastry, thawed  
1 egg, beat

## *INSTRUCTIONS*

1. Preheat the oven to 375 degrees F
2. Season salmon fillets with onion powder, garlic powder, and seasoned salt.
3. Divide 1/2 spinach between two sheets puff pastry; spread it out down the center.
4. Place 1 salmon fillet on top of each spinach layer.
5. Sprinkle with salt and pepper
6. Top with remaining spinach leaves.
7. Fold the pastry sides together and seal with fork
8. Beat egg and paint egg on top of the pastry
9. Bake in the preheated oven until pastry puffed and golden and salmon cooked through, 20 to 25 minutes.





# 2 of the easiest Roasted Chicken recipes (just requires more cooking time)

## INGREDIENTS

1 eight piece cut up chicken  
McCormick brand Montreal  
Chicken Seasoning  
(that's all!)

## INSTRUCTIONS

1. Preheat the oven to 350 degrees
2. Rinse and clean chicken
3. Place chicken pieces in one layer in dish
4. Sprinkle heavy layer of seasoning on each chicken piece
5. Bake 90 min/2 hours- depending on oven

## INGREDIENTS

1 eight piece cut up chicken  
Bread crumbs  
1 big bottle of noncreamy Italian  
dressing

## INSTRUCTIONS

1. Preheat the oven to 350 degrees
2. Rinse and clean chicken (don't dry)
3. Put bread crumbs in bag and place chicken pieces in bag, one a time
4. Shake to coat
5. Lay pieces in pan
6. Pour dressing over chicken (don't drown it)
7. Bake 90 min/2 hours- depending on oven



# SHEET PAN CHICKEN FAJITAS

Great way to get veggies and protein in same dish

## INGREDIENTS

1 1/2 pounds of chicken breast tenders  
1 yellow, 1 red, 1 orange bell pepper, sliced into 1/4 inch slices  
1 small yellow onion, sliced into 1/4 inch slices  
1 1/2 tablespoons of extra virgin olive oil  
1 teaspoon of kosher salt  
ground pepper  
2 teaspoon of chili powder  
1/2 teaspoon of garlic powder  
1/2 teaspoon of onion powder  
1/2 teaspoon of ground cumin  
1/2 teaspoon of paprika  
tortillas

## INSTRUCTIONS

1. Preheat oven to 415 degrees.
2. Combine spices in a small bowl and mix well
3. In a large bowl, combine onion, bell pepper, chicken tenders and olive oil. Then pour the combined spices over, use tongs to combine.
4. Spray baking sheet with non-stick cooking spray, spread everything in a single layer.
5. Cook for about 20 minutes, then toss and cook for another few minutes.
6. In the last five minutes of cooking, let tortillas wrapped in foil warm in the oven.
7. Serve with tortillas



# ROASTED VEGGIES

Use any combination!

## INGREDIENTS

Asparagus  
Broccoli  
Cauliflower  
Onions  
Zucchini  
Carrots (requires more baking time)  
Salt/Pepper  
Garlic cloves (optional)  
Olive oil

## INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Cut and clean veggies
3. Place in one layer in dish with garlic cloves
4. Sprinkle with salt/pepper
5. Drizzle with olive oil
6. Roast 25-30 minutes





# PEAS OREGANO

## INGREDIENTS

1 can peas  
Dried oregano  
Parmesan cheese (grated)  
Olive oil

## INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Drain peas and pour into baking dis
3. Drizzle with olive oil
4. Layer with oregano and cheese
5. Use fork to mix around and then add more oregano on top
6. Cook minutes



# SAUTEED SPINACH & GARLIC

## INGREDIENTS

1 bag of spinach  
4 garlic cloves, crushed  
3 tbsp olive oil

## INSTRUCTIONS

1. Wash spinach (no need to dry)
2. Add olive oil to saute pan
3. Add spinach and garlic
4. Saute until spinach is wilted

# *FINAL WORDS*

This cookbook is a compilation of the recipes that are healthy and safe for teens to prepare after school. The recipes come from a variety of sources like family cookbooks and trusted websites. Enjoy them and send anything that you would like to add to the next edition.

