

Grade 9 Final Meal Choices

Salads – choose one

Caesar Salad

<p><u>Dressing</u> 20 ml olive oil or mayonnaise 5 ml lemon juice, 7ml red wine vinegar 1/2 clove garlic crushed 2 ml Worcestershire sauce 1 drop Tabasco sauce 1 ml dry mustard 1 ml salt 1 ml pepper Combine all ingredients in a small container with a lid and shake until well blended.</p>	<p><u>Croutons</u> 2 frozen bread slices 10 ml margarine Spices such as onion powder, paprika, garlic powder, seasoning salt and pepper.</p> <p>Cut bread slices into tiny bite size cubes. Fry in a heavy pan with margarine. Remove from heat and add in seasonings.</p>	<p><u>Body of Salad</u> 1/3 head romaine lettuce, washed and dried. Croutons 20ml Parmesan cheese</p> <p>Tear lettuce into bite sized pieces. Toss with dressing. Add in parmesan cheese and croutons.</p>
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Spinach Salad with Poppy Seed Dressing

- 1 bunch spinach, rinsed and torn into bite-size pieces
- 300 ml sliced strawberries
- 35 ml vegetable oil
- 25 ml white wine vinegar
- 25 ml white sugar
- 1 ml paprika
- 8 ml poppy seeds

DIRECTIONS:

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Tossed Salad

Vinaigrette

- 2ml each sugar, salt and pepper
- 2ml finely chopped garlic (optional, but good)
- 5 ml Dijon mustard (coarse or fine)
- 15 ml wine vinegar (red or white)
- 30 ml olive oil

Whisk together and store in a glass jar.

Body

- 1/3 head lettuce
- 1/2 carrot
- 1/3 cucumber
- 1/4 tomato

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Main Courses

HOMEMADE CHILI with CORNBREAD

<p>250 ml ground beef 1/2 large cooking onion, chopped 125 ml stewed tomatoes 250 ml Beans (red Kidney or other) 30 ml chopped celery</p> <ol style="list-style-type: none"> 1. Brown ground beef in skillet over medium heat. 2. Add chopped onion & celery and sauté with beef for 2 to 3 minutes. 3. Pour off excess fat, if any. 	<ol style="list-style-type: none"> 4. Add stewed tomatoes and slightly drained kidney beans. 5. From here you are “on your own” to add appropriate amounts of the following seasonings: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">• Green chili</td> <td style="width: 50%;">• hot sauce</td> </tr> <tr> <td>• worchestershire sauce</td> <td>• cumin</td> </tr> <tr> <td>• chili powder</td> <td>• salt And Pepper</td> </tr> </table> 6. Simmer, uncovered for as long as possible. Taste and adjust seasonings. 7. Serve in soup bowls with hot buttered corn bread. 	• Green chili	• hot sauce	• worchestershire sauce	• cumin	• chili powder	• salt And Pepper
• Green chili	• hot sauce						
• worchestershire sauce	• cumin						
• chili powder	• salt And Pepper						

PERFECT CORNBREAD

<p>125 ml sifted flour 125 ml cornmeal 30 ml sugar 30 ml milk powder (dry) 10 ml baking powder 1 egg 2 ml salt 125 ml water 30 ml shortening</p>	<p style="text-align: right;">Preheat oven to 425° . Makes 6 muffins.</p> <ol style="list-style-type: none"> 1. Grease and flour muffin cups or use cupcake liners. 2. Sift together flour, sugar, baking powder and salt. 3. Stir in cornmeal and milk powder. 4. Add egg, water and shortening. Beat with a rotary egg beater just till smooth, about 1 minute. 5. Spoon batter into greased muffin tins. Fill 2/3 full. (Half fill empty parts of muffin tin with water.) 6. Bake at 425° for 12-15 minutes. Test with toothpick.
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Enchiladas

<p>4 tortillas 150 ml ground beef, or beans 90 ml grated Monterey Jack Cheese 1 green onion, sliced 40 ml sour cream 7 ml parsley 1 ml salt 1 ml pepper 200 ml tomato sauce ¼ green pepper, chopped 7 ml chopped green chillies 3 ml chili powder ½ ml ground cumin</p>	<ul style="list-style-type: none"> • Brown ground beef (beans) in fry pan. Drain excess fat. Remove from heat • Stir in 75 ml cheese, green onion, sour cream, parsley, salt and pepper. Set aside • Heat tomato sauce, green pepper, chillies, chili powder and cumin to boil. Simmer uncovered for 5 minutes • Spoon 50 ml of beef filling onto each tortilla. Roll up • Place neatly into oblong baking pan • Pour sauce over enchiladas • Sprinkle with remaining cheese • Cook, uncovered, in 180°C oven for 15-20 minutes or until bubbly
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Chicken Tetrazzini

