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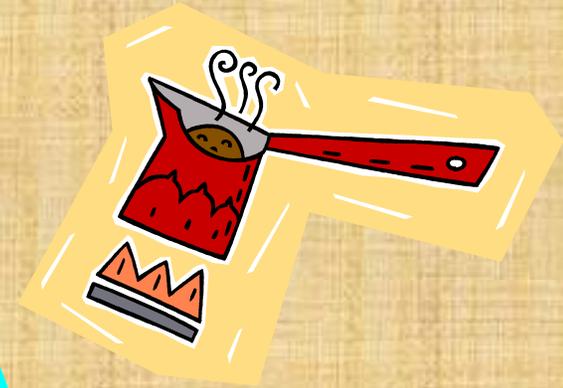
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*Top
Ten
Meals
Under
Ten
Dollars*



Menus

1. Beef Empanadas/Cucumber Salad
2. Black Bean Cakes/Mexican Rice/Sautéed Plantains
3. Caribbean Shrimp/ Rice/Broiled Pineapple
4. Simple Lo Mein
5. Tuscan Tomato Soup/Cheddar Biscuits
6. Summer Pasta Alfredo/Salad/Breadsticks
7. The Versatile Frittata/Fresh Fruit or Tossed Salad/Toasted English Muffins
8. Tamale Pie/Confetti Slaw with Jicama and Bell Pepper
9. Pizza, Calzones & Stromboli
10. Indian Dal Nirvana/Cauliflower and Couscous Pilaf/Soft Wrap Bread



Soft Wrap Bread

3 - 3¼ cups (12¾ to 13¾ ounces) unbleached all-purpose flour*
1½ cups (12 ounces) boiling water
½ cup potato buds or potato flakes
1¼ teaspoons salt
2 tablespoons) vegetable oil
1 teaspoon instant yeast

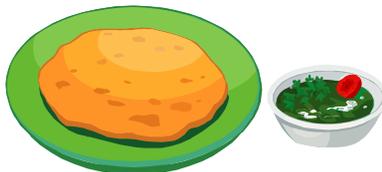
*whole wheat flour can be substituted with great results

Place 2 cups of the flour into a bowl or the bucket of a bread machine. Pour the boiling water over the flour and stir until smooth. Lightly cover the bowl or bucket and set the mixture aside for 30 minutes.

In a separate bowl, whisk together the potato flour (or flakes or buds) and 1 cup of the remaining flour with the salt, oil and yeast. Add this to the slightly cooled flour/water mixture, stir, then knead for several minutes (by hand, mixer or bread machine) to form a soft dough. It may look like the flour/salt/oil/yeast mixture will never absorb into the boiling water/flour mixture. It will, I promise, but you may need to take it out of your electric mixer, if using one, and knead the flour in by hand or add it very gradually to your electric mixer.

Note: You can allow the dough to go through the entire kneading cycle(s) in the bread machine, but it's not necessary; about a 5-minute knead in the machine, once it gets up to full kneading speed, is fine. The dough should form a ball, but will remain somewhat sticky (the dough is fairly stiff, so don't be worried – just be careful not to over-flour the dough). Add additional flour only if necessary; if kneading by hand, keep your hands and work surface lightly oiled. Let the dough rise, covered, for 1 hour (I let mine rise up to 2 hours).

Divide the dough into 8 pieces (each about the size of a handball, around 3 ounces), cover and let rest for 15 to 30 minutes. Roll each piece into a 7- to 8-inch circle and dry-fry them (fry without oil) on a griddle or frying pan over medium heat for about 1 minute per side, until they're puffed and flecked with brown spots. Adjust the heat if they seem to be cooking either too quickly, or too slowly; cooking too quickly means they may be raw in the center, while too slowly will dry them out. Transfer the cooked breads to a wire rack, stacking them to keep them soft. Serve immediately, or cool slightly before storing in a plastic bag.



Beef Empanadas Cucumber Salad

Quick Beef Empanadas

1 pound (85 % lean) ground beef (ground turkey may be substituted)
1 onion, chopped fine
2 tablespoon tomato paste
4 garlic cloves, minced
1 teaspoon ground cumin
1 -2 cups pepper jack cheese, shredded
¼ cup fresh cilantro
hot sauce, to taste
salt and pepper
1 (15-oz.) box Pillsbury pie crust (cheaper to make your own)

Preheat oven to 450 °. Spray a rimmed baking sheet lightly with vegetable spray.

Heat a large non-stick skillet over medium high heat. Add beef and onions and cook until beef is no longer pink, about 5 minutes.

