

SIMPLE, YET DELICIOUS

A BEGINNER'S GUIDE TO COOKING



MADE WITH LOVE BY: YOUTH CHARITY LEAGUE & OUR GIVING TABLE

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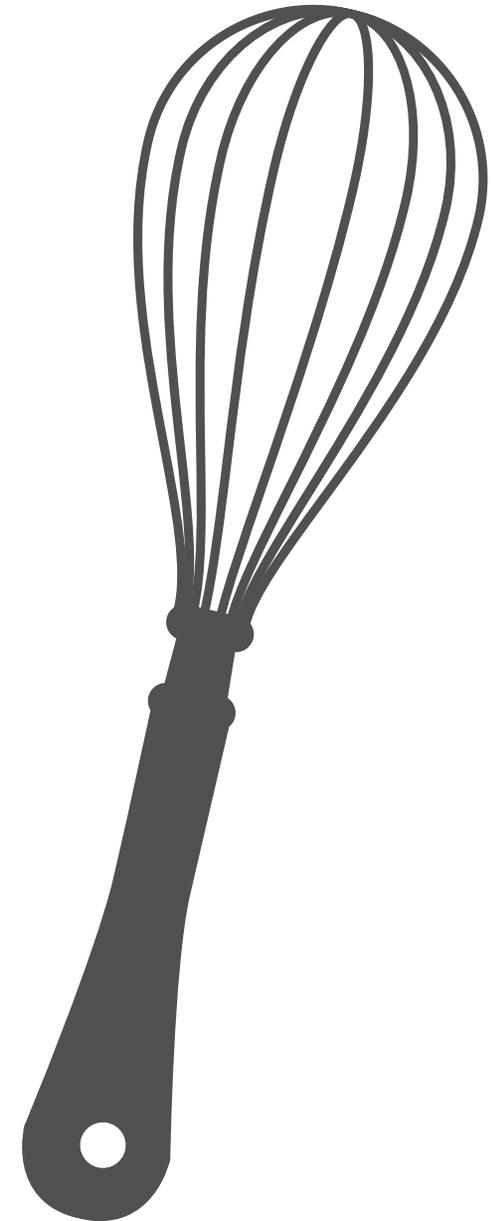
A BEGINNER'S GUIDE TO COOKING

ACKNOWLEDGEMENTS

- ALECIA POLLARD, YCL DIRECTOR OF PHILANTHROPY
- ALISA GAYLORD, YCL SPECIAL PROJECTS
- CHELSEA HEISER, YCL PHILANTHROPY MANAGER
- ARLENE UNVERZAGT, YCL CO-FOUNDER & MARKETING DIRECTOR
- LYDIA MASSAAD, OUR GIVING TABLE, FOUNDER
- ALL YCL MEMBERS WHO CONTRIBUTED A RECIPE

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INTRODUCTION

Youth Charity League was thrilled to partner with Our Giving Table on a cookbook. We understand that cooking can be overwhelming especially when you may be learning or have little time to cook!

Our goal was to share recipes which are simple, but tasty. Most have 5 ingredients or less so they can be prepared quickly or if you only have a few items on hand. These recipes are some of our members' favorites and we hope that some of them will become yours as well. Once you have confidence in making them, get creative and experiment with various ingredients in those recipes.

Remember, cooking should be fun!



STARTERS & SNACKS

PEANUT BUTTER ENERGY BITES

Servings: Makes 12-15 balls

Equipment/Tools Needed:

- 1 medium bowl, measuring spoons

Ingredients:

- 2 cups rolled oats
- 1 cup peanut butter or other nut butter
- ½ cup honey
- ¼ cup mini chocolate chips
- ¼ cup shredded unsweetened coconut
- Optional: dried Cranberries or protein powder

Directions:

1. Combine all ingredients in a medium sized bowl; stir well.
2. Using a 1 tablespoon measure, roll the mixture into balls. If the mixture doesn't easily roll into a ball, add 1 tablespoon honey until it does.
3. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

“

They're easy to make, a good snack for after sports or school OR a healthy dessert....as long as you don't eat them all at once.

-Zach, 6th grade



”

CRISPY AVOCADO BURRITO

Servings: 1

Equipment/Tools Needed:

- sharp knife, cutting board, knife to spread, fork, toaster oven, or oven

Ingredients:

- 1 flour tortilla
- 1 avocado
- garlic powder
- onion powder
- butter
- salt

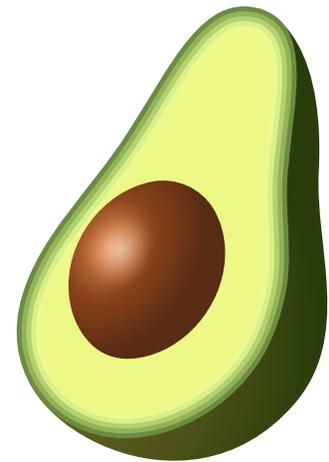
Directions:

1. Preheat a toaster oven or oven on broil setting.
2. Spread a thin layer of butter on the tortilla. Add a sprinkle of salt IF using unsalted butter.
3. Broil until butter is melted and tortilla is brown and crispy —careful to watch so it doesn't burn!
4. Carefully remove from oven and smash a bit of avocado on top with a fork. Don't use a ton as the crispy butter tortilla to avocado ratio is important for optimal taste/texture. Sprinkle onion and garlic powder on top of smashed avocado, and add a little more salt.
5. Fold the tortilla over on itself and enjoy. Repeat until you are full or out of tortillas and avocado!

