

Cooking with



The Homeschool Genius

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Roasted Plantain and Veggies (Feeds 4)

What You'll Need: 1 Plantain (Large), 1 Sweet Potato (Large), 2 Cups Broccoli, 2 Cups Carrots (or any veggies you like), Avocado Oil, Salt, Pepper, Cinnamon.

Directions:

1. Preheat Oven to 425 degrees Fahrenheit.
2. Using a cutting board, peel and slice your plantain, sweet potato, and carrots (slice evenly and thin enough to cook thoroughly in 20 minutes).
3. Cut your broccoli florets if they are not the mini variety.
4. In a glass bowl, pour 4 tablespoons of Avocado oil, then place your veggies inside, mixing until evenly distributed.
5. Add about 1 tsps. of salt and pepper. I also like adding a dash of cinnamon.
6. Place your veggies onto a baking sheet and bake for 20 minutes. Be sure to turn them halfway through.

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Homemade Baked BBQ Chicken (Feeds 4)

What You'll Need: Chicken Tenders (4 pounds), Garlic Powder, Ground Pepper, Ketchup (1/2 c), Lemon Juice (2 tbsp), Brown Sugar (6 tbsp), Apple Cider Vinegar (1/4 c), Worcestershire Sauce (1 tbsp), Spicy Brown Mustard (2 tsp), Grass-fed Butter (4 tbsp), Chili Powder (2 tsp), Paprika (2 tsp), Salt (2 tsp)

Directions:

1. **Preheat Oven to 425 degrees Fahrenheit.**
2. **Season your chicken tenders generously with garlic powder and ground pepper. Set aside.**
3. **Mix ketchup, lemon juice, brown sugar, apple cider vinegar, Worcestershire sauce, mustard, butter, chili powder, paprika, and salt into a bowl.**
4. **Pour mixture onto chicken tenders and let marinate for 30 minutes.**
5. **Place chicken onto a cooking rack with a drip pan and bake in the oven for 20 minutes. You may broil the last two minutes if you wish.**

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Cajun Chicken Breasts (Feeds 4)

What You'll Need: Chicken Breasts (4 pounds), Cajun Spice Rub (Rib Rack Brand), Salt (1 tsp), Avocado Oil 2 (tbsp)

Directions:

1. Preheat Oven to 425 degrees Fahrenheit.
2. Wash and cut your chicken breasts in half if they are not already thin cutlets.
3. Place your chicken breasts into a mixing bowl and add 2 tablespoons of avocado oil.
4. Season your chicken breasts with 1 teaspoon of salt.
5. Apply Cajun spice rub generously to the chicken breasts.
6. Place chicken onto a cooking rack with a drip pan and bake in the oven for 20 minutes. You may broil the last two minutes if you wish.

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Homemade Rice Pilaf (Feeds 4)

What You'll Need: Organic Chicken Broth (2 2/3 c), Sea Salt (1 tsp), Garlic Powder (1/2 tsp), Ground Black Pepper (1/4 tsp), Paprika (1/8 tsp), Onion Powder (1/8 tsp), Parsley Herb Mix (any variety) (1 tbsp), Grass-fed Butter (5 tbsp), Avocado Oil (2 tbsp), Orzo (1/3 c), Jasmine Rice (1 c)

Directions:

- 1. In a large saucepan, mix chicken broth, sea salt, garlic powder, black pepper, paprika, onion powder, herb mix, and butter. Bring to a boil, then reduce heat to low.**
- 2. Put 2 tablespoons of avocado oil into a frying pan. Heat on medium-high for 1-2 minutes.**
- 3. Place orzo into the frying pan and cook for about 4 minutes or until it browns.**
- 4. Add rice to the frying pan with the orzo and cook together for 5 minutes, or until the rice turns bright white.**
- 5. Add the rice and orzo carefully into the broth mixture.**
- 6. Place lid onto the saucepan and cook on low for 20 minutes.**

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Homemade Granola Bites (Feeds 4)

What You'll Need: Old Fashioned Oats (1 c), Natural Peanut Butter (1/2 c), Local Honey (1/3 c), Semi-sweet Mini Chocolate Chips (1/4 cup), Chia Seeds (1 tbsp), Vanilla Extract (1 tsp)

Directions:

1. In a large mixing bowl, mix all the ingredients until thoroughly combined.
2. Cover the mixing bowl and refrigerate for 1 hour, or until chilled.
3. Take the chilled mixture out of the refrigerator and roll mixture into 1-inch balls.
4. Enjoy! Leftovers stay fresh in the refrigerator for 1 week. They also freeze well for up to 3 months.

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Grilled Roasted Chicken Breast and Cheese Sandwiches (Feeds 4)

What You'll Need: Roasted Chicken Breasts (Deli Meat or Homemade) (1/2 pounds), White American Cheese Slices (1/2 pounds), Grass-fed Butter (2 tbsp), Fresh Italian Bread (8 slices), Italian Seasoning (2 tsp)

Directions:

1. Line 8 slices of Italian bread onto a baking sheet facing up.
2. Spread grass-fed butter evenly onto the slices of Italian bread.
3. Place desired amount of meat and cheese onto the slices of bread (I typically do 2 slices of meat and 2 slices of cheese).
4. Sprinkle Italian seasoning onto the meat and cheese.
5. Broil in the oven for about 2 minutes on each side. Be sure to watch closely to avoid burning.