Add the tomato paste, garlic and cumin; cook until fragrant, about 30 seconds. Remove skillet from heat and stir in cheese and cilantro. Season with a couple of dashes of hot sauce and add salt and pepper to taste.

Cut each pie crust in half. Arrange one-quarter of filling on one side of each pie crust half, leaving ½ inch border around edges. Brush edges of pie crust with water, fold over filling and crimp edges to seal.

Place on prepared baking sheet. Using fork, pierce dough at 2 inch intervals so steam can escape. Bake until golden brown, 15 to 20 minutes. Serve.

Note: The assembled empanadas can be refrigerated for 12 hours prior to baking. Can also be frozen.

Adapted from *The Best Simple Recipes by America's Test Kitchen*

For Calzones:

¼ cup sauce
¼ cup favorite fillings

½ cup cheese

Preheat oven to 500°. Roll each dough ball out pretty thin on a lightly floured surface. Dust with flour if needed to prevent sticking. If dough is resisting rolling out, let it rest for a few minutes and then try again.

Brush edges of dough with water. Spread sauce on one half of the dough. Add favorite filling. Fold top half over filling and press edges together to seal using fingers or a fork. Make sure the dough is sealed tightly.

Place calzones on parchment paper lined baking sheet (or sprayed baking sheet). Brush tops lightly with olive oil and sprinkle with some kosher salt. With a knife cut a slit or two into the tops of the calzone so steam can escape. Place in oven and reduce temperature to 450°. Bake 12 to 15 minutes or until lightly golden brown. Let calzones sit for about 5 minutes before serving.

For Stromboli:

1 heaping cup cheese
heated pizza sauce, for dipping

1 cup favorite fillings

Take the dough out of the refrigerator and divide in half. Take one half of the dough and roll out into a rectangle (11 x 14 inches) on a lightly floured surface. With the wide side of the rectangle facing you, spread shredded cheese and toppings over surface leaving a one inch border. Roll the wide side tightly and evenly away from you, pinching the seam closed tightly with your fingers. Pinch the ends closed and tuck them under on both sides. Repeat with the second half of the dough.

Place Strombolis seam side down on baking sheet that has been lined with parchment paper (or sprayed baking sheet). Brush the tops with olive oil. Cover with plastic wrap and let sit for an hour at room temperature. The dough won't raise much, just slightly puff.

Preheat oven to 400°. With a knife, cut 3 or 4 slits across the top of bread to let steam escape, making sure to cut all the way down to the top of the filling. Bake for 20 to 30 minutes or until golden brown. Let sit for about 5 minutes before slicing to serve.

Easy Pizza Sauce:

1 (28-oz.) can of crushed tomatoes
optional ingredients: 1 teaspoon dried oregano, basil, thyme or parsley

2 Tablespoons red wine vinegar
salt and pepper

Combine all the ingredients together in a bowl.

*Sauce freezes easily

Recipes adapted from **Peter Reinhart**

Black Bean Cakes Mexican Rice Sautéed Plantains

Black Bean Cakes

Talk about "knock your socks off"! These bean cakes end up crispy and crusty on the outside, but oh so tender and creamy on the inside. A true study in contrasts, this dish is elevated to notches unknown when served garnished with your favorite guacamole, salsa, and sour cream.

7 tablespoons olive oil
1 small onion (5 to 6 ounces), diced
2 teaspoons minced garlic
½ cup all-purpose flour
2 tablespoons Cajun Seasoning*
2 (15.5-oz.) cans black beans, drained and quickly rinsed
2 tablespoons chopped fresh cilantro, plus more for garnish
1 egg, lightly beaten
½ teaspoon salt, plus more to taste
½ teaspoon freshly ground black pepper
½ teaspoon ground cumin
½ teaspoon ground coriander
2 teaspoons hot sauce

Heat 1 tablespoon of the olive oil in a medium sauté pan over medium heat. When it is hot, add the onion and cook until soft and lightly caramelized, about 3 minutes. Add the garlic and cook until fragrant, about 30 seconds. Remove from the heat and set aside to cool.

Place the flour in a shallow bowl or plate and stir in the Cajun seasoning. Set aside.

In a medium mixing bowl, mash the black beans well with the back of a fork — the mixture should be relatively smooth, with no whole beans remaining. Stir in the cooled onion mixture, cilantro, egg, salt, pepper, cumin, coriander and hot sauce and mix well. Divide the mixture into 8 evenly sized patties (about 1/3 cup each).

