

Glover Falcon Cookbook

Ms. Shannon Pierce-Murphy's class



Illustrated by Kaylee

and Emmy

Background

This was an idea inspired by students in this class in 2021. They wanted to do something special for people that loved to cook, but unable to read. The students look up recipes from the internet, find the pictures, and then finally cook the recipe. We hope you will enjoy this gift from us to you and enjoy some tasty snack and meals.

Thank you,

Shannon Pierce-Murphy

Students

Kaylee, Emmy, Josabot, Jeramey, Emma, Tadan,
Chelsie, Keygan, Micah, Iris

Students' comments:

It was hard but got easy.

Hard to find the pictures for the recipes

It made me feel happy to make the cookbook

-Emma

The cookbook can be hard to do. It will be easy to do with an adult. Adults can help, they can teach you. I will have you to have help. I love cookbooks, they're fun.

-Kaylee

MY FAVORITE FOOD IS COOKIES AND CUPCAKE. THEY ARE SO GOOD AND SWEET. FAVORITE FLAVOR CHOCOLATE. I FEEL HAPPY AND GOOD WHEN DOING COOKBOOK. I LIKE TO COOK.

-EMMY

My favorite recipe is spam musabi. It had great flavor with Hawaiian sauce. I loved working on recipe because it makes good food. I love to cook.

-Josabot

It was hard. Measurement was confusing. I had to find the pictures for recipes.

I felt good making the cookbook.

-Jeramey



CHEESY BAKED RICE RECIPE

Ingredients:



1 c long-grain white rice, uncooked



1 (10 ounces) can condense French Onion soup



1 (10 ounces) can condensed beef broth



1/2 (1 stick) unsalted butter



2 cup shredded cheddar cheese

Directions:

Preheat the oven to 425 degrees F.



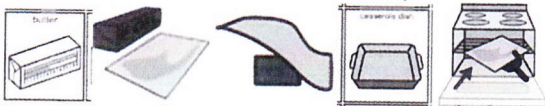
425



Stir rice, soup, and broth in a 9x9-inch baking dish.



Put butter slices on the top and cover tightly with foil.

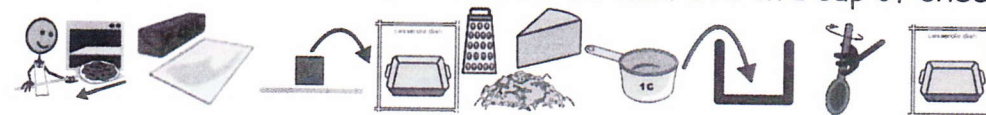


Bake for 30 min,

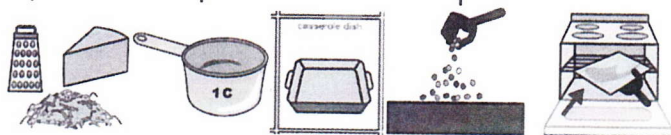


30

Remove the foil and cook for another 30 min. Stir in 1 cup of cheese.



Sprinkle 1 cup of cheese on top



Take out of oven, put on plate, and eat.



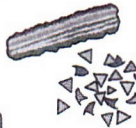
Bowtie Pasta Salad with Bacon

Ingredients

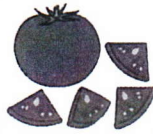
1 16-ounce box bowtie pasta.



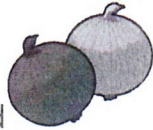
1 16-ounce package of bacon



1 large tomato, diced (appx. one cup)



2 green onions, finely sliced



1 cup mayonnaise



1 tablespoon red wine vinegar



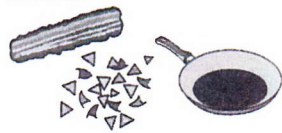
salt and pepper to taste



Instructions



1. Cook pasta according to package directions, rinse in cool water and drain well. Set aside.



2. Chop the bacon in small pieces and brown it in a large skillet. When the bacon is crisp, drain on paper towels and allow to cool.

