Table Of Contents

BINDER PAGE

Main Dishes 2

- Baked Ziti 3
- Air Fryer Baked Ziti 5
- Refried Bean & Cheese Burritos 6
- Black Bean & Cheese Burritos 7
- Falafel 8

Breads & Pizza 9

- Plain Focaccia 10
- Rosemary & Sun-Dried Tomato Focaccia 12
- Cheesy Garlic Bread Focaccia 14
- Pizza Focaccia 16

Soups 18

- Creamy Potato Soup 19
- Tortilla Soup 20

Sauces 21

- Marinara Sauce 22
- Pizza Sauce 23
- Alfredo Sauce 25
- Tzatziki Sauce 26

Toppings & Condiments 27

- Roasted Garlic 28
- Garlic Confit 29
- Crunchy Minced Garlic 30
- Mexican-Style Cheese Blend 31

Side Dishes 32

- Butter Baked Corn 33
- Butter Baked Corn On The Cob 34

Desserts 35

- Air Fryer S'mores 36

Beverages 37

- Raising Cane's Lemonade 38
- Tea Brewing Guide 39

Main Dishes

- Baked Ziti
- Air Fryer Baked Ziti
- Refried Bean & Cheese Burritos
- Black Bean & Cheese Burritos
- Falafel

Baked Ziti

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
8	About 1 1/2 cups	About 18-20 g	70 min / 25 min

Ingredients

- **1 lb (16 oz) dry ziti pasta**
- **4 cups marinara sauce**
- **10 2/3 oz low-moisture mozzarella, Fontina, or Gouda**, shredded
- **1 1/3 oz Parmigiano Reggiano**, finely grated
- **2/3 oz Romano**, finely grated (optional)
- **2/3 oz Asiago**, finely grated (optional)
- **Salt**, for the pasta water
- **Nonstick cooking spray**
- **Extra mixed cheese**, for topping as desired

Directions

1. **Prepare.** Heat the oven to **375°F**. Lightly spray a deep **9 x 13-inch baking dish** (at least 3 1/2 quarts).
2. **Cook the pasta.** Bring a large pot of salted water to a boil. Cook the ziti for **2 minutes less** than the package's al dente time; it should still be firm. Drain.
3. **Warm the marinara.** Heat the prepared marinara in the empty pot over medium-low heat until hot.
4. **Combine and assemble.** Take the pot off the burner. Mix all the sauce with the pasta and **all the measured cheeses you are using**. Transfer to the baking dish.
5. **Bake covered.** Cover with foil and bake **20 minutes**. Check the center. If below **165°F**, keep covered and check every **5 minutes** until it reaches 165°F.
6. **Melt the topping.** Uncover and sprinkle on extra mixed cheese from your refrigerated topping bag, as desired. Bake **5-8 minutes**, just until melted, checking after **5 minutes**.
7. **Rest and serve.** Let stand for **10 minutes** before serving. Divide into **8 equal portions**.

Store & Reheat

Refrigerate in shallow containers within **2 hours**; use within **3-4 days**. Freeze portions for **3 months**.

Oven:

Thawed: Thaw in the refrigerator. Preheat **350°F**. Put one serving in a tightly covered metal oven-safe dish with a splash of water. First check **10 min**; continue every **3-5 min** to **165°F**.

Frozen: Preheat **350°F**. Put one frozen serving in a tightly covered metal oven-safe dish with a splash of water. First check **25 min**; continue every **3-5 min** to **165°F**.

Air fryer:

Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Bake**. Put one serving in a tightly covered metal oven-safe dish with a splash of water. First check **5 min**; continue every **2-3 min** to **165°F**.

Frozen: Preheat to **325°F**; select **Bake**. Put one frozen serving in a tightly covered metal oven-safe dish with a splash of water. First check **15 min**; continue every **2-3 min** to **165°F**.

Microwave:

Thawed: Thaw in the refrigerator. Put one serving in a microwave-safe dish with a splash of water. Cover loosely; heat in **30-60 sec** bursts, stirring, to **165°F**.

Frozen: Put one serving in a microwave-safe dish; defrost until breakable. Add a splash of water and cover loosely. Heat in **30-60 sec** bursts, stirring, to **165°F**.

Pan Size Options

Pan dimensions are **length x width x depth, in inches**. Pasta and cheese amounts are given by **weight**.

Ingredient / Detail	9 x 5 x 2 1/2	8 x 8 x 2	13 x 9 x 2
Dry Ziti Pasta	6 oz (170 g)	8 oz (227 g)	16 oz (454 g)
Marinara Sauce (total)	1 1/2 cups	2 cups	4 cups
Mozzarella, Fontina, Or Gouda	4 oz (113 g)	5 1/3 oz (151 g)	10 2/3 oz (302 g)
Parmigiano Reggiano	1/2 oz (14 g)	2/3 oz (19 g)	1 1/3 oz (38 g)
Romano (optional)	1/4 oz (7 g)	1/3 oz (9 g)	2/3 oz (19 g)
Asiago (optional)	1/4 oz (7 g)	1/3 oz (9 g)	2/3 oz (19 g)
Extra Mixed Cheese For Topping	As desired	As desired	As desired
Salt For Pasta Water	To taste	To taste	To taste
Nonstick Cooking Spray	As needed	As needed	As needed
Covered Bake (min)	15	15	20
Uncovered Bake (min)	5-8	5-8	5-8
Servings	3	4	8
Serving Size	About 1 1/2 cups	About 1 1/2 cups	About 1 1/2 cups
Est. Protein / Serving	About 18-20 g	About 18-20 g	About 18-20 g

Use Your Chosen Pan Size

1. **Measure and assemble.** Use your pan's column with the page 1 method. Warm the marinara and mix **all of it** with the pasta. Do not add a separate sauce layer.
2. **Mix the cheese.** Fold **all the measured cheeses you are using** into the pasta mixture. Keep extra mixed cheese for topping. Leave about **1/2 inch below the pan rim**.
3. **Bake covered at 375°F.** Start with freshly assembled, warm ziti. Cover with foil and check at the time above. Continue covered, checking every **5 minutes**, until the center reaches **165°F**.
4. **Melt the topping.** Uncover and sprinkle on extra mixed cheese as desired. Bake **5-8 minutes**, just until melted. Start checking after **5 minutes**. Rest **10 minutes** before serving.

Air Fryer Baked Ziti

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING
8	About 1 1/2 cups	About 18-20 g

Ingredients

- **1 lb (16 oz) dry ziti pasta**
- **4 cups marinara sauce**
- **10 2/3 oz low-moisture mozzarella, Fontina, or Gouda**, shredded
- **1 1/3 oz Parmigiano Reggiano**, finely grated
- **2/3 oz Romano**, finely grated (optional)
- **2/3 oz Asiago**, finely grated (optional)
- **Salt**, for the pasta water
- **Nonstick cooking spray**
- **Extra mixed cheese**, for topping as desired
- **Panko breadcrumbs**, a light sprinkling per ramekin

Directions

1. **Cook the pasta.** Boil ziti in salted water for **2 minutes less** than the package al dente time. Drain.
2. **Mix.** Mix the pasta with **all 4 cups marinara**, **10 2/3 oz mozzarella, Fontina, or Gouda**, and **1 1/3 oz Parmigiano Reggiano**. If using, mix in **2/3 oz each Romano and Asiago**. All measured cheese goes into the pasta.
3. **Assemble.** Spray eight **16 fl oz ramekins**. Divide the pasta mixture among them. Leave **1/2 inch headroom**; use an extra ramekin if needed.
4. **Prepare the topping blend.** Mix extra shredded or grated cheeses of your choice in a resealable storage bag. Use as much of each as you like; no measured amount is required. Refrigerate the bag for sprinkling over portions when cooking.
5. **Store.** Cover the ramekins and refrigerate within **2 hours** for **3-4 days**, or freeze for **up to 3 months**. Keep the topping bag in the **refrigerator, not the freezer**, and follow the cheese package storage guidance. For longer storage, prepare the topping blend closer to cooking time.