Heat the remaining 6 tablespoons olive oil in a medium nonstick skillet over medium heat. When the oil is hot, dust the patties in the seasoned flour mixture and carefully transfer them to the hot skillet (the cakes will be delicate). Cook the cakes until golden brown on both sides and heated through, about 2 minutes per side.

If necessary, season with more salt. Garnish with chopped cilantro and serve immediately.

Yield: 4 servings

*You can buy Cajun seasoning at the store or make your own with this combination of spices.

Pizza, Calzones & Stromboli

Homemade Cajun Seasoning:

2½ tablespoons paprika	2 tablespoons salt
2 tablespoons garlic powder	1 tablespoon black pepper
1 tablespoon onion powder	1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano	1 tablespoon dried thyme

Adapted from *emerils.com*

Mexican Rice With Fresh Tomatoes

1 tablespoon butter
1 tablespoon canola Oil
¼ cup onion, chopped
3 - 4 cloves garlic, minced
1½ cups long grain rice
1 tomato, diced
3 cups chicken broth
1 teaspoon salt

Use a medium saucepan over medium heat. Add butter and oil. Add the chopped onions and the garlic. Cook 3 to 4 minutes or until the onion is slightly soft. Add rice and stir until rice begins to slightly brown. Add the tomato, 3 cups chicken broth and salt. Bring to a boil, cover and decrease the heat to low.

Simmer 15 to 20 minutes or until rice is done. Makes 4 to 6 servings.

Adapted from *The Food Nanny Rescues Dinner by Liz Edmunds*

Sautéed Plantains (Plátanos Fritos)

If only green plantains are available, ripen them at room temperature for a few days.

2 ripe plantains, yellow with some black spots (about 1 pound)
1 tablespoon canola oil
¼ tsp Kosher Salt

Peel plantains and cut each into thirds crosswise. Cut each piece in half lengthwise.

Heat large skillet over medium heat and add oil. Add plantains to pan; cook 3 minutes on each side or until slightly browned. Transfer cooked plantains to a plate; sprinkle with salt.

Adapted from *MyRecipes.com*

Pizza Dough

1 pound (3½ cups) unbleached bread flour, more as needed*
2 teaspoons honey or sugar
1½ teaspoons salt (or 2½ tsp. kosher salt)
1¼ teaspoon instant yeast
1½ tablespoons extra-virgin olive oil; more as needed
11-oz. (1¼ cup + 2 tablespoons) of cool water (60 to 65°)
semolina flour (optional)

*can substitute half of the flour with whole wheat flour

In a large mixing bowl or in the bowl of an electric stand mixer combine flour, honey or sugar, yeast, salt and olive oil. Add water. Mix 2 to 3 minutes or until dough forms a coarse ball.

Knead the dough by hand on a lightly floured surface or by machine with a dough hook on a medium-low speed. Add more flour if needed. The perfect consistency of the dough should be smooth and just slightly tacky (think of a Post-It note)

Spray a large bowl with vegetable spray. Place the dough into the bowl and lightly spray the top of dough with vegetable spray. Cover the bowl with plastic wrap and refrigerate. For best flavor refrigerate for at least 8 hours or up to 3 or 4 days.

When ready to use, remove dough from bowl and place on lightly floured surface. Divide dough in half for **2 med-large pizzas** or **2 Stromboli**, or divide into four for **4 small pizzas or calzones**. Form each piece into a tight ball. Place balls on a lightly sprayed baking sheet. Spray balls lightly with vegetable spray and cover with a towel for about an hour before baking.

Place a baking stone (ideal) or an upside down rimmed baking sheet on the middle rack of the oven. Heat oven to 500° or highest setting.

For pizza: Flatten dough ball with hands on lightly floured surface. With a rolling pin continue to flatten into a circle. With a fork, prick dough all over surface (helps prevent dough from bubbling up when baking). Transfer dough to pizza peel or to a **rimless** baking sheet covered lightly with cornmeal. Top pizza dough with sauce and favorite toppings.

Carefully slide the dough onto the hot stone or baking sheet using a jerking motion to help it slide. Bake pizza 6 to 8 minutes or until lightly browned around the edges. While pizza is cooking, get the next pizza ready for the oven.

Remove the pizza with a large spatula or use the pizza peel. Place pizza on cutting board and let rest for a minute before cutting.

