



# White Cheddar Cauliflower Soup

*Yield: 6 servings Time: 30 minutes*

## INGREDIENTS

- 2 Tablespoons salted butter
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 lbs. cauliflower, ( 1 large) chopped into 1-inch pieces
- 1/4 cup all-purpose flour
- 2 cups half-and half or whole milk
- 3 cups chicken broth or 3 cups water + 3 teaspoons chicken bouillon.
- 1 teaspoon kosher salt if using chicken broth. Reduce to 1/2 teaspoon if using bouillon.
- pinch of black pepper
- 1 cup shredded white cheddar cheese
- 1 cup shredded pepper jack cheese
- Chopped green onions, crispy crumbled bacon, additional cheese (optionsl)

## DIRECTIONS

1. Melt the butter in a large pot of dutch oven over medium heat.
2. Add the onions and sauté for about 5 minutes or until softened and translucent.
3. Add the garlic and sauté 30 seconds.
4. Add the flour to the onion/garlic mixture. Stir together and cook for 1 minute.
5. Whisk in the half-and-half, then the chicken broth. Season with salt and pepper.
6. Add the cauliflower and bring to a boil. Once boiling, reduce the heat to medium-low and cook for 15 minutes or until the cauliflower is soft and cooked through. Stir occasionally.
7. Blend the soup using either an immersion blender or in a blender. If working with a blender, do in small batches.
8. Over medium heat, stir the cheeses into the soup until melted.
9. Serve with additional shredded cheese, bacon and green onions if desired.

**Wasatch County Cooking Class, April 2023**

**Tricia Mathis, FCS/4-H Educator** 55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234



## Brazilian Cheese Bread

*Yield: 24 rolls Time: 30 minutes*

### INGREDIENTS

- 1 large egg
- 1/4 cup canola or vegetable or olive oil
- 2/3 cup milk
- 1 1/2 cups tapioca flour, fluff the flour before measuring
- 3/4 teaspoon salt
- 1/2 cup packed shredded cheese, parmesan (freshly shredded) or Asiago

### DIRECTIONS

1. Preheat the oven to 400 degrees F. Lightly grease a mini muffin tin.
2. In a blender, combine the egg, oil, milk, flour and salt. Process until the mixture is smooth, scraping down the sides of the blender once or twice. Add the cheese and process for just a short bit, 5-10 seconds or a few short pulses, until the cheese is in small bits all throughout the batter.
3. Give the batter a good stir to get any solids off the bottom and pour the mixture into the prepared muffin tin filling the cups nearly to the top.
4. Bake until very lightly golden brown, 15-20 minutes.
5. Remove from oven and let cool for a minute or two. Eat warm.

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## Basil Pesto

*Yield: 6 servings Time: 30 minutes*

### INGREDIENTS

- 1 cup fresh Basil leaves, packed
- 1 cup baby spinach, packed
- 1/2 freshly grated Romano or Parmesan-Reggiano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup walnuts
- 1 teaspoon garlic salt
- salt and pepper to taste

### DIRECTIONS

1. Place basil leaves, spinach and walnuts into the food processor and pulse several times.
2. Add the garlic salt, cheese and pulse several more times. Scrape down the sides of the food processor with a rubber spatula.
3. While the food processor is running, slowly add the olive oil in a steady stream. Scrape down sides of the food processor.
4. Stir in salt and pepper to taste.

\*Top with pasta for a quick sauce, dollop over baked potatoes or spread onto crackers or toasted slices of bread.

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# Strawberry Dole Whip

*Yield: 6 servings Time: 30 minutes*

## INGREDIENTS

- 4-6 oz. 100% pineapple juice
- 2 cups (9oz.) frozen strawberries
- 1/2 cup vanilla ice cream

## DIRECTIONS

1. Pour the juice, strawberries and ice cream in a blender. In that order.
2. Blend on high speed until smooth and creamy. If desired, add more pineapple juice or ice cream to make desired consistency.
3. Pour in glasses and serve immediately.

\*Other flavors can be used as well - raspberry, blueberry, orange etc.

\*\*If you would like it a little sweeter, add powdered sugar a little at a time.

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