



# Cooking with OFS

## Recipe

## CHICKEN & VEGETABLE BOWL



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 4 small carrots , sliced diagonally
- 2 medium sweet potatoes , peeled and cubed
- 5 tablespoons olive oil , divided
- salt and pepper
- 2 cloves of garlic , finely chopped
- 2 medium boneless chicken breasts , halved horizontally
- 2 teaspoons grated lemon zest
- 1 teaspoon chopped fresh thyme
- 1 teaspoon dried oregano
- 1 bunch chopped fresh green onions
- 1 pint cherry tomatoes half
- 1 medium red or green pepper cubed

#### Honey-Mustard Vinaigrette:

- 1/4 cup honey
- 3 tablespoons Dijon mustard
- 2 tablespoons cider vinegar
- 6 tablespoons canola oil

### Directions:

- In large bowl, combine carrots, sweet potatoes, peppers and 3Tbsp oil. Season with salt and pepper. Preheat oven to 425°F. Spread vegetables in single layer on 2 parchment paper-lined baking sheets; bake until vegetables are tender, about 20 minutes, add tomatoes and bake 5 extra minutes.
- Meanwhile, in large skillet, heat 1Tbsp oil over medium-high heat; cook garlic, stirring, for 2 minutes. Add chicken; sprinkle lemon zest, thyme and oregano over top. Cook, turning halfway through, until chicken is golden and juices run clear when pierced, 5 to 7 minutes. Transfer to cutting board; slice diagonally. Set aside.
- Divide roasted vegetables and chicken among bowls. Drizzle with vinaigrette and sprinkle with green onions or fresh coriander.

#### Honey-Mustard Vinaigrette

- In bowl, whisk together honey, Dijon and cider vinegar. Add canola oil slowly in thin stream, whisking constantly. (Make-ahead: Can be refrigerated for up to 1 week.)



## Cooking with OFS

### Recipe

# CURRIED CHICKEN ROASTED WITH CREAMY CHICKPEA SALAD



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

#### Curried Chicken:

- 2 tablespoons plain Balkan-style yogurt
- 1 tablespoon mild curry paste
- 2 cloves garlic finely grated or pressed
- pinch salt
- 450 g boneless skinless chicken breasts cut in 24 cubes

#### Chickpea Salad:

- 1/4 cup Balkan-style yogurt and light mayonnaise
- 1 1/2 teaspoon grated fresh ginger
- 1 small garlic finely grated or pressed
- pinch each salt and pepper
- 1 can(796ml can) chickpea drained, rinsed and patted dry
- 1 cup finely chopped cucumber
- 1/4 cup chopped fresh cilantro
- 2 green onions
- 1 rib celery diced

### Directions:

- **Curried Chicken:** In bowl, stir together yogurt, curry paste, garlic and salt; add chicken and stir to coat. Place the chicken in a sauté pan or roasting pan and bake it for 30 to 40 minutes at 350 or until meat is cook. Cooking time depends of the size of the chicken, if the pieces are small will cook faster and if the pieces are big it will take longer to cook,
- **Chickpea Salad:** In large bowl, whisk together yogurt, mayonnaise, ginger, garlic, salt and pepper. Add chickpeas, cucumber, cilantro, green onions and celery; stir to coat. Serve with chicken.



# Cooking with OFS

## Recipe

# ROAST CHICKEN WITH MASHED POTATOES



For # people

6 servings



Cooking time

1 hour 30 minutes

## Ingredients:

- 3 garlic cloves, finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons salt, divided
- 2 lemons
- (4-4 1/2-pound) whole chicken, legs, or any pieces you like.

### Mashed potatoes

- 1 1/2 pounds Yukon gold potatoes, peeled and quartered
- 1/2 cup milk
- 3 tablespoons unsalted butter, at room temperature
- 2 tablespoons chopped fresh chives(optional)
- Salt
- Freshly ground pepper

## Directions:

### Roast the chicken:

- Arrange rack in middle of oven; preheat to 400°F. Mix garlic, cumin, oil, paprika, pepper, oregano, 1/2 tsp. salt, and finely grated zest from 1 lemon in a medium bowl. Squeeze juice from 1 whole lemon to yield 2 Tbsp. juice; stir into spice mixture. Rub chicken all over with 2 heaping Tbsp. spice mixture under skin, then season chicken all over with remaining 1 tsp. salt if necessary. Transfer chicken, spread flat and skin side up, to a roasting pan.
- Roast chicken 20 minutes, then brush with spice mixture and pan juices. Continue roasting, basting with spice mixture and pan juices every 20 minutes, until juices run clear when thigh is pierced with a fork or an instant-read thermometer inserted into thickest part of thigh registers 165°F, 50-60 minutes total. IF the chicken is cut in small pieces will cook faster. Please check often.

