

# TOP 10 RECIPES



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# BLACKBERRY *whiskey* LEMONADE



READY IN: 1 HOUR

YIELD: SERVES 4-5

## INGREDIENTS

FOR THE BLACKBERRY SIMPLE SYRUP:

12 ounces fresh blackberries  
1/2 cup sugar

FOR THE BLACKBERRY WHISKEY LEMONADE:

7.5 ounces whiskey  
7.5 ounces lemon juice  
1 large rosemary sprig, plus extra for garnish  
6 ounces blackberry simple syrup

## NOTES

Lighten the drinks up a bit (and stretch them to serve more people) by topping each drink off with a splash of tonic water or sparkling wine.

## INSTRUCTIONS

FOR THE BLACKBERRY SIMPLE SYRUP:  
Stir blackberries and sugar together in a small saucepan over medium heat.

Cook for 20-30 minutes, stirring occasionally, until blackberries have softened and you have a thick syrup.

Strain syrup through a mesh sieve to separate any seeds or lumps from the syrup. Let cool on the counter for 20 minutes or so before you make the drinks.

FOR THE BLACKBERRY WHISKEY LEMONADE:

Combine all ingredients in a large shaker and add a handful of ice cubes. Depending on the size of your shaker, you may have to shake the drinks in two batches.

Shake to combine. Pour whiskey lemonade over ice into glasses, garnish with a sprig of rosemary, and serve immediately.

# LEMON *vanilla* CUPCAKES

## INGREDIENTS

### FOR THE CUPCAKES:

1/2 cup unsalted butter,  
room temperature  
3 tsp. vanilla extract  
1.5 tsp. lemon juice  
1 tsp. lemon zest  
1 cup sugar  
1 egg  
1 egg white  
1.5 cups flour  
1 tsp. salt  
1/2 cup milk  
1 Tbsp. apple cider  
vinegar  
2 tsp. baking soda

### FOR THE VANILLA BUTTERCREAM:

1/4 cup unsalted butter,  
room temperature  
2 tsp. vanilla extract  
2 Tbsp. milk  
2 cups powdered sugar

## INSTRUCTIONS

### FOR THE CUPCAKES:

In a stand mixer, cream together butter, vanilla, lemon juice, lemon zest, and sugar. Add the egg and egg white to the mixer while it runs on low speed.

In a small bowl, sift together the flour and salt.

In a glass measuring cup, mix the milk and apple cider vinegar. Add baking soda and stir. The mixture will foam up a bit - that's fine!

Alternate adding the flour mixture and the buttermilk mixture to the batter, mixing after each addition until all the ingredients have been incorporated.

Scoop batter into lined cupcake pans and bake at 375 for 15-20 minutes or until a toothpick comes out clean. Remove cooked cupcakes to a wire rack to cool.

### FOR THE VANILLA BUTTERCREAM:

In a medium bowl, cream together butter, vanilla, and 1/4 cup of the powdered sugar.

Add 1 Tbsp. of the milk and another 1/2 cup of the powdered sugar and mix well.

Add remaining milk and stir, then add remaining powdered sugar as needed until frosting has achieved your desired consistency.



READY IN: 1 HOUR      YIELD: 14-16 CUPCAKES

# tequila battered ONION RINGS



READY IN: 1.5 HOURS

YIELD: SERVES 4

## INGREDIENTS

### FOR THE ONION RINGS:

1 onion, sliced and separated into  
1/3" thick rings  
3 cups milk  
1/4 cup apple cider vinegar  
2 Tbsp. Tequila

### FOR THE TEQUILA BATTER:

1/2 cup tequila  
1/2 cup milk  
1 tsp. salt  
2 cups flour

### FOR THE YOGURT SAUCE:

1/2 cup plain greek yogurt  
1 Tbsp. lime juice  
1 Tbsp. honey  
salt and pepper to taste

### FOR FRYING:

6 cups vegetable or canola oil

## INSTRUCTIONS

### FOR THE ONION RINGS:

Stir together the milk, apple cider vinegar, and tequila in a large bowl.

Submerge the sliced and separated onion rings in the buttermilk mixture and refrigerate for at least 1 hour (I like to pop them in the fridge while I get the rest of the stuff ready and heat the oil, but you could leave them in for several hours if you're making them in advance).

### FOR THE TEQUILA BATTER:

Whisk tequila, milk, salt, and 1 cup of the flour together to form a batter. Set aside.

Place the remaining 1 cup flour on a large plate or platter and set aside.

