



**Big Brothers
Big Sisters**[®]
EMPOWERING POTENTIAL

And



Present

Big Bites, Little Chefs

A cookbook compiled of favorite recipes from our Littles,
Bigs, Staff, and friends of BBBS.





This cook book is dedicated to all of our Littles and Mentees. You are all superstars in your own unique ways. Dream BIG!



Breakfast

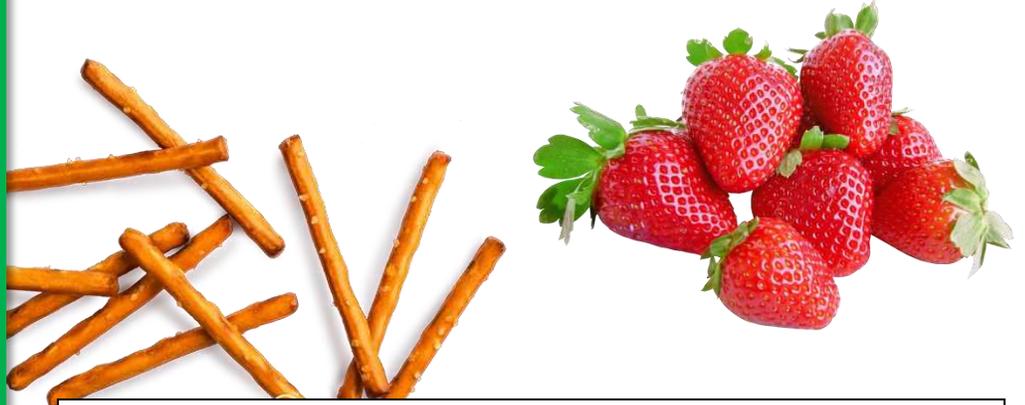
- To get the most vitamins and minerals in the morning, the Mayo Clinic recommends eating a breakfast made up of whole grains, lean protein, and fruits or vegetables. Consider foods like oatmeal, eggs, peanut butter, or smoothies without added sugar. A healthy breakfast should make you feel more energized throughout the day.
- Michael Phelps eats 3-fried egg sandwiches, 3 chocolate chip pancakes, a 5-egg omelet, 3 slices of French toast, and 1 bowl of grits for breakfast
- The concept of breakfast did not exist until the mid-1800s according to Abigail Carrol, a food historian and author. The world's first breakfast was created by James Caleb Jackson and he used graham flour to create 'Granula' in 1863 and had to be soaked overnight to make it chewable.
- To test the freshness of raw eggs, place in a bowl of cold water. If the egg rests at the bottom of the bowl, it is good to eat. If the egg floats at the top of the water, the egg is no longer safe to eat and should be thrown away.

STRAWBERRY PRETZEL DELIGHT

Submitted By: Michael, Big Brother

-“This is a required side for many of our family celebrations, including Christmas Eve. Sinfully delicious and could actually pass for a desert although less guilt if it's considered a side dish.”

-“We make this as a side dish but it's awesome with coffee for breakfast too.”



Crust:

Step 1 - Mix together crushed pretzel rods, sugar, and melted butter

Step 2 - put into greased 9x13 pan

Step 3- bake @ 400 for 7 minutes and cool

Filling:

Step 1 - Blend 8 oz Cool Whip, 1 cup sugar, and 8 oz cream cheese

Step 2 - Put mixture on top of cooled crust

Topping:

Step 1 - Boil water & add strawberry jello powder

Step 2 - add berries & juice

Step 3 - pour on top of filling & refrigerate.

(Be careful not to make the jello mixture too far in advance, it thickens rapidly).

Level of Difficulty: **Easy**

Ingredients:

- Crust
 - 2-cups crushed pretzel rods
 - 3 tbs sugar
 - 3/4 cup melted butter
- Filling
 - 8 oz. Cool whip
 - 1 cup sugar
 - 8 oz. Cream cheese
- Topping
 - 6 oz. Box strawberry jello
 - 1&1/2 cups water
 - 2-10 oz. Frozen strawberries w/ juice

BREAKFAST OF CHAMPIONS

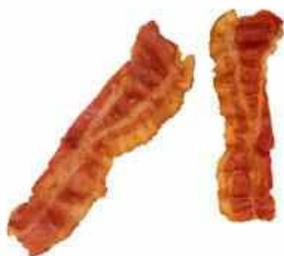
-Submitted by: Hannah, Little Sister

“The type of cheese doesn’t matter and they can also add other things instead of bacon and sausage to their omelet if they’d like”

Level of difficulty: **Medium**

Ingredient:

- Breakfast sausages: 4-5 (the small frozen ones)
- 3-4 slices of bacon
- 2-3 eggs
- Pinch of salt
- Pinch of Black Pepper (optional)
- About 1 1/2 cup of cheese



Step 1 - First cook your bacon until crispy and put it to the side for later

Step 2 - Then cut your sausages into smaller pieces. (If still frozen put in the microwave for about 2 mins) then cook these in the pan, (you can use a bit of the leftover bacon fat to cook them if you want) until slightly browned.

Step 3 - After cooking your bacon and sausages, clean/wipe down the pan in order to prevent and burnt parts from sticking to the omelet

Step 4 - Beat your eggs until the egg yolks and whites are fully combined and add a pinch of salt and pepper

Step 5 - After heating up the pan to about medium heat, grease it with butter, pam, olive oil, or even with some of the bacon fat from earlier

Step 6 - After greasing you're pan, add your eggs and let them cook on one side. After it starts to get slightly cooked move the pan a bit so that the raw egg that is still in the middle cooks a bit on the sides, this will stop the omelet from being runny later

Step 7 - Then add your toppings. First add a layer of your favorite cheese, and then add your sausages and bacon, and then your final layer of cheese on one side of the omelet.

Step 8 - Then use a spatula to pick up the other side and fold the other side of the omelet on top of the side that has the toppings on it. Then flip the entire folded omelet so that the other side gets at least golden brown and the cheese inside melts.

Step 9 - Then put your omelet on a plate. You can also add more bacon and sausage on the side.

Step 10 - Enjoy!



EGG-IN-A-HOLE

Submitted by Kelsey, Big Sister

“This is my breakfast almost every time I go camping in the woods!”



Ingredients:

- Bread (1 slice)
- Butter
- 1 egg
- Optional: spices or cheese

Step 1 - Cut (or tear) a round hole in the middle of a square slice of bread. Eat or throw away that middle piece.

Step 2 - Melt butter in a pan on the stove (medium heat). Put the slice of bread in the buttered pan.

Step 3 - Crack egg in the middle of the hole. Sprinkle any spices you want (or salt/pepper).

Step 4 - Let it cook for about 2 minutes, then use a spatula to flip the piece of bread (and egg) to its other side. Let it cook another 2 minutes-ish.

Step 5 - Top with cheese and more spices if you want, and done!

TATER-TOT CASSEROLE

Submitted by Angela, former staff member

“It’s a breakfast favorite for my friends and colleagues. I’ve made it on many a snow day, for pot lucks and on the weekends in my house.”



Step 1 - Preheat oven to 350 degrees.

Step 2 - Grease a 9 x 13 casserole dish.

Step 3 - In a large bowl, beat together milk, eggs, salt and pepper.

Step 4 - Pour into casserole dish and cover with one cup of cheese.

Step 5 - Spread 16 oz of tater tots on top of the cheese.