Confetti Slaw with Jicama, Bell Pepper and Scallions

3 teaspoons frozen orange juice concentrate, thawed
3 tablespoons rice wine vinegar or white vinegar
3 tablespoons extra virgin olive oil
1 lb. finely shredded purple cabbage (packaged variety is fine)
½ medium jicama, peeled and cut into bite-size strips
1 red bell pepper, cut into thin bite size strips
3 green onions, thinly sliced
¼ cup chopped fresh cilantro
salt and pepper to taste

Mix orange juice concentrate, vinegar and olive oil in a small bowl. Combine the remaining ingredients into a large bowl. Toss with dressing and serve. Serves 6



Caribbean Shrimp Rice Broiled Pineapple

Caribbean Shrimp

1 teaspoon garlic, chopped
1 cup onion, chopped
1 tablespoon olive oil
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon salt
1 teaspoon pepper
1 (14-oz.) can diced tomatoes, I used canned, fire-roasted
1 cup coconut milk
1 cup milk
¼ cup cilantro, chopped
1 pound shrimp, raw, peeled and deveined
1 -2 teaspoons hot sauce



In a large skillet over med-high heat, cook the garlic and onion in the oil until the onions are tender, about 5 minutes. Add cumin, paprika, salt, pepper, tomatoes, coconut milk, and milk. Heat for about 1 minute, stirring occasionally. Add cilantro and shrimp. Add hot sauce to taste. Cook over medium heat for 2 minutes until shrimp are pink.

Perfect Microwave White Rice

2 cups long grain rice 3½ cups water
1½ teaspoon butter or olive oil Salt

Place all ingredients except salt in a large microwave safe bowl. Rice doubles in size during cooking so choose a container large enough to accommodate final product. Microwave **uncovered** on high for 10 minutes. Then microwave **uncovered** on medium-low for 15 minutes. Do not stir rice at anytime during cooking process. Season with salt and fluff with a fork before serving.

Broiled Pineapple

1 can sliced pineapple rings ¼ cup brown sugar
4 tablespoons butter, melted ½ teaspoon cinnamon

Place pineapple on sprayed broiler pan. Mix sugar, butter and cinnamon. Spoon onto pineapple. Broil, 4 inches from heat, for 4-5 minutes until bubbly. Extra splurge: make it a dessert by adding a scoop of vanilla ice-cream.

Simple Lo Mein (one-pot meatless meal)

Simple Vegetable Lo Mein

1 medium onion, halved from pole to pole, each half cut into eight wedges
4 ounces shredded cabbage (about ¼ of a whole cabbage)
4 ounces sliced mushrooms
1½ teaspoons garlic
1½ teaspoons minced fresh ginger
2 tablespoons vegetable oil
4 heaping cups of leftover cooked spaghetti (about 8-oz. uncooked)

Lo Mein Flavoring Sauce:

¼ cup chicken broth
¼ cup soy sauce
2 teaspoons rice wine vinegar
2 teaspoons toasted sesame oil
Generous dash of hot red pepper flakes
1 teaspoon sugar
*cashews added would be good

Preheat a large skillet on low while preparing vegetables, garlic and ginger.
Make the flavoring sauce and set aside.

Turn heat up to a medium high to high for about 3 minutes before ready to cook. Turn on exhaust fan.

Place 1 tablespoon of the oil in the skillet and add onion wedges. Stir-fry until the onion starts to slightly brown, but still crisp, about 1 minute or so.

Add the sliced mushrooms, stir fry until slightly browned but still crisp, about 1 minute. Add the cabbage next, stir-fry another minute or so or until just slightly cooked. Stir in the garlic and ginger and stir constantly for another minute.

Remove vegetables to a plate and set aside.

Pour remaining 1 tablespoon of oil into the hot skillet. Add the noodles; stir fry until heated through, about 2 minutes. Add the vegetables back into the skillet, along with the flavoring sauce; stir fry to combine and heat through. Serve immediately.

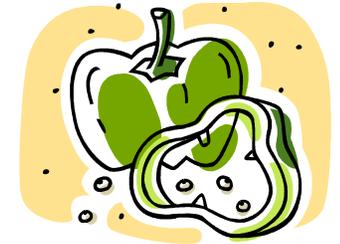
Makes 4 servings

Adapted from ***How to Cook Without a Book by Pam Anderson***

Tamale Pie Confetti Slaw with Jicama and Bell Pepper

Tamale Pie

1½ pound ground turkey*
salt and pepper to taste
2 tablespoons plus 2 teaspoons chili powder
1 (14-oz.) can pinto beans, undrained
1 (4.5-oz.) can chopped green chilies, undrained
2 (2.25-oz.) cans sliced black olives, drained
1 (16-oz.) jar salsa
½ cup chopped fresh cilantro
3 cups water
1 cup cornmeal
1 cup (8-oz.) grated sharp cheddar cheese
half of a red onion, thinly sliced, optional



Make sure oven rack is in middle position. Turn on broiler. Heat a large deep oven-proof skillet over medium-high heat.