### FOR THE YOGURT SAUCE:

Whisk all ingredients together in a small bowl. Store in the fridge until you're ready to serve it.

# tequila battered ONION RINGS

(CONTINUED)

## INSTRUCTIONS (CONTINUED)

### TO ASSEMBLE AND FRY:

Heat the 6 cups of vegetable oil over medium-high heat in a large, sturdy pot. Test oil after 25 minutes by flicking some flour into it. If it sizzles, it's ready to go. If not, wait five minutes and test it again.

When oil is hot, line up onion rings (still in the buttermilk), plate of flour, and tequila batter to make a battering/frying station. I like to also have a plate ready with a few paper towels on top, to drain the onion rings once they're fried.

Pull onion rings a few at a time from buttermilk, shake off excess, and dredge them in flour. When the rings are covered in flour, transfer to tequila batter and turn to coat completely. Shake off excess batter and gently place the battered rings in the hot oil. Put rings in oil one at a time, to allow the oil to come back up to temperature for a few seconds in between each addition. I like to fry 4-5 large rings at a time.

Fry rings for 3-4 minutes on each side until they're a deep golden brown. Remove cooked onion rings to a paper-towel lined plate and repeat the battering & cooking process until you've fried all of your onion rings.

Serve immediately with Honey Lime Yogurt Sauce on the side for dipping.



# MUSHROOM *spinach* LASAGNA

## INGREDIENTS

3/4 lb. lasagna noodles  
3 Tbsp. Olive Oil  
1/2 large yellow onion,  
diced  
2 cloves garlic, minced  
Salt and pepper to taste  
1/2 lb. baby portobello  
mushrooms, sliced  
3 Tbsp. flour  
2 <sup>2</sup>/<sub>3</sub> cups chicken stock  
3/4 cup milk (I use skim)  
3 cups spinach  
3.5 cups shredded  
parmesan cheese

## NOTES

Freeze assembled lasagna ahead of time if you don't want to bake it immediately.

Add 2 cups of diced chicken to sauce for added protein.

## INSTRUCTIONS

Cook noodles in very salty water until 4 minutes less than al dente.

In a large saucepan, heat oil over medium heat. Add onion, garlic, salt, pepper, and mushrooms and saute until onion is translucent, about 5 minutes.

Stir in flour to form a roux. Cook for 1 minute.

Slowly add stock to pan, stirring constantly to break up the roux. Once all stock is incorporated, add milk to sauce, stir, and simmer for 10-15 minutes until thickened.

Add spinach to sauce and cook until wilted, about 5 mins.

Remove sauce from heat and add 1.5 cups of the parmesan. Stir until cheese has melted.  
(Reserve remaining cheese for assembling the lasagna).

To assemble, spread a thin layer of sauce on the bottom of a 9 x 13 baking dish to prevent sticking. Lay lasagna noodles down, then a layer of sauce, then a layer of parmesan cheese, and repeat until the pan is full. End with a layer of cheese on top.

Bake at 375 for 30-35 minutes or until cheese is melted and bubbly.



READY IN: 1 HOUR

YIELD: SERVES 4-6

# ONE POT *creamy corn* AND TOMATO PASTA



READY IN: 30 MINUTES

YIELD: SERVES 4-6

## INGREDIENTS

1 lb. orecchiette pasta  
1/4 cup extra virgin olive oil  
salt and pepper to taste  
2 cups sweet corn kernels  
2 cups quartered cherry tomatoes  
1/4 cup cream cheese  
1 cup chopped fresh cilantro

## NOTES

Don't forget to salt your pasta water! Seasoning makes all the difference here since there are so few ingredients, and if you omit the salt in this recipe you'll end up with a bland dish. Also, don't skimp on the black pepper - using fresh ground black pepper (instead of pre-ground) gives this pasta a nice extra bit of flavor!

## INSTRUCTIONS

Cook pasta in very salty water until al dente. Drain and set aside. Return pan to stove.

Heat olive oil in pan over medium-high heat.

Add sweet corn and cherry tomatoes and saute until corn is cooked through, about 3 minutes.

Add cream cheese to pan and stir until cream cheese is melted, about 2 minutes.

Add salt and pepper to taste.

Return pasta to pan and toss to coat with sauce.

Reserve 2 tablespoons of chopped cilantro for garnish. Toss remaining cilantro with pasta.

Serve immediately and top with reserved cilantro for garnish.