“

This is my go to lunch/snack.
-Finn, 12th Grade

”



ITALIAN NACHOS

Servings: 8-12

Equipment/Tools Needed:

- measuring cups, spatula, mixing bowl, frying pan, baking sheet

Ingredients:

- 1 lb mild Italian sausage links
- 1 bag of scoop-style chips
- 1 ½ cups of shredded cheese (mixed cheeses are even yummiier)
- ½ cup ranch dressing
- 1 small can black chopped olives

Directions:

1. Turn the oven to 350 degrees.
2. Remove the sausage from its casing.
3. Cook sausage in a pan, separating it with the spatula.
4. Drain the oil from the meat and put the meat in a bowl.
5. Add the chopped olives, mix well.
6. Add shredded cheese and ranch dressing, combine.
7. If the mixture is too dry add a little more ranch dressing.
8. Put scoop-style chips on a baking tray and fill them with the mixture.
9. Bake in the oven for 10-15 minutes until cheese is melted.

“

This is one of my favorite appetizers and it's easy to make.

-Nathaniel, 10th grade

”



SOUPS & SALADS & SIDES

TORTELLINI SPINACH TOMATO SOUP

Servings: 4

Equipment/Tools Needed:

- Large saucepan, measuring cups, measuring spoons, sharp knife, cutting board, can opener, grater

Ingredients:

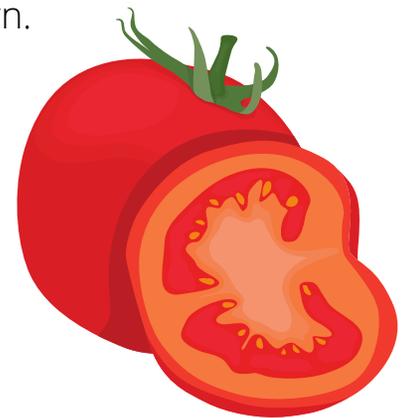
- 2 tablespoons butter or olive oil
- 5 cloves garlic, finely chopped
- 4 cups vegetable or chicken stock
- 6 oz fresh or frozen cheese tortellini (about 2 cups)
- 14 oz can diced tomatoes with liquid
- 10 oz fresh spinach, washed, stemmed, and coarsely chopped
- 8-10 basil leaves, coarsely chopped
- salt & pepper to taste
- Garnish: grated parmesan cheese to taste (optional)

Directions:

1. In a large saucepan, melt butter (or pour in olive oil) over medium heat. Add garlic and sauté for about 2 minutes until fragrant. Do not let the garlic burn.
2. Add stock and bring to a boil over medium-high heat.
3. Add tortellini and cook halfway (about 5 minutes for frozen pasta, about 2 minutes for fresh pasta).
4. Add tomatoes and their liquid, reduce heat, and simmer just until pasta is tender.
5. Season with salt and pepper to taste.
6. Stir in spinach and basil and cook 1-2 minutes until wilted.
7. Ladle into bowls and sprinkle with grated cheese, if desired.

“ We love to make this in the winter when it's rainy.

-Samara & Adrian ”



ASIAN KALE SALAD

Servings: 6

Tools/Equipment Needed:

- Large mixing bowl, measuring spoons, measuring cups, sharp knife, cutting board, whisk

Ingredients:

- 1 bunch kale, washed and patted dry
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoon soy sauce
- 1 garlic clove, minced
- 4 tablespoons olive oil
- 2 tablespoons grated parmesan

Directions:

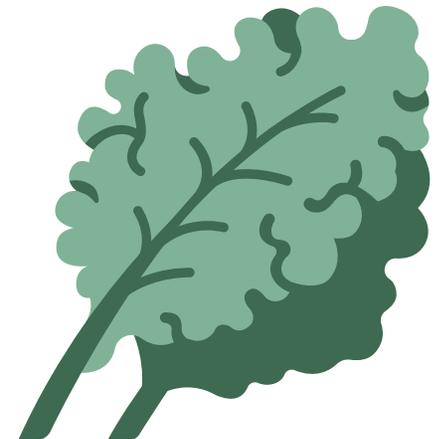
1. Hold a kale stem with one hand, while the other grasps the kale leaf and pulls in the opposite direction. The center rib (stem) can be discarded.
2. Pile several kale leaves on top of each other and then roll into a cigar shape on a cutting board. Continue holding it in place, while cutting the kale into thin slices. Continue until all kale has been chopped.
3. Whisk lemon juice, soy sauce, and garlic together in a large mixing bowl. Slowly add the olive oil while whisking, until it has emulsified.
4. Add kale to a mixing bowl and then sprinkle parmesan cheese on top.
5. Slowly hand massage the kale with the olive oil mixture until the kale has softened and looks “cooked.”

“

This is my go to recipe when I need to bring something to a potluck. It's a crowd pleaser and the bowl always comes home empty!

