

family meal program
**AVACADO, CORN, TOMATO
AND LIME SALAD**
serves 3-4 individuals



Ingredients

- o Chopped Avocados: 2
- o Cherry Tomatoes (halved): 2 cups
- o Corn Kernels: 2-3 ears worth
- o Cilantro: tablespoons to taste
- o Lime Juice: 2-3 limes
- o Salt and Pepper to taste

Instructions

1. Mix all ingredients.
2. Experiment with ingredient portions to taste.
3. Enjoy!



Ronald McDonald
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Eastern Wisconsin

Recipe adapted from:

Mollenkamp, A. (n.d.). Aida's Corn, Tomato and Avocado Salad. Retrieved May 28, 2015, from <http://www.foodnetwork.com/recipes/aida-mollenkamp/aidas-corn-tomato-and-avocado-salad-recipe.html>

family meal program
**BAKED EGGS WITH
PROSCIUTTO AND PECORINO**
serves 50 individuals



Ingredients

- o Sliced Prosciutto, Finely Chopped: 6 Dozen
- o Green Onions, Finely Chopped: 4 Dozen
- o Finely Grated Pecorino Cheese: 2 QT
- o Eggs: 8 Dozen

Instructions

1. Preheat oven to 400/375 degree F. Lightly oil four ovenproof dishes.
2. Cook prosciutto in heated oiled medium frying pan until crisp. Add onion; cook, stirring, until onion just softens. Remove from heat; stir in half the cheese.
3. Divide prosciutto mixture among dishes; break two eggs into each dish. Bake mixture, uncovered, in oven, 5 minutes. Sprinkle remaining cheese over eggs; return to oven. Bake, uncovered, 5 minutes or until eggs are just set. Serve immediately.



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family meal program

BAKED RAVIOLI

serves 50 individuals



Ingredients

- Olive Oil: 1 cup 8 tbsp
- Medium Onion (chopped): 1 dozen
- Garlic Cloves (minced): 3 dozen
- Dried Thyme/Oregano: 6 tbsp
- Whole Tomatoes (can): 21 lbs
- Crushed Tomatoes (can): 21 lbs
- Ravioli: 24 lbs
- Shredded Mozzarella: 18 cups
- Grated Parmesan: 6 cups

Instructions

1. Preheat the oven to 425 degrees F. Heat the oil in a large saucepan over medium heat. Add the onion and garlic, and season with salt and pepper; cook, stirring occasionally, until softened, about 5 minutes. Add the thyme and tomatoes. Bring to a boil, reduce heat, and simmer, breaking up the tomatoes with a spoon, until the sauce is thickened and reduced, 20-25 minutes.
2. Meanwhile, cook the ravioli in a large pot of boiling salted water just until they float to the top (the pasta will continue to cook in the oven). Drain the pasta; return to the pot.
3. Toss the sauce with the pasta. Pour the pasta into a large gratin dish or 9-13-inch baking dish, and sprinkle with the cheeses. Bake until golden, 20-25 minutes. Cool slightly before serving.



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BALSAMIC GREEN BEAN SALAD

serves 3-4 individuals



Ingredients

- o Green Beans: 1 lb
- o Cherry Tomatoes: 1 cup
- o Small Red Onion: ½
- o Feta Cheese to taste

Dressing:

- o Balsamic Vinegar: 2 tbs
- o Lemon Juice: 2 tbs
- o Olive Oil: 2 tbs
- o Minced Garlic Cloves: 1-2
- o Salt and Pepper to taste
- o Whisk together in a small bowl.

Instructions

Boil the cubed butternut squash in about an inch of water over the stovetop for approximately 6 minutes, or until soft. Then, drain out the water and transfer back to the saucepan.

1. Dice red onions and halve tomatoes.
2. Place green beans and onions in a bowl, drizzle with dressing and toss to coat.
3. Cover and refrigerate for at least an hour to marinate.
4. When ready to serve, add in tomatoes and feta and lightly toss.
5. Enjoy!



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Recipe adapted from:

Nourishment (Butternut Squash Mac & Cheese) | Nosh and Nourish. (n.d.). Retrieved January 21, 2016, from <http://noshandnourish.com/content/nourishment-butternut-squash-mac-cheese>

family meal program

BBQ CHICKPEA CHOPPED SALAD WITH AVACADO RANCH

serves 2-3 individuals



Ingredients

- Chickpeas: 15 oz.
- BBQ Sauce: 2/3 cup
- Head Romaine: 1
- Corn: 1 cup
- Cherry Tomatoes: 1 ½ cups
- Shredded Carrots: 1 cup
- Green Onions: 2-3

Dressing:

- Avocado: 1
- Almond or Soy Milk: 1 cup
- Lemon Juice: 3 tbsp
- White Wine Vinegar: 2 tsp
- Garlic: 1-2 Cloves
- Dried Dill: ½ tsp
- Dried Parsley: ½ tsp
- Onion Powder: ½ tsp
- Salt to taste

Instructions

1. Make the dressing: in a blender or food processor, combine all ingredients and blend until smooth. Taste and adjust seasonings if necessary.
2. Rinse and drain chickpeas. In a saucepan over med-low heat, simmer chickpeas in BBQ sauce for about 10 minutes, stirring occasionally.
3. Meanwhile, chop the romaine, tomatoes, and green onion. Place in a bowl. Add corn and carrots. Toss to combine.
4. When ready to assemble, distribute the salad into bowls, toss with desired amount of dressing, and top with BBQ chickpeas.