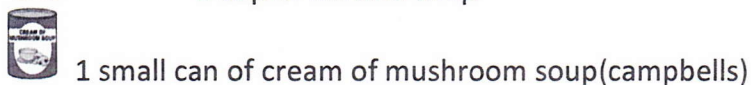
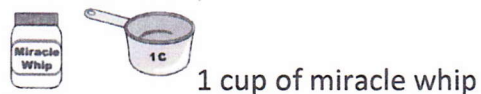
3.



put all ingredients in the bowl and mix ingredients and put in fridge 60 minutes

Broccoli Casserole

Ingredients



Directions

Take half of your red onion and chop it up put aside



Then in a big Pyrex bowl mix your one cup of miracle whip with your one can of cream of mushroom soup.



Then take your broccoli heads and cut up into little pieces and mix into your cream of mushroom soup mixture



after it is all mixed together put your cheddar cheese into mixture and mix it all together



then take one bag of saltine crackers and crush them up and sprinkle on top of the broccoli mixture



cook on 350 for 30 min to 40



then eat



Creamy fettuccine carbonara

Ingredients



1 box fresh fettuccine pasta



1/2 butter



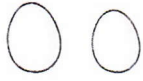
175g shortcut bacon rashers, chopped



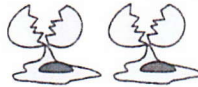
2 tablespoons oregano



2 teaspoon garlic



2 eggs



2 egg yolks



1/2 cup Cream



1/3 cup parmesan, finely grated

Instructions



Cook **pasta** following packet directions.



Meanwhile, melt **butter** in a frying pan over medium heat.



Add **bacon**. Cook for 4 minutes or until golden.



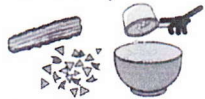
Add **garlic** and **oregano**. Cook, stirring, for 1 minute or until fragrant.



Whisk **eggs**, **yolks**, **cream** and **parmesan** in a bowl. Season with salt and pepper.



Drain pasta and return to saucepan.



Add egg mixture and bacon mixture to pasta.



Cook, tossing over low heat, for 1 minute or until sauce thickens and coats pasta.

Cinnamon apple oatmeal cup

Ingredients



1 cups oats



1\4 teaspoon vanilla extract



2 Tablespoons maple syrup



1\4 teaspoon salt



1 cup milk

Instructions



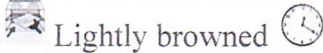
Preheat oven to 350f. spray a muffin pan with nonstick spray



Place all the ingredients together in a large bowl



Mix to combine until well blended, then transfer batter into prepared muffin cups.



Lightly browned

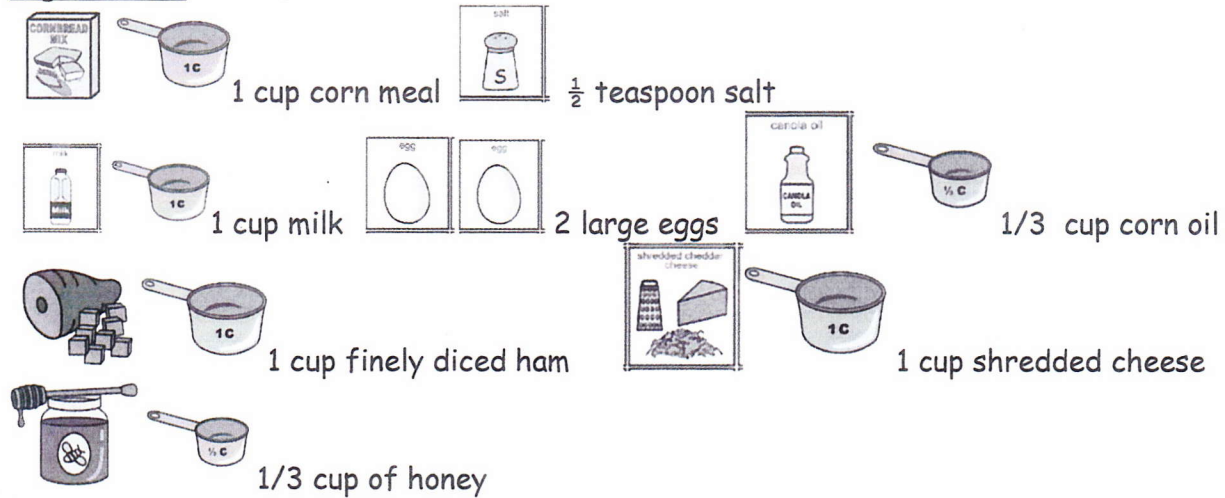
Bake in the preheated oven for 15 -20 minutes lightly browned



