



The WEST40 Remote School Cookbook



The West40 Remote School is thrilled to introduce our very own cookbook! We hope you enjoy the recipes and spend a little extra time in the kitchen with your families!

–Your Remote School Staff

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ARROZ CON GANDULES

Ingredients:

- 3 cups medium or long grain white rice, rinsed
- 3 tablespoons vegetable oil
- 2 heaping tablespoons sofrito
- 4 ounces tomato sauce
- 1 can (15 ounces) gandules (pigeon peas), partially drained
- 2 heaping tablespoons alcaparrado
- 1 packet Sazón with Achiote (I use Goya brand)
- 1/2 packet ham flavoring (I use Goya brand Jamón)
- 1 teaspoon adobo
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground oregano
- Salt and pepper to taste (start off with 2 teaspoons of salt)
- 4-6 cups hot water



Instructions:

1. Rinse rice well in water and set aside.
2. In a medium caldero or large pot (about 6 quarts or so), heat oil and sauté sofrito until softened. Add tomato sauce and simmer for 2 minutes.
3. Stir in gandules, alcaparrado, all of the spices and 4 cups of water. Taste and readjust seasonings, adding additional salt 1 teaspoon at a time. Broth should be heavily seasoned and on the salty side.
4. Bring to a rapid boil, then add rice and stir. You may need to add more water to ensure rice is covered by 1 inch of water. Reduce heat to a soft boil and let most of the liquid absorb and evaporate, stirring occasionally, very gently, so rice does not turn gummy.
5. Carefully mound rice towards center of pot, top with foil and cover with lid. Reduce heat to simmer and cook for 20 minutes. Stir by folding rice from the bottom up, but do not disturb bottom of pan. Cook for another 20-30 minutes, testing after 20 to see if rice is tender and cooked through.



<https://www.kitchengidget.com/2014/01/10/puerto-rican-rice/>

BEEF TACOS

(From Gabriel and his family)

Ingredients:

- 1 pound 85% to 93% lean ground beef
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly cracked pepper

Instructions:

1. Heat a skillet over medium heat. With ground beef, I rarely add any oil to the skillet because it tends to be fattier. If needed, you can add 1 teaspoon of olive oil (of your oil of preference). Once the skillet is hot, add the ground beef and break it apart with a wooden spoon.

2. Cook, stirring and breaking apart the beef often, until it begins to brown. Add in the cumin, paprika, garlic powder, chili powder, salt and pepper. Stir well to disperse all the seasonings. Cook until the beef is just browned.

3. Serve the ground beef in tacos (warm corn or flour tortillas in the oven for a few minutes), on nachos or in salads. We like to top ours with a quick pico de gallo, fresh cilantro, white cheddar cheese, diced avocado and pickled onions.

4. If you'd like to add peppers and onions: heat the skillet over medium heat and add 1 to 2 teaspoons of olive oil. Add in 1 diced onion, 1 diced bell pepper and a few minced garlic cloves with a pinch of salt. Toss well and cook until softened, about 5 minutes. Proceed with browning the beef.



<https://www.howsweeteats.com/2019/01/ground-beef-tacos/>

CHICKEN CHOW MEIN

Zelda's favorite!

Ingredients:

- 1 lb chicken breast, boneless, skinless
- 3 tbsp oil
- 12 oz chow mein noodles (uncooked noodles)
- 2 cups cabbage
- 1 large carrot, julienned
- 1/2 batch green onions
- 2 garlic cloves



Instructions:

1. In a small mixing bowl, use a whisk to combine oyster sauce, granulated sugar, sesame oil, soy sauce, chicken broth and cornstarch. Set aside.
2. Cook your noodles according to package instructions then drain, rinse with cold water and set aside.
3. Heat a large wok or pan with olive oil over medium-heat. Cut your chicken breasts into bite-sized strips and cook them in the oil until golden brown. Remove strips and set aside.
4. Add carrots, cabbage and pressed garlic and saute for a few minutes until veggies are slightly softened and the cabbage is a bit translucent.
5. Add chicken and noodles back into the pan. Pour sauce over the top and continue cooking all the ingredients together for another 2 minutes.
6. Garnish your chow mein with chopped green onions and serve the noodles straight from the pan and piping hot!



