

# Menu Plan - Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Breakfast</b>	1. Yogurt Parfait <b>Recipe here --&gt;</b> <a href="http://bit.ly/iivfeYC">http://bit.ly/iivfeYC</a>	1. Eggs Over Easy 2. Toast with Real Butter 3. Fresh Fruit ( <b>No recipe included</b> )	1. Mixed Berry Super Smoothie	1. Baked Apple Cinnamon Oatmeal	1. Pancakes from Scratch (Whole Wheat or G.F.)	1. Make a Batch of Chicken Broth or Vegetable Broth
<b>Lunch</b>	1. Chicken Salad Sandwich 2. Fresh Fruit	1. Leftover Sloppy Joes 2. Garden Salad ( <b>No recipe included</b> )	1. Leftover Chicken Salad and Hummus Wraps 2. Carrot Sticks	1. Chicago Style Hot Dog with Fermented Kraut 2. Carrots and Fresh Fruit	1. Toasted Cheese Sandwich with Sautéed Garlic Kale 2. Fresh Fruit	
<b>Dinner</b>	1. Sloppy Joes the Real Food Way 2. Baked Sweet Potato Fries	1. Chicken & Spinach Enchilada Casserole 2. Mexican Rice	1. Sloppy Joe Bake 2. Garden Salad	1. Pakistani Curry 2. Garden Salad	1. Crustless Spinach, Onion, and Feta Quiche 2. Garden Salad	



## Overnight/Morning/Weekend Prep

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Soak oats overnight for the baked oatmeal			

## Supplimentary

# Homemade Chicken Stock



### Ingredients:

- 1 whole chicken or 2 packs of organic chicken legs (around 12 drumsticks)
- 3 carrots
- 2 ribs celery
- 1 whole onion, quartered
- large handful of parsley

## Directions

Let's make some nourishing chicken stock! My favorite thing about making stock is putting to use all of the meat and vegetables used.

1. On Saturday evening, in a large stockpot, add the chicken, carrots, celery, and onion. (Feel free to add chicken feet if you have them). Add enough water to cover the ingredients by 2". Bring to a boil, lower the heat and simmer on low, covered overnight.

2. The next morning, add the parsley and turn off the heat. Allow to cool. This will take quite a few hours. It's okay to leave it on the range for awhile.

3. Once cooled, gently remove all the meat from the pot. Try not to stir the stock very much as it will turn cloudy (not a big deal, though).

*For this week, we'll be using 3 cups of shredded chicken meat for Monday's lunch and Tuesday's supper.*

4. Strain the liquid through a fine-mesh sieve into a large bowl and allow to cool in the refrigerator overnight. The following day, skim the fat. I save it to saute potatoes in. We'll need 2 cups for this week. Freeze the rest in freezer bags in 2 cup increments.

5. Save the vegetables in a mason jar in the refrigerator. We'll use the vegetables in Tuesday's salsa verde.



### Economical Tip

Whole organic chickens can be quite expensive. As an economical option, use organic chicken legs which will make the same beautiful broth at a much lower cost.

## Supplimentary

# Homemade Vegetable Broth



### Ingredients:

- 2 onions, sliced 1/4"
- 2 carrots, roughly chopped
- 2 sprigs celery, roughly chopped
- 2 tbsl extra virgin olive oil
- 3 quarts water
- 3 large cups, extra vegetable pieces (bits, ends, and scraps)
- Stems of one bunch of parsley
- Fennel Sprigs (optional but encouraged)

## Directions

1. In a stockpot, bring 2 tbsl of extra virgin olive oil to heat. Add the onions, carrots, and celery. Saute for 3-5 minutes or until the onions just begin to turn transparent.
2. Cover, reduce the heat to medium-low and sweat for 30 minutes or until the onions caramelize and turn a nice golden brown.
3. Add 3 quarts of water, and vegetable pieces. Cover, lower the heat to low and simmer for 1 1/2 - 2 hours.
4. Turn the heat off, then add the parsley and fennel sprigs to the stock. Cover and allow to cool.
5. Once cooled, strain the stock from the vegetables making sure to compress the vegetables to get every ounce of stock out of them.
6. Store in the refrigerator or freeze for a later use.

