

Knowledge @ Noon
Clean Kitchen: Part 2
Less mess, Less stress!



Wednesday, October 16, 2019
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:
Marais des Cygnes Extension District Master Food Volunteers

Apricot-Glazed Coconut-Chicken Bites

about three Dozen appetizers

Heat oven to 425 degrees, Mix milk and Dijon mustard.

Mix Bisquick, coconut, salt and paprika.

Dip chicken into milk mixture, then coat with Bisquick.

Pour 2 tablespoons of the melted margarine in jelly roll pan, 15 1/2 x 10 1/2 x 1 inch.

Place coated chicken in pan. Drizzle remaining margarine over chicken.

Bake uncovered 20 minutes. Make Apricot Glaze.

Turn chicken; brush with glaze. Bake 10 to 15 minutes longer or until chicken is no longer pink in the center and glaze is bubbly. Serve with hot mustard.

Apricot Glaze

1/2 cup apricot spreadable fruit

2 tablespoons honey

2 tablespoons Dijon mustard

1 tablespoons white vinegar

Stir all ingredients until blended.

Cal.80,Fat 3g, Chol. 5 mg.,Sod/ 160 mg; Carb. 10mg,Protein 3g.

Cheese-Garlic Biscuits—makes 9

Heat oven to 450 degree. Stir Bisquick, milk and cheese until soft dough forms.

Drop dough by 9 spoonfuls onto ungreased cookie sheet.

Bake 8 to 10 minutes or until golden brown.

Mix margarine and garlic powder; brush over warm biscuits.

Cal. 165,Chol.5mg., Sodium 460 mg;. Carb 17g;Protein 4g;

Strawberry Yogurt Squares Serves 9-12

1 cup Honey Bunches of Oats Cereal
3 cups low-fat strawberry yogurt
1 (10-ounce) bag frozen strawberries, unsweetened
1 cup fat-free condensed milk
1 teaspoon vanilla extract
1 cup lite whipped topping

Place tin foil at the bottom of an 8" x 8" square pan.

Sprinkle the cereal at the bottom of the pan evenly.

In a blender or food processor, place yogurt, strawberries, condensed milk, vanilla extract, and whipped topping. Blend until smooth.

Pour evenly over the cereal layer.

Cover with tin foil and place in the freezer.

Allow to freeze for 6 hours. Cut into squares and serve

Cal:140; **Total Fat:** 1g; **Sodium:** 70mg; **Total Carbs:** 28g; **Protein:** 4g

Dump Cake

1 20 oz can crushed pineapple

1 can apricot pie filling

1 box white cake mix

1/2 C pecans

1 stick butter

Butter a 9x13 inch pan. Spread undrained pineapple evenly over the bottom of the pan. Spoon pie filling over top of pineapple. Sprinkle the dry cake mix evenly over top of pie filling. Sprinkle chopped nuts over cake mix. Melt butter and dribble over top of mix. Bake in 350 degree oven 45-50 minutes. Serve with whipped or ice cream.

Total Cal: 150; **Total Fat:** 8g; **Sodium:** 95mg; **Total Carbs:** 18g; **Protein:** 1g

Loaded Mashed Potato Bites

Prep: 15 min. Cook: 10 min. Makes: 2 dozen

- 3 cups mashed potatoes
- 1 1/2 cups shredded sharp cheddar cheese
- 3/4 cup crumbled cooked bacon
- 1/2 cup chopped green onions
- 2 oz. Colby-Monterey Jack cheese, cut into 2 dozen 1/2-in. cubes
- 1/2 cup grated Parmesan cheese
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 large eggs, beaten
- Oil for deep-fat frying

In a large bowl, combine potatoes, shredded cheese, bacon and green onions. Divide into 2 dozen 1/4-cup portions. Shape each portion around a cheese cube to cover completely, forming a ball, Refrigerate, covered, at least 30 minutes.

In a shallow bowl, mix the bread crumbs, Parmesan cheese, salt and pepper. Place the eggs in a separate shallow bowl. Dip balls in egg, then in crumb mixture, patting to adhere.

In an electric skillet or deep-fat fryer, heat oil to 375 degree, Fry potato balls, a few at a time, until golden, about 2 minutes. Drain on paper towels.

1 piece: 174cal., 14g fat (4g sat. fat), 30mg 318mg sod., 6g carb. (1g sugars, 1 g fiber), 5g pro.

Super Simple Microwaved Cinnamon Apples... quick, easy and SO delicious!

First, you'll need some cubed apples (3 apples). Next, cube 2 T. butter and put it in the mixing bowl with the apples. Microwave on high for about 2 minutes. Remove and stir the butter and apples.