<https://natashaskitchen.com/chicken-chow-mein/>

CHICKEN NUGGETS

Forget Mickey D's, try these! (From Kyren)

Ingredients:

- 1 lb. ground chicken, see notes
- 3 Tablespoons milk
- 1 slice bread, or 1/3 cup Italian breadcrumbs
- ¾ teaspoon garlic salt
- 1/8 teaspoon black pepper
- 1 egg, whisked
- 3 Tablespoons melted butter, or canola oil spray

Breading

- 1 cup Panko breadcrumbs
- ¼ cup Parmesan cheese, finely grated
- 2 teaspoons dried parsley



Ingredients:

1. Preheat the oven to 375 degrees.
2. Add the bread to a bowl and pour the milk on top. Let it absorb for 2-3 minutes. Add the garlic salt and black pepper. Use your hands to combine. This is called a panade and it keeps the chicken nuggets juicy. (vs. hard and dense.)
3. Add the ground chicken to a large bowl and add the panade. Use your hands to mix until just combined, don't overmix. Take a tablespoon and scoop out the chicken. Form into nuggets and set aside.
4. Combine the breading mix on a large plate and set aside.
5. Brush each side of the nuggets with the whisked egg. Transfer them to the breading plate and generously coat each one until completely covered. Place on a baking sheet.
6. Brush half of the melted butter on the top of the nuggets, this helps them turn a nice golden brown. You can also use canola oil spray but they won't get quite as golden. If some nuggets are darker than others, place the darker ones in the middle of the baking sheet and the lighter ones along the edge. Bake for 7 minutes and remove from the oven.
7. Brush each side with melted butter and bake for 8 more minutes. (You can use canola oil spray if preferred but they won't get quite as golden.) Remove and let them rest for a few minutes prior to serving.

<https://thecozycook.com/homemade-chicken-nuggets/>

CHICKEN ENCHILADAS

(From Gabriel and his family)

Ingredients:

- 2 tablespoons avocado oil (or olive oil)
- 1 small white onion, peeled and diced
- 1 1/2 pounds boneless skinless chicken breasts, diced into small 1/2-inch pieces
- 1 (4-ounce) can diced green chiles
- sea salt and freshly-cracked black pepper
- 1 (15-ounce) can black beans, rinsed and drained
- 8 large flour tortillas
- 3 cups Mexican-blend shredded cheese
- 1 batch red enchilada sauce
- optional toppings: fresh cilantro, chopped red onions, diced avocado, sour cream, and/or crumbled cotija cheese



Instructions:

1. Prep oven and enchilada sauce. Preheat the oven to 350°F. Prepare your enchilada sauce.
2. Sauté the filling mixture. In a large sauté pan, heat oil over medium-high heat. Add onion and sauté for 3 minutes, stirring occasionally. Add diced chicken and green chiles, and season with a generous pinch of salt and pepper. Sauté the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through. Add in the beans and stir until evenly combined. Remove pan from heat and set aside.
3. Assemble the enchiladas. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, chicken mixture, and cheese. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup cheese. Roll up the tortilla and place in a greased 9 x 13-inch baking dish. Assemble the remaining enchiladas. Then spread any remaining sauce evenly over the top of the enchiladas, followed by any extra cheese.
4. Bake. Bake uncovered for 20 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside. Transfer the baking dish to a wire baking rack.
5. Serve. Serve the enchiladas immediately while they're nice and hot and melty, garnished with lots of fresh toppings. Enjoy!

<https://www.gimmesomeoven.com/best-chicken-enchiladas-ever/>

FRY BREAD

From Jayleen and her family!

Ingredients:

- *2 c flour
- * $\frac{3}{4}$ tsp salt
- * 3 tsp baking powder
- * 1 c warm water



Instructions:

1. Combine dry ingredients and add warm water. Mix with your hands until dough forms. Let sit for 5 minutes
2. Break off the dough into golf-ball sized balls (or even a tid bigger).
3. Roll dough into $\frac{1}{2}$ -inch thick circles that are about 6 inches in diameter.\
4. Fry each piece in a medium saucepan with hot oil (that is about 1-2 inches deep). Fry until dough is golden and poofs up, and then fry on the other side keeping it in the oil. Set on a paper towel to drain oil.



GREEK SAGANAKI

A taste of Greece, from Mrs. Dimitrakakos!

Ingredients:

- Saganaki cheese (or Kasseri cheese)
- 1 tablespoon of water
- ¼ cup of all-purpose flour
- 1 tablespoon of olive oil
- 2 tablespoons of brandy (optional)
- ½ lemon, to taste (optional)



Instructions:

1. Cover the surface of the cheese with cold water. Dip it in a bowl of water or place under running water.
2. Dredge the cheese in flour shaking of any excess
3. Pan fry (shallow fry) with olive oil in a pan warmed up to medium heat. Don't forget to flip it over to become golden on both sides.

****Tip: Serve the Saganaki right away, as it will become hard when it gets cold.*

MEXICAN MEATBALL SOUP

Great for the winter, from the Fabian Family!