# spicy MACARONI AND CHEESE

## INGREDIENTS

1 lb. elbow macaroni  
3 Tbsp. unsalted butter  
3 Tbsp. flour  
2 cups milk (I use skim)  
3 cups shredded cheddar cheese  
1/2 tsp. mustard powder  
1/2 tsp. cayenne pepper, divided  
1/2 tsp. paprika, divided  
Salt and fresh ground black pepper to taste

## NOTES

Shred your own cheese whenever possible - pre-shredded cheese often has added chemicals that prevent it from melting well.

If your sauce isn't smooth enough, blend it with an immersion blender for a few seconds.

## INSTRUCTIONS

Cook pasta in very salty water until 4 minutes less than al dente. Drain and set aside.

In a large saucepan (I use the same pot I cooked the pasta in) melt butter. Whisk in flour to form a roux and cook for 1 minute.

Whisk milk into roux a bit at a time, working out all the clumps so you have a smooth sauce. Cook sauce over medium heat until it has thickened, about 8 minutes.

Remove sauce from heat. Add  $2\frac{2}{3}$  cups of the cheddar cheese to sauce and stir until it melts.

Stir mustard powder, 1/4 tsp. cayenne pepper, 1/4 tsp. paprika, salt and pepper into sauce. Add cooked pasta to sauce and toss to coat.

Pour pasta into a 9 x 13 baking dish. Top with extra cayenne, paprika, and shredded cheddar cheese.

Bake pasta at 375 degrees F for 15-25 minutes until cheese has melted and edges are crispy.



READY IN: 45 MINUTES

YIELD: SERVES 4-6

# CREAMY mushroom & garlic sauce



READY IN: 30 MINUTES

YIELD: SERVES 4-5

## INGREDIENTS

3 Tbsp. extra virgin olive oil  
12 oz. baby portobello mushrooms,  
sliced  
2 cloves garlic, minced  
4 large green onions, chopped  
salt and pepper to taste  
2 Tbsp. flour  
1.5 cups milk (I used skim)  
2/3 cup parmesan cheese, shredded  
1/4 cup fresh parsley, chopped

## NOTES

I generally serve this sauce with pasta, but it's also great with chicken, fish, or even on a pizza with some spinach tomatoes.

To make a heartier pasta sauce, add chopped tomatoes, steamed vegetables like broccoli, peas, or asparagus, or stir in some chopped chicken or italian sausage.

## INSTRUCTIONS

In a large saucepan, heat olive oil over medium heat.

Add mushrooms, garlic, green onions, salt and pepper and saute until mushrooms have reduced in size, about 4 minutes. If mushrooms soak up the olive oil, add a bit more.

Add flour to saucepan and stir to form a roux. Cook for one minute.

Slowly add milk, stirring constantly to break up any lumps. When all milk is incorporated, bring sauce to a simmer and cook until thickened, about 5 minutes.

Remove sauce from heat and stir in parmesan cheese and chopped parsley. Stir until cheese has melted.

Serve immediately over 1 lb. of cooked pasta or 4 grilled chicken breasts. Garnish with extra parmesan or parsley if desired.

# PARMESAN wonton CRACKERS

## INGREDIENTS

1/2 cup extra virgin olive oil  
25 wonton wrappers (about  
1/2 of a standard  
package)  
1 cup shredded parmesan  
cheese  
1/2 cup chopped parsley  
salt and pepper to taste

## INSTRUCTIONS

Cut the square wonton wrappers in half to form rectangles.

Lay wonton pieces out in a single layer on a baking sheet. Brush with olive oil and lightly sprinkle with parmesan cheese, parsley, salt and pepper.

Bake at 375 degrees F for 8-10 minutes or until wontons are brown and crispy. Serve immediately or store in an airtight container for 3-4 days.

## NOTES

Use flavored oil or mix up the herbs to give these crackers a new twist.



READY IN: 15 MINUTES

YIELD: 50 CRACKERS

# PORTOBELLO mushroom PIZZAS



READY IN: 30 MINUTES

YIELD: SERVES 4-5

## INGREDIENTS

4 large portobello mushroom caps  
3 Tbsp. extra virgin olive oil  
1/2 cup cherry tomatoes, sliced  
2 cups shredded mozzarella cheese  
1/2 cup chopped fresh basil  
Salt and pepper to taste

## NOTES

Substitute 1 large diced roma tomato for the cherry tomatoes if you like.

Garnish pizzas with additional chopped basil for a fun presentation.

## INSTRUCTIONS

Form 4 small rings of aluminum foil. Place them on a baking sheet and set mushrooms on top with the concave side facing up. This will keep the mushrooms from getting soggy as they bake.