Take out of oven and cool

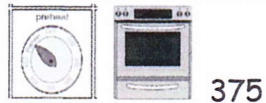
Ham and Cheese Corn Bread

Ingredients



Directions

Pre-heat the oven 375.



Spray a 12 -cup muffin pan with non - stick spray.



Using large bowl and whisk, combine the flour, cornmeal, and salt



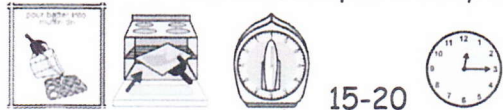
In separate bowl, combine the milk, egg, and oil, then pour the mixture into the dry ingredients and stir until blended.



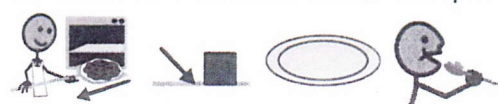
Fold in the ham, cheese.



Pour batter into muffin pan evenly among pans











Take out of oven. Let cool, then put on plate and eat.



Pumpkin oatmeal bar







Ingredients

  1 cup oats   1/4 cup chocolate chips (dark)
  1/4 teaspoon pumpkin pie spice   1/2 cup
pumpkin (canned)

Instructions:



Preheat oven to 350 degrees f, spray baking dish with cooking spray.

     
Combine all ingredients in a mixing bowl stir well

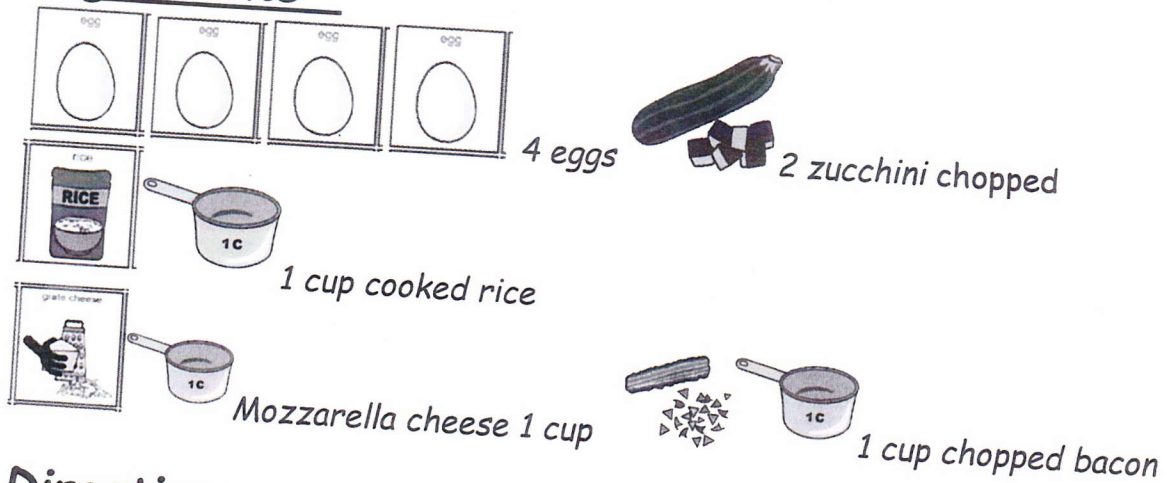
   
Press into prepared baking dish

  
Bake for 15 - 20 minutes until the top is golden

   
Take out of oven and cool

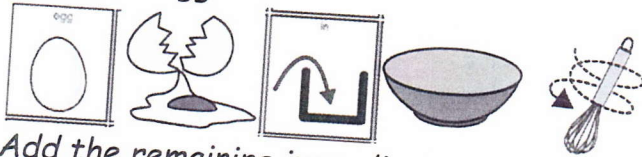
Zucchini Picnic Muffins

Ingredients



Directions

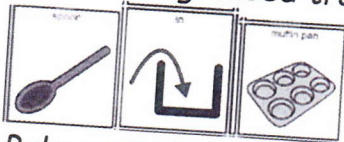
whisk the eggs



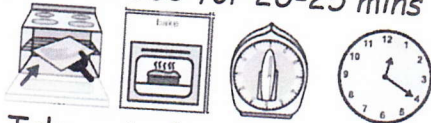
Add the remaining ingredients, mix well



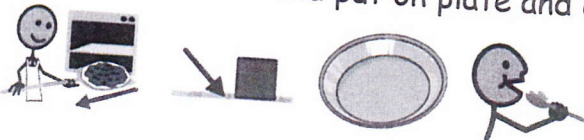
Spoon into greased tray



Bake at 360 for 20-25 mins



Take out of oven and put on plate and eat.



Ball Park Bites

Ingredients



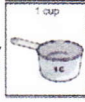
8 eggs



2 slices of ham



1 cup milk



1 cup of bacon



1 cup of sausage



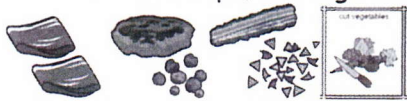
1 cup frozen mixed vegetables