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Recipe adapted from:

The Garden Grazer: BBQ Chickpea Chopped Salad with Avocado Ranch. (2015, February 1). Retrieved May 28, 2015, from <http://www.thegardengrazer.com/2015/02/bbq-chickpea-chopped-salad-with-avocado.html>

family meal program

BEST BEEF BURGERS

serves 50 individuals



Ingredients

- o Ground Chuck: 24 lbs
- o Dijon Mustard: 12 tbsp
- o Worcestershire Sauce: 12 tbsp
- o Salt & Pepper
- o Hamburger Buns: 4 dozen

Instructions

1. Heat the grill to high. In a medium bowl, use a fork to gently combine the ground chuck with the Dijon mustard and Worcestershire sauce; season generously with salt and pepper. Gently form the mixture into four 1-inch thick patties.
2. Place the patties on the hottest part of the grill; sear until browned, 1-2 minutes per side. Move the patties to the cooler part of the grill; continue grilling until desired doneness, 4-8 minutes per side.
3. Split the hamburger buns and toast on the grill if you like; place a burger on each bun and serve with the desired accompaniments.



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Recipe adapted from:

Best Beef Burgers. (2003, July/August). Retrieved August 5th, 2015
from <http://www.marthastewart.com/343444/best-beef-burgers>

family meal program
**BLACK BEAN AND CORN
TORTILLA PIE**
serves 50 individuals



Ingredients

- o Medium-Hot Salsa: 9 lbs
- o Tomato Sauce (No-Salt-Added): 6 lbs
- o Black Beans (can), rinsed & drained: 12 lbs
- o Corn (can), drained: 12 lbs
- o Fresh Cilantro Leaves: 5 cups
- o Tortillas (10 inches): 4 dozen
- o Monterey Jack Cheese: 4lbs 8oz

Instructions

1. Preheat oven to 500 degrees F. Spray pan with nonstick cooking spray.
2. In small bowl, mix salsa and tomato sauce. In medium bowl, mix black beans, corn, and cilantro.
3. Place 1 tortilla in pan. Spread 1/3 of salsa mixture over tortilla. Top with 1/3 of bean mixture and 1/3 of cheese. Repeat layering two more times, then place last tortilla on top. Bake pie until cheese melts and filling is hot, 10 to 12 minutes. Serve with sour cream, if you like.



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Recipe adapted from:

Black Bean & Corn Tortilla Pie. (2008, December 5th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a9428/black-bean-tortilla-soup-recipes/>

family meal program

BLACK BEAN BURGERS

serves 50 individuals



Ingredients

- o Dried Bread Crumbs: 3 cups
- o Ground Cumin: 1 tbsp
- o Ground Coriander: 1 tbsp
- o Black Beans (cooked): 11 ½ lbs
- o Light Mayonnaise: 3 cups
- o Celery Stalks (finely chopped): 2 dozen
- o Chipotle Chile in Adobo (chopped): 1 dozen
- o Lettuce Leaves: 4 dozen
- o Whole-Wheat Hamburger Buns: 4 dozen
- o Ripe Tomatoes (sliced): 4 dozen
- o Salt: 1 tbsp
- o Pepper: 1 tbsp

Instructions

1. In food processor with knife blade attached, pulse bread crumbs, cumin, coriander, two-thirds of beans, 1 ½ cup mayonnaise, salt, and pepper until well blended. Transfer to large bowl. Stir in celery and remaining whole beans until well combined. Divide into portions and shape into patties.
2. Prepare outdoor grill for direct grilling over medium heat, or heat large ridged grill pan over medium heat. Add burgers and cook until lightly browned and heated through. 10-12 minutes, turning once.
3. Meanwhile, in small bowl, combine chipotle chile and remaining 1 ½ cup mayonnaise until well mixed. Place 1 lettuce leaf on bottom of each bun; top with patty, then tomato slice. Divide chipotle mayonnaise among burgers and replace tops of buns to serve.



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Recipe adapted from:

Black Bean Burgers. (2010, January 12th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a9782/black-bean-burgers-recipe-gh0210/>

———— family meal program ————

BUTTERNUT SQUASH WITH SAGE

———— serves 25 individuals ————



Ingredients

- o Butternut Squash (peeled, seeded, and cut into 3/4 inch pieces): 24 lbs
- o Fresh Sage (chopped): 12 tbsp
- o Butter: 1 cup, 8 tbsp
- o Salt & Pepper to taste

Instructions

1. Melt butter in a skillet over medium heat. Add the squash; season with salt and pepper. Cook, tossing frequently, until the squash is lightly browned, 5-6 minutes.
2. Add 1/4 cup water and reduce the heat to a simmer. Cover, and cook until the squash is fork-tender, 8-10 minutes.
3. Toss with the sage.



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Recipe adapted from:

Butternut Squash with Sage. (2003, November). Retrieved on August 5th, 2015 from <http://www.marthastewart.com/339296/butternut-squash-with-sage>

family meal program

CEASAR PASTA SALAD

serves 50 individuals



Ingredients

- o Farfalle Pasta: 12 lbs
- o Large Lemon: 1 dozen
- o Parmesan Cheese (grated): 3 cups
- o Light Mayonnaise: 2 cups, 4 tbsp
- o Extra-Virgin Olive Oil: 2 cups, 4 tbsp
- o Garlic Cloves (crushed): 2 dozen
- o Salt: 4 tbsp
- o Pepper: 4 tbsp
- o Multicolored Grape Tomatoes (cut in ½): 6 quarts
- o Medium Zucchini (grated): 1 dozen
- o Frozen Peas (thawed): 3 quarts
- o Fresh Basil Leaves: 3 cup

Instructions

1. Heat large covered saucepot of salted water to boiling on high heat. Cook pasta as label directs.
2. Meanwhile, from lemon, grate 4 teaspoon peel and squeeze 3 cup juice into large bowl. Whisk in parmesan, mayonnaise, oil, garlic, salt, and pepper. Add tomatoes, zucchini, peas basil, and cooked pasta; toss well. Serve warm or chilled. (Can be refrigerated, covered, up to 1 day.) Garnish with additional parmesan and basil.



