

# Heath Extended Day Recipe Share



## Something Savory

Carbonara  
Chicken Broccoli Ziti  
Luca's "Boño Balls"

## Something Sweet

Crowd Pleaser  
Flour's Famous Banana Bread  
Lemon Ricotta Pancakes  
Starbux Vanilla Bean Frappuccino

# Savory

## Carbonara (2-3 servings)

Shared by Emily

“Inspired by the New York Times, perfected by Emily”

1/2 to 2/3 pound of stringy pasta (preferably thin linguine)

1/3 pound to 1/2 pound of spicy italian sausage removed from casing, bacon, pancetta, or a fatty protein of your choosing in small pieces

2-3 eggs

2/3 cup shredded parmesan

1/3 cup shredded romano pecorino cheese

Few Handfuls of frozen petite peas or sugar peas

Black pepper to taste

1. Put a large pot of water on to boil.
2. While water is boiling for pasta, cook your protein over medium heat until just brown/crispy.
3. Mix eggs with cheese using a whisk.
4. Add pasta to water when it is boiling. Cook as directed. With about 2 minutes or so on pasta's cooking time add frozen peas.
5. Drain pasta and save 1 cup of cooking water. Put pasta back in the pot used for cooking.
6. Wait 3-4 minutes for pasta and pot to cool. Add in protein with some oil from the cooking process and egg mixture. Stir to coat pasta.
7. If needed, add a small amount of reserved cooking water to lighten the sauce.
8. Serve with pepper and extra parmesan.

## Chicken Ziti Broccoli

Shared by Noelle

"I'm literally making this tomorrow night"- Noelle

### Ingredients

1lb boneless chicken cut up into bit size pieces  
4 cloves of fresh garlic diced  
3/4 cup of extra virgin olive oil  
1/2 stick of salted butter  
2 bags or frozen broccoli florets  
1 box of bow tie pasta  
1 can of small black olives  
Pinch of black pepper and crushed red pepper

### Step 1.

Combine olive oil, black pepper, red pepper and garlic in an extra large wok over low heat.

Add in cut up chicken. Add in butter once the chicken is cooked.

### Step 2.

Stir in pre defrosted broccoli and olives.

### Step 3.

Boil water and cook the pasta.

### Step 4.

Add drained and cooked pasta once broccoli is fully coated in oil and cooked.

Mix all together and enjoy!

## Luca's "Boño Balls"



When Luca was a toddler and we lived in Spain, Luca pronounced Bolognese sauce "salsa boñolesa" - so we call these "boño balls!"

Serves 4 to 6

### Ingredients

- 1 batch pizza dough
- 1 - 2 cups Bolognese sauce (or any tomato-meat sauce)
- 1 egg beaten with a pinch of salt and a drop of milk
- Sesame seeds (optional)

### Equipment

- 9-inch springform baking pan or other round baking pan (even a pie plate would work!)
- Pastry brush
- Rolling pin

### instructions

1. Adjust oven rack to middle position and heat oven to 375. Lightly grease baking pan.
2. Divide pizza dough into 8 equal portions. Roll each portion into an oval shape. Spoon a mound of sauce onto one side of oval. Fold dough over sauce and seal edges ("like an empanada"). Gently tuck edges of dough underneath to form a rough ball shape and place ball into baking pan. Repeat with remaining dough pieces and sauce until you've piled all of the filled dough balls into the baking pan. Cover with lightly greased plastic wrap and let rise for about 45 minutes.
3. Remove plastic wrap. Brush top with egg wash and sprinkle with sesame seeds. Bake until golden brown, about 25 minutes. (Start checking after 15 minutes because ovens vary!)
4. Let cool slightly before pulling or cutting apart. Serve with a fresh crunchy salad!!

# Sweet

## Crowd Pleaser

Shared by Malaina

This is a family favorite! At times, I replace the German sweet chocolate with peanut butter chips to make a peanut butter sauce in place of a chocolate sauce.