Step 6 - Add the remainder of the cheese on top.

Step 7 - Bake for 40 minutes at 350 degrees.

Level of difficulty: **Medium**

Ingredients:

- 6 eggs
- 1 cup milk
- 16 oz tater tots
- 2 cups shredded cheese
- salt and pepper

PUMPKIN PANCAKES

Submitted by Mary Ellen, Keely's Mother

"I make these pancakes with my Kindergarten class every year in the fall. Everybody loves them!"



Level of Difficulty: **Easy**

Ingredients:

- 2 cups of flour
- 1 tbs baking powder
- 2 tbs sugar
- 1/2 tsp salt
- 1 tsp pumpkin pie spice
- 2 eggs
- 1 3/4 cups milk
- 3 tbs oil or melted butter
+ 1 more tbs for frying
- 1/2 cup canned pumpkin

Step 1 - Sift the flour, baking powder, salt, sugar, and pumpkin spice into a bowl.

Step 2 - Whisk the eggs and milk into a separate bowl. Whisk the butter or oil and the pumpkin. Pour over the dry ingredients and stir, but do not beat. It's okay for the batter to be lumpy.

Step 3 - Melt 1 tbs of butter in the griddle or an electric skillet over medium high heat. Then, being careful not to splatter the hot butter, drop about 1/4 cup of batter for each regular-sized pancake. Be sure to leave enough room between the cake for them to grow. Drizzle the batter into a pumpkin shape!

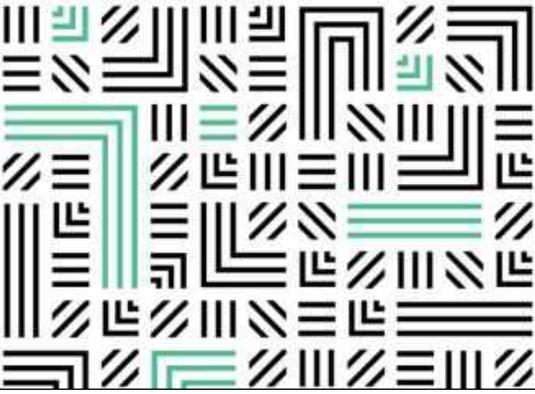
Step 4 - Cook until the pancakes bubble on the top and brown on the bottom. Flip; then, cook until brown on the other side.

* If you don't have all the ingredients, you can cheat! Use pancake mix, mix the batter as instructed on the box, then add the canned pumpkin, mix together, and start cooking!



Lunch

- In 1965 an astronaut, John Young, snuck a corned beef sandwich on his spacecraft for a 6-hour mission. When he took the sandwich out in zero-gravity, it started falling apart and he had to put it away before the crumbs compromised the spaceship.
- The Italian BMT, Subway's most popular sandwich, is named for "Brooklyn Manhattan Transit", literally a Subway
- November 3rd is national sandwich day



BLACK BEAN SLIDERS

Submitted by Erin, Clark University Big Sister

“I've been a vegetarian for most of my life. One day I was at the mall, and I tried the black bean burger at Smash Burger. I loved it so much my mom and I looked into how to make it at home, and found this recipe. Over the summer I made it for over 80 kids at my camp’s cooking club, and they loved it so much I had to print out recipes to give to parents at the end of the day.”

Level of Difficulty: **Medium**

- Ingredients:**
- 1 can black beans
 - 1/2 green pepper
 - 1/2 small onion
 - 1 egg
 - 2/3 of cup of crushed blue corn chips
 - breadcrumbs
 - 1 tbsp chili powder
 - salt n pepper to taste
 - **Toppings:**
 - cheese
 - mini slider buns
 - ketchup
 - mustard
 - lettuce/spinach leaves

- Step 1 - Open and strain one can of black beans, rinse off excess juices and lay out on a paper towel to dry
- Step 2 - Dice up onion and green pepper and sauté in a medium saucepan on medium heat
- Step 3 - Crush up blue corn chips in a bag or food processor
- Step 4 - In a large bowl mash black beans to desired texture
- Step 5 - Mix in beaten egg, chili powder, sautéed veggies, blue corn chips and breadcrumbs. Add more blue corn chips to achieve desired hold
- Step 6 - Rinse hands, and knead the ingredients together to make a paste
- Step 7 - Separate batter and roll into desired patty size
- Step 8 - Cook in a medium saucepan on medium heat til crispy on both sides
- Step 9 - Serve on a roll with desired toppings and enjoy :)



BUBBE SOUP

Submitted by Leslie, Staff's Mom

"My grandmother brought this recipe with her from Russia. It has been passed down for many generations. It is usually made on Jewish holidays and is known to help the common cold."



Level of Difficulty: **Medium**

Ingredients:

- 1 whole chicken cut up
- 1lb. of carrots
- 3 stalks celery
- 1lb. parsnips
- 1 large whole onion
- fresh dill
- fresh curly parsley
- salt and pepper

Step 1- Peel and cut carrots, parsnips, and celery (into bite size pieces)
Step 2- Put vegetables in a 10 quart pot
Step 3- Wash chicken and put into the pot
Step 4- Peel onion and place whole in pot
Step 5- Fill pot 2/3 with water
Step 6- Bring to a full boil uncovered, then cover and simmer for 1 hour
Step 7- Add salt/pepper and place parsley and dill in pot, put on low heat for another hour
Step 8- Shut off stove and let cool
Step 9- Once cooled, remove onion, herbs, and all vegetables, remove chicken as well
Step 10- Pour broth into container and refrigerate overnight
Step 11- Store vegetables and chicken in container to add to soup as wanted, refrigerate
Enjoy!!



BUFFALO CHICKEN SLIDERS

Submitted by Andra, Intern

Level of difficulty: **Medium**

Ingredients:

- Buffalo sauce
- Rotisserie chicken
- Ranch dressing
- 2 cups Mozzarella cheese
- Kings Hawaiian bread

Step 1 - Preheat oven to 350. Remove the chicken from the bone and put it into a bowl. Shred the chicken.

Step 2 - Add ranch dressing and buffalo sauce of your liking to the shredded chicken and mix. Cut Hawaiian bread in half (top half and bottom half).

Step 3 - Put bottom half of bread onto an oven-safe pan and spread 1 cup of mozzarella cheese. Add the shredded chicken on top of the cheese, and then add one more cup of mozzarella on top. Place the top half of Hawaiian bread on the cheese.

Step 4 - Place in oven for 15-20 minutes.





CAPRESE SALAD

Submitted by Andra, Intern

“Super easy to make and very delicious!”

Level of Difficulty: **Easy**

Ingredients:

- 3 Ripe Tomatoes
- 1 Pound Fresh Mozzarella
- 1 Bunch Fresh Basil
- Extra-Virgin Olive Oil
- Salt and Pepper
- Balsamic Vinaigrette Dressing

Step 1- cut tomatoes and mozzarella into slices.

Step 2 - Alternate slices of mozzarella and tomatoes while adding basil after each.

Step 3 - Drizzle with olive oil and balsamic and season with salt and pepper.