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Recipe adapted from:

Caesar Pasta Salad. (2013, April 26th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a11356/caesar-pasta-salad-recipe-ghk0613/>

family meal program

CHICKEN AND WILD RICE SOUP

serves 50 individuals



Ingredients

- Olive Oil: 1 cup 8 tbsp
- Onion (coarsely chopped): 1 dozen
- Chicken Broth: 10 qt, 3.5 cups
- Wild Rice Blend: 10 qt, 4 cups
- Water: 7 qt, 2 cups
- Boneless/Skinless Chicken Thighs: 4 dozen
- Carrots (coarsely chopped): 4 dozen
- Celery (coarsely chopped): 4 dozen

Instructions

1. In a large pot, heat oil over medium. Add onion, and season with salt and pepper. Cook, stirring occasionally, until beginning to soften, 3 to 5 minutes. Add chicken broth, rice, and the water. Bring to a boil; reduce to a simmer. Cover and cook 35 minutes.
2. Add chicken, carrots, and celery. Return to a boil; reduce heat to a simmer. Cook (uncovered) until vegetables are tender and chicken is opaque throughout, about 15 minutes. With a slotted spoon, transfer chicken to a cutting board. Shred with two forks.
3. Return chicken to pot; season soup with salt & pepper.



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Recipe adapted from:

Everyday food: Fresh flavor fast : 250 easy, delicious recipes for any time of day. (2010).
New York: Clarkson Potter. Pg 98

family meal program

CUCUMBER AND TOMATO SALAD WITH GARBANZO BEANS

serves 6 individuals



Ingredients

- o Garbanzo Beans, Rinsed and Drained: 1 Can
- o Diced Cucumbers: 1 ½ Cups
- o Diced Tomatoes: 1 ½ Cups
- o Balsamic Vinegar: 2 Tablespoons
- o Extra Virgin Olive Oil: 3 Tablespoons
- o Chopped Oregano or Basil: ½ Cup
- o Crumbled Feta: ½ Cup

Instructions

1. Mix olive oil and balsamic vinegar with whisk, then use vinaigrette to marinate the garbanzo beans for 4-6 hours.
2. Combine all ingredients in a large bowl, toss with garbanzo beans and dressing.
3. Top with Feta Cheese just before serving.



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EGG AND CHIVE SANDWICH

serves 50 individuals



Ingredients

- Hard-Boiled Eggs (halved): 2 dozen
- Low-Fat Ricotta Cheese: 1 cup, 8 tbsp
- Fresh Chives (chopped): 1 cup, 8 tbsp
- Rye Bread (slices): 4 dozen

Instructions

1. Place egg, cheese and chives in medium bowl; using back of fork, crush until combined.
2. Sandwich egg mixture between bread slices. Cut as desired to serve.



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Recipe adapted from:

Egg and Chive Sandwich (2013, May 7th) New York: Hearst Books. Delish Just Four Ingredients Fast, p. 24.

family meal program

GREEN CHICKEN CURRY

serves 50 individuals



Ingredients

- o Vegetable Oil: 12 tbsp
- o Green Beans (trimmed): 9 lbs
- o Onion (1/2 inch thick): 1 dozen
- o Thai Green Curry Paste: 1 cup 8 tbsp
- o Roasted Chicken (cut up): 12 qt
- o Coconut Milk: 11 lbs
- o Chicken Broth: 1 qt, 2 cups
- o Basil: 3 qt
- o Lime Juice: 8 tbsp
- o Cooked Rice (basmati or jasmine)

Instructions

1. Heat oil in large skillet over medium. Add green beans and onion; season with salt and pepper. Cook, tossing frequently, until onion begins to soften, 5-7 min.
2. Add curry paste, cook, stirring and scraping bottom of skillet, until paste is slightly darkened, 3-4 min. Add chicken, coconut milk, and chicken broth, bring to simmer.
3. Cook until vegetables are tender and sauce is slightly thickened, stirring occasionally, 5 to 8 minutes. Remove from heat. Add basil and lime juice. Season with salt, and stir to combine; serve over rice, if desired.



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Recipe adapted from:

Everyday food: Fresh flavor fast : 250 easy, delicious recipes for any time of day. (2010).
New York: Clarkson Potter. Pg 169

family meal program

GRILLED CHICKEN WITH ROASTED-PEPPER SAUCE

serves 50 individuals



Ingredients

- o Vegetable Oil (for grill)
- o Garlic Cloves: 2 dozen
- o Red Bell Peppers (quartered lengthwise, ribs & seeds removed): 2 dozen
- o Red-Wine Vinegar: 12 tbsp
- o Olive Oil: 2 cups 4 tbsp
- o Water: 2 cups 4 tbsp
- o Salt & Pepper
- o Chicken Breast (boneless/skinless): 24 lbs
- o Arugala (for garnish)

Instructions

1. Heat grill to medium; lightly oil grates. Wrap garlic cloves in aluminum foil and grill until softened, 10-15 min. Meanwhile, grill peppers, skin side down, until charred, 6 to 8 min. Let peppers and garlic cool slightly. Use paper towels to rub off skins from peppers; squeeze garlic cloves from skins.
2. In a blender, combine garlic, peppers, vinegar, 2 tbsp olive oil, and 3 tbsp water; season generously with salt and pepper. Blend until emulsified, adding up to 1 more tbsp water, if needed, to thin sauce.
3. Rub both sides of chicken breasts with remaining tbsp of olive oil, and 2 tbsp of water; season generously with salt and pepper. Grill chicken until browned and cooked through, 5 to 8 min per side.
4. Serve with sauce, garnish with arugula, if desired.