For additional images, please visit the post at...  
[www.myhumblekitchen.com/2013/03/rich-and-flavorful-homemade-vegetable-broth-recipe/](http://www.myhumblekitchen.com/2013/03/rich-and-flavorful-homemade-vegetable-broth-recipe/)

### Homemade Vegetable Broth

There's nothing better than making a rich and flavorful broth for your meals using the scraps, ends, and pieces of vegetables that you've been saving. As soon as the growing season commences and many of us begin to harvest vegetables from our own gardens, making a vegetable broth is a great way to use up our harvest as well. A vegetable broth like this is sure to make you happy knowing that something really good has come from something that's usually discarded

Wednesday - Breakfast

## Mixed Berry Super Smoothie



## Directions

### Mixed Berry Super Smoothie

1. In a blender, add all ingredients and blend until smooth.

### Ingredients:

#### Mixed Berry Super Smoothie

- 2 bananas
- 2 oranges
- 6oz, 1/2 bag, frozen, organic mixed berry blend from Trader Joe's
- 1/2 cup frozen mango's
- 1 cup kefir (sub whole, plain yogurt)
- 1 cup whole, plain yogurt
- 4 pasture raised egg yolks
- 2 tbsl virgin coconut oil
- 2 tbsl chia seeds

Serves: 4

Total Prep Time: 10 minutes

Total Cook Time: 0 minutes



#### Cooking Tip:

1. This is my favorite smoothie that I make often at home. It's full of potassium, vitamin c, b vitamins, magnesium, omega 3, vitamin d, folate, and more! It's a super way to start your morning right!

Thursday - Breakfast

## Baked Apple Cinnamon Oatmeal



### Ingredients:

#### Baked Apple Cinnamon Oatmeal

- 1 1/2 cups Organic Steel Cut Oats
- 4 small or 2 large apples (I used organic fuji apples), chopped
- 2 farm fresh eggs
- 1 cup milk
- 2 tbl butter, melted
- 1/2 cup maple syrup
- ground cinnamon

## Directions

#### Baked Apple Cinnamon Oatmeal

1. Soak your steel cut oats the night before. About an inch of water over your oats. Not only does soaking your steel cut oats aid in digestion, but it also softens them so they are not so gritty. I would suggest to not skip this step.
2. Drain your steel cut oats in a colander to get rid of excess water.
3. In a baking dish add the oats and apples, and then stir together
4. In a small bowl, whisk together the eggs, milk, maple syrup, and butter. Stir into your oats and sprinkle cinnamon on top.
5. Bake at 350°F for 40-45 minutes.

#### Serve

Serve the oatmeal in a dish splashed with cold milk and sprinkled with ground cinnamon.

Serves: 4

Total Prep Time: 15 minutes

Total Cook Time: 45 minutes



#### Cooking Tip:

1. This is a nourishing breakfast that can be prepped the night before to save you time. In the morning, before everyone wakes, mix everything together in a baking dish and bake. Super simple!

Friday - Breakfast

## Pancakes from Scratch!



### Ingredients:

#### Pancakes from Scratch

- 2 1/2 cups flour
- 1 tbs organic sugar or honey
- 2 tsp baking powder
- 2 eggs
- 1/2 tsp salt
- 2 1/4 cups milk
- 1 tsp pure vanilla extract

**Gluten Free?** Substitute flour for ground oat flour (I grind my own rolled oats)

## Directions

### Pancakes from Scratch

1. In a large bowl, mix together all ingredients to a nice batter. In order to get nice, fluffy pancakes, you want a batter that is not too thick yet not too thin, yet; tilting more to the thicker side ;)
2. In a cast iron pan, melt one tablespoon of butter. Once the butter starts to bubble, drop spoonfuls of batter to the pan. Feel free to add any extras such as blueberries, bananas, or even chocolate chips.
3. Once the pancakes starts to rise and the sides lift themselves from the pan, flip and cook for an additional minute or so.
4. Continue working in batches making sure to add more butter before each new set of pancakes is poured into the skillet or pan.

### Serve

Serve pancakes with crispy bacon, fresh fruit, and yogurt.