Cook & Reheat

Air fryer:

Refrigerated or Thawed - Unbaked: Preheat to **325°F**. Take one broiler-safe ramekin rated for cooking from refrigerator temperature straight from the fridge. Remove its storage lid. Add extra mixed cheese to taste and a light sprinkling of panko. Secure foil over the rim, leaving room for airflow around the ramekin. **Bake 15 minutes at 325°F**. If the center is below **165°F**, continue covered, checking every **3 minutes**. Remove the foil and **Broil at 425°F for 2 minutes**, checking the topping as it browns. **Rest 2 minutes** before serving.

Frozen - Unbaked: Thaw in the refrigerator, then follow the directions above. Use ramekins rated for freezing, cooking from refrigerator temperature, and broiling.

Thawed - Cooked: For cooked leftovers, preheat to **325°F**; select **Bake**. Cover with secured oven-safe foil or a lid. Check after **5 minutes**; continue in **2-3-minute increments** to **165°F**.

Frozen - Cooked: Thaw in the refrigerator first, then follow the thawed reheating directions.

Refried Bean & Cheese Burritos

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	ACTIVE PREP
8	1 Burrito	15-17 g	About 30 min

Ingredients

- **8 large flour tortillas** (about 10 inches)
- **8 oz finely shredded Mexican-blend cheese** (about 2 cups)
- **2 cans vegetarian refried beans**, 16 oz each
- Water, only if needed
- **Optional:** 1/2 tsp ground cumin and 1/2 tsp garlic powder

Directions

1. Put the refried beans and any optional seasonings in a saucepan. Warm over medium-low heat for about **5 minutes**, stirring often.
2. If too stiff to spread, add water **1 tablespoon at a time**. Keep the filling thick. Taste before adding extra salt.
3. Cool the filling promptly in a shallow dish in the refrigerator.
4. Warm the tortillas briefly under a damp paper towel in the microwave until flexible.
5. Divide the filling evenly among 8 tortillas. Add **1/4 cup (28 g) cheese to each**. Fold in the sides, fold the bottom over the filling, then roll tightly.
6. Wrap each burrito in parchment or foil. Seal in a freezer bag, press out extra air, label with the type and date, and freeze flat. **Best quality within 3 months.**

Reheat

Storage: keep total counter time under **2 hours**.

Oven:

Thawed: For one burrito, thaw overnight in the refrigerator. Preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **15 min**; continue every **3-5 min** to **165°F**.

Frozen: For one burrito, preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **35 min**; continue every **3-5 min** to **165°F**.

Air fryer:

Thawed: Preheat **350°F**; select **Reheat**. Wrap one thawed burrito snugly in foil. Heat **10-15 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

Frozen: Preheat **350°F**; select **Reheat**. Wrap one frozen burrito snugly in foil. Heat **20-25 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

Microwave:

Thawed: For one refrigerator-thawed burrito, unwrap and cover with a damp paper towel. Heat **1 min**, flip and check; continue in **30-sec** bursts to **165°F**. Stand **1 min**.

Frozen: For one burrito, unwrap and cover with a damp paper towel. Heat **2 min**, flip, then **2 min more**. Continue in **30-sec** bursts to **165°F**; stand **1 min**.

Black Bean & Cheese Burritos

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	ACTIVE PREP
8	1 Burrito	17-19 g	About 30 min

Ingredients

- **8 large flour tortillas** (about 10 inches)
- **8 oz finely shredded Mexican-blend cheese** (about 2 cups)
- **3 cans black beans**, 15 oz each, drained and rinsed
- 1/4 cup water; salt to taste
- **Optional:** 1 tsp ground cumin and 1/2 tsp garlic powder

Directions

1. Put the drained beans, water and any optional seasonings in a skillet. Simmer over medium heat for **5-8 minutes**, stirring, until excess water cooks away.
2. Mash about **half the beans** with a fork or potato masher. Taste and add salt if needed.
3. Cool the filling promptly in a shallow dish in the refrigerator.
4. Warm the tortillas briefly under a damp paper towel in the microwave until flexible.
5. Divide the filling evenly among 8 tortillas. Add **1/4 cup (28 g) cheese to each**. Fold in the sides, fold the bottom over the filling, then roll tightly.
6. Wrap each burrito in parchment or foil. Seal in a freezer bag, press out extra air, label with the type and date, and freeze flat. **Best quality within 3 months.**

Reheat

Storage: keep total counter time under **2 hours**.

Oven:

Thawed: For one burrito, thaw overnight in the refrigerator. Preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **15 min**; continue every **3-5 min** to **165°F**.

Frozen: For one burrito, preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **35 min**; continue every **3-5 min** to **165°F**.

Air fryer:

Thawed: Preheat **350°F**; select **Reheat**. Wrap one thawed burrito snugly in foil. Heat **10-15 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

Frozen: Preheat **350°F**; select **Reheat**. Wrap one frozen burrito snugly in foil. Heat **20-25 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

Microwave:

Thawed: For one refrigerator-thawed burrito, unwrap and cover with a damp paper towel. Heat **1 min**, flip and check; continue in **30-sec** bursts to **165°F**. Stand **1 min**.

Frozen: For one burrito, unwrap and cover with a damp paper towel. Heat **2 min**, flip, then **2 min more**. Continue in **30-sec** bursts to **165°F**; stand **1 min**.

Falafel

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
4	About 5 falafel	About 13 g	Overnight + 50 min

Ingredients

- **1/2 lb (225 g) dried chickpeas** (1 generous cup)
- **2 oz (55 g) fresh herb leaves** (about 2 cups), preferably a mix of cilantro, parsley and mint
- **6 scallions** (about 2 oz / 55 g), white and pale green parts only, sliced
- **2 medium garlic cloves**, minced (about 2 tsp / 10 ml)
- **1 teaspoon (4 g) ground cumin**
- **1/2 teaspoon (2 g) ground coriander seeds**
- **2 teaspoons (10 g) kosher salt**, plus more for seasoning
- **2-3 cups (480-720 ml) vegetable oil**, for frying

Directions

1. **Soak.** In a large bowl, cover rinsed chickpeas with enough cold water to allow them to triple in volume. Cover; leave at room temperature **overnight**. Drain, rinse and dry thoroughly in a salad spinner.
2. **Pulse.** Process chickpeas, herbs, scallions, garlic, cumin, coriander and salt until very finely minced, scraping the sides. A squeezed handful should barely hold together; process more if needed.
3. **Chill and shape.** Cover; refrigerate **15 minutes**. Scoop heaping tablespoons and gently shape **about 20 balls**. The fragile mixture will not roll like cookie dough.
4. **Fry.** Heat **3/4 inch oil** in a deep skillet or Dutch oven to **375°F (190°C)**; use a thermometer. Lower balls in batches, leaving space; maintain **350-375°F (175-190°C)**. Let bottoms brown undisturbed, flip with a fork and brown the other side, **about 4 minutes total**.
5. **Drain.** Drain on paper towels and sprinkle with salt.

Store & Reheat

Cooked falafel: refrigerate within **2 hours**; use within **3-4 days**. Freeze flat, then bag, for **up to 3 months**.

Oven:

Thawed: Thaw in the fridge. Preheat **350°F**; place a serving on a baking sheet. First check **8 min**, then every **2-3 min** to **165°F**.

Frozen: Preheat **350°F**; place frozen cooked falafel on a baking sheet. First check **15 min**, then every **2-3 min** to **165°F**.