Add turkey and cook, stirring frequently and seasoning lightly with salt, until meat loses its raw color, a couple of minutes. Stir in 2 tablespoons chili powder and stir.

Remove ½ of the beans from can and mash in a shallow bowl. Add to turkey, along with remaining whole beans (and their liquid). Add chilies, olives, salsa and ¼ cup cilantro. Simmer to blend flavors, about 5 minutes.

Meanwhile, bring water, cornmeal, remaining 2 teaspoons chili powder and 1 teaspoon salt to a boil in a medium saucepan, whisking frequently, until mixture thickens to mush. Pour mush over hot meat mixture, spreading with a spatula to completely cover.

Sprinkle with shredded cheese and remaining cilantro.

Place in oven and broil 5 minutes until cornmeal mush crisps on the edges and cheese melts. Let rest 5 minutes before serving.

*ground beef can be used instead

Adapted from ***Perfect One-Dish Dinners by Pam Anderson***

The Versatile Frittata Fresh Fruit or a Tossed Salad Toasted English Muffins

8 large eggs
½ cup milk (can use evaporated milk)
1 tablespoon flour
1 to 1½ teaspoons kosher salt
pepper
up to 3 vegetables & meats (a total of 2 cups)
1 or 2 fresh herbs (for a total ¼ cup) – optional
1 or 2 aromatics & spices – optional
1 or 2 cheeses (for a total of ½ cup) – optional
2 tablespoons olive oil

Heat oven to 350°. Cook any meats or vegetables that need to be cooked before preparing dish.

In a large bowl whisk the eggs with the milk, flour (don't worry if the flour clumps a bit), salt and pepper.

Stir in your vegetables and/or meat into the egg mixture, folding in gently.

Heat olive oil in a 10-inch ovenproof skillet over medium heat.

When the oil is hot, pour in egg mixture and spread evenly in pan.

Turn heat to low, cover and cook until eggs pull away from the sides of the pan, 8 to 12 minutes.

Remove cover and transfer frittata to the oven and cook until completely set and top is puffed, 15 to 25 minutes.

Loosen frittata from pan by running a rubber spatula around the edges. Carefully slide frittata out of pan onto a cutting board. Let cool at least 10 minutes before cutting and serving.

Serves 4 to 6 as a main dish.

Suggestions:

Vegetables — any favorite cooked leftovers, or spinach, cooked asparagus, cooked potatoes, sautéed mushrooms, sautéed zucchini, roasted bell peppers, sautéed onions

Cooked Meats — diced bacon, crumbled breakfast sausage, sliced Italian sausage or kielbasa, chorizo

Herbs — basil, chives, parsley, cilantro

Aromatics & Spices — ½ teaspoon crushed red pepper flakes, 1 clove sautéed garlic, thinly sliced green onions, a pinch of nutmeg

Cheeses — crumbled feta, favorite shredded cheeses, Parmesan

Adapted from *Fine Cooking Magazine*

Tuscan Tomato Soup Cheddar Biscuits

Tuscan Tomato Soup

2 tablespoons olive oil
2 large onions, chopped
3 (14-oz.) cans of diced tomatoes or 5 cups fresh chopped tomatoes
2 cups chicken broth
1 (12-oz.) can of evaporated milk
1 cup basil pesto
Salt and pepper, to taste

Heat oil in a large pot. Add the onions and cook over medium-low heat until slightly soft and translucent.

Add diced tomatoes and bring to a simmer. Add chicken broth. Bring tomatoes and broth to a simmer and cook for 15 minutes. Add evaporated milk and pesto.

Puree soup to desired consistency with hand blender, food processor or blender. (Be extremely carefully when blending! If using a blender or food processor- process in small batches to avoid steam buildup and explosion. Use hot pad or folded towel to hold lid down while processing)

Adjust seasoning with salt and pepper.

Makes 6 to 8 servings

Adapted from *The Chef's Table Restaurant/Provo*

Cheddar Biscuits

2½ cups Bisquick Baking Mix
4 tablespoons cold butter (½ stick)
1 heaping cup grated cheddar cheese

¾ cup cold milk
¼ teaspoon garlic powder

Brush On Top:

2 tablespoons butter, melted
½ teaspoon garlic powder

¼ teaspoon parsley flakes
pinch of salt

Preheat your oven to 400 °.