-Alisa, parent

”



BASIC MASHED POTATOES

Servings: 4

Equipment/Tools Needed:

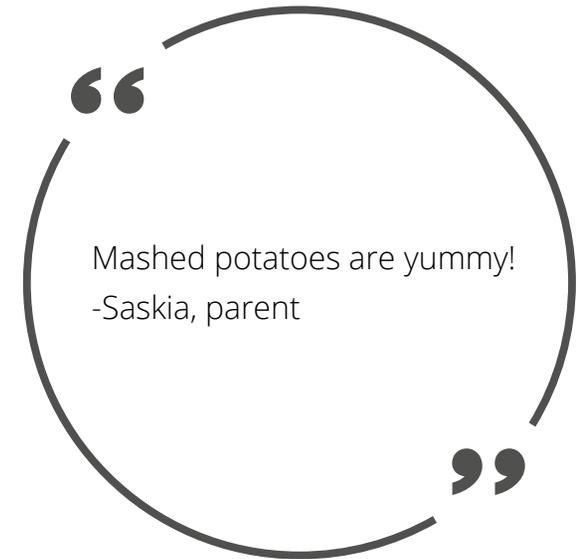
- saucepan, potato peeler, knife, cutting board, bowl, electric mixer, potato masher or fork, measuring cups

Ingredients:

- 4 Idaho potatoes
- 4 tablespoons butter
- ½ cup milk (warmed up)
- ¼ cup sour cream
- salt and pepper

Directions:

1. Peel and cube potatoes, place potatoes in saucepan, cover with cold water, and bring to a boil. Reduce heat slightly, and cook until potatoes are tender. 20-30 minutes. Drain water from the potatoes.
2. Transfer potatoes to a mixing bowl. Begin mashing potatoes with a mixer or by hand with a potato masher or fork. Add butter, hot milk, sour cream, and salt and pepper. Continue beating until smooth, and make sure there are no lumps.
3. Serve immediately.



VIDALIA ONION-CHEESE PIE

Servings: 6-8

Equipment/Tools Needed:

- knife, cutting board, measuring cups, pie tin

Ingredients:

- 1 pre-made, refrigerated pie crust
- 2 large Vidalia onions (or other sweet yellow onion), thinly sliced
- 8 oz sharp cheddar cheese
- ½ teaspoon salt
- 3 tablespoons milk

Directions:

1. Preheat the oven to 400 degrees.
2. Lay pie crust into pie tin, press down gently.
3. Arrange onion slices evenly over pie crust.
4. Add shredded cheese, covering the onions completely.
5. Sprinkle salt and then drizzle milk.
6. Bake for 25 minutes or until the cheese is lightly brown and bubbling.
7. Let stand for 5 minutes before slicing.

“

It doesn't have a lot of ingredients, but serves a lot of people!

-Astrid, 10th grade

”



STEAMED BROCCOLI WITH CHEESE

Serves: 4

Tools/Equipment Needed:

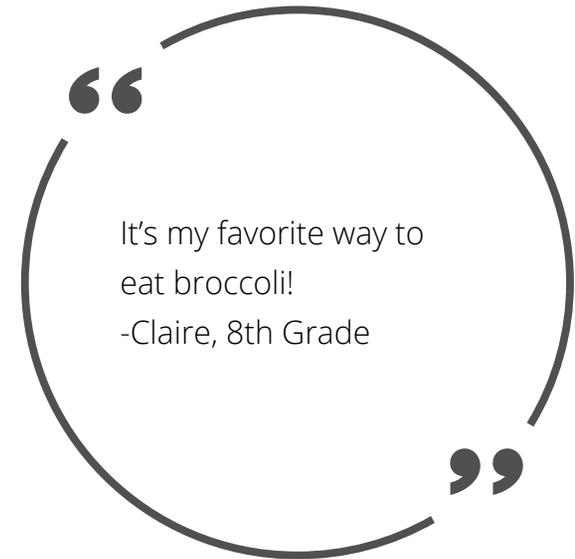
- sharp knife, cutting board, measuring cups, steam basket, sauté pan with lid

Ingredients:

- 1 head of broccoli
- ½ cup grated cheddar cheese
- 1 cup water

Directions:

1. With a sharp knife, cut broccoli into bite-sized pieces.
2. Put water into a sauté pan, place a steam basket in the pan.
3. Add broccoli to the steam basket and place a lid on top.
4. Cook over medium heat, 8-10 minutes until the broccoli is tender when poked with a fork. Turn heat off.
5. Quickly add the cheddar cheese on top of broccoli and replace the lid.
6. Let stand a few minutes then check to make sure cheese has fully melted.



QUICK CHILE BEANS

Servings: 4

Equipment/Tools Needed:

- measuring cups
- measuring spoons
- can opener
- large spoon to stir
- medium-sized Pot

Ingredients:

- 1 lb ground beef, chicken, or turkey
- 1 28 oz can whole tomatoes
- 2 15 oz cans pinto beans
- 1 tablespoon garlic powder
- 2 teaspoons onion powder
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon pepper



“

It's super easy and tasty!
-Declan, 10th grade

”

Directions:

1. Brown meat, drain the fat (if there is any, depends on if you use fattier or leaner meat).
2. Sprinkle all the spices over the browned ground meat. Taste. If needed, add more spices to taste. Remember you can always add more, but you can't take out if you over-spice!
3. Add whole tomatoes and squish them up with your hands.
4. Open pinto bean cans and drain the liquid. Add to the ground meat pot, and stir.
5. Cook on low for 10 minutes, stirring occasionally, until heated through.