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Recipe adapted from:

Everyday food: Fresh flavor fast : 250 easy, delicious recipes for any time of day. (2010).
New York: Clarkson Potter. Pg 142

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GRILLED GREEK CHICKEN KEBABS

———— serves 50 individuals ————



Ingredients

- o Boneless/Skinless Chicken Thighs: 12 lbs
- o Zucchini (halved & 1-inch pieces): 1 dozen
- o Small Red Onion: 1 dozen
- o Olive Oil: 1 cups 8 tbsp
- o Dried Oregano: 4 tbsp
- o Red-Wine Vinegar: 2 cups 4 tbsp
- o Crumbled Feta: 1 qt, 2 cups
- o Plain Yogurt: 3 cups
- o Mint Leaves: 3 qt

Instructions

1. In a resealable plastic bag, combine chicken, zucchini, onion, olive oil, oregano, and 2 tbsp vinegar; season with salt & pepper. Marinate at room temp for 30min. Add chicken, carrots, and celery. Return to a boil; reduce head to a simmer. Cook (uncovered) until vegetables are tender and chicken is opaque throughout, about 15 minutes. With a slotted spoon, transfer chicken to a cutting board. Shred with two forks.
2. Heat grill to medium; lightly oil grates. (Alternatively, heat a grill pan over medium-high) onto each skewer, thread 3 pieces of chicken with zucchini and onion. Grill skewers , turning occasionally, until chicken is cooked through and vegetables are tender, 12 to 14 min.
3. To make sauce, blend feta, yogurt, mint, and remaining tbsp of vinegar in a food processor until smooth. Serve kebabs with dipping sauce and garnish with mint leaves if desired.



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Recipe adapted from:

Everyday food: Fresh flavor fast : 250 easy, delicious recipes for any time of day. (2010).
New York: Clarkson Potter. Pg 158

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GRILLED TUSCAN CHICKEN WITH ROSEMARY LEMON

serves 50 individuals



Ingredients

- Chicken Pieces (3.5-4lb): 42-48 lbs
- Fresh Rosemary (chopped): 1 cup 8 tbsp
- Olive Oil: 3 cups
- Garlic Cloves: 2 dozen
- Lemon Juice: 3 cups
- Salt & Pepper

Instructions

1. Heat the grill to medium. In a small saucepan, bring 1/3 cup water and the rosemary to a boil; remove from the heat, cover, and let steep for 5 minutes. Transfer to a blender. Add the oil and garlic; season with salt and pepper. Puree until smooth; let cool.
2. Combine the chicken and the rosemary oil in a shallow dish or re-sealable plastic bag, and turn to coat. Cover, at room temperature, turning the chicken occasionally.
3. Remove the chicken from the marinade; place on the grill. Discard the marinade. Cook, basting frequently with the lemon juice and turning as needed to prevent burning, until cooked throughout, 20-30 minutes.



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Recipe adapted from:

Everyday food: Great food fast. (2007). New York: Clarkson Potter. Pg 120

family meal program

HALF HOUR CHICKEN GUMBO

serves 50 individuals



Ingredients

- o Vegetable Oil: 2 cups 4 tbsp
- o All-Purpose Flour:
- o Red Bell Pepper (chopped): 2 dozen
- o Onion (chopped): 1 dozen
- o Garlic Cloves: 4 dozen
- o Dried Oregano: 4 tbsp
- o Low-Sodium Chicken Broth: 6 qt
- o Water: 6 qt
- o Frozen Okra (unthawed): 15 cups
- o Pre-cooked Andouille Sausage (smoked & sliced ¼ inch thick): 6 lbs

Instructions

1. In a Dutch Oven or heavy 5-quart pot, heat oil over medium. Add flour, and cook, whisking constantly, until pale golden, 5 to 7 minutes. Stir in bell peppers, onion, garlic, and oregano; season with salt and pepper. Cook, stirring occasionally, until vegetables are tender, 10 to 12 minutes.
2. Add chicken broth and the water; stir in okra and sausage. Bring to a boil. Stir in shredded chicken, and cook until heated through, 1 to 2 minutes. Season with salt and pepper. Serve with cornbread, if desired



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Recipe adapted from:

Everyday food: Fresh flavor fast : 250 easy, delicious recipes for any time of day. (2010).
New York: Clarkson Potter. Pg 169

family meal program

KALE SALAD

serves 6 individuals



Ingredients

- o Dinosaur Kale: 2 cups
- o Red Cabbage (thinly sliced): 2 cups
- o Broccoli Florets: 2 cups
- o Carrots (peeled and grated): 2
- o Long slices of Red Bell Peppers: 1
- o Avocados (peeled and grated): 2
- o Parsley (chopped): ½ cups
- o Walnuts: 1 cup
- o Sesame Seeds: 1 tbsp

Instructions

1. In a large bowl, combine kale, cabbage, broccoli, bell pepper, carrots.
2. Pour dressing over salad and toss until all ingredients are coated.
3. Add parsley, avocado, sesame seeds, walnuts, and toss again.
4. Serve and Enjoy!

Dressing

1. Grape-seed Oil: 1/3 cup
2. Lemon Juice: ½ cup
3. Fresh Ginger: 1 tbsp
4. Whole Grain Mustard: 2 tsp
5. Pure Maple Syrup: 2 tsp
6. Salt: ¼ tsp

Whisk and blend together, then serve over salad.



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Recipe adapted from:

The Ultimate Detox Salad. (2014, August 10). Retrieved May 28, 2015, from <http://www.theroastedroot.net/ultimate-detox-salad/>

LASAGNA TOSS BOLOGNESE



Ingredients

- o Lasagna Noodles: 12 lbs
- o Olive Oil: 8 tbsp
- o Ground Beef: 12 lbs
- o Beef Stock: 3 cups
- o Marinara Sauce: 18 lbs
- o Whole Milk: 4 cups
- o Ricotta Cheese: 9 cups
- o Fresh Basil (chopped): 6 cups
- o Mozzarella Cheese (shredded): 4 cups
- o Pecorino-Romano Cheese (grated): 3 cups
- o Black Pepper: 1 tbsp

Instructions

1. Cook lasagna in boiling salted water as label directs, but increase cooking time by 2-3 minutes so that noodles are al dente.
2. Meanwhile, in a skillet, heat oil over medium-high heat. Add meat and cook until no longer pink, breaking it up with a spoon, about 3 minutes. Add broth; cook 2-3 minutes or until almost evaporated. Stir in marinara; heat to boiling. Simmer over low heat for 5 minutes, stirring occasionally. Stir in milk; simmer 5 minutes.
3. In bowl, stir ricotta with basil, Romano, and pepper; set aside.
4. Drain noodles; return to saucepot. Add meat sauce and mozzarella; toss well. Spoon onto warm plates; top with dollops of ricotta mixture.