CHICKEN BLT

Submitted by Andra, Intern

Level of Difficulty: **Hard**

Ingredients:

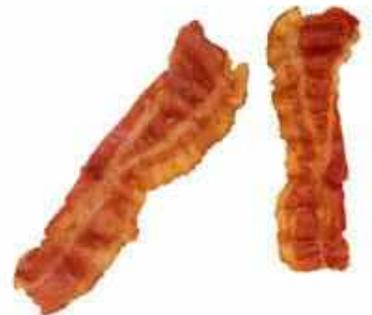
- 4 slices of bacon
- 1/2 teaspoon Dried Italian Seasoning
- 2 boneless skinless chicken breasts
- 4 slices sourdough bread
- 2 tablespoons of mayo
- 2 Lettuce leaves
- 1 small tomato, sliced

Step 1 - Heat grill and let sit for 5 minutes then place bacon and close grill (cook 4-6 minutes) Turn once and drain on paper towels

Step 2 - Place chicken breast between 2 pieces of wax paper and gently pound chicken with a mallet until 1/4 inch thick. Sprinkle with Italian seasoning.

Step 3 - Place chicken on grill and close. Cook for 4-6 minutes until juices run clear.

Step 4 - Toast bread slices and spread them with mayonnaise. Layer lettuce, tomato, chicken, and bacon between toast slices.



CHICKEN CLUB PASTA SALAD

Submitted by Lindsay, Staff

“A recipe young chefs can follow!”



Level of Difficulty: **Easy**

Ingredients:

- 8 oz. Corkscrew Pasta
- 3/4 c. Italian Dressing
- 1/4 c. Mayonnaise
- 2 c. Chopped cooked chicken
- 12 Slices Crispy cooked bacon
- 1 c. Cubed Monterery Jack cheese
- 1 c. Chopped celery
- 1 c. Chopped green pepper
- 8 oz. Cherry tomatoes, halved

Step 1- Cook Pasta as instructed

Step 2- Rinse under cold water

Step 3- Whisk Italian dressing and mayonnaise in large bowl

Step 4- Stir in all ingredients until evenly coated

Step 5- Refrigerate until ready to serve



FAMOUS FRIANGLES

Submitted by Chris, Friend and donor

“Hope you enjoy as much as I do. People say they're pretty famous! Well, it's the one thing I know how to make, so good thing it's DEE-LISH!”

Level of Difficulty: **Easy**

Ingredients:

- Pita bread
- sliced turkey
- cheese
- peppers
- onions
- condiments

Step 1 – Slice pita bread in half

Step 2 – add mayo/mustard inside pocket

Step 3 – add meat/cheese/veggies to meet your preference

Step 4 – slice in half again (friangles - hello!)

Step 5 – double toast (in toaster sleeves) for extra crunchy sandwich treat and it never hurts to add a pickle spear :)



PIZZA QUICHE

Submitted by Lindsay, Staff

“A creative and healthier alternative to pizza!”



Level of Difficulty: **Medium**

Ingredients:

- 1 Pillsbury Pie Crust
- 3-4 Hot Sausage Links or 1 lb. Ground Sausage
- 1 Small Onion, chopped
- 1 Green Pepper, chopped
- 3 Eggs
- 1 Pint Light Cream
- Italian Seasoning
- Garlic Powder
- 8 oz. Italian Shredded Cheese
- 8 oz. Can of Tomato Sauce

Step 1- Brown sausage and drain the fat.

Step 2- Sauté onion and pepper.

Step 3- Whisk eggs, cream, and seasonings.

Step 4- Combine sausage, veggies, and half of the cheese.

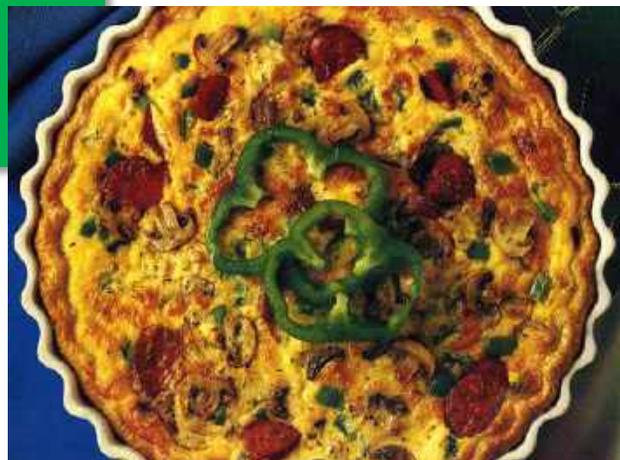
Step 5- Pour into the pie shell (glass pie plate).

Step 6- Bake at 350 degrees for 35-45 minutes until the crust is brown and a toothpick comes out clean.

Step 7- Top with tomato sauce and remaining cheese.

Step 8- Bake 5-10 minutes until cheese is melted.

Step 9- Let rest 10 minutes before cutting.



Dinner

- One of the most popular pizza toppings in Brazil is green peas.
- American cheese was actually invented in Switzerland.
- There are actually more public libraries in the US than McDonald's.
- Wild salmon is naturally pink because of all the shrimp they eat. Meanwhile, farm-raised salmon have a different diet and end up being white. However, they are fed specific plant pigments to get the same hue of wild salmon.

BEST SEAFOOD BROIL

Submitted by Schneika, Mentee

Level of Difficulty: **Hard**

Ingredients:

- 16 cups water
- 2 large lemons (sliced)
- 1 medium-size yellow onion (sliced)
- 3 sprigs fresh Italian parsley
- 2 sprigs fresh thyme
- 3 sprigs fresh dill
- 6-8 cloves garlic
- 1 stick salted butter
- 1 tbsp apple cider vinegar
- 2 tbsp creole seasoning
- 3 lbs king crab legs
- 2 lb jumbo shrimp (peeled & deveined)
- 1 lb crab claws
- 4-6 lobster tails (I used 4 oz lobster tails)
- 2 lbs andouille sausage or your favorite smoked sausage (sliced)
- 8 ears of fresh corn (each cut into 3 parts)
- 5 medium potatoes (I used russet potatoes)

Creole Garlic Sauce:

- 1 stick salted butter
- 3 tbsp mild hot sauce
- 1 large lemon (juice only)
- 1 ½ tbsp minced garlic
- 1 ½ tsp creole seasoning

“This recipe that my family and I used was special to us because this took very long to make and in that time period, we got the chance to catch up and talk because we’ve all been busy lately and we just needed that special family bonding.”

Instructions:

Step 1- Make sure that all the seafood, herbs, and etc are nice and clean.

Step 2- Slice up 2 large lemons, and one large onion, then toss them into a large pan. Toss in the Italian parsley, fresh thyme, dill, and cloves of garlic.

Step 3- Now add in 1 stick of salted butter, 1 tbsp of apple cider vinegar, and 2 tablespoons of creole seasoning in the large pot.

Step 4- Pour in 16 cups of cool water, and place the pot over high heat. Bring the water to a boil, then turn the heat down to medium-high. Let cook for 45 minutes.

Step 5- Reduce the heat to medium. Now fish out all the herbs and etc (or as much as you can).

Step 6- Add in the andouille sausage, and corn. Let cook for 15 minutes.

Step 7- Next, add in the potatoes, and cook for 10 minutes.

Step 8- Start adding in the crab legs & claws, and the lobster tails. Cook for 15 minutes.

Step 9- Now toss in the shrimp, and turn the heat off! Let sit for 10 minutes.

Step 10- While the seafood boil is sitting, we can make our creole spiced garlic sauce.

- Combine the butter, minced garlic, hot sauce, lemon juice, creole seasoning, paprika, and parsley flakes into a saucepan, and place it over medium heat.
- Once the butter is melted, stir the ingredients, and reduce the heat to low.
- Let cook for 10 minutes.