Air fryer:

Thawed: Thaw in the fridge. Preheat to **350°F**; select **Reheat**; place a serving in one layer in the basket. First check **3 min**, then every **1-2 min** to **165°F**.

Frozen: Preheat to **350°F**; select **Reheat**; place frozen cooked falafel in one layer in the basket. First check **6 min**, then every **1-2 min** to **165°F**.

Microwave:

Thawed: Thaw in the fridge; use a microwave-safe plate and damp paper towel. First check **30 sec**; turn and check every **30 sec** to **165°F**.

Frozen: Use a microwave-safe plate and damp paper towel. First check **1 min**; turn and check every **30 sec** to **165°F**.

Breads & Pizza

- Plain Focaccia
- Rosemary & Sun-Dried Tomato Focaccia
- Cheesy Garlic Bread Focaccia
- Pizza Focaccia

Plain Focaccia

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
8 (9 x 13 in)	3 1/4 x 4 1/2 in	About 6 g	2-2.5 hr / 20 min

Ingredients

- **420 g all-purpose flour**
- **340 g warm water**, about 100-110°F
- **9 g instant yeast**
- **8 g fine table salt**
- **81 g olive oil**, divided
- **0.5 g flaky sea salt**, for the top
- **Nonstick cooking spray**, for the pan

Directions

1. **Mix.** With the KitchenAid **flat beater (paddle)**, mix flour, water, yeast, table salt and **40.5 g oil** on **speed 2 for 1-2 minutes**, until combined. Remove the bowl. The dough will be sticky; do not add flour.
2. **Stretch and fold.** Cover the dough and rest **15 minutes**. With a wet hand, gently stretch one edge up and fold it over the center. Turn the bowl a quarter-turn and repeat until all four sides have been folded. Repeat for **two more rounds**, covering the bowl and resting **15 minutes between rounds**.
3. **Prepare the pan.** Lightly spray a **9 x 13-inch metal baking pan**; spread **27 g oil** over the bottom. Gently transfer the dough and ease toward the corners. If it resists, rest 10 minutes before stretching again.
4. **Rise.** Cover and let rise for **30-45 minutes**, until puffy and jiggly; use these signs to judge readiness. Preheat the oven to **375°F** near the end.
5. **Dimple.** Press oiled fingertips deeply into the dough. Drizzle with the remaining **13.5 g oil** and sprinkle with flaky salt.
6. **Bake and cool.** Bake on the middle rack for **25-30 minutes**, until golden on top and underneath. Rest in the pan **5 minutes**; transfer to a rack. Cool at least **15 minutes** before slicing.

Store & Reheat

Wrap after cooling completely. Keep at room temperature **2 days**, or freeze **3 months**.

Oven:

Thawed: Preheat **350°F**. Unwrap; place one portion on a baking sheet. First check **5 min**; continue every **2-3 min** until warm throughout.

Frozen: Preheat **350°F**. Unwrap; cover with foil on a baking sheet. First check **10 min**; uncover and continue every **2-3 min** until warm throughout.

Air fryer:

Thawed: Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **3 min**; continue every **2-3 min** until warm throughout.

Frozen: Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **8 min**; continue every **2-3 min** until warm throughout.

Pan Size Options

Pan dimensions are **length x width x depth, in inches**. Ingredient amounts are in **grams**.

Ingredient / Detail	9 x 5 x 2 1/2	8 x 8 x 2	13 x 9 x 2
Flour (g)	162	230	420
Water (g)	131	186	340
Instant Yeast (g)	3.5	4.9	9
Fine Salt (g)	3.1	4.4	8
Oil In Dough (g)	15.6	22.2	40.5
Oil In Pan (g)	10.4	14.8	27
Oil On Top (g)	5.2	7.4	13.5
Flaky Sea Salt (g)	0.2	0.3	0.5
Servings	3	4	8
Serving Size (in)	3 x 5	4 x 4	3 1/4 x 4 1/2
Est. Protein / Serving	About 6 g	About 7 g	About 6 g

Use Your Chosen Pan Size

1. **Measure and mix.** Use your pan's column, plus cooking spray. A **0.1 g scale** helps with small yeast and salt amounts. Follow the mixing, folding and rising instructions on page 1.
2. **Divide the oil.** Use **Oil In Dough** while mixing, **Oil In Pan** to coat the pan, and **Oil On Top** after dimpling.
3. **Bake at 375°F.** Start checking the **9 x 5** and **8 x 8** pans at **20 minutes**. Continue until golden on top and underneath, with the center set. The **13 x 9** pan usually takes **25-30 minutes**.

Rosemary & Sun-Dried Tomato Focaccia

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
8 (9 x 13 in)	3 1/4 x 4 1/2 in	About 7 g	2-2.5 hr / 25 min

Ingredients

- **420 g all-purpose flour**
- **340 g warm water**, about 100-110°F
- **9 g instant yeast**
- **8 g fine table salt**
- **81 g olive oil**, divided
- **80 g oil-packed sun-dried tomatoes**, drained, patted dry and chopped
- **1.7 g fresh rosemary**, finely chopped, divided
- **0.5 g flaky sea salt**, for the top
- **Nonstick cooking spray**, for the pan

Directions

1. **Mix.** With the KitchenAid **flat beater (paddle)**, mix flour, water, yeast, table salt, **40.5 g oil** and **1.1 g rosemary** on **speed 2 for 1-2 minutes**, until combined. Remove the bowl. The dough will be sticky; do not add flour.
2. **Stretch and fold.** Cover and rest **15 minutes**. Scatter the tomatoes over the dough. With a wet hand, stretch one edge up and fold over the center. Turn the bowl a quarter-turn and repeat around all four sides. Repeat for **two more rounds**, covering and resting **15 minutes between rounds**.
3. **Prepare the pan.** Lightly spray a **9 x 13-inch metal baking pan**; spread **27 g oil** over the bottom. Gently transfer the dough and ease toward the corners. If it resists, rest 10 minutes before stretching again.
4. **Rise.** Cover for **30-45 minutes**, until puffy and jiggly. Preheat the oven to **375°F** near the end.
5. **Dimple and top.** Press oiled fingertips deeply into the dough, tucking exposed tomato pieces beneath the surface. Mix the remaining **13.5 g oil** with **0.6 g rosemary**; drizzle over the dough. Sprinkle with the flaky salt.
6. **Bake and cool.** Bake on the middle rack for **25-30 minutes**, until golden on top and underneath. Rest in the pan **5 minutes**; transfer to a rack. Cool at least **15 minutes** before slicing.

Store & Reheat

Cool completely; wrap. Refrigerate **up to 3 days** or freeze **up to 3 months**.

Oven:

Thawed: Thaw in the refrigerator. Preheat **350°F**. Unwrap; place one portion on a baking sheet. First check **8 min**; continue every **2-3 min** until the center reaches **165°F**.

Frozen: Preheat **350°F**. Unwrap; cover with foil on a baking sheet. First check **15 min**; uncover and continue every **2-3 min** until the center reaches **165°F**.

Air fryer:

Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **4 min**; continue every **2-3 min** until the center reaches **165°F**.

Frozen: Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **10 min**; continue every **2-3 min** until the center reaches **165°F**.

Pan Size Options

Pan dimensions are **length x width x depth, in inches**. Ingredient amounts are in **grams**.

