

Drexel

SPRING RECIPES

From Our Family To Yours



**8 Recipes From
the Drexel Food Lab**

Egg Salad With Avocado

This egg salad is extra creamy with the addition of fresh avocado! Serve on top of toast or make into a sandwich.

Overall Time: 15 minutes
Yield: Two 4-oz. portions
Calories With Bread: 500+

Ingredients:

4 hard boiled eggs, peeled
1 avocado
3 tablespoons mayonnaise or mayonnaise alternative
1 tablespoon Dijon mustard or whole grain mustard
2 celery stalks, chopped (optional)
Salt and pepper, to taste
2 pieces sliced bread

Directions:

1. Cut the peeled hard boiled eggs in half, and then into small pieces (½ inch pieces or so). Add to a medium bowl.
2. Halve and de-pit the avocado. Scoop out the flesh and cut ½-inch cubes (similarly sized to the egg). Add the avocado pieces to the bowl.
3. Add the mayonnaise, mustard, chopped celery, salt, and pepper to the bowl and mix until combined.
4. Serve on sliced bread as a sandwich.



Blender Hummus

This hummus is quick and simple to make. Using a blender results in a creamy, delicious hummus.

Prep Time: 5 minutes
Cook Time: 5 minutes
Yield: 1 pint (2 cups)

Ingredients:

3 tablespoons tahini
3 tablespoons lemon juice (about 1 lemon)
1 clove of garlic, peeled
¼ teaspoon cumin
1 (15-oz.) can of chickpeas
Salt, to taste

Directions:

1. Add the tahini, lemon juice, garlic, cumin, chickpeas and a ½ cup of water to the blender.
2. Blend until thick, creamy, and smooth. Salt the mixture to your liking.

Tips and Tricks: You can make different flavors of hummus by adding different spices or vegetables. For example, you can add things like a cooked beet, cooked sweet potato, or kalamata olives.



Miso Glazed Tofu Kabobs

These baked kabobs make a simple yet fun vegetarian dinner! Serve with rice or quinoa to round out the meal or just enjoy the kabobs by themselves.

Prep Time: 5 minutes

Cook Time: 25 minutes

Yield: 8 kabobs

Ingredients:

For the Glaze

- 1 tablespoon low sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons miso paste (any kind)
- 1 tablespoon water
- 3 garlic cloves, minced (or 1 teaspoon garlic powder)
- 2 teaspoons ginger, minced (or 1 teaspoon ground ginger)
- Optional – 1 teaspoon sriracha (or other hot sauce)

For the Kabobs

- 2 bell peppers (any color)
- ½ sweet yellow onion
- ½ pound baby bella mushrooms (or another mushroom similar in size)
- 1-pound block firm or extra firm tofu
- 8 wooden or metal skewers

Directions:

1. Preheat oven to 425 °F.
2. Line a rimmed sheet tray with parchment paper or aluminum foil.
3. If using wooden skewers, soak in water while preparing the glaze and vegetables/tofu.
4. Make the glaze. In a small bowl, whisk soy sauce, rice wine vinegar, sesame oil, miso paste, water, garlic, and ginger. Set aside.
5. Prepare the vegetables and tofu. Get out a medium bowl. Cut the bell peppers in half and remove the seeds and stem. Cut each half into 1-inch chunks (about 8 pieces each half). Place in the bowl. Take the half onion and cut into quarters. Carefully separate each quarter into pieces 2-3 layers thick, add to the bowl. Remove stems from the mushrooms, if desired. The stems can be left on, just make sure that the ends are clean. Add to the bowl. Remove the tofu from the package and drain the water. Pat dry. Cut the tofu into 1-inch cubes, add to the bowl.
6. Drizzle the glaze over the vegetables and tofu. Use a wooden spoon or your hands to coat everything evenly. Be careful to make sure that the tofu doesn't crumble.
7. To assemble the kabobs, thread the vegetables and tofu onto the skewers. Make sure to go through the center of each piece so the kabobs will bake evenly.
8. Line the kabobs evenly on a rimmed sheet tray. Bake the kabobs for 25 minutes until the vegetables are tender and the tofu is browned.
9. Serve hot.



Mushroom and Cauliflower Pot Stickers

Enjoy these vegetarian pot stickers that taste even better than the meat-filled ones!

