

Mesa West
Rotary
Club



**Fun food recipes to make your
tummy happy!**



Grilled Cheese Sandwich

Ingredients:

- 2 slices of bread
- 2 slices of cheese
- Butter

Instructions:

Warm the pan to a medium temperature.
Butter the bread, place cheese between slices.
Grill each side in a pan until golden brown.
Optional to add tomato slices, ham slices or
tuna fish.



Pigs in a Blanket

Ingredients:

- 1 (8-ounce) can original crescent dough
 - 1/4 cup Dijon mustard*
 - 1 package of Hotdogs
- *slices of cheese can be used instead of mustard

Instructions:

Preheat the oven to 350 degrees F. Brush the dough strips lightly with Dijon mustard*. Put the hot dogs on one end of the dough and roll up. Arrange them, seam side down, on a greased cookie sheet..

Bake until golden brown, about 12 to 15 minutes. Serve warm with your choice of dipping sauce.

*If cheese is being used instead of mustard, then lay a 1/3 slice (or whole, depending on size) of cheese on the dough.



Pasta with Butter, Cheese, and Black Pepper

Ingredients:

- 1 cup cooked elbow or penne (Boil pasta in water according to package directions. Then drain.)
- 2 tbsp butter
- Grated cheese – try parmesan or Romano cheese or your favorite
- Black pepper

Instructions:

Mix hot pasta with butter, cheese, and pepper. Serve warm.

Pictured with red pepper and parsley flakes.



Microwave Nachos

Ingredients:

- Tortilla chips
- Shredded cheese
- Optional ingredients chicken meat, chopped onions, pitted olives, black beans, sliced jalapeños
- Salsa

Instructions:

Layer chips, cheese and other ingredients on a plate, microwave until melted, top with salsa.



Peanut Butter Banana Wrap

Ingredients:

- Tortilla
- Peanut butter
- Banana

Instructions:

Spread peanut butter on tortilla, add banana, roll up and slice.



Yogurt Parfait

Ingredients:

- Greek Yogurt
- Granola
- Honey or some jelly
- Fruit – any berry, peaches, pears, apples etc.

Instructions:

Layer yogurt, honey, granola, and fruit in a cup. Chill and serve.



Omelet In A Bag

Instructions:

First, put a large pot on to boil. Fill it about 2/3 full. Then crack two eggs into a sandwich-sized plastic ziplock bag and cheese, ham, crumbled bacon etc

Seal the bag and mush it with your hands until you have it all solidly mixed together. The yolks should break while you do this.

Place the **sealed** bag into the pot with water at a full boil. Cook for about 6-9 minutes, depending on the size of the omelet. (you may have to roll the bag to its other side halfway through to get it to cook evenly)

Camping
OMELETTES IN A BAG
at home



Use tongs to remove the bag from the water. Place it on a plate **that you will not be eating off of** and open the bag. Careful not to burn yourself, as it may release some steam.

Poke the omelet with a fork before removing it to see if it is done. It should be fairly resistant, and pretty easy to judge. Then serve.

Avocado Toast

Ingredients:

- Bread
- Avocado
- Salt, pepper, a few sprinkles of lemon juice

Instructions:

Toast the bread. Carefully cut the avocado in half lengthwise, remove pit, scoop out the avocado. Spread it on toast and top with the seasonings.

Try sprinkling it with crumbled bacon!



Fruit Salad

Ingredients:

- 2 cups mixed fruits – any combination you can think of
- 2-3 tablespoons of Honey
- 2 teaspoons of Lime juice

Instructions:

Chop fruits, mix with honey and lime juice.
Chill before serving.



One-Pan Quesadilla

Ingredients:

- Tortilla

- Cheese

- Beans or chicken

Optional ingredients chopped onions, sliced jalapeños or black beans

Instructions:

Layer the tortilla with cheese and the filling.

Fold in half. Cook this in a medium warm pan, flip and be sure both sides are lightly browned and crispy.



Microwave Mac and Cheese

Ingredients:

- 1/3 cup macaroni shape of your choice
- 1/2 cup water
- 1/4 cup milk
- 1/2 cup shredded cheese

Instructions: Place your pasta and water into a large mug.

Place the mug in the microwave and cook for 8 to 10 minutes. Stir it every 2 minutes.

Once Pasta is fully cooked remove from the microwave and add the milk and cheese and stir well.

Heat in the microwave for an additional minute until the cheese is fully melted.

Remove from the microwave and stir until all of the cheese and pasta is mixed well.