Ingredient / Detail	9 x 5 x 2 1/2	8 x 8 x 2	13 x 9 x 2
Flour (g)	162	230	420
Water (g)	131	186	340
Instant Yeast (g)	3.5	4.9	9
Fine Salt (g)	3.1	4.4	8
Oil In Dough (g)	15.6	22.2	40.5
Oil In Pan (g)	10.4	14.8	27
Oil On Top (g)	5.2	7.4	13.5
Flaky Sea Salt (g)	0.2	0.3	0.5
Sun-Dried Tomatoes (g)	31	44	80
Fresh Rosemary (g)	0.7	0.9	1.7
Servings	3	4	8
Serving Size (in)	3 x 5	4 x 4	3 1/4 x 4 1/2
Est. Protein / Serving	About 7 g	About 8 g	About 7 g

Use Your Chosen Pan Size

1. **Measure and mix.** Use your pan's column, plus cooking spray. A **0.1 g scale** helps with small yeast and salt amounts. Use page 1 for mixing, folding and rising.
2. **Add the flavorings.** Weigh tomatoes after draining and patting dry. Mix about **two-thirds into the dough** and use the rest on top. Fold in the tomatoes during the first folding round.
3. **Bake at 375°F.** Start checking the **9 x 5** and **8 x 8** pans at **20 minutes**. Continue until golden on top and underneath, with the center set. The **13 x 9** pan usually takes **25-30 minutes**.

Cheesy Garlic Bread Focaccia

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
8 (9 x 13 in)	3 1/4 x 4 1/2 in	About 18 g	2-2.5 hr / 30 min

Ingredients

- **420 g all-purpose flour**
- **340 g warm water**, about 100-110°F
- **9 g instant yeast**
- **8 g fine table salt**
- **81 g olive oil**, divided
- **56 g unsalted butter**
- **12 g fresh garlic**, finely minced
- **340 g low-moisture whole-milk mozzarella**, shredded, divided
- **50 g freshly grated Parmigiano Reggiano**, divided
- **8 g fresh parsley**, chopped, and **0.5 g dried oregano**
- **Nonstick cooking spray**, for the pan

Directions

1. **Mix.** With the KitchenAid paddle, mix flour, water, yeast, salt and **40.5 g oil** on **speed 2 for 1-2 minutes**, until combined. Remove the bowl; the dough should be sticky.
2. **Stretch and fold.** Cover; rest **15 minutes**. Add **115 g mozzarella** and **half the Parmigiano Reggiano**. With a wet hand, stretch an edge up and fold over the center; turn the bowl and repeat on all four sides. Repeat twice, covering and resting **15 minutes between rounds**.
3. **Pan and rise.** Spray a **13 x 9-inch metal pan**; add **27 g oil**. Spread the dough; rest 10 minutes if it resists. Cover; rise **30-45 minutes**, until puffy and jiggly. Preheat to **375°F** near the end.
4. **Make herb butter.** Melt the butter with the remaining **13.5 g oil** over low heat. Add garlic; cook **1-2 minutes** without browning. Off the heat, stir in parsley and oregano. Divide equally between **two bowls**.
5. **Bake.** Dimple the dough; brush with **half the herb butter**, tucking garlic into the dimples. Bake **20 minutes**, until the top is set. Add the remaining **225 g mozzarella** and **Parmigiano Reggiano**; bake **8-12 minutes more**, until the cheese bubbles and the base is golden.
6. **Finish and cool.** Brush with the **reserved herb butter immediately after baking**; rewarm it if needed. Loosen the edges; rest **5 minutes** in the pan, then cool **15 minutes** on a rack before slicing.

Store & Reheat

Cool completely; wrap. Refrigerate **up to 3 days** or freeze **up to 3 months**.

Oven:

Thawed: Thaw in the refrigerator. Preheat **350°F**. Unwrap; place one portion on a baking sheet. First check **8 min**; continue every **2-3 min** until the center reaches **165°F**.

Frozen: Preheat **350°F**. Unwrap; cover with foil on a baking sheet. First check **15 min**; uncover and continue every **2-3 min** until the center reaches **165°F**.

Air fryer:

Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **4 min**; continue every **2-3 min** until the center reaches **165°F**.

Frozen: Preheat to **325°F**; select **Reheat**. Unwrap; use one layer in the basket. First check **10 min**; continue every **2-3 min** until the center reaches **165°F**.

Pan Size Options

Pan dimensions are **length x width x depth, in inches**. Ingredient amounts are in **grams**.

Ingredient / Detail	9 x 5 x 2 1/2	8 x 8 x 2	13 x 9 x 2
Flour (g)	162	230	420
Water (g)	131	186	340
Instant Yeast (g)	3.5	4.9	9
Fine Salt (g)	3.1	4.4	8
Oil In Dough (g)	15.6	22.2	40.5
Oil In Pan (g)	10.4	14.8	27
Oil For Butter (g)	5.2	7.4	13.5
Butter (g)	21.5	30.6	56
Garlic (g)	4.6	6.6	12
Mozzarella In Dough (g)	44	63	115
Mozzarella On Top (g)	87	123	225
Fresh Parsley (g)	3.1	4.4	8
Parmigiano Reggiano (g)	19	27	50
Dried Oregano (g)	0.2	0.3	0.5
Servings	3	4	8
Serving Size (in)	3 x 5	4 x 4	3 1/4 x 4 1/2
Est. Protein / Serving	About 18 g	About 19 g	About 18 g

Use Your Chosen Pan Size

1. **Measure and mix.** Use your pan's column, plus cooking spray. Follow page 1 for mixing, folding and rising; the loaf-pan batch can be mixed with a spoon.
2. **Cheese and butter.** Fold in **Mozzarella In Dough** and **half the Parmigiano Reggiano**; reserve the rest of both cheeses for topping. Make herb butter with **Oil For Butter**, butter, garlic and herbs. Brush **half before baking** and **half after**.
3. **Bake at 375°F.** For the **9 x 5** and **8 x 8** pans, check after **15-18 minutes**. Once the top is set, add topping cheese; bake **5-10 minutes more**, until melted and golden underneath. For the **13 x 9** pan, use page 1 times.

Pizza Focaccia

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
8 (13 x 9 in)	3 1/4 x 4 1/2 in	About 11 g	15-28 hr / 25 min

Ingredients

- **420 g all-purpose flour**
- **340 g water**, at room temperature
- **2 g instant yeast**
- **8 g fine table salt**
- **81 g olive oil**, divided
- **180 g sauce from the Pizza Sauce recipe**, cooled
- **150 g low-moisture whole-milk mozzarella**, shredded
- **Nonstick cooking spray**, for the pan

Directions

1. **Mix.** With the KitchenAid paddle, mix flour, water, yeast, salt and **40.5 g oil** on **speed 2 for 1-2 minutes**. The dough will be sticky; do not add flour.
2. **Fold.** Cover and rest **15 minutes**. With a wet hand, stretch and fold each of the four sides over the center. Repeat twice, with **15 minutes covered rest between rounds**.
3. **Refrigerate.** Cover the bowl and refrigerate for **12-24 hours** after the final fold.
4. **Pan and rise.** Spray a **13 x 9-inch metal pan**; coat with **27 g oil**. Ease the cold dough toward the corners; rest 10 minutes if it resists. Cover; rise **2-3 hours at room temperature**, until puffy and jiggly.
5. **Partially bake.** Preheat the oven to **375°F**. Drizzle dough with **13.5 g oil** and dimple deeply. Bake on the middle rack for **20 minutes**, until set and lightly golden.
6. **Top and finish.** Spread on **180 g cooled Pizza Sauce**, leaving a 1/2-inch border. Add **150 g mozzarella**; bake **10-15 minutes**, until bubbling and golden underneath. Rest in the pan **5 minutes**, then on a rack **10-15 minutes** before slicing.

Store & Reheat

Refrigerate within **2 hours**; wrap and use within **3 days**, or freeze portions for **3 months**.

Oven:

Thawed: For one portion, preheat **350°F**. Unwrap; loosely cover with foil on a baking sheet. Heat **8-12 min**; uncover for **2-3 min** to crisp. Continue in **2-min** intervals to **165°F** in the center.