CHEESE BREAD

Servings: 4-6

Equipment/Tools Needed:

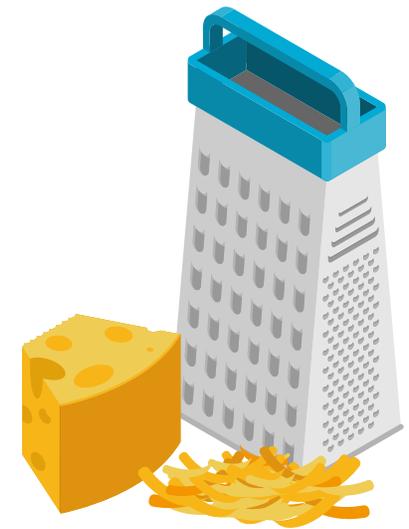
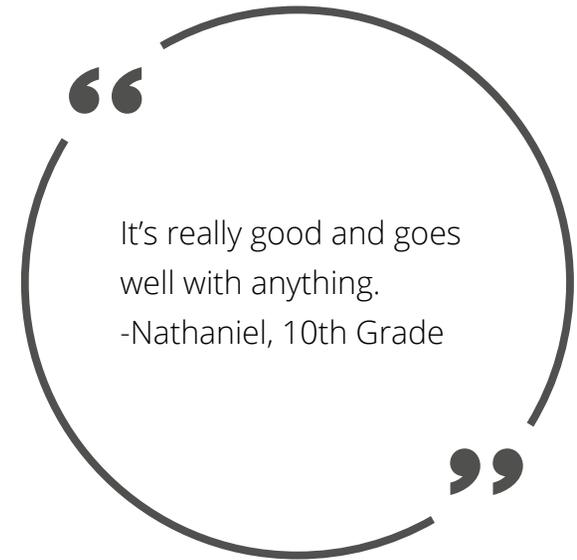
- sharp knife
- knife
- cutting board
- measuring cups
- mixing bowl
- spoon
- baking sheet

Ingredients:

- 1 cup mayonnaise
- 1 stick butter, softened
- 1 - 1 ½ cups shredded white cheese
- garlic powder
- 1 French bread (cut lengthwise)

Directions:

1. Preheat the oven to 375 degrees.
2. Mix mayo, butter, and cheese.
3. Place the bread face up on a baking sheet. Spread mixture on the French bread.
4. Sprinkle garlic powder.
5. Bake for 8-10 minutes, until cheese is melted and bubbling.
6. Let cool for 5 minutes, then cut into slices.



MAIN COURSES

RANCH PASTA WITH CHICKEN

Servings: 4

Equipment/Tools Needed:

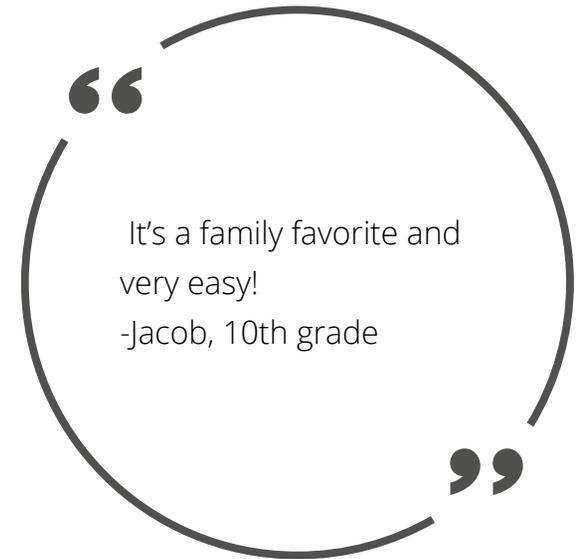
- frying pan
- small pot
- measuring cups
- colander

Ingredients:

- 8 oz egg noodles
- ¼ c butter
- 1 oz Hidden Valley Ranch dressing packet
- ¼ cup Parmesan cheese
- 2 cups cubed cooked chicken

Directions:

1. Cook noodles, according to package instructions, in a small pot.
2. While the noodles are cooking, melt butter in a skillet, add dressing packet, stir to combine.
3. Drain noodles and return to the pot.
4. Add butter mixture, Parmesan cheese, and chicken to the pasta. Toss all ingredients to coat.



BLACK BEAN & VEGGIE ENCHILADAS

Servings: 4-6

Equipment/Tools Needed:

- can opener
- frying pan, large and small
- spatula
- colander
- knife
- 9" x 13" baking dish or something similar in size

Ingredients:

- 1 14 oz canned black beans
- 1 14 oz enchilada sauce (we like Hatch green enchilada sauce)
- 4-8 corn or flour tortillas
- 1 diced onion
- 3 minced garlic cloves
- 3 cups any combination of chopped vegetables (For example: red pepper, broccoli, cauliflower, sliced black olives, a handful of spinach, corn, etc.)
- 1 cup shredded Monterey Jack cheese
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- salt and black pepper to taste
- olive or vegetable oil

“

It's easy to make ahead of time and can be adapted to whatever veggies you have on hand.

-Eli, 10th grade

”



BLACK BEAN & VEGGIE ENCHILADAS

CONTINUED

Directions:

1. Preheat the oven to 400. Lightly grease a 9 x 13-inch baking pan with olive or vegetable oil.
2. Warm a large pan or skillet over medium heat. Once the pan is warm, add the oil and heat until the oil easily slides around the pan. Add the onions and a pinch of salt. Cook, stirring often, until the onions are tender and translucent, about 3-5 minutes. Add veggies then reduce heat to medium-low. Cover the skillet. Cook, stirring occasionally, for 8-9 minutes.
3. Add the cumin and cinnamon to the skillet and cook until fragrant, about 30 seconds. Add the chopped garlic.
4. Drain and rinse the can of beans in a colander.
5. Transfer the contents of the pan to a medium mixing bowl. Add the drained beans, ¼ cup cheese, and 2 tablespoons of enchilada sauce. Season with ½ teaspoon salt and ground black pepper, to taste.