1 cup shredded cheese

Directions Part 1

Cut ham into strips, cut vegetables, cut bacon, cut sausage.

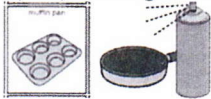


Directions Part 2

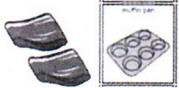
preheat oven to 350 degrees.



sprayed large muffin pan with cooking spray large bowl



Put ham slices in bottom of each cup of muffin pan.



Put some vegetables, bacon, sausage, and cheese into each cup of muffin pan.



Put eggs mixture into each cup of muffin pan and fill to top.



Put in oven. Bake for 25 minutes



Take out muffin pan from oven. Let cool. Put on plate and eat



Spam Musabi



INGREDIENTS



1/4 cup teriyaki sauce or Hawaiian Sauce



12 slices SPAM



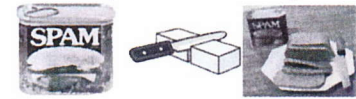
3-5 sheets nori or seaweed, 10-12-inch squares



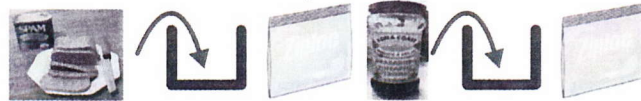
2-3 cups sticky rice, hot or room temperature

INSTRUCTIONS

Slice spam into 12 pieces



Hawaiian sauce in ziploc bag.



Let sit at least 15 minutes (this is a great time to cook your rice!).



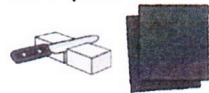
Remove SPAM from marinade and fry in a single layer in a pan on high heat.



Lightly brown the SPAM, 2-3 minutes on each side.



Cut your nori sheets into 2 1/2 - 3-inch-wide strips.



Using your Spam can with plastic wrap put in nori, slice of spam, rice, Take out of spam can and repeat. Eat immediately



Peanut butter Chocolate Chip cookies

INGREDIENTS:



1 cup peanut butter



1 cup sugar



1 tsp vanilla



1 egg



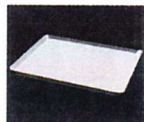
1 cup chocolate chips

DIRECTIONS:

Pour all of the ingredients into a large bowl and mix well. I just used a fork to mix. Super easy!