Frozen: For one portion, preheat **350°F**. Unwrap; cover with foil on a baking sheet. Heat **15-20 min**; uncover for **2-3 min** to crisp. Continue every **2 min** to **165°F**.

Air fryer:

Thawed: Preheat **325°F**; select **Bake**. Put one unwrapped portion on the crisper plate; heat **5-8 min**, checking at 5. Continue every **2 min** to **165°F**. If cheese browns early, secure foil over the top.

Frozen: Preheat **300°F**; select **Bake**. Put one unwrapped portion on the crisper plate; heat **10-15 min**, checking at 10. Continue every **2 min** to **165°F**. Secure foil over the top if browning early.

Pan Size Options

Pan dimensions are **length x width x depth, in inches**. Ingredient amounts are in **grams**.

Ingredient / Detail	9 x 5 x 2 1/2	8 x 8 x 2	13 x 9 x 2
Flour (g)	162	230	420
Water (g)	131	186	340
Instant Yeast (g)	0.8	1.1	2
Fine Salt (g)	3.1	4.4	8
Oil In Dough (g)	15.6	22.2	40.5
Oil In Pan (g)	10.4	14.8	27
Oil On Top (g)	5.2	7.4	13.5
Pizza Sauce (g)	69	98	180
Mozzarella On Top (g)	58	82	150
Servings	3	4	8
Serving Size (in)	3 x 5	4 x 4	3 1/4 x 4 1/2
Est. Protein / Serving	About 11 g	About 12 g	About 11 g

Use Your Chosen Pan Size

1. **Measure and mix.** Use your pan's column, plus cooking spray. Follow page 1 for mixing, folding and rising. Use sauce from the Pizza Sauce recipe, cooled before topping.
2. **Divide the oil.** Use **Oil In Dough** while mixing, **Oil In Pan** to coat the pan and **Oil On Top** before dimpling. Add sauce and mozzarella after partially baking the bread.
3. **Bake at 375°F.** For the **9 x 5** and **8 x 8** pans, start checking at **15-18 minutes**; wait until the top is set before adding toppings. Bake **8-12 minutes more**, until the cheese bubbles and the base is golden. For the **13 x 9** pan, use page 1 times.

Soups

- Creamy Potato Soup
- Tortilla Soup

Creamy Potato Soup

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
4	About 2 1/4 cups	About 15 g	About 40 min

Ingredients

- **2 lb Yukon Gold potatoes**, peeled and cut into 1/2-inch cubes
- **2 tablespoons butter**
- **1 medium yellow onion**, finely diced
- **2 cloves fresh garlic**, minced
- **3 cups low-sodium vegetable broth**
- **2 cups whole milk**
- **4 oz finely shredded Mexican-blend cheese** (about 1 cup)
- **1/2 teaspoon salt**, plus more to taste
- **1/4 teaspoon black pepper**, plus more to taste

Directions

1. **Soften the onion.** Melt the butter in a large pot over medium heat. Add the onion and cook for **5-7 minutes**, stirring, until soft. Stir in the garlic for **30 seconds**.
2. **Simmer the potatoes.** Add the potatoes, broth, salt and pepper. Bring to a boil, then lower the heat. Cover partly and simmer for **15-20 minutes**, until the potatoes mash easily with a fork.
3. **Thicken the soup.** Turn the heat to low. Use a potato masher or a sturdy fork to mash about half the potatoes in the pot. Mash more for a smoother soup.
4. **Add the milk.** Stir in the milk and warm gently for **3-5 minutes**, stirring often. Keep the soup below a boil.
5. **Melt the cheese.** Remove from the heat. Stir in the cheese a handful at a time until melted. Taste and add salt or pepper as needed. Divide into **4 equal portions**.

Leftovers

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze individual portions for **up to 2 months** for best quality. Potatoes may be grainier after freezing.

Stovetop:

Thawed: Thaw in the refrigerator. Warm in a saucepan over low heat, stirring, to **165°F**. Add milk if needed; whisk if it separates.

Frozen: Put a frozen portion in a pan with a splash of milk. Cover on low until soft; break up and stir to **165°F**. Whisk if milk separates.

Microwave:

Thawed: Thaw in the refrigerator. Use a microwave-safe dish; cover loosely. Heat in **30-60 sec** bursts, stirring, to **165°F**; whisk if milk separates.

Frozen: Defrost in a microwave-safe dish until stirrable. Cover loosely; heat in **30-60 sec** bursts, stirring, to **165°F**. Whisk if milk separates.

Tortilla Soup

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
2	**About 1 1/2 cups**	**2 g base** 7 g with add-ins	**20 min / 10 min**

Ingredients

- **2 cups (480 ml) vegetable broth**
- **1 Roma tomato**
- **1 small (40 g) carrot**
- **1 (50 g) celery stalk**
- **1/4 small (15 g) onion**, peeled
- **1 garlic clove**, peeled
- **1 slice (30 g) yellow squash**, about 1 inch thick
- **1/4 (30 g) red bell pepper**, seeded
- **1/4 cup (22 g) chopped cabbage**
- **1 teaspoon taco seasoning**
- **1/4 teaspoon ground cumin**
- **2 tablespoons (25 g) corn kernels**, optional
- **1/2 cup (20 g) tortilla chips**, optional
- **1/4 cup (35 g) shredded cheese**, optional

Directions

1. **Load the blender.** Use a Vitamix container approved for hot soup. Add the base ingredients in the order listed, leaving out the optional add-ins. Secure the lid.
2. **Blend the soup.** Run the **Hot Soup Program**. Or start on the lowest speed, quickly increase to the highest speed, and blend for **7 minutes 30 seconds**.
3. **Add the extras.** If using corn, tortilla chips, or cheese, set the blender to **Variable 3**. Remove the lid plug and add them through the opening.
4. **Finish.** Secure the lid plug and blend for another **10 seconds**. Taste and adjust the seasonings. If skipping the add-ins, serve after the initial blend.

Store & Reheat

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze individual portions for **up to 3 months**.

Stovetop:

Thawed: Thaw in the refrigerator. Reheat in a saucepan, stirring, to **165°F**. Add broth if needed.

Frozen: Put a frozen portion in a pan with a splash of broth. Cover on low until soft; break up and stir to **165°F**.

Microwave:

Thawed: Thaw in the refrigerator. Use a microwave-safe dish; cover loosely and heat in **30-60 sec** bursts, stirring, to **165°F**.

Frozen: Defrost in a microwave-safe dish until stirrable. Cover loosely; heat in **30-60 sec** bursts, stirring, to **165°F**.

Sauces

- Marinara Sauce
- Pizza Sauce
- Alfredo Sauce
- Tzatziki Sauce

Marinara Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
11 (5 1/2 cups)	1/2 cup	About 2 g	45 min / 15 min

Ingredients

- **2 tablespoons olive oil**
- **1 medium yellow onion**, finely diced (about 1 cup)
- **2 tablespoons tomato paste**
- **8 cloves fresh garlic**, minced
- **2 cans tomatoes** (28 oz each), one crushed and one whole peeled
- **1 teaspoon dried oregano**
- **1/2 teaspoon fine salt**, plus more to taste
- **1/4 teaspoon black pepper**
- **1/4 cup fresh basil**, chopped and divided
- **1/2-1 teaspoon sugar**, optional, only if the sauce tastes too tart

Directions

1. **Soften the onion.** Heat the olive oil in a large saucepan over medium heat. Add the onion and cook **5-7 minutes**, stirring, until soft. Lower the heat if it starts to brown.
2. **Cook the garlic and oregano.** Reduce the heat to medium-low. Add the garlic and oregano with a pinch from the **1/2 teaspoon of fine salt**. Stir frequently for **about 3 minutes**, until fragrant and before the garlic browns. Stir in the tomato paste and cook for **2 minutes**.
3. **Simmer.** Pulse the whole tomatoes without their juice in a food processor to rough **1/2-inch pieces**. Add all the tomatoes and juices, **2 tablespoons basil**, remaining salt, and pepper. Simmer gently, uncovered, for **25-30 minutes**, stirring regularly, until thickened.
4. **Check the yield.** Aim for **5 1/2 cups**. If there is more, simmer a little longer. If less, add water a tablespoon at a time as needed.
5. **Season to taste.** Move the saucepan off the burner. Stir in the **remaining 2 tablespoons basil**. If the sauce tastes flat, add salt **1/4 teaspoon at a time**. If too tart, add the optional sugar **1/2 teaspoon at a time**.