You can pour the sauce over the seafood boil, or use it to dip!
Enjoy!





CARROT FRIED RICE

Submitted by Alison of Framingham, Mazie cooking teacher

Level of Difficulty: **Hard**

"Serves 4 to 6 people, depending on the size of your people."

Ingredients:

- 3 cups of raw Jasmine rice plus water to cook it in
- 1 bag of large carrots
- 2 heads of broccoli or 1 package of mushrooms
- Several cloves of garlic, roughly chopped
- 5 scallions, white parts thinly sliced, green parts in larger slices
- 1 tbsp Lee Kum Kee chili garlic sauce
- 2 tsp sugar in the raw
- Juice of 4 limes, or ¼ cup of orange juice
- Olive oil and lots of salt

Step 1 - Cook the rice according to the package directions.

Step 2- Peel the carrots and thinly slice them on an angle. Cut broccoli into florets and steam for 3 minutes just to soften. If using mushrooms, clean them and slice them into thin slices. Chop garlic into small pieces and slice scallions. Because the white parts cook more slowly than the green parts, cut thin slices of the white parts, and larger slices of the green parts. Cool the rice for a couple of minutes while you begin sautéing the other components:

Step 3 - Start by cooking the carrots and mushrooms in a very generous amount of good-quality olive oil over medium heat for several minutes until they begin to soften. Salt generously. Then add the scallions. Cook for several more minutes. You want the carrots to be at least part of the way cooked through before you add any other components.

Step 4- add the rice and the garlic and stir so the rice soaks up plenty of the oil as well. Add more salt, because the secret to fried rice is in the salt 😊 and in using plenty of oil! Cook several minutes, tasting it to make sure the carrots are cooked through. When the carrots are just about cooked through, add the broccoli and the sauce.

For the sauce: squeeze the limes or pour the orange juice over the pan, add in the chili garlic sauce, and sprinkle over the sugar to balance the heat. Then stir to combine. Cook about 3 more minutes until the sauce has really been absorbed by the components of the fried rice and has gotten a chance to perfume the whole dish with its tang and heat. Taste and adjust the salt, sugar, or chili garlic sauce as needed.

Enjoy with chicken, steak, scrambled eggs, pork belly, fish sticks, or whatever your heart desires! BUON APPETITO!

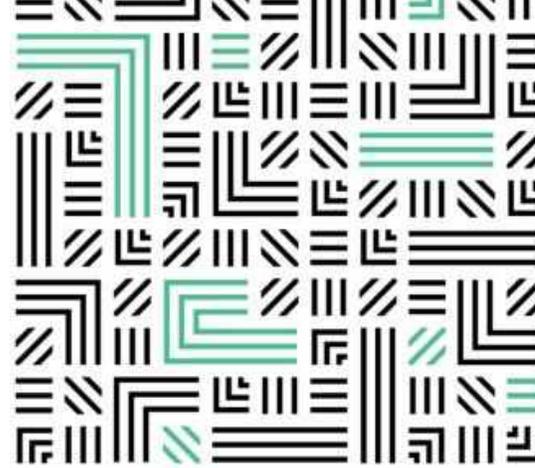


CHEESY CHICKEN STOVETOP CASSEROLE

Submitted by Kathy, Big Sister

“I honestly don't remember where this recipe came from. We have enjoyed it for years in my family. It's fast, easy to make, and really tasty!”

“Play around with this recipe. Try different cheeses. Try different soups. Try adding a layer of vegetables such as spinach, broccoli, cauliflower, brussel sprouts, etc. between the mushroom soup and cheese layer. Have fun!”



Level of Difficulty: **Medium**

Step 1 - Preheat oven to 350 degrees.

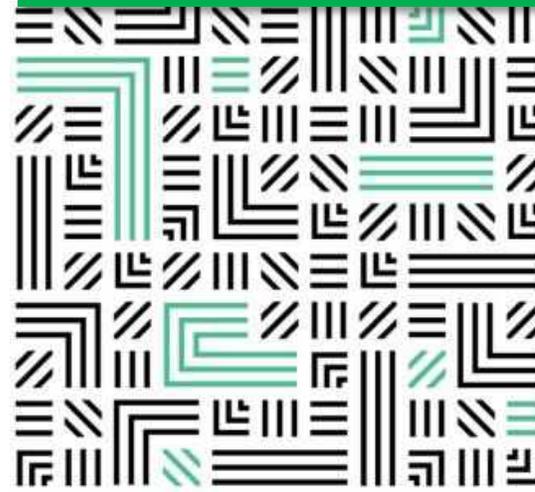
Step 2 - Melt butter (can do this in short intervals of 15 seconds in the microwave or in a warm pan on stovetop). Mix dry stuffing into the melted butter. Make sure this has been mixed well or the stuffing could burn during baking. If the stuffing is not coated well, add more butter as needed. Put aside.

Step 3 - Cut chicken into small bite sized pieces and place into a single layer on the bottom of a casserole dish (apply a layer of aluminum foil for easy clean up if desired). Spread Mushroom soup overtop the chicken (do not add water to the soup). Next layer the cheese. Finally, layer the mixed stuffing over the cheese.

Step 4 - Bake for 30 minutes or until chicken reaches 165 degrees. Allow to cool at least 10 minutes and serve. Place extras in the refrigerator for a yummy meal the next day. Can reheat for 45 seconds to 1 minute in the microwave, the stuffing won't be as crisp, but still great flavor.

Ingredients:

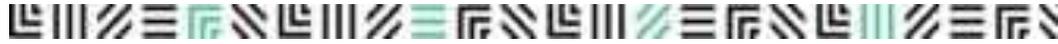
- 1-1.5 lb Chicken breast (cut into small pieces)
- 1 Can Mushroom soup (can substitute for low fat or low salt if preferred)
- 1 box dry stuffing (I use stovetop hence the name)
- 1 package shredded (or thinly sliced) sharp cheddar cheese (can substitute for another cheese including low fat if preferred)
- 2/3 cup margarine (or butter)



CHICKEN POT PIE

Submitted by Jonathan, Mentor

“This is my mother's recipe. I added a bit more spice than she did and have made it for coworkers and family and friends. I once made it for my mentee Luciano when he came over.”



Level of Difficulty: **Medium**

Ingredients:

- Chicken breasts
- Carrots
- Onions
- Potatoes
- Peas
- Cream of Chicken soup
- Seasoning as desired (usually with salt, pepper, basil, and cayenne pepper)
- Pie crusts

Step 1- Chop up the potatoes and chicken into cubes, and slice up the carrots and onions

Step 2- Boil the potatoes and carrots

Step 3- Sauté the chicken and onions with seasoning

Step 4- Add the boiled potatoes and carrots, the sautéed chicken and onions, the peas and cream of chicken soup to a deep baking dish

Step 5- Cover with the pie crusts.

Step 6- Bake on 400 for 30 minutes or until the crust is golden





ONE-POT TURKEY CHILI

Submitted by Emma, Staff

“This is one of my favorite meals to cook year round. It is so yummy and filling. You can add any kind of beans or vegetables to make it your own.”

“To make this dish vegan or vegetarian, you can leave out the ground beef and use vegetable broth instead.”