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 2 quarts [chicken stock](#) or beef stock
- 1 quart water
- 1/2 cup tomato sauce
- 1/2 pound green beans, strings and ends removed, cut into 1 inch pieces
- 2 large carrots, peeled and sliced
- 1/3 cup raw white rice
- 1 pound ground beef
- 1/4 cup (loosely packed) chopped fresh spearmint leaves
- 1/4 cup (loosely packed) chopped parsley
- 1 egg
- 1 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- A dash of cayenne (optional)
- 1 1/2 cup of frozen or fresh peas
- 1 teaspoon of dried oregano, crumbled or 1 tablespoon fresh chopped oregano
- Salt and pepper
- 1/2 cup chopped fresh cilantro



Instructions:

1. Make the soup base:
Heat oil in a large heavy-bottomed pot (5-qt) over medium heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook a minute more. Add stock, water, and tomato sauce. Bring to boil and reduce heat to simmer. Add carrots and string beans.
2. Prepare the meatballs:
Mix rice into meat, adding mint leaves and parsley, salt and pepper. Mix in raw egg. Form mixture into 1-inch meatballs.
3. Add meatballs to soup, let simmer, add peas:
Gently add the meatballs to the simmering soup, one at a time. Cover and let simmer for 1/2 hour.
4. Add the peas towards the end of the 1/2 hour. Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste.
5. Serve:
Ladle into bowls and garnish with chopped fresh cilantro.

https://www.simplyrecipes.com/recipes/albondigas_soup/

MAC 'N CHEESE

An all time favorite from Mrs. Boyle!



Ingredients:

- 1 package (16 oz) elbow macaroni
- 1 pound (16 oz) sharp or extra-sharp cheddar cheese, shredded (4 cups)
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground mustard
- 2 cups low-fat milk
- 1 1/2 tablespoons butter, cut into small pieces

Instructions:

1. Preheat the oven to 375°F. Spray or grease a casserole dish or a 9x13 pan.
2. Cook macaroni as directed on the package in salted water until tender, drain.
3. While macaroni is cooking, combine 2 and 1/2 cups of cheese with flour, pepper, and ground mustard.
4. In a large bowl, combine cheese and flour mixture with hot macaroni and stir to combine. Pour into the greased pan. Pour milk over macaroni. Top with remaining cheese. Dot with butter. Cover with aluminum foil.
5. Bake for 45 minutes (taking the foil off after 30 minutes if desired) or until firm and golden brown. You want to make sure there isn't a lot of runny milk in it still, poke a knife in the middle if necessary. Some will soak in as it cools but it should be mostly absorbed.

*** (Optional) Let sit for 10 minutes before serving to further firm up.

PALESTINIAN DAWALI

A taste of the middle east, from Mrs. Ebrahimi!

Ingredients:

- White medium or short grain rice (1 ½ cups)
- Fresh tomatoes (4-5 medium)
- Yellow onion (2 medium)
- Fresh lemon juice
- 2 or 3 medium lemons, or about ¾ cup of juice
- Extra virgin olive oil (1/3 cup)
- Ground sumac (1 tablespoon)
- Ground allspice (1 tablespoon)
- Fresh or Jar of grape leaves
- Salt and black pepper



Instructions:

1. Wash and drain the rice.
2. Chop the parsley, finely
3. Dice onions
4. Dice tomatoes
5. Mix the rice, parsley, onions, tomatoes, molasses, and spices together in a large bowl. Add a few tablespoons of olive oil and lemon juice at this point as well.
6. Oil the bottom of a large pot and line it with the potatoes.
7. Put about a teaspoon, maybe less, of the filling into each leaf and roll it into a thin cigar. Be careful not to add too much as the rice expands a lot when cooked.
8. As you roll, fold the sides in towards the center to keep everything in place. It takes some practice!
9. Place each roll side by side all around the pot. It doesn't really matter how in there, but it'll look nicer if you fan them out of the center.
10. Cover and cook on high heat for about 20 minutes, until you hear it boiling.
11. Add half of the lemon juice and about half the olive oil to the pot.
12. Lower the heat to low and let it cook for another two to two and a half hours. About an hour into it, add the rest of the oil and lemon juice.
13. Take the cover off and turn the heat up to medium to make sure all the moisture boils out

***To serve you can turn the entire pot upside down on a plate and the entire dish should slide out with the crisp potatoes on top. Don't worry if that doesn't work for you, it'll still be delicious. Be sure to serve it at room temperature.