Combine baking mix with butter in a medium bowl using a fork, pastry cutter or floured hands. Combine until the butter is in "pea" size chunks.

Add cheddar cheese, milk and ¼ teaspoon garlic. Mix with a sturdy spoon until combined, but don't overmix.

Place approximately ¼-cup portions of the dough onto an ungreased cookie sheet. Bake for 15 to 17 minutes watching for the tops to lightly brown.

While biscuits are baking, melt the remaining butter and stir in the parsley flakes, garlic powder and salt. Brush this mixture over the top of the baked biscuits.

Makes about a dozen biscuits. (I always double the recipe)

Adapted from *topsecretrecipes.com*



Summer Pasta Alfredo Salad Breadsticks

Summer Pasta Alfredo

1 pound any cooked pasta, (spirals, spaghetti, shells, or linguine)
1/3 cup extra virgin olive oil
1/3 cup cream (half and half)
1 cup grated Parmesan cheese
salt, pepper, to taste
1/2 - 1 teaspoon garlic powder or minced fresh garlic
handful of minced parsley and basil
Squirt of fresh lemon juice
1/4 cup grated mozzarella cheese
dry chili flakes, to taste

Optional Add ins:

-Black or green olives
-2 cups cooked meat- chicken, beef, shrimp, salmon, canned tuna
-chunks of fresh garden tomatoes, peas and peppers (for more of a primavera style)
-other ideas: spinach, roasted red bell peppers, steamed broccoli, favorite fruits, vegetables, cheeses, toasted nuts

Prepare the pasta and drain. Toss with the ingredients. Serve hot or cold.
Serves 4-6.

Simple Tossed Salad

6 cups salad greens
2 to 3 salad additions
extra virgin olive oil
salt and pepper
red or white vinegar, balsamic vinegar or lemon juice

Combine favorite salad greens and other salad additions in a large bowl. Drizzle no more than 1/4 cup of extra virgin olive oil over the salad. Sprinkle with salt and pepper to taste. Toss salad and taste. Sprinkle salad with one tablespoon lemon juice or a vinegar and toss again. Taste and adjust seasonings if necessary.



Bread Sticks

2 1/4 teaspoon instant yeast
1 1/2 cups lukewarm water
1 tablespoon sugar
1 1/2 teaspoons salt
1/8 cup oil
4 cups flour
4 tablespoons butter, melted (1 1/2 teaspoons garlic salt may be added)

In a large bowl add all of the ingredients except the butter. Stir into dough and knead until smooth and elastic and slightly sticky (I use a heavy duty mixer).

Place in greased bowl, cover and let rise until double, about 1 hour. Punch down. Divide dough in half. Let rest for 10 minutes. Roll one half dough out into a rectangle (about 12 x 10). Brush with melted butter. Cut dough with pizza cutter into 8 strips. Repeat with other half. Place breadsticks on parchment lined baking sheets (or sprayed baking sheets). Cover baking sheets with plastic wrap and let sit for 30 minutes before baking. Preheat oven to 350°. Bake 15 to 18 minutes or until lightly browned.

Yield: 16 bread sticks

Variations:

Cheesy Bread Sticks: Press buttered side down of breadstick in freshly grated Parmesan cheese. Twist bread stick multiple times and lay out on parchment lined cookie sheets — about 8 to a sheet. (The parchment is necessary so the cheese won't stick to the pan.) Cover and let rise 30 minutes or until double in bulk and then bake. After baking, brush with remaining melted garlic butter.

Garlic Butter Bread Sticks: Twist bread sticks that have already been spread with garlic butter mixture. Place on greased baking sheet and let rise 30 minutes. After baking, brush again with melted garlic butter.

Herb & Cheese Breadsticks: Use plain melted butter to spread on dough, then sprinkle bread sticks with Parmesan cheese and Salad Supreme. Place on sprayed baking sheets and let rise 30 minutes before baking.

Pizza Breadsticks: Let buttered bread sticks rise on parchment lined baking sheets. Spread with pizza sauce and place pepperoni on top. During the last 5 minutes of baking, add shredded cheese.

Cinnamon Sugar Breadsticks: Dip bread sticks in 1 stick melted butter (skip the brush with melted butter step. Roll in a mixture of 2 cups brown sugar and about 1 tablespoon cinnamon (might need more sugar mixture depending on how much you use). Twist and let rise on parchment lined baking sheets.