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Recipe adapted from:

Lasagna Toss Bolognese. (2008, August 8th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a8933/lasagna-toss-bolognese-recipe/>

family meal program

LEMON AND PINE-NUT RICE

serves 25 individuals



Ingredients

- o Water: 8 cups
- o White Rice: 6 cups
- o Pine Nuts (toasted): 1.5 cup
- o Extra-Virgin Olive Oil: 6 tbsp
- o Lemon Juice: 6 tbsp
- o Lemon Zest (finely grated): 1 tbsp

Instructions

1. In a sauce pan, bring the water to a boil. Add rice; season with salt and pepper, and return to a boil. Reduce to a simmer, cover, and cook until rice is tender and has absorbed all liquid, 15-17 min. Remove from heat and let stand, covered, 5 min.
2. Fluff rice gently with fork, then toss with pine nuts, oil, and lemon zest and juice. Season with salt and pepper, and serve.



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PARMASAN AND BABY SPINACH SALAD

———— serves 25 individuals ————



Ingredients

- Baby Spinach Leaves: 1 lb 5 oz
- Shaved Parmesan Cheese: 12 oz
- Toasted Pine Nuts: 6 tbsp
- Balsamic & Garlic Dressing: 1.5 cups

Instructions

1. Place spinach, cheese, and nuts in large bowl. Add dressing; toss to combine.



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Recipe adapted from:
Parmesan and Baby Spinach. (2013, May 7th.) From Delish Just Four Ingredients Fast! New York:
Hearst Publishing. P. 51.

PASTA SALAD WITH BASIL VINAIGRETTE

serves 8-10 individuals



Ingredients

- o Small Pasta: 250g
- o Garlic Cloves: 3
- o Yellow Cherry Tomatoes: 2 Cups
- o Red Cherry Tomatoes: 2 Cups
- o Black Olives: ½ Cup
- o Green Olives: ¼ Cup
- o Chopped Chives: 2 Tablespoons
- o Diced Red Pepper: ½ Cup
- o Diced Yellow Pepper: ½ Cup
- o Basil: ½ Cup
- o Extra Virgin Olive Oil: 7 Tablespoons
- o White Wine Vinegar to taste
- o Sea Salt to taste
- o Ground Black Pepper to taste

Instructions

1. Cook pasta al dente along with garlic cloves, drain and peel cloves then set aside.
2. In a large bowl combine red and yellow peppers, red and yellow tomatoes, black and green olives and also chives.
3. Blend basil, vinegar, cooked garlic cloves, and process until smooth.
4. Add pasta to vegetable bowl, toss gently, and add blended vinaigrette.
5. Season to taste.
6. Chill for one hour, then serve.



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Recipe adapted from:

Pasta Salad with Basil Vinaigrette. (2014, May 24). Retrieved May 28, 2015, from <http://vikalinka.com/2014/05/24/pasta-salad-with-basil-vinaigrette/>

———— family meal program ————
**PASTA WITH ROASTED SUMMER
VEGETABLES AND BASIL**
———— serves 25 individuals ————



Ingredients

- o Summer Squash (about 2 lbs, cut 1 inch thick): 2 dozen
- o Grape or Cherry Tomatoes: 6 qt
- o Red Onions (1/2 inch thick): 1 dozen
- o Garlic Cloves (crushed): 2 dozen
- o Short Pasta (fusilli or campanile): 3 lbs
- o Unsalted Butter: 12 tbs
- o Parmesan Cheese: 3 cup
- o Basil: 6 cups
- o Salt & Pepper to taste

Instructions

1. Preheat oven to 450F. Divide squash, tomatoes, onions, and garlic between two large rimmed baking sheets. Drizzle with oil, and season with salt and pepper; toss to coat and then spread evenly. Roast (without tossing) until tender and starting to brown, 30 to 40 min.
2. Meanwhile, bring large pot of water to a boil; add a generous amount of salt. Cook pasta until al dente according to package instructions. Drain, and return to pot.
3. Add roasted vegetables, butter, parmesan, and basil to pot; season with salt and pepper, toss gently with pasta to combine. Reheat over medium-low if necessary before serving.



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family meal program

PEANUT NOODLES WITH SHREDDED CHICKEN

serves 50 individuals



Ingredients

- o Thick Spaghetti/Linguine: 9 lbs
- o Garlic Clove: 1 dozen
- o Chicken Breast (skinless/boneless): 4 dozen
- o Rice Vinegar: 3 cups
- o Reduced-Sodium Soy Sauce: 3 cups
- o Peanut Butter (smooth): 4 cups
- o Water: 2 cups 4 tbsp
- o Fresh Ginger (grated & peeled): 1 cup 8 tbsp
- o Kirby Cucumber (small, thinly sliced): 1 dozen
- o Shredded Carrots: 12 cups
- o Medium Red Pepper: 3 ½ lbs

Instructions

1. Cook pasta in boiling salted water as label directs. Drain pasta. Rinse under cold running water; drain again.
2. Meanwhile, in covered 12-inch skillet, heat garlic and 1-inch water to boiling over high heat. Add chicken; cover, reduce heat to medium-low, and cook 13-14 minutes or until chicken loses its pink color throughout. (Instant-read thermometer inserted horizontally into center of chicken should reach 165 F.) With slotted spoon/tongs, remove chicken from skillet and place in large bowl of ice water; chill 5 minutes. Discard poaching liquid. Drain chicken; with hands, shred chicken.
3. While pasta and chicken cook, in large bowl, whisk together vinegar, soy sauce, peanut butter, water, and ginger until smooth.
4. To bowl with peanut sauce, add drained pasta, shredded chicken, cucumber, carrots, and pepper; toss to coat.