Drizzle portobello caps with olive oil and sprinkle with salt and pepper.

Sprinkle a handful of mozzarella onto each mushroom cap, then top with a few slices of tomato and a sprinkling of basil. Finish with another handful of mozzarella.

Bake at 375 degrees F for 20-25 minutes, until mushrooms have softened and cheese has melted. Serve immediately.

# PARMESAN *spinach* ORZO

## INGREDIENTS

2.5 cups uncooked whole wheat orzo  
2 Tbsp. extra virgin olive oil  
2 green onions, chopped  
1 clove garlic, minced  
Salt and Pepper to taste  
2 tsp. flour  
1 cup milk (I used skim)  
2/3 cups chopped spinach  
1/2 cup shredded parmesan cheese

## NOTES

To make a meal of this orzo, double the sauce recipe and stir in 2 cups chopped chicken.

You can also mix this dish up by adding steamed vegetables, tomatoes, or sauteed mushrooms.

## INSTRUCTIONS

Cook orzo in very salty water until al dente. Drain and set aside.

Heat olive oil in a medium-sized pot over medium heat. Add onions, garlic, salt and pepper and saute until onions are translucent, about 3 minutes. Whisk in flour to form a roux and cook for an additional minute.

Slowly add milk to pot, whisking constantly to work out any lumps. Bring to a simmer and cook until sauce has thickened, about 8 minutes.

Add chopped spinach to sauce and cook an additional 2 minutes or until spinach has cooked down. Remove sauce from heat.

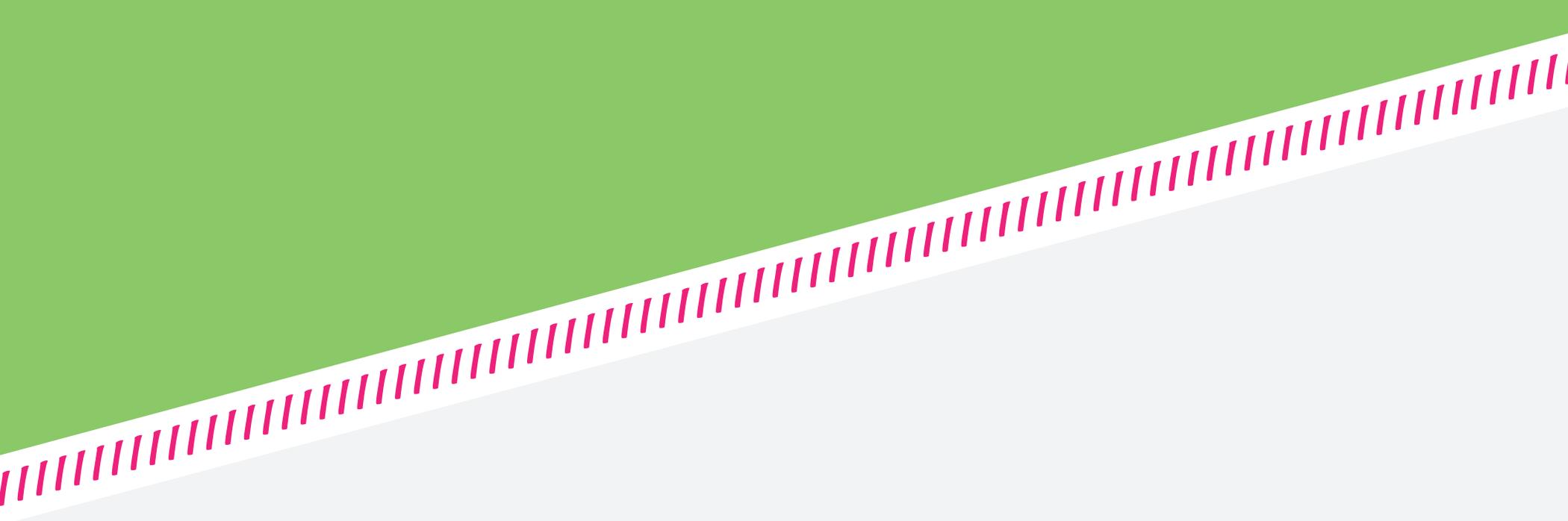
Stir parmesan cheese into sauce and stir until cheese is melted.

Add cooked orzo to sauce and toss to coat. Garnish with extra parmesan cheese and serve immediately.



READY IN: 30 MINUTES

YIELD: SERVES 4



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