Store & Reheat

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**, or freeze in **1/2-cup portions for up to 3 months**.

Stovetop:

Thawed: Thaw in the refrigerator. Warm in a saucepan over medium-low heat, stirring; add water if needed. Bring to a boil while stirring, reaching at least **165°F**.

Frozen: Put a frozen portion in a pan with a splash of water. Cover on low until melted; stir and bring to a boil, reaching at least **165°F**.

Pizza Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 6-8	1/4 cup	About 1 g	75 min / 15 min

Ingredients

- **1 can Cento San Marzano Peeled Tomatoes** (28 oz), with all their juice
- **1 tablespoon (15 ml) extra-virgin olive oil**
- **1 tablespoon (15 ml) unsalted butter**
- **2 medium cloves fresh garlic**, finely grated on a Microplane (about 2 teaspoons)
- **1 teaspoon dried oregano**
- **1/4 teaspoon red pepper flakes**
- **Kosher salt**
- **1 medium yellow onion**, peeled and halved
- **2 fresh basil sprigs** (about 6 inches each), with leaves attached
- **1 teaspoon sugar**

Directions

1. **Purée the tomatoes.** Pass the tomatoes and their juice through a food mill, pulse in a food processor, or use an immersion blender. Leave a little texture, with no pieces larger than **1/16 inch**. Set aside.
2. **Cook the garlic, oregano and pepper flakes.** Heat the oil and butter in a medium saucepan over medium-low heat until the butter melts. Add the garlic, oregano, red pepper flakes and a large pinch of salt. Stir frequently for **about 3 minutes**, until fragrant but not browned.
3. **Add the remaining ingredients.** Stir in the tomatoes, onion halves, basil sprigs and sugar. Bring to a simmer, then reduce the heat to its lowest setting; bubbles should barely break the surface.
4. **Reduce the sauce.** Cook for **about 1 hour**, stirring occasionally, until reduced by **half**. Use the reduction to judge when it is ready.
5. **Finish.** Discard the onion halves and basil stems. Season to taste with salt. Measure **1/4 cup per serving**; expect roughly **6-8 servings**, depending on the final reduction.

Store & Reheat

Cool promptly in shallow containers; refrigerate within **2 hours**. Keep covered for **3-4 days**, or freeze in **1/4-cup portions for up to 3 months**.

Stovetop:

Thawed: Thaw in the refrigerator. Spread on pizza before baking, or warm in a pan over medium-low heat, stirring. When serving hot, bring to a boil and reach at least **165°F**.

Frozen: Put a frozen portion in a pan with a splash of water. Cover on low until melted; stir and bring to a boil, reaching at least **165°F**.

Pizza Sauce

Amounts For Ziti

Use page 1 for your original pizza batch. For ziti, choose the column for your pan or the full batch of eight 16 fl oz ramekins. The full oven and air-fryer recipes use the same amount of sauce.

Ingredient	Oven Ziti 9 x 5-inch	Oven Ziti 8 x 8-inch	Oven Ziti 13 x 9-inch	Air Fryer Ziti 8 Ramekins
Peeled tomatoes, with juice	2 x 28 oz cans	2 x 28 oz cans	84 oz (3 x 28 oz cans)	84 oz (3 x 28 oz cans)
Olive oil	2 Tbsp	2 Tbsp	3 Tbsp	3 Tbsp
Unsalted butter	2 Tbsp	2 Tbsp	3 Tbsp	3 Tbsp
Fresh garlic, finely grated	4 tsp (about 4 cloves)	4 tsp (about 4 cloves)	2 Tbsp (about 6 cloves)	2 Tbsp (about 6 cloves)
Dried oregano	2 tsp	2 tsp	1 Tbsp	1 Tbsp
Red pepper flakes	1/2 tsp	1/2 tsp	3/4 tsp	3/4 tsp
Medium yellow onion, peeled	2 onions	2 onions	3 onions	3 onions
Fresh basil, 6-inch sprigs	4 sprigs	4 sprigs	6 sprigs	6 sprigs
Sugar	2 tsp	2 tsp	1 Tbsp	1 Tbsp
Kosher salt	To taste	To taste	To taste	To taste
Finished batch yield	About 3 2/3 cups	About 3 2/3 cups	About 5 1/2 cups	About 5 1/2 cups
Sauce needed for ziti	1 1/2 cups	2 cups	4 cups	4 cups

Cook The Ziti Batch

Follow the method on page 1, using a saucepan or pot large enough for your selected batch. Halve the onions and keep basil sprigs intact. All tomato amounts use full 28 oz cans.

Reduce to the finished batch yield above. Simmer uncovered, stirring occasionally. Larger batches may take longer than 1 hour. Remove the onions and basil stems before measuring. If short, add water a little at a time to reach the batch yield; if there is too much, simmer longer. Measure out only the sauce needed for your ziti and save the rest.

Use the measured sauce in place of the marinara in your chosen ziti recipe. Mix all the measured sauce into the pasta; no separate bottom layer. Save leftover sauce separately. Storage and reheating directions are on page 1.

Alfredo Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 10-12	1/2 cup	About 12-15 g	15 min / 10 min

Ingredients

- **1 cup butter**
- **3 cups heavy whipping cream**
- **4 teaspoons minced garlic**
- **1 teaspoon Italian seasoning**
- **1 teaspoon salt**
- **1/2 teaspoon pepper**
- **4 cups freshly grated Parmesan cheese**

Directions

1. **Combine.** Add the butter and heavy whipping cream to a large skillet.
2. **Simmer.** Heat over low heat until the butter melts, then simmer gently for **2 minutes**.
3. **Season.** Whisk in the minced garlic, Italian seasoning, salt and pepper. Continue whisking over low heat for **1 minute**.
4. **Melt the cheese.** Whisk in the freshly grated Parmesan until melted and smooth.
5. **Serve.** Serve immediately.

Store & Reheat

Refrigerate promptly in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze in **1/2-cup portions for up to 2 months** for best quality.

Stovetop:

Thawed: Thaw in the refrigerator. Warm over low heat, whisking gently; add cream if needed. Heat to **165°F**, avoiding boiling. Whisk with a little cream if separated.

Frozen: Put a frozen portion in a small pan over the lowest heat. Cover until soft, stirring frequently; then whisk to **165°F**, avoiding boiling. Whisk in a little cream if separated.

Tzatziki Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
About 12	2 Tbsp	About 2 g	10 min

Ingredients

- **1/2 cup finely grated cucumber**
- **1 cup thick whole milk Greek yogurt**
- **1 tablespoon fresh lemon juice**
- **1/2 tablespoon extra-virgin olive oil**
- **1 garlic clove**, grated
- **1/4 teaspoon sea salt**
- **1 tablespoon chopped fresh dill**
- **1 tablespoon chopped fresh mint**, optional

Directions

1. **Squeeze the cucumber.** Place the grated cucumber on a clean towel and gently squeeze out the excess water.
2. **Mix.** In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill and optional mint.
3. **Chill.** Cover and refrigerate until ready to use.