250 ml 10 ml 60 ml 10 ml 250 ml 125 ml 230 g 5 ml 2 ml 125 ml	Chopped cooked chicken Margarine Sliced mushrooms Flour Chicken broth or cube made up Grated cheese noodles salt pepper evaporated milk	<ul style="list-style-type: none"> • Melt margarine and sauté mushrooms for 5 minutes. • Stir in flour, add broth and milk very slowly, stirring constantly. • Cook to boiling, season with salt and pepper. Stir constantly. • Cook noodles and drain. • Place alternate layers of noodles, chicken and sauce in a greased casserole dish. Top layer should be noodles. • Top with grated cheese and bake at 400 degrees, for 20 minutes. Serves 4.
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Spaghetti Pie

85 g 15 ml 30 ml 1 225 g 30 ml 30 ml 125 ml 75 ml 2 ml 2 ml 1 ml 125 ml 60 ml	spaghetti butter grated parmesan cheese egg ground beef chopped onion green pepper, chopped canned tomatoes, cut up tomato paste sugar oregano garlic salt cottage cheese mozzarella cheese	<ul style="list-style-type: none"> • Boil spaghetti until almost done. Drain. Stir in butter, parmesan cheese and eggs. Line pie plate or shallow casserole with this mixture. • Fry meat, onion and green pepper until done. • Simmer tomatoes, tomato paste, sugar, oregano, and garlic salt. Add to this the meat, onion, and pepper. • Spread cottage cheese over the noodles. • Pour meat mixture on top of cottage cheese and top with mozzarella cheese. • Bake at 350° F until heated and cheese is melted.
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Shepherds' Pie

1/2 250 g F g 250 ml 160 ml 2 60 ml	Medium onion, chopped Ground beef Salt and pepper to taste Cooked vegetables Tomato paste or ketchup Medium potatoes, cooked and mashed with milk and margarine Grated cheddar cheese	<ul style="list-style-type: none"> • Cook and mash potatoes. • Brown ground beef over medium heat in large skillet • Add chopped onion, cook until meat is done and onions soft. <u>Drain off excess fat.</u> • Add salt, pepper and garlic. • Stir in cooked vegetables and tomato sauce • Simmer for 10 min. • Divide ground beef mixture into 4 lightly greased (use shortening) individual casseroles or small loaf pans. • Top each with a portion of the mashed potatoes. Sprinkle with grated cheese. • Bake 350° F until pie is heated through and cheese has melted.
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Beef Noodle Skillet Dinner

250 ml	Egg noodles	<ul style="list-style-type: none"> • Fill stainless steel pot half full of water with 5ml salt and bring to boil • In nonstick pan add 5 ml olive oil and cook ground beef on medium heat until no longer pink. Stir often to break up meat as it cooks • Add onion, peppers, and mushrooms. Cook stirring often until softened, about 5 minutes. • Stir in sauce • Season with salt and peppers if needed • Stir in sauce • Place in small square pan and sprinkle with cheese. Bake until bubbling (If cooking about 20 min, cover with lid or foil)
125 g	Extra lean ground beef	
½	Small onion, finely chopped	
125 ml	Green and red peppers, chopped	
60 ml	Coarsely chopped mushrooms	
250 ml	Meatless spaghetti sauce	
80 ml	Shredded cheddar or mozzarella cheese	
F g	Salt and pepper to taste	

Traditional Cannelloni

12	Oven-ready cannelloni	<ul style="list-style-type: none"> • In frypan, over medium heat, add 5 ml oil and then add chopped onion, minced garlic, beef, salt, and pepper. Cook until meat is brown. • Remove from heat and add breadcrumbs, parmesan cheese, grated mozzarella, and 1 beaten egg. • Stuff the cannelloni with the ground beef mixtures. • Lightly oil a square pan, and then pour 125 ml of pasta sauce. • Arrange stuffed cannelloni in a layer in the pan and thoroughly cover with 250 ml of pasta sauce • Cover the pan with foil and bake at 350° F for 1 hour or until tender.
250 g	Extra-lean ground beef	
125 ml	Grated mozzarella cheese	
1 egg	Beaten	
1/2	Small onion, chopped	
1	Small garlic clove, minced	
½ ml	Salt	
1 ml	Ground black pepper	
80 ml	Breadcrumbs	
30 ml	Grated parmesan cheese	
125 + 300 ml	Pasta sauce	

Cheese and Herb Cannelloni

12	Oven-ready cannelloni	<ul style="list-style-type: none"> • In fry pan, heat oil; and cook onion and carrot until tender. Add parsley, salt and pepper. Cook until meat is brown. • In medium bowl, beat egg, and cheeses, and carrot mixture. Mix well. • Cover square pan with 125 ml sauce and place filled cannelloni • Cover with remaining sauce • Cover and bake at 350° F for 45 minutes or until tender.
5 ml	Olive oil	
1	Small carrot, grated	
1	Small onion, finely chopped	
50 ml	Finely chopped fresh parsley.	
½ ml	Both salt and pepper	
125 ml	Ricotta cheese	
200 ml	Cottage cheese	
1 egg	Beaten	
400-500 ml	Pasta sauce	