<https://www.youtube.com/watch?v=wEXYGSJJE28>

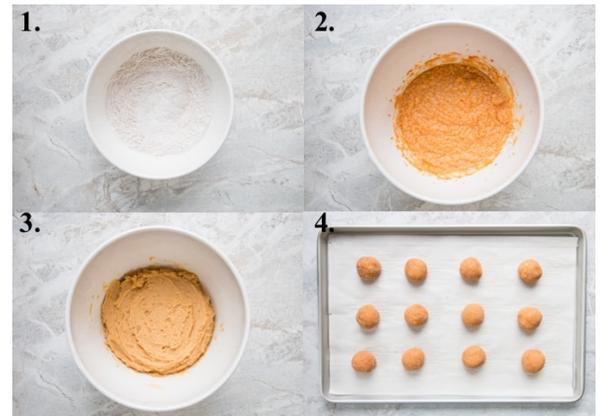
PUMPKIN SPICE COOKIES

Ingredients:

- 2&1/2 cups (315g) all-purpose flour
- 1 tsp (5ml) baking soda
- 1 tsp (5ml) ground cinnamon
- 1/2 tsp (2.5ml) ground nutmeg
- 1/2 tsp (2.5ml) salt
- 1/2 cup (114g) unsalted butter, softened
- 1&1/4 cups (250g) granulated sugar
- 1/2 cup (125g) canned pumpkin puree
- 1 large egg
- 1 tsp (5ml) vanilla extract
- cinnamon sugar
- 1/4 cup (50g) granulated sugar
- 1 tsp (5ml) ground cinnamon

Instructions:

1. In a medium bowl, toss together the flour, baking soda, cinnamon, nutmeg and salt. Set aside.
2. Using an electric mixer and in a large bowl, beat together the butter and sugar until well blended. Mix in the pumpkin puree, egg and vanilla until smooth.
3. Slowly mix in the flour mixture until just combined. Cover and chill in the fridge for 1 hour or until the dough is firm enough to roll in your hands.
4. Preheat the oven to 350F. Line 2 baking sheets with parchment paper or silicone baking mat.
5. Using a medium cookie scoop or tablespoon, roll out rounded cookie dough and generously coat in the cinnamon sugar mixture. Place 2 inches apart on prepared baking sheets.
6. Bake for 10-12 minutes or until lightly browned on the bottoms. Let cool for 10 minutes before serving.



RAINBOW CHALLAH BREAD

A fun Jewish bread from the McMahon family!

Ingredients:

- 2 1/4 teaspoons active dry yeast 1 packet
- 3/4 cup warm water about 100 degrees
- 1/2 cup sugar
- 1 large egg and 3 egg yolks plus one yolk for glazing
- 1/4 cup vegetable oil
- 1/4 cup honey trick, measure the honey after the oil and it will slide right out!
- 3 3/4 - 4 1/2 cups bread flour or all-purpose flour, plus more as needed
- 1 1/2 teaspoons kosher salt



Instructions:

1. First, make your challah dough. Prepare the yeast in a large mixing bowl for a stand mixer by whisking it with warm water and 1 teaspoon sugar (that helps activate the yeast). Let stand until it foams and puffs up, about 10 minutes. If it doesn't get foamy, your yeast is either bad or the water was too warm or cool. Try again!
2. Using the whisk attachment for the stand mixer, add the remaining sugar, eggs, oil, and honey. (You can use a whisk if you're doing this by hand.) Gradually add 3 cups of flour and salt, either using a hook attachment with the stand mixer on medium speed or a spoon and your hands until the dough begins to pull away from the sides. Dough should still be slightly sticky and soft. Add more flour as needed if the dough is very sticky. You may not need all the flour. You will knead the dough more when you add the color so you don't have to knead now.
3. Then divide your dough into six even pieces. I used a food scale to weigh them out.
4. Flatten out each piece and put some gel food coloring of each color of the rainbow in the middle of each one. Then mix until your dough is dyed! This will take a few minutes for each, so be prepared. Add more color as needed, and wear gloves if you don't want purple hands.
5. Place the dough in a bowl greased with oil and cover. Let dough rise in a warm place until it has at least doubled in size, about 2-3 hours. I put mine on top of an oven heated to the lowest temperature. My colors stuck to each other a bit, so if this bothers you and you like doing dishes, put them in separate bowls.
6. Now time to braid! You can make two smaller challah or one large challah. If you're making two, divide each color in half.
7. Take one of each color and make six even strands. If you are having trouble getting them to roll out, let the gluten relax and try again. Line them up in rainbow order and pinch at the top to secure the end. Then take the purple strand on the right and weave it to the left over two strands, under one strand and over two strands. Repeat with the blue strand, then the green, etc. until you reach the bottom. Secure the other ends together and tuck them under the challah. Repeat with other challah.
8. Then let your challah proof again on a parchment lined baking sheet, lightly covered, until doubled in size and appears light and fluffy, about 45 minutes or so (exact proofing timing for challah will depend on environmental conditions.) Pre-heat the oven to 350 degrees F. Whisk the last egg yolk with 1/2 tablespoon water and generously brush over challah bake for 30-35 minutes at 350 degrees, rotating pans halfway through. If the challah start to brown too fast, cover with foil until done.