Level of Difficulty: **Medium**

Ingredients:

- 1 tbs olive or canola oil
- Medium yellow onion, chopped
- 4 cloves garlic, peeled and thinly sliced
- 1 pound ground turkey
- 1 tbs chili powder
- Carrots, peeled and chopped
- 2 red bell peppers, chopped
- 15 oz can Kidney beans, drained and rinsed
- 28 oz can chopped tomatoes
- 1 cup chicken broth
- Optional toppings: cheese and sour cream

Step 1 - Heat oil in a large pot on medium heat. Add onion, salt and pepper, until golden brown. Then add garlic until fragrant

Step 2 - Add ground turkey and cook until browned, then add chilli seasoning

Step 3 - Add carrots and red peppers and until soft (about 2 minutes)

Step 4 - Add kidney beans, can of chopped tomatoes, and chicken broth. Turn up the heat and bring to a boil

Step 5 - Reduce heat to a simmer and cook uncovered for 50-60 minutes until the chili has thickened.



LOW FAT EGGPLANT PARMESAN

Submitted by Carol, Former board member & current corporator

"The proportion of the ingredients here depends on the size and number of eggplants that you use. I will write this for one eggplant, which is enough for 2-3 people. Just double the recipe for more people. This can be made ahead, even the day before and leftovers heat up very well.

Level of Difficulty: **Medium**

Ingredients:

- 1 eggplant peeled and cut into ½ inch slices
- 1 jar of tomato sauce, any variety
- About 4-6 ounces of Mozzarella cheese
- 1 cup of breadcrumbs (Panko preferred) mixed with:
 - ½ teaspoon of Italian seasoning (or just oregano if you prefer.)
 - ¼ teaspoon of pepper
 - ½ teaspoon of parsley
- ¼ cup Parmesan cheese
- 1 beaten egg with 2 tablespoons of water beaten into it
- (optional) A few tablespoons of mozzarella cheese

Step 1- Preheat the oven to 350 degrees

Step 2 - Bread each slice on both sides first in the egg wash, then in the breadcrumb mix. Place each slice on parchment paper (close together is fine) on a cookie sheet and bake for 25 minutes, turning the slices over midway through cooking.

Step 3- When all slices are cooked, place one layer of slices in a baking pan (any size that fits), cover with half of the tomato sauce and half of the Mozzarella. Repeat this step by doing a second layer using the same process and topping with the Parmesan cheese. You can spread some mozzarella cheese on top if you like. Cover the dish with foil.

Step 4- Bake in oven until warmed through and the cheese is melted which is about 20-25 minutes. Or you can refrigerate the dish and bake later. If cold, bake for about 35-40 minutes.



LASAGNA ROLL-UPS

Submitted by Lindsay, Staff

“This is a fun alternative to traditional lasagna. I actually prefer my lasagna this way while my husband prefers traditional, meaty lasagna. Try it both ways and decide for yourself!”



Level of Difficulty: **Medium**

Ingredients:

- 1/2 Box Lasagna Noodles
- 1 tbsp. olive oil
- 1/2 large onion chopped
- 3 cloves of garlic minced
- kosher salt
- black pepper
- 1/2 tsp. red pepper flakes
- 10 oz. baby spinach
- 1 tsp. lemon zest
- 2 cups ricotta
- 1 large egg
- 1 cup freshly grated parmesan, divided
- 1 cup marinara
- 2 cups mozzarella

1. Preheat oven to 350, Bring a large pot of salted boiling water to a boil and cook lasagna noodles until al dente. Drain.

Drain.

2. In a large skillet over medium heat, heat oil. Add onion and garlic and season with salt, pepper, and red pepper flakes. Cook until onions are soft, about 5 minutes. Add spinach and cook until wilted. Stir in lemon zest and remove from heat.

3. In a large bowl, stir ricotta, egg, and 1/2 cup Parmesan cheese until combined then season with salt and pepper.

4. Spread ricotta mixture onto one side of each lasagna noodle. Top with marinara and cooked spinach, then sprinkle with mozzarella and roll up tightly.

5. In a large deep baking dish, spoon a layer of marinara on bottom of dish. Add the roll ups and spoon more sauce onto each roll-up. Sprinkle more mozzarella and Parmesan over each roll-up. Bake until bubbly and melted, about 20 minutes.





MACARONI AND CHEESE

Submitted by Tyler, Staff

“Courtesy of Karen Wunderman”

Level of Difficulty: **Medium**

Ingredients:

- 3 Tbl. butter
- 3 Tbl. flour
- 2 cups milk (skim or whole is fine)
- 1 lb. pasta (prefer broad or wide egg noodles)
- 1 small onion, chopped
- 8 oz. sharp cheddar cheese, grated
- 1 ham steak (optional)
- ¼-½ cup parmesan cheese, grated

Step 1 - Preheat oven to 425°

Step 2 - Bring a large pot of water to a boil over high heat; add pasta and cook until tender but still very firm, about 6-8 minutes (it will cook more in the oven)

Step 3 - In a medium-large pot, make a white sauce by melting butter over low heat. When butter is melted (don't let it brown), mix in flour and whisk immediately. Whisk in 2 cups milk, a little at a time, whisking to keep lumps out. Once it's all mixed, raise heat to medium-high to thicken sauce. (Watch carefully, as it will suddenly, without notice, boil over if pot is too small and it gets too hot.)

Step 4 - While sauce is cooking, add chopped onion and mix-in (don't cook onion first)

Step 5 - If using ham, cut in small cubes and add to cheese sauce now.

Step 6 - Add S&P to white sauce and mix.

Step 7 - Remove from heat and stir in the cheddar cheese to melt

Step 8 - Drain pasta when cooked and pour into a large baking pan

Step 9 - Pour cheese sauce into pasta and mix well so all the pasta is coated and there are no standing pockets of sauce.

Step 10 - Top with grated parmesan cheese

Step 11- Bake, uncovered, for 30-40 minutes, until brown and bubbly



PORTOBELLO MUSHROOM/POBLANO PEPPER TACOS

Submitted by Lauren, Mentor



Level of Difficulty: **Medium**

INGREDIENTS

Marinade

- ¼ cup olive oil
- ¼ cup lime juice (about 2 limes)
- 1 small jalapeño, finely chopped
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground chili powder
- sea salt and black pepper

Fajitas

- 3 large portobello mushrooms, rinsed and pat dry
- 1 medium purple onion
- 4 medium poblano peppers
- 8 to 10 corn tortillas
- ¾ cup crumbled feta cheese (optional, omit for dairy free/vegan recipe)

Avocado sauce

- 2 avocados from Mexico
- ⅓ cup fresh cilantro, lightly packed
- 2 tablespoons fresh parsley, lightly packed
- ½ lime, juiced
- 2 tablespoons of water
- sea salt and black pepper

Step 1 - De-stem the mushrooms and gently remove the gills using a spoon. Slice the mushrooms into ½-inch thick strips. Cut off the tops of the poblano peppers, slice them in half and remove the seeds and membranes. Slice the peppers into ½-inch thick strips, up to 3-inches in length. Slice off the root end and the tip of the red onion. Set it on one of its flat sides and cut down through the middle of the onion, then slice each half into ½-inch wide strips by slicing from one flat side to the other. Toss the Portobello mushroom slices, poblano pepper slices and onion slices into a large bowl.

Step 2 - In a small bowl, whisk together the marinade ingredients until emulsified. Pour the marinade over the bowl of prepared veggies. Toss well to evenly distribute the marinade. Let the veggies soak up the marinade for 30 minutes or so, tossing occasionally.

