

Learning to Cook with

SHAO  TM

**Blender
Recipes**

Ranch Dressing

3/9/2020

400

Yield: 8 Servings		Portion:
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Non-Fat Greek Yogurt Buttermilk Garlic, fresh Onion Powder Lemon Juice Dill, fresh Chives, fresh Salt, kosher Black Pepper Honey	1 cup ½ cup 1 clove ½ tsp. 1 Tbsp. 1 tsp 1 tsp. ½ tsp. ¼ tsp. ½ tsp.	<ul style="list-style-type: none"> • Mix all in the in the blender.
Iceberg Lettuce Cherry tomatoes Cucumbers	1 head 12 each 1 each	<ul style="list-style-type: none"> • Have all of the ingredients sliced in a bowl already for display. • Pour dressing over and serve.
<u>Teaching Moments</u>		<ul style="list-style-type: none"> • Using yogurt instead of mayo or sour cream is healthier. • Real ingredients instead of pre-packaged. • Easy and heathy.



Pesto Sauce

3/9/2020

401

Yield:		Portion:
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Basil, fresh Olive Oil Parmesan Cheese, grated Pine Nuts Garlic, peeled Salt, kosher Black Pepper, ground	1 cup ½ cup 1/3 cup 3 Tbsp. 3 cloves 1 tsp. ½ tsp.	<ul style="list-style-type: none"> Mix all in the in the blender.
Tomatoes Fresh Mozzarella	2 each 1 lb.	<ul style="list-style-type: none"> Have all of the ingredients sliced on a plate for display. Pour some pesto over and serve.
<u>Teaching Moments</u>		<ul style="list-style-type: none"> Keep oil cold and it will keep the pesto green. Don't over blend because the heat will cook the herbs.



Smoothie

3/9/2020

402

Yield:		Portion:	
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>	
Ingredients Almond Milk Peanut Butter Ice Cubes Blueberries, frozen	1 ½ cups 1 Tbsp. 4 each 1 cup	<ul style="list-style-type: none">• Mix all in the in the blender.	