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Eastern Wisconsin

Recipe adapted from:

Peanut Noodles with Shredded Chicken. (2009, March 31st). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a9390/peanut-noodles-shredded-chicken-recipe/>

family meal program

QUICKIE CINCINNATI CHILI PASTA

serves 50 individuals



Ingredients

- o Multi-Grain Spaghetti: 9lbs
- o Vegetable Oil: 8 tbsp
- o 93% Lean Ground Beef Sirloin: 9 lbs
- o Small Onion (chopped): 1 dozen
- o Garlic Cloves (chopped): 2 dozen
- o Chili Powder: 1 cup 8 tbsp
- o Unsweetened Cocoa: 12 tbsp
- o Brown Sugar: 12 tbsp
- o Ground Cinnamon: 4 tbsp
- o Ground Cumin: 2 tbsp
- o Salt: 1 tbsp
- o Black Pepper: 1 tbsp
- o Crushed Tomatoes: 21 lbs
- o Kidney Beans (rinsed/drained): 11 lb 4 oz
- o Cheddar Cheese (shredded): 1 lb 8 oz
- o Green Onions (sliced): 3 dozen

Instructions

1. Cook spaghetti in boiling salted water as package label directs.
2. Meanwhile, heat oil over medium-high heat. Add beef, onion, and garlic. Cook 2 minutes, stirring and breaking up beef with wooden spoon. Add chili powder, cocoa, sugar, cinnamon, cumin, salt, and pepper. Cook 1 minute, stirring. Add tomatoes.
3. Heat beef mixture to simmering. Simmer 8 minutes or until slightly thickened. Stir in beans. Simmer 2 minutes or until beans are heated through.
4. Drain spaghetti. Divide among serving plates. Top with chili, cheese, and green onions.



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Recipe adapted from:

Quickie Cincinnati Chili Pasta. (2012, August 30th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a14348/quickie-cincinnati-chili-recipe-ghk1012/>

———— family meal program ————

RICOTTA, ZUCCHINI, AND HAM WRAP

———— serves 50 individuals ————



Ingredients

- Zucchini: 2 dozen
- Low-Fat Ricotta Cheese: 3 cups
- Rye or Whole Wheat Wraps: 3 dozen
- Shaved Ham: 2 lbs 4 oz

Instructions

1. Preheat sandwich press
2. Slice zucchini lengthwise into ribbons using a vegetable peeler
3. Divide cheese among wraps; top with zucchini and ham. Roll to enclose
4. Toast wraps in sandwich press about 3 minutes
5. Cut in half to serve.



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Recipe adapted from:

Ricotta, Zucchini, and Ham Wrap. (2013, May 7th). From *Delish Just Four Ingredients Fast!*
New York: Hearst Publishing. P. 27

family meal program

ROASTED CAULIFLOWER

serves 25 individuals



Ingredients

- o Cauliflower (trimmed, cut into small florets): 6 heads or 12 lbs
- o Olive Oil: 6 tbsp
- o Butter: 6 tbsp
- o Garlic Cloves (thinly sliced): 1 dozen
- o Capers: 2 tbsp
- o Caper Juice: 2 tbsp
- o Salt & Pepper

Instructions

1. Preheat the oven to 450 degrees F. Spread the cauliflower in a roasting pan. Drizzle with oil; season with salt and pepper. Toss to combine. Roast, tossing once or twice, until the cauliflower is golden brown and tender, 20-25 minutes.
2. In a small skillet, melt the butter over medium heat. Cook the garlic, stirring often, until lightly browned, 2-3 minutes. Remove from heat. Add the capers and caper juice. Pour over the cauliflower, and toss to coat.



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Recipe adapted from:

Roasted Cauliflower. (2003, December). Retrieved on August 5th, 2015 from <http://www.marthastewart.com/339283/roasted-cauliflower>

family meal program

ROTINI WITH ASPARAGUS AND SNAP PEAS

serves 25 individuals



Ingredients

- o Whole-Grain Rotini or Fusilli Pasta: 5 lb 4 oz
- o Asparagus (trimmed, cut into 1-inch pieces): 3 lbs
- o String-less Snap Peas: 3 lbs
- o Olive Oil: 6 tbsp
- o Small Onion (chopped): 6
- o Lemon: 6
- o Pecorino-Romano Cheese (grated): 3 cups
- o Fresh Basil (sliced, loosely packed): 1.5 cup

Instructions

1. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs, adding asparagus and snap peas when 3 minutes of cooking time remain.
2. Meanwhile, in nonstick 10-inch skillet, heat oil over medium heat. Add onion and cook 10 to 12 minutes or until tender and browned. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.
3. Reserve 1/2 cup pasta cooking water; drain pasta and vegetables. In large serving bowl, toss pasta and veggies with reserved cooking water, onion, lemon peel and juice, cheese, basil, salt, and pepper.



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Recipe adapted from:

Rotini with Asparagus and Snap Peas. (2008, February 27). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a7037/whole-grain-rotini-asparagus-peas-ghk/>

family meal program

SAUTÉED CORN WITH BACON AND SCALLIONS

serves 25 individuals



Ingredients

- o Bacon (1 inch pieces): 2 dozen
- o Corn: 24 cups
- o Crushed Red-Pepper Flakes: 6 pinches
- o Scallions (trimmed and sliced): 12-18
- o Salt & Pepper

Instructions

1. Cook bacon in a large skillet over medium-high heat, stirring occasionally, until browned and crisp, 4-6 minutes.
2. Add corn; season with salt, pepper and red-pepper flakes. Cook, stirring frequently, until corn is just tender, 5-8 minutes. Stir in scallions and serve.