Step 3 - In the meantime, make the avocado sauce. In a food processor, combine the avocados (pitted and skin removed), cilantro, parsley, lime juice and water. Blend, and add sea salt and black pepper to taste. Transfer the sauce to a small serving bowl. (I skip the sauce and just top with fresh avocado)

Step 4 - Preheat the oven to 400. Spread the marinated vegetables on cookie sheets. Cook, until the peppers and onions are tender and the mushrooms are browning on the edges.

Step 5 - Gently warm the tortillas individually in a lightly oiled pan over medium-low heat, flipping halfway through cooking (about 20 seconds per tortilla). Stack the warmed tortillas on a plate and keep them warm under a tea towel. Serve the filling with tortillas, avocado sauce, feta cheese and hot sauce.

POTATO PIE

Submitted by Diana, Mentor

“This is a yummy cozy dish that is very satisfying and pretty simple (4 ingredients!). It is all about how you put it together and seriously, letting it sit lets the flavors meld together and when you cut it you get layers of color. Tasty too!”

Step 1 - line pie pan with crust and pre-heat oven to 350 degrees

Step 2 - cut potatoes into thin slices and put a thin layer on top of pie crust

Step 3 - slice kielbasa into thin rounds and put a layer on top of potatoes

Step 4 - rinse swish chard and chop up. Put a 1-inch layer on top of kielbasa. Repeat step 2-4 again and end with a final thin layer of sliced potatoes

Step 5 - cover the top with pie crust

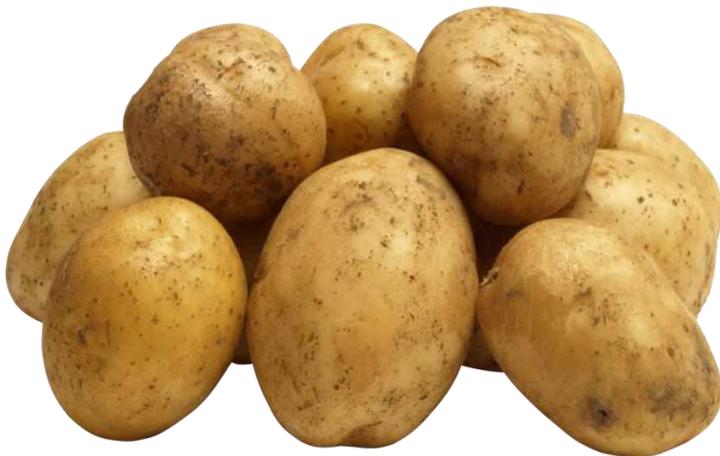
Step 6 - Bake for an hour, until crust is golden brown. Let it rest and cool a bit then you have a delicious dinner. It is even better the next day.



Level of Difficulty: **Easy**

Ingredients:

- pie crust
- kielbasa
- swish chard
- yellow potatoes



ZUCCHINI NOODLES WITH TOMATO AND BASIL

Submitted by Forrest, Mentor

“It is DELICIOUS!!”

Level of Difficulty: **Easy**

Ingredients:

- Zucchini
- cherry tomatoes
- basil (fresh or dried)
- olive oil
- garlic

Step 1 - Spiralize zucchini, slice cherry tomatoes in half, dice up basil (if fresh) and garlic.

Step 2- Cook zucchini noodles and garlic in olive oil on fry pan for 3 min

Step 3 - Add tomatoes and basil, cook for another minute.

Step 4 - Toss and serve.

Optional: Add parmesan cheese on top



Snacks/Sides

- Real wasabi is challenging and expensive to make. As an alternative, most wasabi for sale is colored horseradish with flavorings.
- Carrots and potatoes were originally purple, yellow, and white.
- Crackers have holes in them to prevent bubbles from forming during the baking process
- Ripe cranberries will bounce and are also known as 'nature's bouncy ball'
- 40% of produce grown is never sold just because it's too ugly. Because consumers won't buy imperfect fruits or veggies, grocery stores in turn refuse to stock them.

CHILEAN-STYLE SOPAIPILLAS (FRIED DOUGH)

Submitted by Rachel, former Mazie Program Director

“My husband is from Chile and this is a typical Chilean snack. People like to make and eat them on a rainy day because they are warm and taste so good!”



Level of Difficulty: **Medium**

Ingredients:

- 1 cup squash (acorn squash works the best)
- 4.25 cups of flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup of butter, melted
- 2 cups of oil for frying

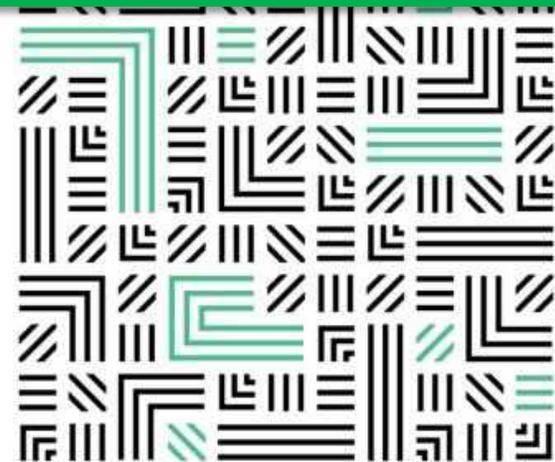
Step 1 - Peel, seed, and cut the squash into chunks. Place in a saucepan, cover with water, and bring to a boil over medium-high heat. Cook until the squash is soft and easily pierced with a fork, usually about 20 minutes. Drain and allow to cool slightly.

Step 2 - Mix the flour, baking soda, and salt together in a mixing bowl, and set aside. Stir together the squash and melted butter. Stir the flour mixture into the butter mixture until blended. Turn the dough out onto a lightly floured surface and knead until soft, adding a little more flour if necessary. Cover dough with a towel and allow to rest 15 minutes.

Step 3 - Roll out the dough to 1/8 inch thick, and cut into 3-inch diameter circles. Poke each circle a few times with a fork to make holes and prevent rising.

Step 4 - Pour vegetable oil into a large, deep skillet and heat over medium-high heat until hot. Place several of the dough circles into hot oil; cook until lightly browned, 3 to 4 minutes. Drain on paper towels. Cook remainder of dough circles in batches.

Step 5 - Let the sopaipillas cool slightly. Enjoy with salsa or with ketchup and mustard.





WAMPANOAG CORN CAKES

Submitted by Mrs. Oates, Gemma's abuela

"This is a great and easy recipe to do with younger kids around Thanksgiving time"

Level of Difficulty: **Easy**

Ingredients:

- 1 cup of milk
- 1 cup of cornmeal
- 1 large egg
- 1 teaspoon of salt
- 1 teaspoon of sugar
- butter or vegetable spray

Step 1 - Mix the egg and milk together. Then add the salt, sugar, and cornmeal. Stir into a thin batter.

Step 2 - Spray a frying pan with vegetable spray or coat with a thin layer of butter and heat it. When the pan is good and hot, drop spoonfuls of batter onto it, like you would do to make pancakes.

Step 3 - When the edges begin to dry and bubbles appear, flip the corn cakes over and cook them on the other side. When they are firm and slightly golden colored, put them in the plate.

Step 4 - Eat them plain or pour maple syrup of them, as the Wampanoag did. You can also eat them with butter, jam, or jelly



CRANBERRY BREAD

Submitted by Mary Ellen, Friend of Mazie

“A tasty and easy recipe to follow! Great recipe to try with a Little!”