Serves: 4

Total Prep Time: 3 minutes

Total Cook Time: 15 minutes



### Cooking Tip:

1. Butter... lots of it, is the secret to amazing pancakes!

Monday - Lunch

## Nourishing Chicken Salad Sandwich



### Ingredients:

#### Nourishing Chicken Salad Sandwich

- Roughly 2 cups diced chicken meat, fully cooked
- 2 farm fresh eggs, boiled and chopped
- 2 stalks celery, finely sliced
- 2 cloves garlic, pressed or minced
- 1/2 cup dried cranberries
- 1/2 cup mayonnaise
- 1/4 cup yogurt
- 1 tsp salt
- 1/4 tsp Spanish paprika

## Directions

### Nourishing Chicken Salad Sandwich

1. In a large bowl, mix all ingredients together.

### Serve

Serve chicken salad sandwiches with a side of fresh fruit.

Serves: 4

Total Prep Time: 10 minutes

Total Cook Time: 0 minutes



### Cooking Tip

This is a delightful spring sandwich that's simple and quick to toss together.

Wednesday - Lunch

## Chicken Salad Wrap with Hummus and Carrot Sticks



### Ingredients:

#### Chicken Salad Wraps

- Leftover Chicken Salad from Monday
- hummus spread
- 4-5 large flour tortillas

## Directions

#### Chicken Salad Wraps

1. In a large tortilla, layer 2 tbs hummus spread, lettuce or spinach leaves, and top with chicken salad.
2. Roll.

#### Serve

Serve the chicken salad wraps with a side of carrot sticks.

Serves: 4-5

Total Prep Time: 10 minutes

Total Cook Time: 0 minutes



#### Cooking Tip

1. A chicken salad can be made in many different ways. Feel free to add any additional garden veggies or herbs to your liking.



Thursday - Lunch

## Chicago Style Hot Dog with Fermented Kraut



### Ingredients:

#### Hot Dogs

- Applegate Farms, Organic, Grassfed Beef Hot Dogs
- 1/2 onion, diced
- Homemade fermented kraut or Bubbies brand fermented saurkraut
- Mustard
- Hot Dog Buns

## Directions

### Chicago Style Hot Dog with Fermented Kraut

1. In a heavy bottomed saucepan, bring water to a boil.
2. Add the hotdogs and cook for 5 minutes or until warmed through.

### Serve

Serve the hot dog topped with onions, lacto-fermented kraut, and mustard.

You can buy great hot dog buns, preservative free at Trader Joes, or you can make your own.

You can find my recipe here -- > <http://www.myhumblekitchen.com/2012/07/homemade-whole-wheat-hamburger-and-hot-dog-buns/>

Serves: 4-5

Total Prep Time: 5 minutes

Total Cook Time: 5 minutes



### Cooking Tip

1. Chicago Dogs are my absolute favorite, especially when topped with homemade fermented kraut.

Friday - Lunch

## Toasted Cheese Sandwich with Sauteed Garlic Kale



### Ingredients:

#### Sandwich

- Crusty bread
- 4 generous handfuls of chopped kale leaves
- 2 garlic cloves, minced or pressed
- Extra virgin olive oil
- Shredded Gouda cheese.

## Directions

### Toasted Cheese Sandwich with Sauteed Garlic Kale

1. Cut your bread into sandwich sized pieces and toast them in a toaster.
2. In a small pan or cast iron skillet, heat 3 tbs extra virgin olive oil. Add the garlic and saute for a minute or until it starts to sizzle. Add the kale and saute for 4-5 minutes or until it begins to soften and wilt.
3. Top one side of toast with kale, then shredded gouda cheese broil on a baking dish for 2 -3 minutes or until the cheese is melted and bubbly.
4. Top with the remaining toast and enjoy.

### Serve

Serve the sandwiches with a side of fresh fruit.

