

## Tailgating Cook Along

Wednesday, September 13, 2023

6:30pm CT

### **What to expect in your cooking class:**

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### **How to prepare for your class:**

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Creamy Brussel Sprouts Dip

### Ingredients:

10 oz fresh Brussels sprouts, trimmed (3 cups sliced)  
2 green onions  
1 1/2 **tbsp** olive oil  
8 oz part-skim mozzarella cheese  
2 oz fresh Parmesan cheese  
1 **cup** light mayonnaise  
1/2 cup 2% plain low-fat Greek yogurt  
2 garlic cloves  
1-2 **tbsp** fresh lemon juice  
1/8 **tsp** each salt and black pepper  
Pita chips or fresh vegetable slices

### Instructions:

Using a **Mandolin**, slice the Brussels sprouts. Add to the **microwave safe dish**. **Slice** the green onions and add to the dish. Add the oil to the dish and gently stir. Microwave, uncovered, on HIGH for 2 minutes.

**Grate** both cheeses. Place the cheese and the remaining ingredients in a **large bowl** and **mix** well. Add the cheese mixture to the dish; stir to combine with Brussels sprouts. Microwave, covered, on HIGH for 4–6 minutes, or until the dip is hot and bubbly.

Remove from the microwave and stir. Serve immediately with pita chips or fresh vegetable slices.

## California Club Chicken Ring

### Ingredients:

#### *Ring*

Oil for brushing

3 oz. fresh kale (about 4 cups)

2 green onions, trimmed and cut in half

1 pkg (2.5 oz.) precooked bacon

1 garlic clove

1 **cup** grape tomatoes

4 oz. pepper jack cheese (1 cup), **grated**

1 **tbsp** mayonnaise

1 **tbsp** Dijon mustard

1 lb. rotisserie chicken, shredded

2 cans (8 oz. each) crescent rolls

1 egg yolk

½ tsp water

#### *Avocado Dip*

½ cup 2% plain low-fat Greek yogurt

1 large avocado, pitted and cut into chunks

1 **tsp** lemon juice

1 green onion, cut into chunks

⅛ tsp each salt and black pepper

### Instructions:

Preheat the oven to 375°F. **Brush** a **round stone/pizza pan/or sheet pan** with oil.

Remove kale leaves from the stem with the and place the leaves into a **bowl**. Add the green onion and bacon and coarsely chop with the **kitchen scissors**. Add the garlic pressed with a **garlic press** to the bowl and mix to combine. Microwave, uncovered, on HIGH, for 2 minutes, or until the kale is slightly wilted.

**Halve** the cherry tomatoes. **Grate** the cheese. Add the cheese, tomatoes, mayonnaise, mustard, and chicken to the bowl and **stir** to combine.

Unroll the crescent dough and separate it into 16 triangles. Arrange the wide ends about 1" away from the inner ring of the platter. The points should extend over the edge of the stone/pan. Flatten the wide ends of the dough.

Distribute the filling evenly over the dough. Bring the points of the triangles up and over the filling, then tuck the points under the dough toward the center to form a ring. **Whisk** the egg yolk and water in a small bowl. **Brush** the ring with the egg wash. Bake for 25–30 minutes, or until the crust is golden brown.

Add all the dip ingredients to the **blender or food processor** and process until smooth. Transfer the dip to the **small bowl** and place it in the center of the ring.

## Chocolate and Peanut Butter Crispy Bars

### Ingredients:

- 1 package fudge brownie mix and ingredients for preparation
- 1-1/2 cups chunky peanut butter
- 2 **cups** semisweet chocolate chips
- 1 cup creamy peanut butter
- 3 cups Rice Krispies

### Instructions:

Line a **13x9-in. baking pan** with **parchment**, letting ends extend up sides. Prepare and bake brownie mix according to package directions, using prepared pan. Cool in pan on a wire rack 30 minutes. Refrigerate until cold.

**Spread** chunky peanut butter over brownies. Place chocolate chips and creamy peanut butter in a **large microwave-safe bowl**. Microwave in 30-second intervals until melted; **stir** until smooth. Stir in Rice Krispies; spread over chunky peanut butter layer. Refrigerate, covered, at least 30 minutes or until set.

Lifting with parchment, remove brownies from pan. Cut into bars. Store in an airtight container in the refrigerator.