Prep Time: 30-45 minutes

Cook Time: 20 minutes

Yield: 4-5 (6-8 pieces each)

Ingredients:

- 1 (3.5-oz.) container shiitake mushrooms, stems removed
- 1 (10-oz.) bag, cauliflower florets (about ½ a head)
- 1 tablespoon sesame oil
- 1 bunch green onion, thinly sliced
- 1 tablespoon + 2 teaspoons soy sauce
- 1 ½ tablespoon hoisin sauce
- 1 packet of pot-sticker wrappers
- As needed (approximately 1 tablespoon per batch) vegetable oil
- As needed (approximately ⅓ cup per batch) water

Directions:

1. Combine the shiitake mushrooms and cauliflower in a food processor. Pulse until everything is minced. Scrape the sides occasionally.
2. Heat a medium sauté pan over medium-high heat and add the sesame oil. Once the oil is hot enough, add the mushroom and cauliflower mixture. Cook for 10 minutes or until tender.
3. Add the green onion, soy sauce, and hoisin sauce. Cook for two minutes. Remove from heat and transfer the mixture into a clean bowl.
4. Fill a clean bowl with water to dip your finger in.
5. Place a pot-sticker wrapper on a clean work surface and add ½ a tablespoon of the mixture.
6. To seal the dumpling, dip your index finger into the bowl of water and brush it on half of the edge of the wrapper. Fold the wrapper over and press to seal.
7. At this point, you can freeze the dumplings on the sheet pan for five hours and then transfer into a zip-lock freezer bag or cook the dumplings.
8. If cooking, cook the pot stickers in batches.
9. Heat a large non-stick pan over medium heat. Add the pot stickers into the pan in groups of 8 to 10.
10. Cook for two minutes or until golden brown. Then add the water to the pot stickers and cover the pan with a lid. Cook for another 2 minutes or until the liquid has evaporated.
11. Remove the pot-tickers from the pan and transfer them onto a platter.
12. Repeat the cooking process with the remaining batches. Clean the pan in between batches.
13. Repeat these for the remaining batches.
14. Frozen pot stickers can be cooked immediately from the freezer without the need to thaw them out.
15. Serve.



Tips and Tricks: Serve with your favorite dipping sauce.

Sweet and Spicy Pulled Chicken

This easy recipe can be made in the slow cooker or in a pot on the stove. And it's great for a spring evening.

Prep time: 15 minutes

Cook Time: 4 hours

Yield: 8–10 servings

Ingredients:

1 (18-oz) bottle sweet and spicy barbecue sauce

1 cup unsalted chicken stock

1 small, (about 1 cup) onion, thinly sliced

4 pounds chicken, boneless skinless thighs or breasts

Salt to taste, approximately $\frac{3}{4}$ teaspoon.

Directions:

1. Turn the slow cooker up to high.
2. Combine the barbecue sauce, chicken stock, onions, and chicken and cook for 4 hours.
3. With 2 forks, lightly pull apart the chicken.



Tips and Tricks: Serve on a bun or with rice. My favorite is with a side of spaghetti squash. If you don't have a crock pot you can do it on the stove in a large pot over medium high heat. Combine all the ingredients and simmer covered for 2.5 hours until the sauce has reduced and thickened.



Tips and Tricks: You can store these at room temperature, but the cookies are firmer if stored in an air-tight container in the refrigerator. Also, instead of mixing in the chocolate chips, you can melt the chocolate chips and dip each cookie in the chocolate and then let them set in the refrigerator. The consistency of nut butters varies by brand; if the cookie dough is too crumbly to hold shape, mix in one or two additional tablespoons of peanut butter.

No-Bake Peanut Butter & Chocolate Cookies

A quick blender cookie, no heat needed.

Total Time: 20 minutes

Yield: 16 cookies

Ingredients:

1 cup rolled oats

Pinch of salt

$\frac{1}{4}$ teaspoon cinnamon

$\frac{2}{3}$ cup creamy peanut butter (or nut butter of choice)

3 tablespoons maple syrup

$\frac{1}{2}$ cup dark chocolate chips

Directions:

1. Line a baking sheet with parchment paper.
2. Place the rolled oats in a blender. Blend on medium into a course oat flour.
3. Add the salt, cinnamon, peanut butter, and maple syrup and blend until a ball of dough forms. This step you can mix by hand with a sturdy spoon if that is easier.
4. Mix in chocolate chips.
5. Roll 1 tablespoon of dough at a time into balls and place on baking sheet. Flatten each cookie into a disk with a fork.