Store & Serve

Keep covered at **40°F or below**; refrigerate within **2 hours** and use within **3-4 days**. Freezing may make the cucumber softer and the yogurt less smooth.

Refrigerator:

Thawed: Keep refrigerated, stir gently and serve cold. Use within **3-4 days**.

Frozen: Thaw covered in the refrigerator overnight. Pour off excess water if needed, stir to recombine and serve cold. The texture may remain less creamy.

Toppings & Condiments

- Roasted Garlic
- Garlic Confit
- Crunchy Minced Garlic
- Mexican-Style Cheese Blend

Roasted Garlic

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 8	1 Tbsp	About 1 g	55-75 min / 10 min

Ingredients

- **4 large heads fresh garlic**
- **4 teaspoons olive oil**
- **1/4 teaspoon salt**, optional

Directions

1. **Prepare.** Heat the oven to **400°F**. Remove loose outer skins, keeping each head intact. Cut **1/4-1/2 inch** off the top to expose the cloves.
2. **Season.** Place cut-side up in your **8 x 8-inch pan**. Drizzle each head with **1 teaspoon olive oil** and divide the optional salt over the tops.
3. **Roast.** Cover the pan tightly with foil. Bake **40-60 minutes**, checking at 40 minutes. The cloves should be golden and soft enough to mash easily with a fork.
4. **Release the cloves.** Uncover and cool for **10 minutes**, until comfortable to handle. Squeeze the softened cloves out of their skins.
5. **Use.** Leave whole or mash with a fork. Spread on bread or stir into butter, soup or sauces.

Store & Reheat

Refrigerate promptly in a shallow, covered container within **2 hours**; use within **3 days**. For longer storage, freeze small portions until solid, then transfer to a freezer bag or container. Use within **3 months** for best quality.

Oven:
Thawed: Thaw in the refrigerator. Preheat **325°F**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **10 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat **325°F**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **15 min**; continue every **2-3 min** to **165°F**. Or add frozen portions directly to food while it cooks.
Air fryer:
Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **5 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **8 min**; continue every **2-3 min** to **165°F**. Or add frozen portions directly to food while it cooks.

Garlic Confit

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 16	1 Tbsp Garlic	About 1 g	2-2.5 hr / 15 min

Ingredients

- **2 cups peeled fresh garlic cloves** (about 280 g)
- **1 1/2-2 cups olive oil**, enough to fully cover the garlic

Directions

1. **Prepare.** Heat the oven to **250°F**. Put the garlic in your **9 x 5-inch loaf pan**.
2. **Add the oil.** Pour in enough oil to fully submerge the cloves.
3. **Cook gently.** Cover tightly with foil. Bake **1 1/2-2 hours**, until the cloves are pale golden and mash easily. Begin checking at 90 minutes.
4. **Use.** Lift cloves out with a clean spoon. Mash or spread as desired; use the flavored oil in cooking too.
5. **Cool promptly.** Transfer any remaining cloves and oil to shallow containers for refrigeration.

Store & Reheat

Refrigerate **both the cloves and oil within 2 hours**, at **40°F or below**, and use within **4 days**. For longer storage, freeze small portions for up to **3 months**; leave **1/2 inch of headspace** in freezer-safe containers. Refrigerated oil may turn cloudy or firm; this is normal.

Oven:
Thawed: Thaw in the refrigerator. Preheat **325°F**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **10 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat **325°F**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **15 min**; continue every **2-3 min** to **165°F**.
Air fryer:
Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **5 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **8 min**; continue every **2-3 min** to **165°F**.

Crunchy Minced Garlic

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 12	1 tsp	Less than 1 g	25 min / 15 min

Ingredients

- **1/2 cup finely minced fresh garlic** (about 70 g)
- **1/2 cup neutral oil**, such as canola or avocado oil
- **1/8 teaspoon fine salt**, optional

Directions

1. **Prepare.** Keep the mince even, about **1/16-1/8 inch** across. Set a fine-mesh **metal strainer** over a heatproof bowl. Line a plate with two layers of paper towels.
2. **Warm the oil.** Heat the oil in a small saucepan over medium heat with one test piece of garlic. When it bubbles steadily, reduce the heat to **medium-low** and add the remaining garlic.
3. **Fry gently.** Cook for **about 5-10 minutes**, stirring continuously, until the bubbling slows and the garlic turns **pale golden**. Lower the heat if it colors quickly. Use the color as your guide; it will darken further after draining.
4. **Drain immediately.** Pour through the prepared strainer. Spread the garlic in a thin layer on the paper towels, blot gently and add the optional salt.
5. **Cool.** Let cool completely, about **10 minutes**; the pieces become crunchy as they cool. Sprinkle over food just before serving.

Store & Reheat

Once cool, keep garlic and strained oil in **separate airtight containers**. Refrigerate both within **2 hours**, at **40°F or below**; use within **4 days**, or freeze small portions for **3 months**.

Oven:

Thawed: Thaw in the refrigerator. Preheat **325°F**. Spread thinly in a shallow metal dish. First check **2 min**, then stir and check every **30 sec**; stop before darkening. Cool for crunch.

Frozen: Preheat **325°F**. Break up clumps; spread thinly in a shallow metal dish. First check **3 min**, then stir and check every **30 sec**; stop before darkening. Cool for crunch.

Air fryer:

Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Bake**. Keep a thin layer in a shallow metal dish, not loose in the basket. First check **1 min**, then stir and check every **30 sec**; stop before darkening. Cool for crunch.

Frozen: Preheat to **325°F**; select **Bake**. Break up clumps in a shallow metal dish; keep pieces contained. First check **2 min**, then stir and check every **30 sec**; stop before darkening. Cool for crunch.

Skillet:

Thawed: Thaw in the refrigerator. Warm briefly in a dry skillet over low heat, stirring; stop before darkening. Cool for crunch.

Frozen: Break up clumps; warm briefly in a dry skillet over low heat, stirring. Stop before darkening and cool for crunch.

Mexican-Style Cheese Blend

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING
16	1 oz (28 g; about 1/4 cup)	About 6 g

Ingredients

- **8 oz (227 g) Monterey Jack**, shredded
- **4 oz (113 g) Oaxaca cheese**, shredded
- **4 oz (113 g) sharp cheddar**, shredded

Directions

1. **Weigh.** Measure each cheese by weight while cold. The blend is **50% Monterey Jack, 25% Oaxaca, and 25% sharp cheddar**.
2. **Shred.** Shred the Monterey Jack, Oaxaca, and sharp cheddar into a clean, dry bowl while the cheeses are cold.
3. **Mix.** Toss gently until all three cheeses are evenly distributed. No starch, oil, or seasoning is needed.
4. **Portion & use.** Makes **1 lb (454 g), about 4 loosely filled cups**. Use for burritos, quesadillas, enchiladas, nachos, or toppings. For the bean-and-cheese burritos, use **1 oz (about 1/4 cup) per burrito**.

Store & Use

Refrigerator: Seal in an airtight container or bag and keep at **40°F or below**. Use within **5-7 days**, or sooner if any cheese package gives a shorter after-opening limit. Mixing does not restart the storage time of already-opened cheese.

Freezer: Pack in small portions, press out excess air, label, and freeze for **up to 2 months for best quality**. Freezing can make the cheese more crumbly; use it in cooked dishes.

Thawed: Thaw overnight in the refrigerator and toss to loosen the shreds. **Frozen:** Sprinkle directly into dishes that will be cooked, or thaw first. Melt as part of the dish rather than reheating the blend on its own.