Serves: 4

Total Prep Time: 5 minutes

Total Cook Time: 10 minutes



### Cooking Tip

1. This is a great lunch meal that children usually enjoy.

Monday - Dinner

## Sloppy Joes With Baked Sweet Potato Fries



### Ingredients:

#### Sloppy Joes

- 2lb ground beef
- 1 green pepper, diced
- 1 cup yellow onion, diced
- 6 garlic cloves, pressed or finely chopped
- 1 1/2 cup tomato sauce
- 4 tbsl tomato paste
- 2 cup beef broth, preferably homemade
- 1/2 cup honey
- 4 tbsl apple cider vinegar
- 2 tbsl soy sauce
- 1 tbsl chile powder
- 2 tsp ground mustard
- 2 tsp salt
- dash of pepper
- hamburger buns

#### Sweet Potato Fries

- 4 medium sized sweet potatoes, sliced into french fry sized pieces
- Extra virgin olive oil

## Directions

**Sloppy Joes** \*This recipe is doubled to use in Wednesday's meal.

1. In a cast iron pan or skillet brown 2lb ground beef.
2. Add green peppers, onions, and garlic. Saute with the beef for 5-8 minutes or until they begin to soften.
3. Add the tomato sauce, tomato paste, beef broth, honey, apple cider vinegar, soy sauce, chile powder, ground mustard, salt, and a dash of pepper. Bring to a boil, reduce the heat and simmer for about 10-15 minutes to allow the flavors to meld and the mixture to thicken.
4. Serve on a toasted bun.

#### Sweet Potato Fries

1. Preheat oven to 375F
2. Toss the sweet potatoes in extra virgin olive oil and bake for 30-35 minutes or until tender and cooked through.

## Serve

Serve sloppy joes on hamburger buns with a side of sweet potato fries.

If you'd like to make your own hamburger buns, check out my recipe by visiting this link >>>

<http://www.myhumblekitchen.com/2012/07/homemade-whole-wheat-hamburger-and-hot-dog-buns/>

Serves: 4-5

Total Prep Time: 10 minutes

Total Cook Time: 20 minutes



### Economical Tip

1. This sloppy joe recipe is doubled. Use half of the sloppy joe mixture for today's meal. Save the other 1/2 in the refrigerator to use for Wednesday's meal.

Tuesday - Dinner

# Chicken + Spinach Enchilada Casserole with Mexican Rice



## Ingredients:

### Salsa Verde

- 10 green tomatillo's
- 1 cups chicken broth
- 3 garlic cloves, pressed or minced
- 1/2 cup packed, fresh cilantro
- 1/2 tsp salt
- vegetables from broth (optional)

### Enchilada Filling

- 3 cups cooked chicken, from broth
- 1/2 cup red onion, diced
- 1 cup shredded cheddar cheese
- 2 tbs cilantro, finely chopped
- 2 big handfuls, spinach
- 12 corn tortillas
- 1 cup shredded cheddar cheese to top

### Mexican Rice

- 1 cups white Basmati rice
- 2 tablespoons extra virgin olive oil
- 2 cups homemade chicken broth or water
- 1/2 cup homemade salsa or 1/4 cup tomato sauce
- 1 tsp cumin
- 1 tsp salt

## Directions

### Mexican Rice

1. In a stainless steel pan, heat 2 tablespoons olive oil over medium heat. Add the rice and incorporate into the oil. Keep stirring and moving it around until it browns on all sides. You will start to smell it toasting. Do not let it burn.
2. Once the rice is browned on all sides, add the chicken stock or water, carefully. It will simmer and evaporate as you pour it in.
3. Add the salsa or tomato sauce and mix in. (Always add the chicken stock before the tomato base as adding the tomato base first will splatter and can burn you.)
4. Add the cumin and salt.
5. Bring the mixture to a boil. Once it starts boiling, cover and lower your heat to it's lowest setting.
6. Simmer on low for 20 minutes.

### Chicken and Spinach Enchilada Casserole

7. To a blender, add the tomatillo's, vegetables from chicken broth (if you have it), 1 cup chicken broth (2 cups broth if not using vegetables from broth), garlic, and cilantro; blend well.
8. Add the blended sauce to a heavy bottomed sauce pan; add the remaining 1 cup chicken stock and salt. Bring to a boil, then lower the heat and simmer for 15 minutes or until thickened.
9. While the sauce is simmering, bring a pot of water to a boil and blanch the spinach until wilted. 1-2 minutes.
10. In a large bowl, mix all the enchilada filling ingredients together including the wilted spinach.
11. Once the sauce has thickened add 3 tbs of the salsa verde to the bottom of a baking dish.
12. Layer 4 tortillas to the bottom of the dish, followed by 1/2 the enchilada filling, 4 more tortillas, the last of the filling, then top with the last four tortillas.
13. To finish, top the casserole with the remaining salsa verde and 1 cup of shredded cheddar cheese.
14. Bake at 375F for 25 minutes.



