

# COOKING WELL WITH OTHERS



Each one of us has our own style of cooking and being in the kitchen. A person can be a good cook but may not work well with others—or the opposite, they could prefer to share the kitchen while cooking. Some of us do not have a lot of cooking experience at all—and that's OK too.

To cook well with others, housemates can sit together to talk about their own cooking and kitchen preferences. Kitchen rules must be established to support the joy of cooking for everyone.

## When choosing to cook together...

- ▶ Set the menu, write down ingredients, discuss how to share cost
- ▶ Clearly define roles and expectations of who is “head chef” of the day
- ▶ Decide in advance who will clean up
- ▶ Talk through cooking processes and procedures
- ▶ Define prepping and cleaning areas
- ▶ Set out all ingredients before you start
- ▶ Enjoy the process! Play music, dance, appreciate learning from each other!

Bon Appetit!

# Baked Potato Bar

## Ingredients

Russet potatoes, olive oil

## Topping Options

Spinach, sour cream, salsa, cooked bacon, shredded cheddar cheese, chopped chicken, artichoke hearts, bell peppers, chives, add whatever you like!

## Cooking Instructions

Preheat oven to 425°F. Clean and coat potatoes with olive oil, season with salt and pepper. Bake 50-60 minutes, until potatoes are fork tender. Cut a slit across the top of potatoes and add chosen toppings. Reheat in oven for 5 minutes if needed.



# Homemade Pizza with Toppings!

## Ingredients

Pita bread or ready-made pizza dough

## Topping Options

Shredded mozzarella cheese, pizza sauce, bell pepper, white mushrooms, pepperoni, red onions, chopped ham, pineapple, black olives, sliced tomato, spinach...

## Cooking Instructions

Preheat oven to 425°F. Line two large sheet pans with parchment paper. Place down bread/dough of choice. Pour sauce onto each pizza, sprinkle with mozzarella cheese and desired toppings. Bake 12-15 minutes until edges are golden brown.



# Roasted Vegetables

## Ingredients

You can roast just about any vegetable: potatoes, butternut squash, brussel sprouts, broccoli, onions, garlic, cabbage, carrots, green beans, radishes...

Olive oil, salt, pepper, lemon, fresh herbs

## Cooking Instructions

Preheat oven to 400°F. Clean and cut chosen vegetables into same size chunks, spread evenly on a rimmed baking sheet with parchment paper. Drizzle with oil, salt and pepper and toss all together. Squeezed lemon is great on asparagus and green beans. Fresh herbs are great on many veggies. Be ready to mix vegetables in oven every 10 minutes while roasting.

As different vegetables take different times to roast, depending upon their thickness and size, be prepared to pull out the thinner, lighter vegetables at 15-20 minutes and keep in the firm root vegetables for another 15 minutes. Use a fork to test readiness.

Serve roasted vegetables with roasted chicken, salmon, or pan-seared steak; or over a salad of mixed greens. Enjoy!

# Taco Tuesday

## Ingredients

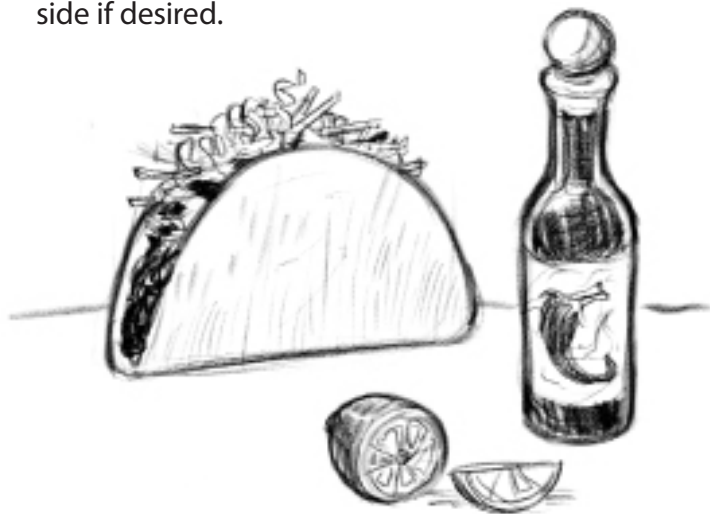
Taco shells or soft tortillas, rice, salsa, taco seasoning, guacamole

## Topping Options

Seasoned chopped chicken (cooked), sauteed ground meat flavored to taste, black beans, cooked rice, salsa, jarred jalapeños, chopped tomatoes, lettuce, cabbage, peppers...

## Cooking Instructions

Cook rice according to instructions. Heat tortillas with pans or oven. Spread toppings across the table and build your own while tortillas are hot! Serve rice and beans on the side if desired.



# Sugar Cookies

## Ingredients

2¾ cups of all-purpose flour (or gluten-free flour)

1 tsp baking soda

½ tsp baking powder

1 cup butter or butter alternative

1½ cups white sugar

1 egg

1 tsp vanilla extract

## Cooking Instructions

Preheat oven to 375 degrees. In small bowl, stir together flour, baking soda, and baking powder.

In a large bowl, cream the butter and sugar until smooth. (Electric hand mixers cost \$10) Beat in egg and vanilla then slowly add in dry ingredients. Roll rounded teaspoonfuls of dough into balls, place on ungreased cooking sheets.

Bake 8 to 10 minutes until golden. Let stand for 2 minutes before cooling on a wire rack.

## Topping Options

Colored sprinkles, chocolate mints, icing, finely chopped nuts, colored sugars...

COOK WHAT YOU  
LOVE TO EAT  
AND SHARE!