Side Dishes

- Butter Baked Corn
- Butter Baked Corn On The Cob

Butter Baked Corn

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
About 3	About 1/2 cup	About 2 g	35-45 min

Ingredients

- **1 can (15.25 oz) whole-kernel corn**, drained
- **4 oz (1 stick / 113 g) salted butter**, cut into pieces

Directions

1. **Prepare.** Preheat the oven to **350°F**. Use a **9 x 5 x 2 1/2-inch metal baking pan**. Drain canned corn thoroughly.
2. **Fill the pan.** Spread the corn in an even layer, then place the cut butter on top.
3. **Bake.** Bake uncovered for **25-35 minutes**, stirring after **15 minutes**, until hot throughout and tender.
4. **Stir and brown.** Stir the corn and continue baking, stirring and checking every **5 minutes**, until browned to your liking.

Store & Reheat

Refrigerate in a shallow, covered container within **2 hours**; use within **3-4 days**, or freeze in portions for **up to 3 months**.

Oven:

Thawed: Preheat **350°F**. Put **1/2 cup** in a small oven-safe dish; cover. Check after **10 min**; stir and recheck every **3 min** until **165°F**.

Frozen: Preheat **350°F**. Put **1/2 cup** in a small oven-safe dish; cover. Check after **20 min**; stir and recheck every **3 min** until **165°F**.

Air fryer:

Thawed: Preheat to **325°F**; select **Reheat**. Put **1/2 cup** in an air-fryer-safe dish; secure foil over it. Check after **5 min**; stir and recheck every **2 min** until **165°F**.

Frozen: Preheat to **325°F**; select **Reheat**. Put **1/2 cup** in an air-fryer-safe dish; secure foil over it. Check after **10 min**; stir and recheck every **2 min** until **165°F**.

Microwave:

Thawed: Put **1/2 cup** in a microwave-safe bowl; cover loosely. Heat **45 sec**; stir, then check every **30 sec** until **165°F**.

Frozen: Put **1/2 cup** in a microwave-safe bowl; cover loosely. Heat **90 sec**; stir, then check every **30 sec** until **165°F**.

Butter Baked Corn On The Cob

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
12	1 mini ear	About 2 g	About 1 1/2 hr

Ingredients

- **12 mini ears corn on the cob**
- **16 oz (4 sticks / 454 g) salted butter**, sliced

Directions

1. **Prepare.** Preheat the oven to **350°F**. Use a **13 x 9 x 2-inch baking pan** large enough to hold the ears in one layer.
2. **Fill the pan.** Place the corn and sliced butter in the pan together.
3. **Bake.** Arrange the corn in one layer and bake uncovered for **1 hour**.
4. **Turn and brown.** Turn the ears with tongs. Continue baking, turning and checking every **10-15 minutes**, until the kernels are tender and browned to your liking.
5. **Serve.** Lift the corn from the pan with tongs and serve.

Store & Reheat

Refrigerate in a shallow, covered container within **2 hours**; use within **3-4 days**. Freeze cooked ears in portions with a little pan butter for **up to 3 months**.

Oven:

Thawed: Preheat **350°F**. Put **1 mini ear** in a small oven-safe dish; cover. Check after **10 min**; turn and recheck every **3 min** until the kernels reach **165°F**.

Frozen: Preheat **350°F**. Put **1 mini ear** in a small oven-safe dish; cover. Check after **20 min**; turn and recheck every **3 min** until the kernels reach **165°F**.

Air fryer:

Thawed: Preheat to **325°F**; select **Reheat**. Wrap **1 mini ear** in a securely closed foil packet. Check after **5 min**; turn and recheck every **2 min** until the kernels reach **165°F**.

Frozen: Preheat to **325°F**; select **Reheat**. Wrap **1 mini ear** in a securely closed foil packet. Check after **10 min**; turn and recheck every **2 min** until the kernels reach **165°F**.

Microwave:

Thawed: Put **1 mini ear** on a microwave-safe plate; cover with a damp paper towel. Heat **45 sec**; turn and check every **30 sec** until the kernels reach **165°F**.

Frozen: Put **1 mini ear** on a microwave-safe plate; cover with a damp paper towel. Heat **90 sec**; turn and check every **30 sec** until the kernels reach **165°F**.

Desserts

- Air Fryer S'mores

Air Fryer S'mores

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING
2	1 s'more	About 2 g

Ingredients

- **4 graham cracker squares**, such as Honey Maid Fresh Stacks (2 for each sandwich)
- **2 regular-size marshmallows** (gelatin-free for a vegetarian version)
- **6 segments milk chocolate**, about 3/4 oz (22 g) total, from a standard 1.55 oz bar

---

Directions

1. **Preheat.** Insert the crisper plate. Select **Bake at 350°F** on your COSORI TurboBlaze and preheat for **4 minutes**.
2. **Prepare.** Cut each marshmallow in half. Press both halves, **cut sides down**, firmly onto one graham cracker square, side by side. Leave the chocolate and top crackers out for now.
3. **Bake.** Set the two cracker-and-marshmallow bases on the crisper plate in a single layer, with space between them. Select **Bake at 350°F**. Check after **2 minutes**, then every **30 seconds** until puffed and lightly golden, about **3-5 minutes total**. Times are estimates; stop before the marshmallows collapse or burn.
4. **Finish.** Lift out with a spatula. Immediately press **3 chocolate segments** onto each hot marshmallow, then add a top cracker and press gently. Let stand **1 minute** so the chocolate softens, then serve warm.

Marshmallow Size

Use **one regular-size marshmallow per sandwich**. Jumbo marshmallows can overwhelm the cracker and spill over as they expand; cut one down to roughly a regular marshmallow-sized piece if that is what you have.

Storage & Reheating

Best made fresh. Keep the crackers, chocolate and marshmallows separately in sealed packages until needed. For an assembled leftover, cool and seal at room temperature; eat the next day. To warm, select **Bake at 300°F**, check after **1 minute**, then every **30 seconds** until just softened. The cracker may lose its crispness.

Beverages

- Raising Cane's Lemonade
- Tea Brewing Guide

Raising Cane's Lemonade

SERVINGS	SERVING SIZE	PROTEIN / SERVING
About 5	About 1 cup	About 0 g

Ingredients

- **4 cups (1 quart) water**
- **1/2 cup + 1 tablespoon sugar**
- **Freshly squeezed lemon juice**, choose an amount below

Lemon Juice Options

- **Light:** 6 tablespoons (1/4 cup + 2 tablespoons)
- **Normal:** 9 tablespoons (1/2 cup + 1 tablespoon)
- **Heavy:** 12 tablespoons (3/4 cup)
- **Extra Sour:** 15 tablespoons (3/4 cup + 3 tablespoons)

Directions

1. **Combine.** Add the water, sugar, and your chosen amount of freshly squeezed lemon juice to a pitcher.
2. **Stir.** Stir thoroughly until the sugar dissolves.
3. **Chill.** Refrigerate until cold. Stir before serving.

Storage

Keep covered in the refrigerator. Stir before serving.

Tea brewing guide

TEA TYPE	TEA LEAVES per 8 oz of water	WATER TEMPERATURE	STEEP TIME minutes
White	2 level tsp.	**175-180°F** Steaming briskly	**2-3**
Green	1 level tsp.	**175-180°F** Steaming briskly	**1-2**
Oolong	1 level tsp.	**195°F** Almost boiling	**2-3**
Black	1 level tsp.	**212°F** Full boil	**3-5**
Herbal/Fruit	1 heaping tsp.	**212°F** Full boil	**5-10**
Mate	1 level tsp.	**150-160°F** Steaming	**3-5**
Purple	1 heaping tsp.	**175-180°F** Steaming briskly	**3**
Pu-erh	1 heaping tsp.	**212°F** Full boil	**5**
Rooibos	1 level tsp.	**212°F** Full boil	**5-10**