Next, make a mixture of Cinnamon and Sugar. My ratio is about 2 tablespoons of sugar to 2 teaspoons of cinnamon. Then sprinkle the cinnamon and sugar mixture over the apples. Stir the cinnamon, sugar and apples well. Then pop back in the microwave for about 2 more minutes or until the apples are soft and tender.

Fresh Fruit Pops

Slice fresh fruit and place in popsicle type freeze containers-put in as much as possible. Fill each container with coconut water. Freeze and enjoy.

Frozen Yogurt Banana Dippers

Slice bananas and dip in Greek yogurt (any flavor) being sure to cover all surfaces. Place on parchment lined baking sheet. Freeze at least one hour or overnight. Can be removed and placed in freezer bag. Take out as many as needed and serve immediately.

Pizza Waffles

Prep: 30 MIN Servings: 4

Don't count on having leftovers when you serve these tasty pizza-filled waffles for your family.

By Holly Lofthouse

Ingredients

1 can (16.3 oz) Pillsbury™ Grands!™ Flaky Layers refrigerated Original biscuits

8 slices (1 oz each) mozzarella cheese

1/3 cup mini pepperoni slices

2 cups pizza sauce

Steps

Spray waffle maker with cooking spray; heat waffle maker. Separate dough into 8 biscuits. Cut slit on 1 side of each biscuit, forming a deep pocket. Place 1 slice of cheese into each pocket. Top cheese with 6 or 7 pepperoni slices. Press dough around edge to seal each biscuit. Place 1 biscuit on center of waffle maker. Close lid; cook 3 minutes or until waffle is golden brown. Repeat with remaining filled biscuits. Serve with pizza sauce.

Expert Tips: Try making them supreme pizza waffles by adding veggies and ham!

Instead of pizza sauce, dunk them in ranch dressing!

Nutrition Information

Nutrition Facts: Serving Size: 1 Serving

Calories 661.7 **Total Fat** 33.1g **Saturated Fat** 13.6g **Cholesterol** 70.2mg **Sodium** 2188.8mg
Potassium 94.8mg **Total Carbohydrate** 67.2g **Dietary Fiber** 2.0g **Sugars** 16.5g

PEANUT BUTTER BANANA QUESADILLAS

A single serving dessert at it's best! Whips up in minutes and has an ooey-goey sweet center with a crispy exterior.

Prep Time: 5 mins Cook Time: 5 mins Servings: 1

INGREDIENTS

1 8-inch whole wheat tortilla

2 Tbsp natural peanut butter

1/2 medium banana

1 Tbsp semi-sweet chocolate chips

INSTRUCTIONS

Spread the peanut butter over the surface of the tortilla.

Slice the banana very thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.

Cook the quesadilla in a skillet over medium-low heat until golden brown and crispy on both sides.

Total Calories: 440; Total Fat: 23g; Sodium: 430mg; Total Carbs: 48g; Protein: 12g

Jello Grapes

One pound of fresh green grapes

1 package on watermelon Jello unprepared

1 package of sugar free lemon Jello unprepared

Instructions: Mix your two Jello flavors in a small plastic bag. Pour a little bit at a time onto a plate. Pull your grapes from the stems and rinse them well. While they are still a little damp (but not dripping wet) add a few at a time to the plate of Jello mix and roll them around to coat them each.

Remove the covered grapes and add them to a bowl and repeat the process adding more Jello mix to the plate as needed to coat the entire batch of grapes. If you do this using lemon and watermelon Jello the "glitter" will have a slight yellowish tinge. If you stick with just watermelon Jello you will avoid the yellowing, but the taste will be a bit different.

Red grapes with watermelon Jello, Red Grapes with Tropical Fusion Jello

Green Grapes with just sugar free Lemon Jello, Green Grapes with Orange and Lemon Jello

Grilled Cheese Roll Ups

Prep Time: 15 minutes Cook Time: 15 minutes

Servings: 3 Author: Nancy@CouponClippingCook

Ingredients

9 slices of wheat sandwich bread 9 slices of American cheese 2-1/2 tablespoons butter

Instructions

Cut the crust off of each piece of bread (so not to waste the pieces of crust, they can be made into croutons). Use a rolling pin to flatten each piece of bread. Lay a piece of cheese on each piece of bread. Tightly roll each piece of bread with the cheese in the middle. Heat a large skillet on low to medium heat. Add the butter to the pan (if the pan is too small for all of the roll ups, reserve half of the butter to make a second batch). With a pair of tongs, gently roll all sides of each roll-up in the melted butter and lay the roll-ups seam-side down in the pan. Lightly brown each side of the roll up. If the seam-side starts to open, use the tongs to squeeze the seam together. Remove from the pan and serve while warm with your favorite soup, salad, or all by themselves.