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SCRAMBLED EGGS WITH ASPARAGUS

———— serves 25 individuals ————



Ingredients

- Asparagus (trimmed): 2 lbs 4 oz
- Eggs: 2 dozen
- Skim Milk: 12 tbsp
- Small Tomato (finely chopped): 6

Instructions

1. Boil, steam, or microwave asparagus until tender; drain
2. Whisk eggs and milk in medium bowl. Cook eggs mixture in oiled medium frying pan, over low heat, stirring, until almost set.
3. Serve asparagus and scrambled eggs topped with tomato.



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Recipe adapted from:
Scrambled Eggs and Asparagus. (2013, May 7th). From Delish Just Four Ingredients Fast! New York:
Hearst Publishing. P. 51.

family meal program

SLOPPY JOES

serves 50 individuals



Ingredients

- o Ground Beef: 12 lbs
- o Canola Oil: 12 tbsp
- o Medium Onion (chopped): 1 dozen
- o Green Bell Pepper (ribs/seeds removed): 6
- o Celery Stalk (chopped): 1 dozen
- o Garlic Cloves (minced): 2 dozen
- o Tomato Sauce: 11 lbs 4oz
- o Ketchup: 9 cups
- o Worcestershire Sauce: 12 tbsp
- o Hamburger Buns: 4 dozen

Instructions

1. In a large skillet, heat the oil over medium-high heat. Add the onion, bell pepper, celery, and garlic; season with salt and pepper. Cook, stirring frequently, until vegetables are softened, 5-7 minutes.
2. Add ground beef to the skillet. Cook, breaking up the meat with wooden spoon, until no longer pink, 6-8 minutes.
3. Stir the tomato sauce, ketchup, and Worcestershire sauce into the beef mixture in skillet. Simmer until thickened, stirring occasionally, 6-8 minutes.
4. Season the mixture with more salt and pepper, as desired. Spoon onto the buns and serve immediately.



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Recipe adapted from:

Everyday food: Great food fast. (2007). New York: Clarkson Potter. Pg 216

family meal program

SOUTHWESTERN CHOPPED SALAD WITH CILANTRO DRESSING

serves 3-4 individuals



Ingredients

- o Romaine: 1 Large Head
- o Black Beans (rinsed and drained): 1 – 15oz
- o Orange Bell Pepper: 1 Large
- o Cherry Tomatoes: 1 pint
- o Corn: 2 cups
- o Green Onions: 5

Creamy Cilantro-Lime Dressing

- o Cilantro – 1 cup
- o Avocado: ½ (or plain yogurt: ½ cup)
- o Fresh Lime Juice: 2 Tablespoons (about a half lime)
- o Garlic Cloves: 1-2
- o Olive Oil: ¼ Cup
- o White Vinegar: 1 ½ teaspoon
- o Salt: 1/8 teaspoon

Instructions

1. Finely chop romaine, bell pepper, tomatoes, and green onions.
2. Place all ingredients in a large bowl and mix to combine.
3. Toss with desired dressing (or Creamy Cilantro – below).
4. Enjoy!

Creamy Cilantro-Lime - Dressing

1. Puree all ingredients in a blender or food processor until smooth.
2. Taste and adjust seasonings if necessary.
3. Pour over salad.
4. Enjoy!



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Recipe adapted from:

M.K. (2013, April 22). The Garden Grazer: Southwestern Chopped Salad with Cilantro Dressing. Retrieved May 28, 2015, from <http://www.thegardengrazer.com/2013/04/southwestern-chopped-salad-with.html>

family meal program

SPAGHETTI CARBONARA

serves 5 individuals



Ingredients

- o Bacon (cut 1 inch thick): 6 lbs
- o Spaghetti: 12 lbs
- o Large Eggs: 3 dozen
- o Half-and-Half: 6 cups
- o Parmesan Cheese (grated): 9 cups
- o Salt & Pepper

Instructions

1. Set a large pot of water to boil for the pasta. In a large skillet, cook the bacon over medium heat, stirring occasionally, until crisp, 8-12 minutes; transfer to a paper-towel-lined plate.
2. Salt the boiling water generously; add the pasta and cook until al dente according to the package instructions.
3. Meanwhile, in a large bowl, whisk together the eggs, parmesan, and half-and-half. Set aside.
4. Drain the pasta, leaving some water clinging to it. Working quickly, add the hot pasta to the egg mixture. Add the bacon; season with salt and pepper, and toss all to combine (the heat from the pasta will cook the eggs). Serve immediately, sprinkled with cheese.



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family meal program

SPICY SZECHUAN NOODLES

serves 50 individuals



Ingredients

- Chinese Egg Noodles or Thin Spaghetti: 7 lbs 8 oz
- Chicken Broth: 9 cups
- Reduced-Sodium Soy Sauce: 2 cups 4 tbsp
- Lime Juice: 2 cups 4 tbsp
- Sugar: 12 tbsp
- Sriracha Hot Sauce: 12 tbsp
- Ginger (peeled & chopped): 12 tbsp
- Canola Oil: 1 cup 8 tbsp
- Ground Turkey: 6 lbs
- Baby Spinach: 3 lbs 12 oz
- Chopped Peanuts for Garnish

Instructions

1. Cook egg noodles/spaghetti in boiling salted water as label directs. Drain and rinse under cold water.
2. In food processor, puree broth, soy sauce, lime juice, sugar, hot sauce, and ginger.
3. In a skillet, heat oil over high heat.
4. Add ground turkey; cook 5 minutes, breaking up with spoon. Add broth mixture; simmer 5 minutes or until turkey is cooked through.
5. Stir in baby spinach ; cook 1 minute.
6. Divide noodles among plates; top with sauce and chopped peanuts.