Next roll into 1-inch balls and place on an ungreased baking sheet.



Push down slightly with the tines of a fork



Bake at 325 degrees for 15 minutes.



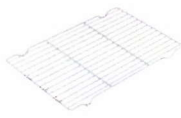
325



15 minutes



Take out of oven and put on cooling rack for 5 minutes, then eat.

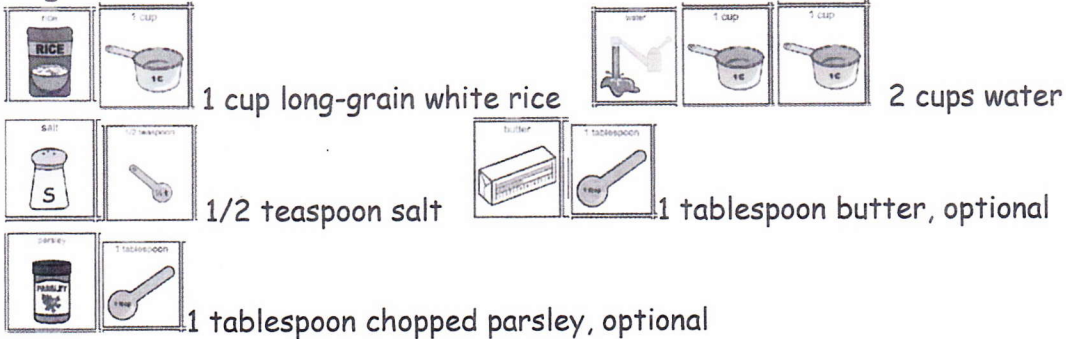


5 minutes



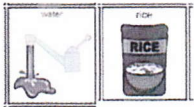
White Rice

Ingredients



Directions.

Rinse the rice until the water runs clear. Drain in a colander and set aside.



In a medium saucepan, bring the 2 cups of water to a boil. Add the salt, stir, and then add the rinsed and drained rice.

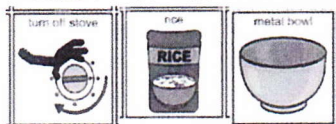


Stir with a fork.

Reduce the heat, cover the rice, and let it simmer for 20 minutes.



Remove from the heat, fluff with a fork, and transfer into a serving dish.



You can also stir in 1 tablespoon of butter or add chopped parsley or other herbs to the pot before serving.



Put in bowl and eat



Beef Lasagna

Ingredient Notes



hamburger



salt



pepper



dried oregano



marinara sauce.



Ricotta,



mozzarella, and



Parmesan



egg



lasagna sheets

Instructions



Preheat the oven: Set to 375 F degrees.



Brown the beef: In a saucepan or skillet, cook the ground meat until no longer pink. 1 tbsp of the oregano, salt, pepper and continue cooking.

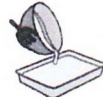
Prepare the sauces:



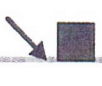
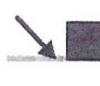
Add the marinara sauce to the skillet and the cup of water. Stir and bring to a boil. Remove from heat and set aside.



In a small bowl combine the ricotta cheese, 1 tbsp oregano, eggs, Parmesan cheese, salt and pepper. Mix well.



ladles of the sauce at the bottom, this is especially necessary now that the noodles aren't cooked.



repeat

Lay 3 lasagna noodles over the meat sauce. Next layer with ricotta mixture and about 1/2 cup of the mozzarella cheese. Repeat until you have 4 layers of noodles, and end with ricotta cheese and mozzarella cheese.