<https://whatjewwannaeat.com/rainbow-challah-bread/>

SOUTHERN SHRIMP AND GRITS

“Being raised in the deep south, shrimp-n-grits is a staple in every southern home. This meal is especially good after a trip to the coast for fresh shrimp straight from the water. However, it can be just as delish with thawed frozen shrimp. I hope you enjoy this recipe, as it truly represents the warmth and love in my kitchen!”

~Mrs. Hoskins

INGREDIENTS

- 2 c. chicken broth
- 2 c. milk
- Kosher salt
- 1 c. corn grits (stone-ground yellow grits is best)
- 4 tbsp. butter
- 1 c. shredded Colby-jack cheese
- Freshly ground black pepper
- 1 package of sliced bacon, cut into 1-inch pieces
- 1 lb. large shrimp, peeled and deveined
- 1 tsp. dried oregano
- 1/4 tsp. paprika
- 4 green onions, thinly sliced, plus more for garnish
- 2 cloves garlic, minced



INSTRUCTIONS:

1. In a medium saucepan, bring chicken broth to a boil and season generously with salt. Reduce heat so the mixture is at a simmer then whisk in grits and milk. Simmer, stirring often, until grits have absorbed liquid and are very tender, approximately 10 minutes. Stir in butter then season with salt and pepper.
2. Meanwhile, in a large skillet over medium heat, cook bacon until crispy, about 15 minutes. Leave about 2 tablespoons bacon fat in the skillet and drain bacon on a paper towel-lined plate.
3. Season shrimp with oregano and paprika then add shrimp, green onions, and garlic to the skillet with the bacon fat. Cook, stirring occasionally until shrimp is pink and cooked through, about 4 minutes.
4. Serve shrimp over grits and top with shredded cheese, chopped bacon, and green onions.

VEGGIE TOSTADAS

(A vegan friendly meal from the Canelos)



Ingredients:

- 16 ounce can refried beans, (regular or vegetarian)
- 1 ear of sweet corn
- 1 red bell pepper, diced
- 1 small zucchini, diced
- 1/2 small yellow onion, thinly sliced
- 1 tablespoon olive oil, plus additional to coat pan
- 1/2 teaspoon garlic powder
- salt and fresh ground pepper, to taste
- corn tortillas
- non-stick cooking spray

For garnish:

- 1/2 cup salsa
- 1 avocado, , chopped
- 1 cup shredded cheddar/jack cheese
- 1/2 cup light sour cream
- 1/2 bunch cilantro, chopped

Instructions:

1. Place refried beans in a small saucepan over medium low heat. Allow to heat while you prepare veggies.
2. Remove the husk from the ear of corn and using a sharp knife, remove the kernels from the cob. Place the corn kernels in a small mixing bowl. Add diced red bell pepper, zucchini, and thinly sliced onion. Drizzle veggies with 1 tablespoon olive oil and mix until all the veggies are lightly coated with oil. Sprinkle 1/2 teaspoon garlic powder and salt and pepper, to taste, over the veggies and mix well.
3. Pour just enough olive oil into a large frying pan to lightly coat the bottom. Place over medium high heat and when oil is hot, add the veggies. Cook and stir for about 3 or 4 minutes until the veggies are just fork tender. Taste and season with additional salt and pepper, if needed. Remove from heat and set aside.
4. Set your oven to the broil setting. Line a baking sheet with foil and coat it with non-stick cooking spray. Place 4 corn tortillas on the prepared foil and spray them generously with the non-stick cooking spray. Flip them over and spray the other side. Place the baking sheet under the broiler and watch closely. Flip the tortillas when they have browned on one side. Remove from the oven when both sides are nicely browned and tortillas are crisp.
5. Assemble the tostadas by placing 1/4 of the refried beans on one tortilla. Add a heaping spoonful of the cooked veggies and garnish with salsa, avocado, shredded cheese, light sour cream, and cilantro. Repeat with remaining tortillas.

<https://www.fromvalerieskitchen.com/veggie-tostadas/>