BLACK BEAN & VEGGIE ENCHILADAS

CONTINUED

6. Assemble the enchiladas: Pour ¼ cup enchilada sauce into your prepared baking pan and tilt it from side to side until the bottom of the pan is evenly coated. To assemble your first enchilada: If you have a microwave, put each tortilla into the microwave for about 20 seconds. This will make the tortillas more pliable so they don't break. If you don't have a microwave, you can also heat in a small fry pan. Warm over medium heat for 15-20 seconds/side.
7. Take a tortilla, spread a small amount of sauce, then spread the filling mixture down the middle of the tortilla, then snugly wrap. Place it flap side down against the bottom of your pan. Repeat.
8. Drizzle the remaining enchilada sauce evenly over the enchiladas, leaving the tips of the enchiladas bare. Sprinkle the remaining shredded cheese evenly over the enchiladas.
9. Bake, uncovered, on the middle rack for 20 minutes.
10. Remove from the oven and let the enchiladas rest for 10 minutes (they will be very hot!).

Tip: If you have extra filling, you can use it over rice or quinoa for another meal!

POTATO MINCE MEAT PATTIES

Servings: 4

Equipment/Tools Needed:

- frying pan
- electric mixer
- mixing bowl
- measuring cups
- spatula

Ingredients:

- 8 oz package herb seasoned stuffing mix
- 1 cup milk
- 1 ½ cup ground meat of choice (beef, chicken, turkey)
- 3 cups instant whipped potatoes

Directions:

1. Blend stuffing, milk, and ground meat in a mixing bowl.
2. Prepare potatoes, according to package directions.
3. Add whipped potatoes to the ground meat mixture; toss lightly with a fork.
4. With your hands, shape into 3' patties.
5. Melt butter in a frying pan, then brown patties on both sides.



FANCY RAMEN

Servings: 1

Equipment Needed:

- spatula
- saucepan
- measuring spoons
- frying pan
- colander

Ingredients:

- 1 ramen package (like Maruchan)
- 1 tablespoon butter
- 1 tablespoon soy sauce
- 1 clove garlic, finely chopped or ¼ teaspoon garlic powder
- ½ teaspoon brown sugar
- Optional: Any chopped vegetables like green onions, red pepper, etc



“

It's a super easy, tasty ramen recipe that I like to make.

-Audrey, 11th grade

”

Directions: The recipe is more to your taste preferences than real measurements. Feel free to adjust the recommended quantities above.

1. Throw out the flavoring pack from a ramen packet, and cook the noodles by either boiling water and adding them or pouring water over them. Set aside for 3 minutes or until softened.
2. In a frying pan, melt butter and add in soy sauce, minced garlic, and a small amount of brown sugar (1/2 tsp). Do this on low heat and when everything is stirred thoroughly, turn off the stove until the noodles are ready.
3. Strain the noodles and add them to the sauce and mix it in.
4. Add salt if you want and serve and enjoy!

BARBECUED CHICKEN

Servings: 4-6

Equipment/Tools Needed:

- measuring cups & measuring spoons
- mixing spoon & mixing bowl
- baking sheet
- cutting board

Ingredients:

- ½ cup ketchup
- ¼ cup molasses
- 2 tablespoons apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sriracha
- 3-4 lbs chicken (whole chicken cut into pieces, or just thighs/breasts/drumsticks)

Directions:

1. Preheat the oven to 450 degrees.
2. Stir together all ingredients except chicken.
3. Put chicken on baking sheet, season with salt and pepper
4. Reserve ¼ cup of sauce for dipping later. Brush/spoon the remaining sauce generously all over the chicken. You will have extra sauce.
5. Bake for about 60 minutes. Every 15 minutes or so, brush additional sauce and rotate the baking sheet to help the chicken cook evenly.
6. Once it's a deep brown color and charred in spots, remove from the oven.
7. Transfer to a cutting board to let the chicken sit (or "rest") for at least 10 minutes before eating.

“

It's an easy recipe that makes your kitchen smell great!

-Kate , Parent



”

BEAN DISH

“
We like doritos and it's
like a nacho casserole
-Ethan & Claire, 11th
& 8th grade
”



Servings: 4-6

Equipment/Tools Needed:

- large glass baking dish
- large frying pan
- medium saucepan
- can opener
- grater
- spatula for stirring and one for scooping

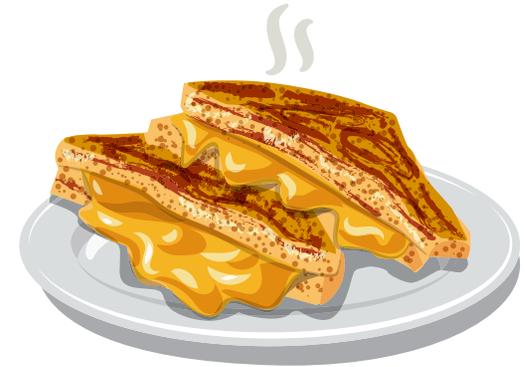
Ingredients:

- large bag of nacho cheese Doritos
- 1 lb of ground beef
- 2 cans of refried beans
- 8 oz shredded pepper jack
- 8 oz shredded cheddar cheese

Directions:

1. Preheat the oven to 350 degrees.
2. Turn one burner on medium low and heat the beans in a medium saucepan.
3. On a separate burner turn heat to medium and in the frying pan, brown the beef.
4. Once the meat and beans are done cooking, pour Doritos into the bottom of your baking dish and lightly press down on them to crush them. There should be some big pieces and some small pieces so the chips should not be too smashed.
5. Next pour the beans on top in an even layer.
6. Repeat this with the beef.
7. Finally, mix your cheeses together and layer on top.
8. Let it cool for 5 minutes and then serve with your favorite nacho toppings.