Level of Difficulty: **Easy**

Ingredients:

- Grated Rind from one Orange
- 1 egg
- 1/2 tsp salt
- 1/2 cup sugar
- 2 tbsp margarine or butter
- 1 can of whole berry cranberry sauce drained- save liquid from the can of cranberry
- 2 cups of flour



Step 1 – combine softened butter, sugar, egg and orange rind in a large bowl until mixture is creamy.

Step 2 - stir in cranberry liquid

Step 3 - stir in, all at once, remaining ingredients until blended

Step 4 - pour into greased 9' x 5' x 3' loaf pan

Step 5 - bake at 350 for 1 hour



ELEGANT POTATOES

Submitted by Kathy, Big Sister

“This recipe is from a special cookbook that my mom has had since I was a child. The name is The Church Cook Book, Blawenburg Reformed Church, published in 1985. This is a historic Dutch Reformed Church, which still exists, founded 1832 in Blawenburg, NJ. My family was a part of the founders. Grace Terhune was a member of the church, a great friend of my grandmother, and the author of the original recipe. She died several years ago. I think she would have enjoyed helping with the Big Brother, Big Sister cookbook!

Level of Difficulty: **Easy**

Ingredients:

- 1 (2 lb.) package frozen hash brown potatoes (I use southern style, cubed)
- 1 can Cheddar Cheese Soup undiluted (ie do not add water)
- 1 can Cream of Celery Soup undiluted (I substitute this for Mushroom soup)
- 1 (8 oz) container Sour Cream
- Chopped Onion to taste (I usually omit this)
- 1 tsp parsley flakes
- salt and pepper to taste
- paprika

Step 1 - Mix everything together in a large bowl

Step 2 - Spoon into a 13x9 inch baking dish (Can also be put into 2 8-inch pans).

Step 3 - Sprinkle top with paprika (I apply it liberally).

Step 4 - Bake, uncovered, at 300 degrees for 1.5-2 hours. (Potatoes are softer if cooked for 2 hours)

Freezes well



EMPANADAS

(ALSO CALLED PATELILLOS, MEAT PIES, ETC.)

Submitted by Yarimar, Staff

Most Caribbean countries have their own version of this recipe. They either have recipes on making the dough or which fillings are traditionally made. You can definitely explore more of those recipes as well as play around with different fillings.

Some even like adding sweet fillings such as guava paste and cheese.



Ingredients:

- Empanada dough (usually Goya brand in the frozen Hispanic section called discos in packs of 10)
- Filling (can be ANYTHING! ground beef, your favorite cheese, ham and cheese, shrimp, etc.)
- Cooking oil
- Small amount of water
- Spoon

1. Thaw out the empanada discos by separating them from each other but also keeping the paper lining under each one so they don't stick to your counter. You can thaw out the whole package by just taking them out but once you are able to individually separate the discos, you should do so then.

2. Start preparing your filling. Make your ground beef how you would usually prepare it, or start cutting and prepping filling into smaller bite size pieces.

3. Once your discos are thawed, you can start filling the center of each disco with your desired filling using your spoon. Do not over fill the discos as it will be hard for you to seal/close them after.

4. Once you have filled your disco, dab your finger in water and slide your wet finger on the inside, outer edge of the disco. This will help with sealing.

5. To seal the discos, you take one side and fold it over to make a half moon (taco) shape. You should make sure both sides are equally lined up. To completely seal, use the fork tines and press the whole outer edge to make lines as well as seal the disco shut. If some parts of the edges don't close, dab a bit of water and use the fork lines in another direction to be able to close the disco.

6. You can start heating up your oil hot enough to be able to fry the discos but not so high that they will immediately burn. Usually medium heat works but every stove is different. Your oil should cover at least half of your empanada once you are frying it. To test if your oil is hot enough, you can just test it with the tip of one of the empanadas you have finished. If it starts frying, you are ready to fry the rest.

7. To begin frying the empanadas, you should try one at a time in the beginning until you feel comfortable frying more at once. Fry each empanada until both sides are golden brown.

8. Have a plate lined with paper towel ready to place the fried empanadas on to soak up the excess oil.

8. Let the empanadas cool for 5-10 minutes and you are ready to ENJOY!



FOCACCIA BREAD (GLUTEN FREE AND VEGAN)

Submitted by Gabrielle, Match Support Specialist

“I am gluten free, so I always make this recipe with gf flour. If you aren't gluten free you can easily substitute in an all-purpose wheat flour. “



Step 1 - Heat oven to 450 degrees. Grease the baking sheet.

Step 2 - In a small bowl mix all the herb oil ingredients together and set aside. (pro tip: let the mixture sit for a while to really get the flavor out!)

Step 3 - Whisk flour, baking powder, and salt in a large bowl. Add sparkling water, olive oil, and maple syrup. Mix until just blended.

Step 4 - Pour batter onto baking sheet and spread with a rubber spatula, until batter is approximately 1/2 inch thick across the baking sheet.

Step 5 - Spread herb oil on top of batter. Use your finger to gently poke indents into the dough, about 1 inch apart.

Step 6 - Bake for 20 minutes, turning the pan halfway through.

Enjoy! Best eaten fresh out of the oven!

Level of Difficulty: **Medium**

ingredients:

- Garlic Herb Oil:
 - 1 tsp. dried oregano
 - 1 tsp. dried basil
 - 1/4 tsp. crushed red pepper flakes
 - 1/4 tsp. Salt
 - 3 gloves garlic, minced
 - 2 tblsp. olive oil
- Bread Dough:
 - 2 cups gluten free flour blend
 - 2 tsp baking powder
 - 1/2 tsp. Salt
 - 1 1/2 cups sparkling water
 - 2 tblsp olive oil
 - 1 tblsp maple syrup (or raw honey)



SUNSHINE SLAW

Submitted by Michael, Big Brother

“This is a summer staple for any cookout.”

Level of Difficulty: **Easy**

Ingredients:

- 2 packages beef Ramen Noodles
- 1 bunch scallions
- 1 cup slivered almonds
- 1 cup sunflower seeds
- 1 bag of broccoli slaw (could use coleslaw instead)

Dressing:

(Prepare but don't place on salad until about 1 hour prior to serving)

- 1 cup vegetable oil
- 1/3 cup cider vinegar
- 1/2 cup sugar
- 2 beef packets from noodles.



Step 1 - Crush ramen packages and mix with scallions, slivered almonds, sunflower seeds, and bag of broccoli slaw. Store mixture in a mason jar or container that can seal.

Step 2 - To make the dressing, mix together vegetable oil, cider vinegar, sugar, and 2 beef flavor packets.

Step 3 - Pour dressing over the salad mixture prior to serving and mix well, this is where having a container with a good seal will come in handy!



SWEET KALE SALAD

Submitted by Lisa, Mazie Mentor

"I learned this recipe during a community cooking class. It became a staple of my weekly meal prep!"



Level of Difficulty: **Easy**

Ingredients:

- 1 finely chopped shallot
- 1/4 cup lemon juice
- 1/3 cup olive oil
- 2 teaspoons tahini
- honey to taste
- salt to taste
- 1 bunch kale shredded
- 12 Brussel sprouts finely shredded
- 3 green onions trimmed & finely sliced
- 1 cup toasted pecans sliced
- 10 dates pitted & sliced
- 2/3 cup shredded pecorino cheese

Dressing:

Step 1- Combine shallot and lemon juice. Let sit for 5-10 minutes.

