



Down Syndrome Achievement Centers
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Fargo, ND

GiGi's Kitchen

Summer 2020 Recipes



GiGi's Kitchen

Bell Pepper Pizza's

Ingredients:

1 large bell pepper (each person)

1/4 cup pizza sauce or spaghetti sauce

1/4 cup grated cheese

Pizza toppings (pepperoni, sausage, pineapple, veggies)

Directions:

1. Preheat oven to 350°. On a sheet tray, drizzle peppers with olive oil and season with salt and pepper.

2. Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with pepperoni. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.

3. Enjoy

Reference: Delish.com



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Green Smoothies

Ingredients:

- 1 cup Milk or Milk Substitute
- 1 banana, sliced and frozen
- 1/2 cup frozen fruit (pineapple, strawberries or mango)
- 1 cup loosely packed baby spinach (or Kale)
- 1/4 cup Greek yogurt or nut butter

Directions:

- 1 Place ingredients in blender
2. Blend until smooth
3. Enjoy

Reference: AllRecipes.com



GiGi's Kitchen

Layered Taco Bake

Ingredients:

1 lb Ground beef (can substitute ground turkey or chicken)

Taco seasoning (water as called for on back of seasoning packet)

3-4 Flour tortillas (8-inch size) (can substitute with corn tortillas)

Mild salsa con Queso

Shredded cheese blend

We will be using the stove to brown the meat and oven to cook the Taco Bake.



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Layered Taco Bake

Directions:

1. Brown and crumble ground beef. Drain excess grease.
2. Add in taco seasoning and water (following directions on back of seasoning packet).
3. Once the taco meat is ready, turn off heat and add in 1/2 cup salsa con queso. Give it a good stir until thoroughly combined.
4. Preheat oven to 350F degrees. Spray an 8-inch round baking pan with nonstick cooking spray.
5. Layer the bottom of the pan with a flour tortilla. Now add about 1/3 of the ground beef taco filling on the the first layer. Then add 1/3 of the shredded cheese. Continue until you are done with all the layers: another tortilla, more taco mixture, more cheese.
6. Bake at 350F degrees for about 15-20 minutes until cheese is melted and edges are slightly golden brown.
7. Allow to cool for a couple of minutes. Slice and serve.

Reference: The Country Cook

<https://www.thecountrycook.net/taco-bake/>



GiGi's Kitchen

Frozen S'mores

Ingredients:

- 12 graham crackers
- 1 box instant chocolate pudding mix
- 2 cup cold milk
- 1 cup marshmallow Fluff
- 1 gallon vanilla ice cream, softened



Directions:

1. Line a baking sheet with parchment paper and line the bottom of the dish with six whole graham crackers.
2. In a large bowl, whisk together pudding mix and milk. Whisk for about 2 minutes, until the pudding has thickened. Spread pudding onto graham crackers and freeze until the pudding is solid, about 20 minutes.
3. In another large bowl, fold fluff into ice cream until mostly combined. Quickly spread ice cream mixture over the frozen pudding. Top with another layer of six graham crackers.
4. Freeze until the ice cream is frozen and solid, about 2 hours. Slice into squares and serve immediately.

Reference: Delish.com

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Cucumber Salad

Ingredients:

2 seedless cucumbers, thinly sliced
1/2 red onion, thinly sliced
1 Tbsp Dill
1/2 cup Greek Yogurt (or sour cream)
1 Tbsp distilled white vinegar
1 tsp sugar
1 tsp salt
dash garlic powder



Directions:

1. Thinly slice cucumbers
2. Thinly slice onion
3. In a large bowl, mix distilled white vinegar and sugar. Add in Green yogurt, salt and dash or garlic powder.
4. Add sliced cucumbers and onions.
5. Mix together, chill and serve.

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Chicken Salad

Ingredients:

12 oz canned chicken breast
2 cucumbers, thinly sliced
1/2 red onion, thinly sliced
1 Tbsp Dill
1/2 cup Greek Yogurt (or sour cream)
1 Tbsp distilled white vinegar
1 tsp sugar
1 tsp salt
dash garlic powder

Directions:

1. Place shredded chicken, green apple, red onion, celery, and dried cranberries into a large bowl. Mix and set aside.
2. Create the sauce by mixing together Greek yogurt, lemon juice, honey, garlic powder, salt, and pepper.
3. Add sauce to the shredded chicken mixture and mix until combined.

Reference: Fit Foodies Find

<https://fitfoodiefinds.com/greek-yogurt-chicken-salad/>



GiGi's Kitchen

Healthy Turkey Chili

Ingredients:

- 1 Tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped
- 2 teaspoons minced garlic
- 1 pound lean ground turkey
- 2-3 Tablespoons chili powder, more to taste
- 1 1/2 teaspoons ground cumin
- 1 teaspoon kosher salt, more to taste
- 1 teaspoon dried oregano
- 1-2 cups chicken broth (depending on how thick you like your chili)
- 30 ounces petite diced tomatoes (two 15 oz cans)
- 15 ounce can dark red kidney beans, drained and rinsed
- 15 ounce can black beans, drained and rinsed
- 15 ounce can white chili beans, drained and rinsed
- 1 1/2 cups corn, canned or frozen (optional)
- Optional toppings: cheese, sour cream, cilantro, avocados, tortilla chips



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Healthy Turkey Chili

Directions:

1. Heat the oil in a large pot over medium-heat. Stir in the onion, peppers and garlic. Cook for 5 minutes, or until the onions become translucent. Add in the ground turkey and cook until lightly browned. Drain if needed. Stir in seasonings.
2. Next add in the chicken broth, tomatoes and beans. Add corn if desired. Bring chili to a boil and then reduce the heat and simmer for at least 30 minutes. The longer the better. Taste and add more salt and seasonings if desired.
3. Ladle turkey chili into bowls and top with your favorite toppings.