Chicken Broccoli Casserole

2-3	Chicken breasts	<ul style="list-style-type: none"> • When cooked chicken is cool, take meat off bones, and cut into bite-size pieces. • Cook broccoli until tender, drain, and arrange in casserole dish. Put chicken on top. • Combine remaining ingredients and pour over top. May garnish with pepper and grated cheese. • Bake at 350°F for 30 minutes.
500 ml	Fresh broccoli	
1	Can cream of chicken soup	
60 ml	Mayonnaise	
7 ml	Lemon juice	
7 ml	Curry powder	

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Traditional Lasagne

<p>1</p> <p>Lasagne noodles (use 4 oven ready noodle)</p> <p><u>Meat Sauce</u></p> <p>5 ml Olive oil</p> <p>200 g Extra lean ground beef</p> <p>60 ml Finely chopped onion (1/4)</p> <p>60 ml Celery, diced</p> <p>1 Clove garlic, minced</p> <p>125 ml Crushed tomatoes</p> <p>100 ml Tomato sauce (Italian)</p> <p>15 ml Tomato paste</p> <p>5 ml Worcestershire sauce</p> <p>2 ml Sugar</p> <p>2 ml Basil</p> <p>2 ml Oregano</p> <p><u>Filling</u></p> <p>200 ml cottage cheese</p> <p>125 ml spinach (washed, torn and microwaved for 15 sec. to wilt the leaves.</p> <p>2 Optional—large white mushrooms (washed and sliced)</p> <p><u>Topping</u></p> <p>200 ml Grated mozzarella cheese</p> <p>25 ml Parmesan cheese</p>	<ul style="list-style-type: none"> • Noodles – cover noodles in a local pan with hot water to soften. After 15 min. drain water and trim pasta to correct size. • Over medium heat, add oil to pan and then add onion, celery, and garlic. Cook this for 5 min. and then add ground beef. Cook 5 min. • Stir in the crushed tomatoes, tomato sauce, tomato paste, Worcestershire sauce, sugar, basil, and oregano. • Simmer for 10 min. over low heat. <p>Assemble</p> <ul style="list-style-type: none"> • Starting at the bottom of an oiled loaf pan. • 1/3 meat sauce • noodle • cheese filling • noodle • 1/3 meat • noodle • 1/3 meat • mozzarella, parmesan • cover with foil and bake at 350°F for 20 minutes. <p>DAY 2</p> <ul style="list-style-type: none"> • Preheat oven to 350°F, uncover lasagna and bake for 25 min. until hot, browned on top and see bubbling.
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Desserts

Chocolate Chip Cookies

<p>60 ml margarine</p> <p>60 ml lightly packed brown sugar</p> <p>1 med egg</p> <p>5 ml vanilla</p> <p>125 ml flour</p> <p>1 ml baking soda</p> <p>1 ml salt</p> <p>60 ml quick rolled oats</p> <p>60 ml chocolate chips</p>	<p>Preheat oven to 375°F</p> <p>Cream butter and sugar until light and fluffy. Beat in egg and vanilla. Combine flour, baking soda and salt. Stir into creamed mixture. Fold in rolled oats and chocolate chips. Spoon onto cookie sheet bake for 10 minutes. Remove and put on cooling rack.</p>	<p>Variations</p> <p>Spice – add 2 ml cinnamon – nice with the oats</p> <p>Original – omit oats and increase flour to 175 ml</p> <p>Double Chocolate- omit oats – increase flour to 150 ml and add 25 ml cocoa</p> <p>Soft and Chewy – decrease oven temp to 325 and bake for 15 minutes</p>
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Brownies

60 ml margarine 125 ml sugar 1 egg 3 ml vanilla 40 ml cocoa powder 60 ml flour 1 ml salt 1 ml baking powder	Preheat oven to 350°F In microwave melt margarine in a glass casserole bowl stir in sugar, eggs and vanilla. Beat cocoa, flour salt and baking powder. Spread mixture into a parchment lined loaf pan. Bake 20 – 25 minutes
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Apple Berry Salsa with Cinnamon Chips

Chips:

2 lg. flour tortillas
water
1 tbsp sugar
½ tsp. cinnamon

Salsa:

2 med. Granny Smith
Apples
1 c. strawberries
1 kiwi
1 small orange
2 tbsp. brown sugar
2 tbsp. apple jelly

Preheat oven to 475°F. Brush tortillas with water using pastry brush. Combine sugar and cinnamon and sprinkle over tortillas. Cut each tortilla into eight wedges using the pizza cutter. Place wedges on stone and bake 5-7 minutes or until golden brown.

Meanwhile, peel, core and slice apple and chop. Hull strawberries and slice strawberries and kiwi and chop. Zest orange and chop finely. Juice orange. Combine prepared fruit, zest, juice, sugar and jelly and mix. Serve with cinnamon chips.

You may also choose another dessert as long as it is approved by your teacher!