### Serve

Serve the enchilada's garnished with red onions, cilantro, and feta cheese with a side of Mexican rice.

Serves: 5-6

Total Prep Time: 10 minutes

Total Cook Time: 35 minutes



### Cooking Tip:

1. Start the Mexican rice first as once it's done, it can sit covered on your stovetop and will remain warm for a good amount of time.
2. To give your salsa verde a bit more depth, roast the tomatillos before blending them in with the rest of the ingredients. About 30 minutes at 425F. Just pop them into the oven and give them a turn after 15 minutes.

Wednesday - Dinner

## Sloppy Joe Bake



### Ingredients:

#### Sloppy Joe Bake

- Reserved sloppy joe mixture from Monday's meal
- 4 large russet potatoes, diced

#### Cornbread

- 1 cup Bob's Red Mill, cornmeal
- 1 cup flour
- 1 tbs baking powder
- 1/2 tsp salt
- 1 tbs honey
- 1 egg
- 1 cup milk
- 1/4 cup butter, melted

#### Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste

## Directions

#### Cornbread

1. In a large bowl, mix together the cornmeal, flour, baking powder, and salt.
2. Add the honey, egg, milk, and butter and mix into a batter.

#### Sloppy Joe Bake

3. Preheat the oven to 400F
4. Butter a 9" x 13" baking dish.
5. In the dish, layer the potatoes, sloppy joe mix, and top with dollops of the cornbread batter.
6. Cover the baking dish with parchment paper and bake for 45 minutes. After 45 minutes, uncover and bake an additional 15 minutes or until the potatoes are fork tender.

#### Ranch Dressing

1. Mix all ingredients together and chill for at least 15 minutes before serving.

#### Serve

Serve the sloppy joe bake with a side salad drizzled with ranch dressing.

Serves: 4-5

Total Prep Time: 15 minutes

Total Cook Time: 60 minutes



### Cooking Tip

1. Feel free to substitute the cornbread topping with a biscuit topping.

Thursday - Dinner

## Pakistani Curry with White Rice



### Ingredients:

#### Pakistani Curry

- 1lb ground beef
- 2tbs extra virgin olive oil
- 1 cup yellow onion, chopped
- 3 cloves garlic, pressed or minced
- 1 red pepper, diced
- 3 russet potatoes, diced
- 1 can Muir Glen Organic Fire Roasted Diced Tomatoes
- 1/2 can Muir Glen Organic Tomato Paste
- 1 1/2 cup chicken stock
- 1 tbs curry powder
- 1/8 tsp cinnamon
- 1/8 tsp ground ginger
- 1/8 tsp turmeric
- 1 tsp salt
- dash of pepper
- cilantro to garnish

#### White Rice

- 2 cups white Basmati rice
- 4 cups water
- 1/2 tsp salt

#### Simple Lemon Vinaigrette

- Juice of 1 lemon
- 2 tbs extra virgin olive oil
- 1/2 tsp salt

## Directions

### White Rice

1. In a heavy bottomed saucepan bring 4 cups of water to a boil. Stir in the salt, and white rice.
2. Cover, lower the heat to low and cook for 20-25 minutes.
3. Uncover the rice and fluff with a fork. Place the cover back on the rice and allow to cool and come together for an additional 5-10 minutes.

### Pakistani Curry

4. In a skillet or cast iron pan, gently heat 2tbs of extra virgin olive oil. Add the onion, and saute for 2-3 minutes.
5. Add the ground beef and brown with the onion.
6. Add the garlic, red pepper, potatoes, diced tomatoes, tomato paste, and chicken stock; mix thoroughly.
7. Once mixed through, stir in the curry, cinnamon, ground ginger, turmeric, salt, and pepper.
8. Bring to a boil, reduce the heat, cover and simmer on low for 20-25 minutes or until the potatoes are tender.

### Serve

Serve the pakistani curry on a bed of white rice garnished with cilantro. Serve with a side green salad tossed in a simple lemon vinaigrette.