Reference: I heart Naptime

<https://www.iheartnaptime.net/healthy-turkey-chili-recipe/>



GiGi's Kitchen

Grilled Pizza Roll Ups

Ingredients:

- 4 slices sandwich bread
- 4 mozzarella cheese sticks or 1/2 cup grated mozzarella
- 4 pepperonis, diced optional
- 1/2 cup marinara sauce, warmed
- 1 tablespoon butter

Directions:

1. Cut the crusts off the bread.
2. Using a rolling pin, roll out the pieces of bread until flat.
3. Place a cheese stick or 2 tablespoons of cheese on the edge of the bread closest to you and add the diced pepperoni if desired.
4. Tightly roll up the bread pressing the seam/end down to adhere.
5. Heat butter in a sauté pan over medium heat and cook the roll ups seam side down for 1-2 minutes or until golden.
6. Continue sautéing the rollups on each side until golden all over.
7. Cut each roll up into 4 “sushi rolls” and serve with marinara sauce.



Reference: Weelicious

GiGi's Kitchen

Breakfast Pizza

Ingredients:

- 1 package refrigerated crescent rolls
- 1 package turkey sausage crumbs/links
- 1 cup frozen hash brown (loose pack), thawed
- 1 cup shredded cheese
- 5 eggs
- 1/4 cup milk
- 1/2 tsp salt
- 2 Tbsp grated Parmesan cheese



Directions:

1. Cook sausage until brown, drain fat.
2. Separate rolls, place on round 12" pan (point of center), press sides to form crust.
3. Sprinkle with potatoes, sausage and cheddar cheese.
4. Mix eggs, milk, salt and pepper; pour over all.
5. Sprinkle with Parmesan.
6. Bake at 375 degrees F for 25-30 minutes.
7. Optional: top with salsa before serving

Reference: SuperValu 5/1/1994

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Healthy Blueberry Muffins

Ingredients:

- 1 serving cooking spray
- 1 1/2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 3/4 cup white sugar
- 1/3 cup applesauce
- 1/3 cup skim milk
- 1 egg
- 1 tsp vanilla extract
- 2 cups fresh blueberries



Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Spray 16 muffin cups with cooking spray.
2. Sift flour, baking powder, and cinnamon together in a bowl. Mix sugar, applesauce, milk, egg, and vanilla extract together in a separate bowl. Stir flour mixture into wet ingredients until just combined. Fold in blueberries. Fill muffin cups 2/3 full with batter.
3. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 minutes.

Reference: All Recipe <https://www.allrecipes.com/recipe/228483/best-100-calorie-blueberry-muffins/>

GiGi's Kitchen

Manicotti

Ingredients:

- 1 package (8 oz) Manicotti Shells
- 1 pound ground beef
- 1/2 cup chopped onion (pre-chop)
- 1 jar (26 oz) spaghetti sauce
- 1 package spaghetti seasoning (can substitute with seasonings you have at home too)
- 14 pieces string cheese
- 1 1/2 cup (6 Oz) shredded mozzarella cheese



Directions:

1. Cook manicotti according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce. Spread half of the meat sauce into a greased 13x9-in. baking dish.
2. Drain manicotti; stuff each shell with a piece of string cheese. Place over meat sauce; top with remaining sauce. Cover and bake at 350° until heated through, 25-30 minutes.
3. Sprinkle with mozzarella cheese. Bake until the cheese is melted, 5-10 minutes longer.

Reference: Taste of Home

<https://www.tasteofhome.com/recipes/easy-to-stuff-manicotti/>

GiGi's Kitchen

Pizza Ring

Ingredients:

- 1 lb ground Italian sausage, cooked and drained
- 3 oz pepperoni slices, quartered (about 42 slices)
- 1 1/2 cups shredded pizza cheese (6oz)
- 1 1/2 cups pizza sauce
- 2 cans refrigerated crescent dinner rolls
- 1 Tbsp butter, melted
- 1 Tbsp grated Parmesan cheese



Directions:

1. Heat oven to 375 degrees F. In medium bowl, mix cooked sausage, pepperoni, cheese and 3/4 cup of pizza sauce.
2. Unroll both cans of dough; separate into 8 rectangles. On ungreased cookie sheet, arrange rectangles in a ring so short sides of rectangles form a 5-inch circle in center. Dough will overlap.
3. Spoon sausage mixture on the half of each rectangle closest to center of the ring.
4. Bring each dough rectangle up over filling, tucking dough under bottom layer of dough to secure it. Repeat around ring until entire filling is enclosed (some filling may show a little).
5. Gently separate dough perforations on top until filling peeks through. Brush top of dough with melted butter, and sprinkle with Parmesan cheese. Bake 20 to 25 minutes or until dough is golden brown and thoroughly baked. Cool 5 to 10 minutes before cutting into serving slices. Just before serving, in small microwavable bowl, microwave remaining 3/4 cup pizza sauce uncovered on Medium-High (70%) 1 to 2 minutes or until hot.

Reference: Pillsbury <https://www.pillsbury.com/recipes/pizza-crescent-ring/53b8cea5-3d51-42c3-849d-9498c32e2210>

GiGi's Kitchen

GiGi's Kitchen is designed to emphasize the importance of health and wellness through nutrition education, kitchen safety, food preparation, social activities and a shared meal/snack. Under the guidance of program leaders, participants will learn about and progress through skills including measurements, food handling, knife skills, ingredient identification, palette expansion, and nutrition. Participants will be introduced to various cooking techniques. GiGi's Kitchen program will build participants self-esteem and self-confidence through nutrition and wellness! This program is recommended for ages 5-12, 13-17, 18+.