Cal: 460; Total Fat: 14g; Sodium: 1430 mg; Total Carbs: 66g; Protein: 27g

Wacky Cake

1 ½ cups flour

1 cup sugar

3 Tbsp. cocoa

1 tsp. baking powder

½ tsp. salt

Set oven at 350 degrees. Sift all ingredients together in a 9 inch pan. Make 3 wells in the flour mixture. Add 1 t. vanilla in one well, 1 tsp. vinegar in another and 5 Tbsp. vegetable oil in the third. Pour 1 cup cold water over all and mix with a fork. Bake for 25-30 minutes.

Calories: 150; Total Fat: 6g; Sodium: 95mg; Total Carbs: 25g; Protein: 2g

1 GET READY

- Put on some good tunes
- Gather all cleaning supplies
- Do dishes, dry and put away
- Empty dishwasher
- Remove any non-kitchen clutter
- Put linens (rugs, curtains, aprons, etc.) in laundry
- Set up large box or bag for items to trash
- Set up large box or bag for items to donate
- Dust ceiling and remove cobwebs
- Dust top of cabinets
- Take out trash, recycling and compost

group like things together when putting them back

2 DRAWERS

- Pull out all items
- Sort into keep, donate or trash
- Wipe out drawers
- Replace any tattered drawer liners
- Clean any drawer organizers
- Place items back in neatly
- Wipe down drawer fronts and knobs

3 CABINETS

- Pull out all items
- Sort into keep, donate or trash
- Wipe out cabinets and shelves
- Replace any tattered shelf liners
- Clean any shelf organizers
- Place items back in neatly
- Wipe down cabinet fronts and knobs
- Clean glass on glass-front cabinets

pack away and store any infrequently used dishes (like your grandma's china)

4 PANTRY

- Pull out all items
- Trash any expired, old, stale or inedible food
- Donate any unopened food you don't want
- Transfer open items to jars or containers
- Combine like half-used containers
- Wipe down pantry shelves
- Replace any tattered shelf liners
- Clean any organizers
- Place items back into pantry neatly
- Wipe down pantry door and knob

make "zones" in your pantry (baking, snacks, etc.)

5 COUNTERTOP

- Empty out utensil jar, sort, clean, replace utensils
- Wipe down any countertop small appliances
- Store any appliances that are use infrequently
- Clean out toaster crumb tray
- Descalc coffee maker or kettle
- Clean microwave inside and out
- Wipe down knife block, sharpen knives
- Wipe down paper towel holder
- Clean fruit bowl/basket
- Wipe down counters and backsplash
- Wipe down any art and tsotchkes

use what you have to organize-old plastic containers work

6 OVEN & COOKTOP

- Put oven on self-cleaning cycle
- Remove all knobs and grates, wash
- Wipe down outside of oven
- Clean cooktop
- Clean inside and outside of range hood.

don't have a self-cleaning oven? spray it with oven cleaner and let it work while you do other tasks.

7 FRIDGE & FREEZER

- Pull out all food from fridge and freezer
- Trash any food that is expired, old, or inedible
- Wipe down shelves
- Wash ice cube trays
- Pull out drawers and wash, replace
- Put food back in neatly
- Declutter top of fridge, dust and wipe clean
- Take down all magnets and papers from exterior
- Recycle old papers, sort through magnets
- Wipe down exterior, replace magnets and papers
- Vacuum fridge coils

8 SINK & DISHWASHER

- Clean drains and garbage disposal
- Scrub and polish sink, faucet and knobs
- Sort through sponges and dish brushes
- Wash dish drying rack
- Empty food trap of dishwasher
- Wipe down inside and outside of dishwasher
- Run empty on a high-heat sanitizing cycle

Toss in a cup of baking soda and a cup of vinegar before running the sanitizing cycle

9 EVERYTHING ELSE

- Wipe down stools, table and chairs, and islands
- Spot clean or wash any chair cushions
- Wash windows and wipe down windowsills
- Wipe down switch plates, doors, knobs, and walls
- Dust and wipe down light fixtures
- Vacuum dust from vent covers
- Sweep floor
- Scrub any problem areas on floor
- Mop floor
- Clean trash cans, recycling bin, and compost bin
- Wash window screens and install

GOOD JOB, YOU'RE FINISHED!

Sit back, relax and celebrate! And maybe order some pizza for dinner instead of dirtying the kitchen.