Serves: 4

Total Prep Time: 15 minutes

Total Cook Time: 30 minutes



### Cooking Tip

1. This is a recipe I adapted from Whole New Mom. Whole New Mom has a recipe for a homemade mild curry you can find here --> <http://wholenewmom.com/recipes/curry-recipes-how-to-make-curry-curry-powder/>
2. Since my family doesn't eat a lot of curry, I bought mine at Trader Joes. It's a mild curry.
3. If you'd like something a bit spicier, try for a bolder curry. Also, you can adjust the amount of curry powder in the recipe to suit your families taste.

Friday - Dinner

## *A Crustless Spinach, Onion, and Feta Quiche*



### Ingredients:

#### Quiche

- 1 medium onion, diced
- 2 cups packed spinach
- 1/4 cup vegetable or chicken stock
- 2 tbs extra virgin olive oil
- 4 eggs
- 1 cup milk
- 1/2 cup feta cheese
- 1/2 cup flour
- 1/2 tsp baking powder
- 1/2 tsp salt

#### Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste

Gluten Free? Substitute flour for Bob's Red Mill all purpose gf baking flour or oat flour.

## Directions

### Crustless Spinach, Onion, and Feta Quiche

1. Preheat oven to 400F.
2. Lightly butter a 10-inch pie plate
3. In a skillet or cast iron pan, heat 2 tbs of extra virgin olive oil and saute the onion until translucent. Add 2 cups, packed fresh spinach and the vegetable or chicken stock. Cook until the spinach is just wilted. Set aside to cool.
4. In a large mixing bowl, whisk together the eggs and the milk. Add the flour, baking powder and salt; whisk through then stir in the spinach and onions.
5. Pour the contents of the bowl into the pie plate. Top with feta cheese.
6. Bake for 35-40 minutes, or until the center is set and the outside edges are golden brown.

### Serve

Serve this perfect Spring meal with a side green salad in a homemade ranch dressing. To make the ranch dressing, mix all ingredients. Tastes best when chilled for at least one hour before serving.

Serves: 4

Total Prep Time: 5 minutes

Total Cook Time: 30 minutes

### Cooking Tip

This is a simple, and delightful dish that my children love. Since making quiches with a traditional crust can take a bit of time in the kitchen, I love to make a crustless quiche especially for those busy days. This quiche uses flour and a bit of baking powder which forms its own darkened crust while baking.

## Sweet Dessert

# Chocolate Mousse



### Ingredients:

#### Chocolate Mousse

- 3 1/2 ounce chocolate bar. I buy Trader Joes, organic 72% cacao Belgian Dark Chocolate Bar.
- 3 large eggs, separated, room temperature
- 1/4 cream
- Pinch of salt
- 1 1/2 tsp organic sugar

#### Homemade Whipped Cream

- 1 cup cream
- 2 1/2 tsp organic sugar

## Directions

### Chocolate Mousse

- Place chocolate in the bowl of a double boiler or a bowl set over a pan of simmering water.
- Whisk until the chocolate is just melted. Add 1/4 cup cream and mix through.
- Remove bowl from over water and add egg yolks to melted chocolate and whisk until smooth.
- Using an electric mixer, beat the egg whites and a pinch of salt until soft peaks form.
- Slowly add 1 1/2 teaspoons sugar, beating constantly until the whites are glossy and medium-firm peaks form.
- Using a rubber spatula, fold 1/4 of beaten whites into the chocolate mixture to lighten.
- Gently fold in the remaining whites into the chocolate mixture just until incorporated (do not overmix or mixture may deflate).
- Divide the mousse among 4 bowls. Cover and chill 4 or hours or overnight until set.

### Homemade Whipped Cream

- Place electric mixer bowl and whisk attachment in freezer for 15 minutes.
- Once the bowl and whisk attachment are cold, beat the cream with 2 1/2 teaspoons organic sugar at high speed until peaks form.

### Serve

Serve the chilled mousse topped with whipped cream.



### Cooking Tip

\* Make sure to watch the cream as it's beating and stop it just as nice peaks form. If you allow the cream to beat for too long, you'll end up making butter instead of whipped cream.