GRILLED CHEESE & EGGS



Servings: 2

Equipment/Tools Needed:

- spatula
- medium sized bowl
- whisk
- frying pan
- knife

Ingredients:

- 1 tablespoon butter
- 2 slices of bread
- 2-3 eggs
- sliced cheddar cheese
- salt & pepper

“

It's easy to make and very filling. My family loves it and so do I.

-Avery, 7th grade

”

Directions:

1. Put your frying pan on the stove and turn heat on low.
2. Melt butter in pan.
3. Crack eggs into mixing bowl and add salt and pepper. Whisk.
4. After whisking, pour ingredients into the frying pan, do not stir.
5. Right after you pour the eggs into the pan, grab two pieces of bread, and put one on the right side of the eggs and another piece on the left.
6. Once your eggs are cooked on the bottom flip the eggs and bread over.
7. Take a piece of cheese and break in half.
8. Place one half on each slice of the overturned bread. Wait a few minutes for your cheese to melt.
9. Once it melts, flip one half of the eggs, cheese, and bread over onto the other half.
10. If you want to share this with two people you can always cut it in half.

SPAGHETTI WITH MARINARA SAUCE

Servings: About 5

Equipment/Tools Needed:

- big bowl
- large frying pan
- cutting board
- large pot (to cook the pasta)
- knife and can opener

Ingredients:

- 5 garlic cloves
- ¼ cup oil (olive or vegetable)
- 1 box dried spaghetti pasta
- 32 oz can crushed tomatoes
- salt

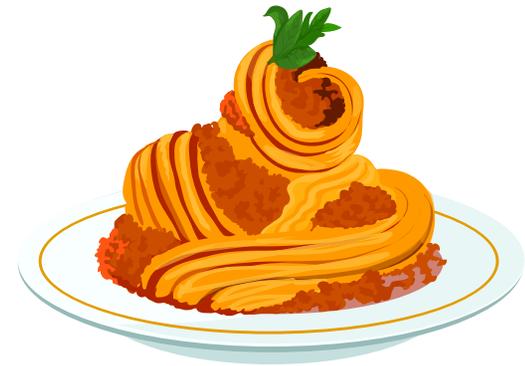
Directions:

1. Peel garlic and mince.
2. Heat oil in the frying pan on low heat and then add garlic.
3. In a large bowl, add crushed tomatoes and crush them up a bit more. You can use your hands.
4. Save the tomato can and pour in a cup of water and set aside.
5. Once the garlic is translucent, pour the crushed tomatoes into the pan.
6. Now you can start cooking the spaghetti in a deep pot. Add salt to the water and follow directions on the box.
7. Turn the pan up to medium heat until the tomatoes begin to bubble, and then pour in the water that you preserved in the cans.
8. Stir and continue to cook while the pasta cooks.
9. Once the sauce is bubbly and fragrant, serve on top of the spaghetti.

“

This meal is super yummy and easy to make!

-Paige, 7th grade



”

RED QUINOA BOWL

Servings: 6

Equipment/Tools Needed:

- mixing bowls
- small/medium sized pot
- knife
- cutting board

Ingredients:

- 1 cup red quinoa, rinsed and drained
- 2 cups chicken or vegetable broth (or you can even use water)
- 1 15 oz can black beans, drained and rinsed
- Trader Joe's Cilantro Dressing or your favorite salad dressing

Optional ingredients:

- 1 ½ cups frozen corn kernels, can be sweet, roasted, etc.
- 1 cup cherry tomatoes, halved
- 1 avocado, large dice optional
- 1/3 cup chopped red onion
- Sour cream to garnish
- Salt and pepper to taste

“

I found this recipe on the back of Trader Joe's red quinoa bag, and it was an easy way to make ahead for lunches by putting them into small containers. There are SO many other variations to this, use whatever beans you have, a different dressing or salsa, etc. It can be eaten warm or cold, by itself, in a tortilla, or on leafy greens.

-Alecia, parent

”



RED QUINOA BOWL

CONTINUED

Directions:

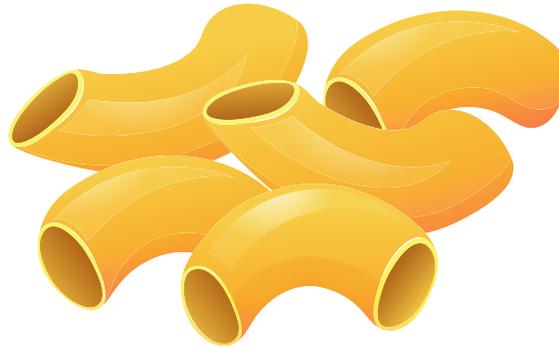
1. Place 1 cup quinoa and 2 cups broth in a medium sauce pot. Bring mixture to a boil and then reduce to a simmer. Cover pot and cook for 12-15 minutes until all the broth has been absorbed by the quinoa. Remove cover and fluff with a fork. Set aside.
2. In a large bowl, combine black beans, roasted corn, avocado, cherry tomatoes, and red onion. Add Trader Joe's Cilantro dressing, the quantity is up to you! Season with salt and pepper. Toss gently to combine. Set aside.
3. To serve, distribute cooked quinoa between food containers, if doing meal prep. Top with bean, corn, avocado mixture. Garnish with a dollop of sour cream, a sprinkling of chopped cilantro, and a wedge of lime.