2 Ingredients cupcakes

Ingredients



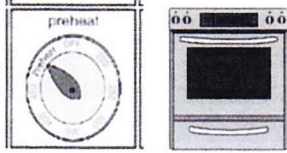
1 White Cake Mix



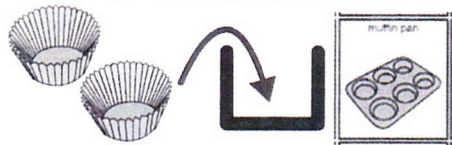
1 can (12 oz) carbonated beverage of choice

Directions

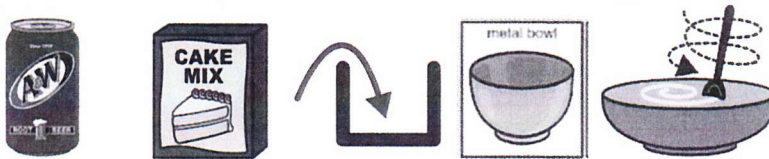
Heat oven to 350°F.



Place paper baking cup in each of 24 regular-size muffin cups.



In large bowl, beat dry cake mix and carbonated beverage



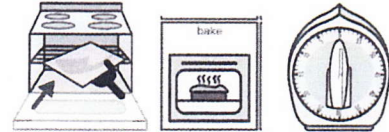
with electric mixer on low speed 1 minute, then on medium speed 2 minutes, scraping side of bowl.



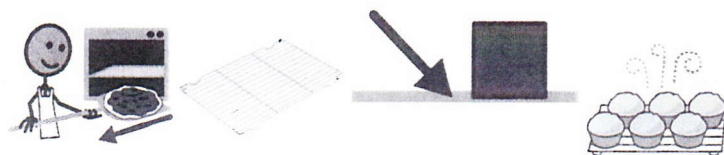
Divide batter among cups.



Bake 15 to 18 minutes or until toothpick inserted in center comes out clean.



Cool in pan 10 minutes; remove to cooling rack to cool completely, about 1 hour.



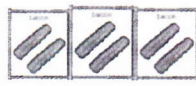
Potato Rounds

Ingredients

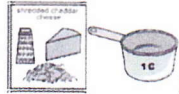
Ingredient Checklist



2 large baking potatoes



6 slices bacon



1 cup shredded Cheddar cheese

Directions

Place the potatoes in a large pot with enough water to cover.



Bring to a boil, and cook until tender when pierced with a fork,



20 minutes. Drain, and cool.



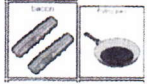
Preheat the oven to 350 degrees F



Lightly grease a baking sheet.



Cook bacon in a large skillet over medium-high heat until crisp.



Drain, cool, and crumble.



Slice the potatoes into 1/4-inch rounds and arrange them in a single layer on the baking sheet.



Sprinkle crumbles of bacon onto each round, then top with shredded Cheddar cheese.



Bake for 15 minutes in the preheated oven, or until cheese is melted



Take out of oven, put on a plate and eat.



Pasta Chips



½ pack of bowtie pasta box (about 8 ounces).



¼ cup of parmesan



¼ teaspoon black pepper



1 teaspoon basil



½ teaspoon of oregano



1 tablespoon of olive oil



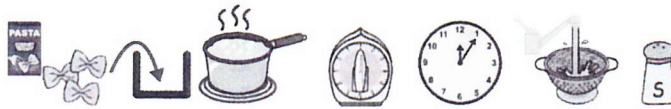
Salt to taste

Directions



425

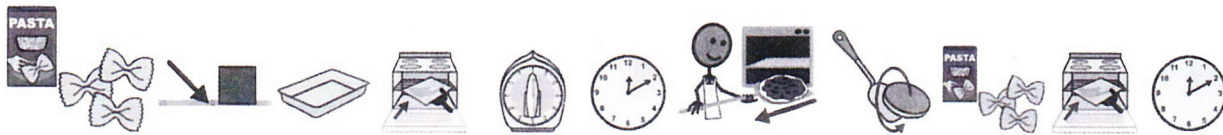
Preheat Oven



Cook pasta according to the package instructions (maybe one or two minutes less) and drain the water. Cook al dente; I cooked my bow tie sheets for 7 minutes. Make sure to heavily salt the pasta water.