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Recipe adapted from:

Spicy Szechuan Noodles. (2013, February 16th) Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a14797/spicy-szechuan-noodles-recipe-ghk0413/>

family meal program

SPINACH PIES

serves 25 individuals



Ingredients

- Baby Spinach Leaves: 4 lbs 14 oz
- Lemon: 6
- Frozen Puff Pastry (thawed): 18
- Pine Nuts: 12 tbsp

Instructions

1. Preheat oven to 425 degrees F. Line baking sheet with parchment paper.
2. Grate rind from lemon; juice lemon
3. Cook half the spinach in oiled large frying pan until wilted. Add remaining spinach, rind and juice to pan; cook, stirring, until liquid has evaporated. Remove from heat, cool 5 minutes
4. Using 4-inch round cutter, cut rounds from pastry. Divide spinach mixture among rounds. Gather three points of each round together to form a triangle around filling, leaving top of filling exposed. Pinch and twist each corner to secure pastry round. Place pies on sheet.
5. Sprinkle pine nuts over filling. Bake about 15 minutes or until pastry is browned.



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Recipe adapted from:

Spinach Pies. (2013, May 7th) From Delish Just Four Ingredients Fast! New York: Hearst Publishing, P. 68

TORTILLA AND BLACK BEAN PIE



Ingredients

- Flour Tortillas: 4 dozen
- Canola Oil: 12 tbsp
- Large Onion (diced): 1 dozen
- Jalepeno Chile (minced, remove seeds): 1 dozen
- Garlic Cloves (minced): 2 dozen
- Ground Cumin: 2 tbsp
- Black Beans (drained/rinsed): 11 lbs 4 oz
- Frozen Corn: 7 lbs 8 oz
- Water: 18 cups
- Cheddar Cheese (Shredded): 6 lbs
- Scallions: 4 dozen
- Salt & Pepper

Instructions

1. Preheat the oven to 400 degrees F. Using a paring knife, trim the tortillas to fit a 9-inch spring form pan, using the bottom of the pan as a guide. Set aside.
2. Heat the oil in a skillet over medium heat. Add the onion, jalepeno, garlic, and cumin; season with salt and pepper. Cook, stirring occasionally, until the onion is softened, 5-7 minutes.
3. Add the beans and beer/water to the skillet, and bring to a boil. Reduce the heat to medium; simmer until the liquid has almost evaporated, 8-10 minutes. Stir in the corn and scallions, and remove from the heat. Season with salt and pepper.
4. Fit a trimmed tortilla in the bottom of the springform pan; layer with one quarter of the beans and 1/2 cup cheese. Repeat three times, using 1 cup cheese on the top layer. Bake until hot and the cheese is melted, 20-25 minutes. Unmold the pie; sprinkle with scallions. Slice into wedges and serve immediately.



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UPSIDE-DOWN SHEPARD'S PIE



Ingredients

- o Refrigerated Mashed Potatoes: 15 lbs
- o 90% Lean Ground Beef: 12 lbs
- o Butter: 12 tbsp
- o Onion (chopped): 12 cups
- o Ketchup: 8 cups
- o Dried Dill Weed: 4 tbsp
- o Fresh Parsley (chopped): 6 cups
- o Reduced-Fat Sour Cream: 8 cups

Instructions

1. Preheat oven to 450 F. Spray ceramic or glass baking dish or deep-dish pie plate with nonstick cooking spray. Press cold mashed potatoes onto bottom and up side of casserole. Bake potato crust 20 minutes or until edge is golden.
2. Meanwhile, heat skillet over medium-high heat. Add ground beef and cook 4-5 minutes or until beef is no longer pink, breaking it with a spoon. Spoon beef into bowl lined with paper towels to drain.
3. In same skillet, melt butter over medium heat. Add onion and cook, stirring occasionally, 6-7 minutes or until tender and golden. Return beef to skillet. Stir in ketchup and dill. Reduce heat to low; stir in parsley and sour cream.
4. To serve, spoon ground-beef mixture into mashed potato crust.



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Recipe adapted from:

Upside-Down Shepard's Pie. (2006, October 4th). Retrieved on August 5th, 2015 from <http://www.goodhousekeeping.com/food-recipes/a3799/upside-down-shepherds-pie-748/>

———— family meal program ————

WATERMELON AND BERRY SALAD

———— serves 25 individuals ————



Ingredients

- Seedless Watermelon: 24 lbs
- Strawberries (halved): 3 lbs
- Fresh Blueberries: 1 lb 8 oz
- Loosely Packed Fresh Mint Leaves:
1.5 cup

Instructions

1. Using melon baller, cut out watermelon balls
2. Combine watermelon in medium bowl with berries and mint



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Recipe adapted from:
Watermelon and Berry Salad. (2013, May 7th). From Delish Just Four Ingredients Fast! New York:
Hearst Publishing. P. 28.

family meal program

WILD RICE SPINACH SALAD WITH LEMON-GARLIC DRESSING

serves 1-2 individuals



Ingredients

- o Wild Rice: 1 Cup
- o Spinach: 3 oz.
- o Grape Tomatoes: 8 oz.
- o Orange Bell Pepper

Dressing

- o Olive Oil: 1 Tablespoon
- o Lime Juice: 1 Lime
- o Minced Garlic Clove: 1-2
- o Cumin: $\frac{3}{4}$ tablespoon
- o Salt: $\frac{1}{4}$ tablespoon

Instructions

Dressing

1. whisk all ingredients in a small bowl. Set aside.

1. Rinse and drain beans.
2. Put beans in a medium bowl.
3. Dice tomatoes.
4. Chop cilantro.
5. Finely dice red onion.
6. Add tomatoes, cilantro, and red onion to bowl.
7. Pour dressing over bean mixture.
8. Stir.
9. Peel and dice avocado.
10. Add avocado to salad.
11. Lightly toss.

Serve immediately or chill for an hour and enjoy!



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Recipe adapted from:

M.K. (2014, June 29). The Garden Grazer: Wild Rice Spinach Salad with Lemon-Garlic Dressing. Retrieved May 28, 2015, from <http://www.thegardengrazer.com/2014/07/wild-rice-spinach-salad-with-lemon.html>