Step 2- Whisk in olive oil, tahini, honey, and salt.

Salad:

Step 1- Toss kale, sprouts, and green onions with the dressing. Let sit for 10 minutes.

Step 2- Salt to taste.

Step 3- Add pecans, dates, and pecorino. Gently toss.

Note: Kale holds up well even coated with the dressing. Good salad to make & then package into individual servings for the week. For a savory version green olives can be substituted for the dates.



Dessert

- German chocolate cake is named after a guy named Sam German, *not* the country.
- "As American as apple pie" isn't actually very American. Pie was invented in Medieval England, while the modern recipe for apple pie with a lattice crust was created and perfected by the Dutch.
- 1 in 4 hazelnuts are made into Nutella. They are so popular there is currently a hazelnut shortage.
- The Aztecs may be known for their love of chocolate, but according to the International Cocoa Organization, they also used cocoa beans as currency. People under Aztec rule could use cocoa to pay their taxes.
- How many licks does it take to get to the center of tootsie pop? It can take anywhere from 144 to 411 licks. However, one study conducted found the average was 364 licks.



CHOCOLATE CHIP COOKIES

Submitted by Ellie, Big Sister

“I make these wherever I go, especially if I stay with friends. They are a great way to spread love and bring joy.”

Step 1 - Preheat the oven to 375F.

Step 2 - Beat the butter and sugars together until creamy, you can use a hand mixer, a stand mixer or mix by hand. If you are mixing by hand the butter will need to be very soft.

Step 3 - Add eggs one at a time and beat in until smooth.

Step 4 - Add vanilla and salt, mix until smooth.

Step 5 - Add flour and baking soda, mix until just combined.

Step 6 - Add chocolate chips and mix until evenly dispersed. Use an ice cream scoop, a big spoon, or your hands to make the dough into balls about 2 tablespoons each. Put the cookies on a cookie sheet with two inches between them (usually 12 cookies per sheet). If you have space in the fridge, put the sheet in the fridge for 10-15 minutes before you bake them. You can also keep the rest of the dough in the fridge before you bake it.

Step 7 - Bake the cookies for 10 minutes, the middle should still look very soft. Let the cookies cool for 5 minutes before eating or transferring to prevent them from falling apart. Enjoy!

Level of Difficulty: **Medium**

Ingredients:

- 2 sticks + 1 tablespoon (255 grams) unsalted butter (soft)
- 3/4 cup (160 grams) brown sugar
- 3/4 cup (150 grams) white sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon salt (leave out if using salted butter)
- 3 cups + 1 tablespoon (370 grams) flour
- 1 teaspoon of baking soda
- 1 bag of dark chocolate chips (10-12 ounces)



FRUIT TRIFLE

Submitted by Robyn, Staff

“I am not a food artisan and the thought of preparing food for a group of people used to give me anxiety. As people lovingly invited me to potlucks, I would often zone out and imagine myself serving some weird concoction I made and it ending with everyone getting ill. Causing a group of people to get food poisoning is definitely in my top five biggest fears. Fortunately, I found one recipe that is easy, feeds a lot of people, and no cooking is required! Very low risk of causing bad cooking related illnesses! My fear and anxiety have been resolved with this delicious dessert!”

Level of Difficulty: **Easy**

Ingredients:

- 1 angel food cake (cut into cubes) (sometimes I buy an extra cake depending how small it is)
- 3.4ounce box instant vanilla pudding mix
- 2cups cold milk
- 8ounces cream cheese (at room temperature)
- 1cup powdered sugar
- 8 ounces Cool Whip
- 2 pints blueberries (rinsed)
- 2 pints strawberries (rinsed, hulled and sliced)

Step 1 - Pour the vanilla pudding mix into a small bowl and combine with the 2 cups of milk. Whisk until combined then set aside.

Step 2 - Put the room temperature cream cheese in a large bowl and beat until it's smooth. Slowly add the powdered sugar and continue to beat the mixture until all is combined and smooth.

Step 3 -Pour the pudding into the large bowl with the cream cheese and stir with a spoon or spatula until completely combined. Then, add the Cool Whip and stir again until everything is totally mixed together.

Step 4 - Assemble the Trifle! I used to use any large dish that was deep enough, but I have since upgraded to an actual trifle dish. Just alternate layers of angel food cake, berries, and the pudding mixture until it reaches the top! I usually finish the top layer in some fancy pattern with the remaining berries. Keep refrigerated



3-INGREDIENT PEANUT BUTTER COOKIES

Submitted by Keely, Staff

“A teenager I mentored told me about this recipe. It sounded so good and too easy that we walked to the store immediately to buy the ingredients. We made them and they were so delicious! We both couldn't believe we didn't know about this easy recipe sooner!”



Level of Difficulty: **Easy**

Ingredients:

- 1 cup of peanut butter
- 1 cup of sugar
- 1 egg

Step 1 - preheat the oven to 350 degrees

Step 2 - combine peanut butter, sugar and egg in a mixing bowl until it's smooth

Step 3- spoon and roll cookie dough into small bites and place onto a cooking sheet

Step 4- bake for about 20 minutes or until cookies are golden brown

Step 5- let cool for about 5 minutes and enjoy!



SUGAR COOKIES

Submitted by Huanhuan, Big Sister

Step 1 - preheat oven to 375F.

Step 2 - beat all ingredients together in a large bowl

Step 3 - roll dough into teaspoon sized balls

Step 4 - bake 8 to 10 mins



Level of Difficulty: **Easy**

Ingredients:

- 2 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- 1 cup butter, softened
- 1 $\frac{1}{2}$ cups white sugar
- 1 egg

PUMPKIN COOKIES WITH BROWN BUTTER ICING

Submitted by Michael, Big Brother

“My favorite cookie and my aunt makes them for me every year for my birthday. “

Level of Difficulty: **Medium**

Ingredients:

- 3/4 cup butter
- 1 1/2 cups light brown sugar, firmly packed
- 2 eggs
- 1/2 cup canned pumpkin purée
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup chopped pecans or other nuts

Browned Butter Icing:

- 6 tablespoons butter
- 2 cups confectioners' sugar, unsifted
- 1/2 teaspoon vanilla extract
- 3 to 4 tablespoons milk, or enough for spreading consistency
- chopped pecans or other nuts

Cookies:

Step 1 - In a large mixing bowl, cream butter and brown sugar until light and smooth. Beat in eggs, pumpkin purée, and vanilla.

Step 2 - In another bowl, stir together flour, cinnamon, ginger, nutmeg, baking powder, salt, and baking soda. Add to the first mixture and stir until smooth.

Step 3 - Stir in chopped pecans or other nuts.

Step 4 - Drop cookie dough but spoonfuls onto lightly greased cookie sheets, or use Silpat-type sheets or parchment paper to line baking sheets. Bake pumpkin cookies at 375° for 10 to 15 minutes, or until lightly browned.

Step 5 - Cool cookies on racks then spread with browned butter icing.

Icing:

Step 1 - Brown butter in a heavy saucepan over medium heat; remove from heat.

Step 2 - Blend in confectioners' sugar and vanilla.

Step 3 - Beat in milk to desired spreading consistency. Frost the cookies and sprinkle with chopped nuts, if desired.