STOVETOP MAC & CHEESE

Servings: 4-6

Equipment/Tools Needed:

- measuring cups
- measuring spoons
- whisk
- mixing spoon
- grater
- medium-sized saucepan
- large pot to boil pasta



Ingredients:

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- ½ cup grated gruyère or comté cheese
- ¼ cup grated cheddar cheese
- 2 tablespoons Parmesan cheese
- salt & pepper
- 1 package dried pasta of your choice

Directions:

1. Bring water to boil in a large pot and cook pasta according to package instructions. Reserve 1 cup of the cooking water. Drain and set aside.
2. Meanwhile, in a medium-sized saucepan, melt the butter over medium-low heat.
3. Sprinkle flour over melted butter, let cook for 1 minute.
4. Slowly whisk in milk so that no lumps are left. Turn heat up to medium-high heat. Add salt and pepper to taste. The sauce will thicken.
5. When sauce “sticks” to the back of the spoon, stir in the cheeses.
6. Pour the cooked pasta into the large pot, and add the cheese sauce to combine. If the sauce thickened too much, add a bit of the cooking water to help thin the sauce.

“

Who doesn't love mac and cheese? By the time the water boils to cook the pasta, the cheese sauce is ready to mix in.

-Alisa, parent

”

PESTO RAVIOLI WITH SPINACH & TOMATOES

Servings: 4

Equipment/Tools Needed:

- 1 medium pot
- sauté or frying pan
- mixing spoon
- measuring cups

Ingredients:

- 2- 8 oz packages refrigerated ravioli
- 1 pint grape tomatoes
- 1 5 oz package baby spinach
- 1/3 cup pesto

Directions:

1. Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.
2. Heat oil in a large nonstick skillet over medium heat. Add tomatoes; sauté until they begin to burst, 3-4 minutes. Add spinach and continue to cook, stirring frequently, until it wilts, 1-2 minutes.
3. Add the cooked ravioli and pesto to the spinach and tomato pan; stir gently to combine.

“

It's super easy and it's easy to change up. If you don't have or like tomatoes add a different vegetable. Not sure about pesto? Add pasta sauce or butter. The spinach wilts a lot so if you don't like greens too much it's an easy way to eat them without eating salads all the time.
-Zach, 6th grade

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DESSERT

GRAHAM CRACKER TOFFEE

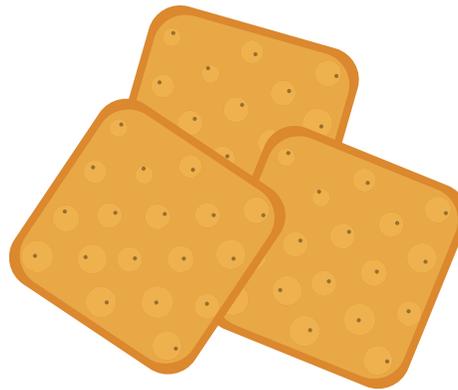
Serves: 6-8

Equipment/Tools Needed:

- large baking sheet
- aluminum foil
- medium saucepan
- knife
- rubber spatula
- measuring Cups

Ingredients:

- Non stick cooking spray
- 5-10 graham cracker sheets
- ½ cup packed light brown sugar
- 1 cup (2 sticks) unsalted butter
- ½ cup chopped pecans or pecan chips
- 1½ cups milk or semi sweet chocolate chips (optional)



”

It's so good!

-Harrison, 7th grade

Directions:

1. Preheat the oven to 350 degrees.
2. Line a large baking sheet with aluminum foil. Lightly grease with nonstick cooking spray. Cover baking sheet with whole graham cracker sheets.
3. In a medium saucepan on medium heat, bring brown sugar and butter to a boil. Simmer for 4 minutes, stirring constantly. Pour over graham crackers and let sit a couple of minutes. Bake for 8 minutes.
4. (Chocolate is optional) Remove from oven and immediately sprinkle chocolate chips over top. Let sit for 2 minutes. Spread melted chocolate with a knife or rubber spatula. Sprinkle pecans over top.
5. Refrigerate for at least 1 hour, or freeze for 30 minutes, then cut and serve toffee.

BREAKFAST

BREAKFAST PIZZA

Servings: 8

Equipment/Tools Needed:

- spatula
- whisk or fork
- small bowl
- glass baking dish, approximately 5" x 9"
- frying pan

Ingredients:

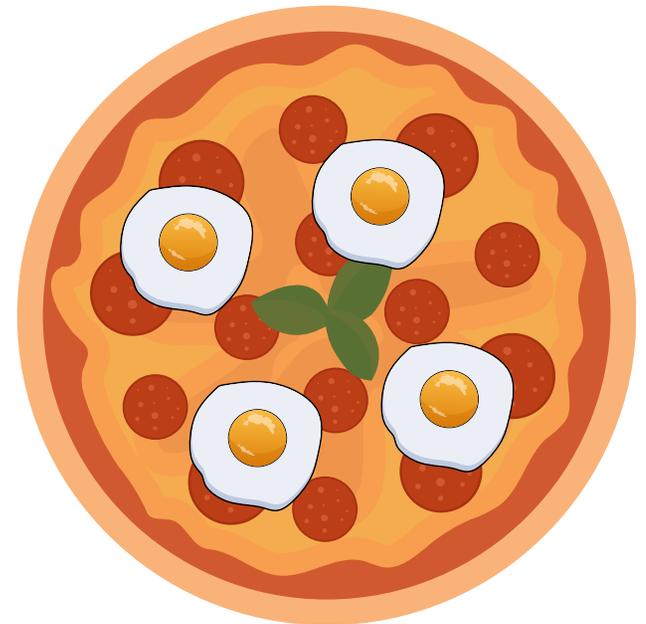
- 1 can of crescent rolls
- 1lb package of breakfast sausage
- 3 eggs
- 1-2 cups shredded mozzarella cheese
- Cooking spray

Directions:

1. Preheat the oven to 320 degrees.
2. Brown sausage in frying pan. Drain and set aside once brown.
3. Whisk eggs in a small bowl and set aside.
4. Spray a glass dish with cooking spray and unroll a can of crescent rolls, press into the dish to make the crust.
5. Add eggs, sausage, and top with cheese.
6. Bake for 20 minutes, or until eggs looked cooked through.



Who doesn't love pizza for breakfast?
-Ben, 5th grade



BISCUITS & SAUSAGE GRAVY

Servings: About 6

Equipment/Tools Needed:

- measuring cups
- spatula
- frying pan
- baking sheet

Ingredients:

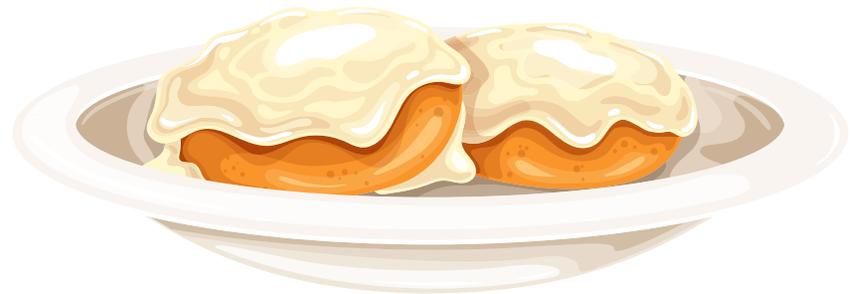
- 1 can refrigerated ready-to-bake biscuits
- 1lb breakfast sausage
- ½ -1 cup all-purpose flour
- 2-3 cups milk

Directions:

1. Cook biscuits according to package.
2. Brown sausage in skillet, leave in pan with grease.
3. Sprinkle about ½ cup of flour over the browned sausage to soak up grease. Stir to mix.
4. Keep heat on medium-low and pour about a cup of milk over the mixture and stir to mix. Continue to stir as the mixture thickens.
5. You can continue to add a little flour/milk to adjust consistency. Flour will thicken it, milk will make it more liquid-y.
6. Once the consistency is to your liking, cut the biscuit in half and spread sausage gravy over biscuits.



It's my favorite Southern style breakfast.
-Kaylynn, 7th grade



ABOUT US

YOUTH CHARITY LEAGUE



Mission

Youth Charity League plants the seed of compassion in children ages eight to 18 by aligning family-friendly volunteer opportunities with local non-profit organizations.

About Us

Youth Charity League is founded on the idea of easy, accessible, family-friendly volunteer opportunities for everyone – regardless of socioeconomic circumstances, race, or gender. We believe planting the seed of compassion and community service in young people is the hope for raising future generations of kind, collaborative, and civic-minded adults. Ones that will lead our societies in peace, prosperity, and civility. To that end, becoming a member of YCL should be affordable to all. By contributing to our scholarship fund, you ensure every family can raise the next generation of change makers.

Support Us

No board member or organizer of YCL is paid. Additional funding goes to support our online resources and educational opportunities for members, and to develop additional charitable partnerships and programs. Donate today on our website!

Learn more about YCL visit: <https://www.youthcharityleague.org/>

OUR GIVING TABLE



Mission

Our mission is to ensure that every child in foster care and less privileged homes in the Pacific Northwest has the nutrition they need to thrive.

About Us

EVEN ONE HUNGRY CHILD IS ONE TOO MANY.

OGT is an organization of volunteers and sponsors who get complete, healthful meals into the hands of foster kids and other underprivileged children every day, right here in our own backyard.

Our Giving Table is founded on the agonizing fact that tens of thousands of children in Oregon are either chronically hungry or starved for real, nutritious food. The situation is all the more grave in summer, when school meals are unavailable. Therefore every day, we prepare and package whole meals – the kind we would feed our own kids – packed with the proteins, carbohydrates, vitamins and minerals that kids need not just to survive, but to thrive.

Support Us

If you have funds, food, or free time you can donate to Our Giving Table, we can put any and all of it to immediate and vital use. Every \$20 contribution buys three wholesome, nutritional meals, six fruits and vegetable snacks to get kids through a weekend when no school meals are available. In addition to food and volunteers needed for daily distribution, we regularly seek sponsors, supplies and helping hands for fund-raisers, fun events for foster families, mentorships, and more! (See our Facebook Page or Twitter for announcements.) Please contribute, with our profound thanks! <https://donorbox.org/ourgivingtable>

Learn more about OGT visit: <https://www.ourgivingtable.com/>

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