Gently remove bowtie pasta. While the pasta is still on the cutting board, add the seasonings – olive oil, parmesan cheese, pepper, basil. Use your hand to combine while wearing a glove. Ensure that all the pasta is covered in the seasoning.



Place the baking rack on the baking sheet. Check the chips after the first 10 minutes, and flip for even baking



Finish baking for another 8 – 10 minutes or at your desired doneness! Enjoy with your loved ones.

Classic Pasta Salad (for a crowd)



24 ounces tri-color rotini pasta uncooked



12 ounces sliced pepperoni



2 cups mozzarella cheese cubed



1 cup grated parmesan cheese

Vinaigrette dressing



1/2 cup red wine vinegar



2 tablespoons Italian seasoning



2 teaspoons garlic powder



1 1/2 teaspoons salt

Instructions



Cook pasta according to package directions for al dente pasta.



Drain and rinse with cold water until pasta is room temperature. Place pasta in a large bowl.



pepperoni, mozzarella, parmesan, and to the bowl. Set aside.



In a separate bowl, add olive oil, vinegar, Italian seasoning, garlic powder, salt, and stir to combine.



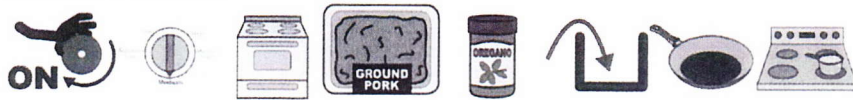
Pour vinaigrette over pasta salad, then toss to coat. Refrigerate for 1 hour before serving.

Penne pasta with sausage

Ingredients



Instructions



Add sausage and oregano medium pot over medium heat. stirring often.



Add in penne pasta, chicken stock



Stir to combine and cover for about 5-8 minutes.

Remove lid and continue to cook until penne pasta is al dente or at the amount of tenderness you prefer.

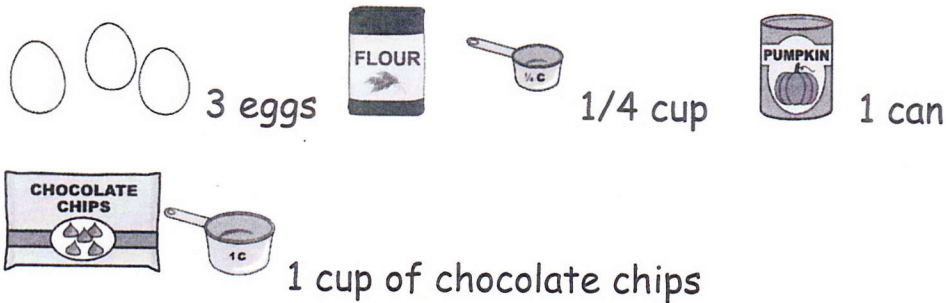


Stir in the cheeses until well combined



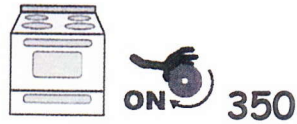
Pumpkin Chocolate Chip Cupcake

Ingredients



Directions

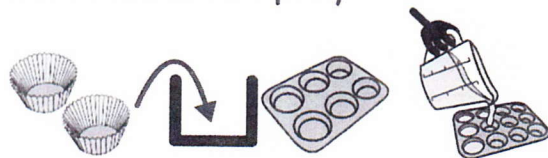
Preheat oven to 350 F, line 6 cupcake tins with liners and spray with oil.



In a large bowl add 3 eggs and whisk it well. Next add the all-purpose flour and mix until you see no lumps. Set this bowl aside.



Then take your cupcake pan that is lined with 6 cupcake liners and make sure to spray it and add the batter into the liners.



Bake for 15-18 minutes.