### To make mashed potatoes.

- Put the potatoes in a saucepan and cover with cold water; season with salt. Bring to a boil, then reduce the heat to medium and simmer until tender, 15 minutes. Reserve 1/4 cup cooking water, then drain the potatoes; return to the pot. Add the milk, butter and reserved cooking water and mash with a masher or fork. Stir in the chives if using and season with salt and pepper. Cover to keep warm.



## Cooking with OFS

**Recipe**

# TUNA CASSEROLE WITH NOODLES



**For # people**

12 servings



**Cooking time**

1 hour

### Ingredients:

- 2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup milk any fat percentage works
- 1 cup beef broth divided
- 1 egg
- 1/4 cup chopped parsley
- 1 tablespoon minced garlic
- 1/2 tablespoon kosher salt see notes
- 1/2 tablespoon pepper
- 1 tsp oregano
- 1/4 tsp crushed red pepper flakes
- Pasta Sauce, Marinara
- 650 mL 1 jar

### Directions:

- Combine the ingredients and mix very well, using only 1/4 cup of the beef broth, but be sure seasonings are well mixed with meat.
- Coat a baking sheet with rimmed edges with non stick spray and roll meatballs into 1 inch balls. Place meatballs onto baking sheet.
- Pour reserved beef broth around meatballs and bake at 450 for 25 minutes.
- Heat the pasta sauce and mix with meatballs when done. Serve over noodles or rice.
- The serving size for spaghetti noodles is usually 2 ounces of uncooked noodles, or 1 cup of cooked pasta per person.
- You know your family best and you will know how much pasta to cook for a dinner.
- You can also serve with rice, or mix vegetables of your choice, or steam broccoli, or cauliflower.



## Cooking with OFS

### Recipe

# OVEN BAKED MEATBALLS



For # people

12 servings



Cooking time

1 hour

### Ingredients:

- 2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup milk any fat percentage works
- 1 cup beef broth divided
- 1 egg
- 1/4 cup chopped parsley
- 1 tablespoon minced garlic
- 1/2 tablespoon kosher salt see notes
- 1/2 tablespoon pepper
- 1 tsp oregano
- 1/4 tsp crushed red pepper flakes
- Pasta Sauce, Marinara
- 650 mL 1 jar

### Directions:

- Combine the ingredients and mix very well, using only 1/4 cup of the beef broth, but be sure seasonings are well mixed with meat.
- Coat a baking sheet with rimmed edges with non stick spray and roll meatballs into 1 inch balls. Place meatballs onto baking sheet.
- Pour reserved beef broth around meatballs and bake at 450 for 25 minutes.
- Heat the pasta sauce and mix with meatballs when done. Serve over noodles or rice.
- The serving size for spaghetti noodles is usually 2 ounces of uncooked noodles, or 1 cup of cooked pasta per person,
- You know your family best and you will know how much pasta to cook for a dinner.
- You can also serve with rice, or mix vegetables of your choice, or steam broccoli, or cauliflower.



# OFS COOKING AT HOME

## Recipe

## LENTIL SOUP



For # people

6-8 servings



Cooking time

50 minutes

### Ingredients:

- 2 Cup of red lentil
- ¼ cup of round short grain rice
- 2 diced large onion
- 1 fine chopped onion
- ¼ cup vegetable oil or light olive oil
- ½ tablespoon salt
- 1 tablespoon cumin
- ½ tablespoon grind dried red pepper or paprika
- ½ tablespoon turmeric
- 2 carrots sliced
- 10 cups of water

### Directions:

- In a big pot add the red lentil and the rice
- Rinse it well until the water become clear
- Boil lentil and the rice in 10 cup of water
- When began boiling take off the foam
- Add the diced onion
- Add the salt, cumin, turmeric and paprika and keep cooking until nearly cooked
- Turn off the heat then blend the soup using Electric stick blender
- Add the carrots slices and keep cooking for more 10 minute with low heat
- Fry the chopped onion until become golden then add it to the soup mix well
- Serve it with toasted pita bread or crackers.



# OFS COOKING AT HOME

## Recipe

## BROCOLLI NUGGETS WITH SALAD



For # people

6-8 servings



Cooking time

50 minutes

### Ingredients:

#### BROCOLLI NUGGETS

- 2 cups cooked broccoli
- 1 small chopped onion
- 2 teaspoon of garlic
- 1 egg
- 1 cup grated cheese (mozzarella, feta cheese)
- 1 teaspoon of salt

#### SALAD

- 1 tomate (finely chopped)
- lettuce 2 cup (finely chopped)
- apple vineger 3 spoons
- salt - to taste

### Directions:

#### BROCOLLI NUGGETS

- Bring the broccoli to a boil for 3 minutes. After the broccoli is ready to transfer these to a wide bowl and mashes the broccoli. add all ingredients and mix well then take a small portion to make a ball and crush it a little. fry until golden brown on both sides.
- Serve hot with the salad.

#### SALAD

- put the lettuce and tomato in a bowl. add the apple vinager and salt to taste. Then mix well.
- Serve with the hot brocolli nuggets.