1. Crush 25 Oreos
2. Add 1/4 cup melted butter
3. Press into 9X13" Pan
4. Slice 1/2 gallon of vanilla (or your favorite flavor) ice cream and lay on to of crust.
5. Put in freezer
  
6. Combine in saucepan:
  - 4 oz German sweet chocolate
  - 2/3 cup evaporated milk
  - 1/2 tsp. Salt
  - 2/3 cup sugar
  - 1/2 cup butter
  
7. Boil 4 minutes, stirring constantly. Add 1 tsp. Vanilla. Cool
8. Pour sauce over mixture in 9"x13" pan.
9. Cover with non-dairy whipped topping
10. Freeze and enjoy

## Flour's Famous Banana Bread

Shared by Brad

Total Time: 2 hours 20 minutes

Prep: 20 Minutes

Inactive: 1 hour

Cook: 1 hour

Yield: 1 loaf

Level: Easy

### Ingredients

1 2/3 cups all purpose flour  
1 teaspoon baking soda  
1/4 teaspoon ground cinnamon  
1/2 teaspoon salt  
1 cup plus 2 tablespoons sugar  
2 eggs  
1/2 cup oil  
3 1/2 bananas, very ripe, mashed  
2 tablespoons creme fraiche or sour cream  
1 teaspoon vanilla extract  
2/3 cups walnuts, toasted and chopped

### Directions

Set oven to 350 degrees F. Line the bottom of a loaf pan with parchment paper.

Sift together the flour, baking soda, cinnamon and salt. Beat sugar and butter with a whisk until light and fluffy, about 10 minutes. Drizzle in oil. Add mashed bananas, creme fraiche, and vanilla. Fold in dry ingredients and nuts. Pour into a lined loaf pan and bake for about 45 minutes to 1 hour.

Recipe courtesy of Chef Joanne Chang of Flour Bakery in Boston

## Lemon Ricotta Pancakes

Shared by Robin

"You know pancake boards are very in at brunch right now"-Emily

\*Make it a pancake board by serving on a cutting board with a wide array of toppings

### Ingredients

- 1 1/2 cups (214g) all-purpose flour (scoop and level to measure)
  - 3 1/2 Tbsp (46g) granulated sugar
  - 2 tsp baking powder
  - 1/4 tsp baking soda
  - 1/2 tsp salt
  - 1 cup (236ml) milk
- 3/4 cup (180g) ricotta (low-fat or whole)
  - 3 large eggs
  - 1 tsp vanilla extract
- 1 - 2 Tbsp lemon zest (depending on how lemony you want them)
  - 1/4 cup (60ml) fresh lemon juice
  - 1 Tbsp (14g) butter, melted

### Instructions

1. Preheat an electric griddle to moderately-high heat (or use a non-stick skillet set over medium heat).
2. In a mixing bowl whisk together flour, granulated sugar, baking powder, baking soda and salt for 20 seconds.
3. Make a well in the center of the flour mixture and set aside.
4. In a separate large mixing bowl, whisk together milk, ricotta, eggs and vanilla until well blended.
5. Add butter, lemon zest and lemon juice to milk mixture and blend until combined (it will curdle a little, that's fine).
6. Immediately pour milk mixture into flour mixture and whisk just to combine (batter should be slightly lumpy).
7. Pour 1/3 cup batter onto the buttered griddle or skillet and cook until bubbles begin to appear on the surface and the bottom is golden brown, then flip and cook on the opposite side until golden brown.
8. Serve warm dusted with powdered sugar if desired and drizzled with maple or berry syrup. Also good the Canadian way: drizzle lemon juice on top and then cover with granulated sugar!

## Starbux Vanilla Bean Frappuccino

Shared by Nathaniel  
"This is my favorite!"-Nathaniel

### INGREDIENTS

1/2 a cup of milk  
1 scoop of vanilla bean Ice cream  
1/2 a cup of crushed ice  
1/4 teaspoon of vanilla extract  
1 table spoon of whipped cream (topping only)

### DIRECTIONS

Put all ingredients (except whipped cream) In a blender  
Pour into a glass  
Top with whipped cream.