Lemon Chiffon Cake With a Hint of Mint

From Food Science 154 (FDSC 154), Department of Culinary Arts & Food Science

Get a little ambitious and bring these summer flavors to life!

Prep Time: 25 minutes

Cook Time: 40 minutes

Yield: 9 servings



Ingredients:

3 eggs separated, at room temperature + 1 egg white

1 cup sugar

⅓ cup softened butter

⅛ teaspoon salt

2 tablespoons lemon juice

1 tablespoon lemon zest

1 cup cake flour

1 tsp vanilla

For the Syrup

1 cup sugar

¼ cup water

¼ cup freshly squeezed lemon juice

1 tablespoon lemon zest

Dash of salt

2 tablespoons finely chopped fresh mint leaves

(you can substitute fresh thyme for a slightly savory note)

Cake Directions:

1. In a bowl, beat the 4 egg whites to soft peaks.
2. Add ½ cup sugar and beat until the mixture holds stiff peaks.
3. In a separate large bowl, beat the softened butter, remaining ½ cup sugar, and salt.
4. Add the 3 egg yolks — one at a time — until well incorporated.
5. Add lemon juice, zest, and vanilla.
6. Add the flour, and mix until just combined.
7. Slowly fold the egg white mixture into the other ingredients in the batter.
8. Gently spread the batter into a 9-inch cake pan that is greased and floured, and bake for 35-40 minutes at 350 degrees until a toothpick inserted into the middle of the cake comes out clean.

Syrup Directions:

1. In a small saucepan, combine the sugar, water, lemon juice and zest, and dash of salt over medium heat.
2. Bring to a boil, reduce the heat, and simmer and stir until the sugar has dissolved.
3. Add mint, stir and cool the syrup. It will thicken slightly as it cools.

Cream Chantilly Directions:

1. Refrigerate mixing bowl and whisk attachment for mixer for at least 15 minutes.
2. Pour 16 ounces of heavy whipping cream into cold bowl. As it starts to form soft peaks, add 2 tablespoons confectioners sugar. Continue to whip until it forms stiff peaks.

Service Directions:

1. Slice cake into wedges, drizzle syrup on top, and add a dollop of Cream Chantilly.
2. You can also make individual portions using cup cake tins and baked for 20 minutes.

Ramp Pesto With Spring Mushrooms

When your goal is to create food that is fresh, healthy...and delicious.

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: 5-6 servings

Ingredients:

8-10 individual ramps (each), green tops cut and separated

1/3 cup pine nuts, toasted

12-15 morels (or any available mushroom)

1 zest of lemon

1/2 cup + 2 tablespoons olive oil

2 tablespoons extra virgin olive oil

1 lb. spaghetti (or any other pasta you choose)

Salt and pepper (to taste)

1/2 cup grated Parmesan cheese (+ more for serving)

Directions:

1. Blanch ramp greens in a pot of boiling water, between 5 & 10 seconds and then shock them in a bowl of ice water. Remove and pat dry, removing all extra water.
2. Gently sauté morels (or other mushrooms) in 2 tablespoons of olive oil, being careful you do not break their structure as you cook them. When finished, let them sit until Step 5.
3. Pulse ramp bulbs, stalks, and pine nuts in a food processor until they have been completely broken down. Add ramp greens and 1/2 cup of olive oil, and process them till they form a coarse paste.
4. Remove paste and put into a mixing bowl. Gently fold in the Parmesan cheese, lemon zest, and 2 tablespoons of extra virgin olive oil until well mixed. Season with salt, and place to the side.
5. Bring a pot of water seasoned with salt to a boil and cook pasta. Stir occasionally and cook until pasta is al dente; drain, reserving 1 cup of pasta water. Toss spaghetti and 1/2 cup cooking liquid with pesto, adding mushrooms (more cooking liquid if needed) until pesto coats pasta. Serve topped with additional Parmesan and fresh black pepper.