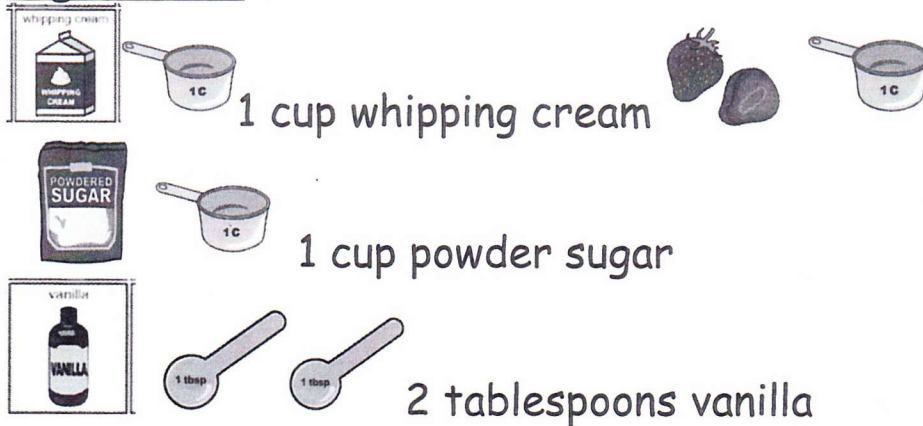


Take out of oven put on cooling rack then eat.



Whipped cream ice cream milk shake

Ingredients

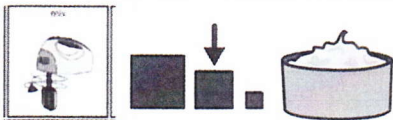


Directions

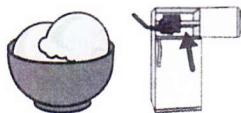
Put whipping cream, vanilla extract, powder sugar in bowl.



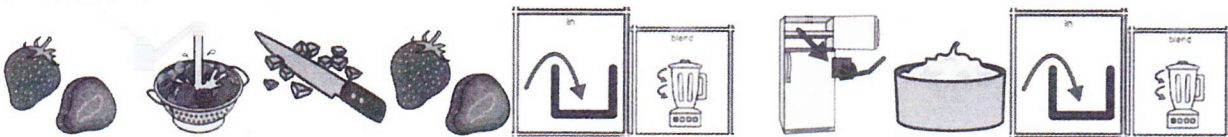
Mix with hand mixer until medium peaks



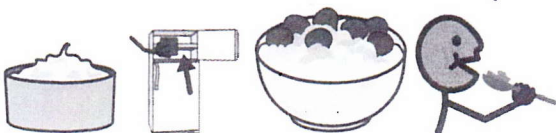
Put in freezer



Wash fruit and Cut fruit Blend fruit Add whipped cream from freezer to blender.



Put in freezer until ready to eat.



S'mores brownies

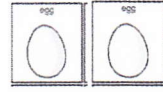
Ingredients



1 brownie mix



Chocolate fudge topping



2 large eggs



1 bag of marshmallows



1 Graham Crackers box



5 tablespoons butter

Directions

Preheat oven to 350. Spray 8x8 – inch metal with pam.



350



stirs together Graham crust mix and 3 tablespoons melted butter in a medium bowl until moistened.



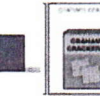
Press into bottom of greased pan.



Stir together brownie mix, eggs, 5 tablespoon melted butter and tablespoon water in a large bowl until blended, about 50 strokes.



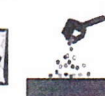
Pour batter evenly on top of crust. Spread gently with a rubber spatula.



Bake on a rack in center of oven 32-36 minutes, until toothpick inserted 1-inch from edge comes out clean. Remove pan from oven



Increase oven temperature to 425. sprinkle marshmallows evenly over cooked brownie.



When oven reaches 425, bake 2 to 4 minutes until marshmallows are lightly browned cool completely on wire rack.



Massage fudge pouch 15 seconds. Cut off one corner of pouch and drizzle fudge over brownies. * Cut brownies into squares and enjoy!