

Food for Thought

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Creating a New Recipe!

In the 9055 kitchen, we have a large cookbook with over 50 recipes for clients to select for *Dinner by Me!* These recipes range from simple casseroles to more advanced multi-step dishes. While all our recipes have different origins, there are 6 criteria we like to adhere to when adapting a new recipe.

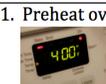
- **Must be 1 page back to back;**
- **Each step of the recipe has only 1 instruction;**
- **Each recipe is translated into pictures;**
- **Measurement is based on a color-coded system that does not require understanding of fractions;**
- **Traditional list of ingredients at the beginning of a recipe has been removed;**
- **Convenience products are often used to streamline the cooking process.**

Recipes are one of the biggest issues that people struggle with in learning to cook. Our system helps address this problem.

This is an example of an eggplant parmesan recipe that has been reworked to fit our parameters. The original recipe from *Bon Appetite Magazine* had 13 ingredients, 3 different cooking processes and took 1 ½ hours to prepare. The revised recipe has 4 ingredients, 1 cooking process and takes 10 minutes to prep. You can check out all the *Dinner by Me!* recipes on the CSS website!

Dinner by Me: Eggplant Parmesan



1. Preheat oven to 400 degrees.

2. Spray casserole pan with oil.

3. Layer bottom of pan with breaded eggplant.

4. Spread mozzarella cheese across the eggplant.


Tasting Tuesday!



April 24th we tried Broccoli Tots!

100% of participants liked them 😊

Wow! 100%

5. Cover with more breaded eggplant.

6. Pour bottle of Ragu across the casserole dish.

7. Sprinkle Parmesan cheese across top.

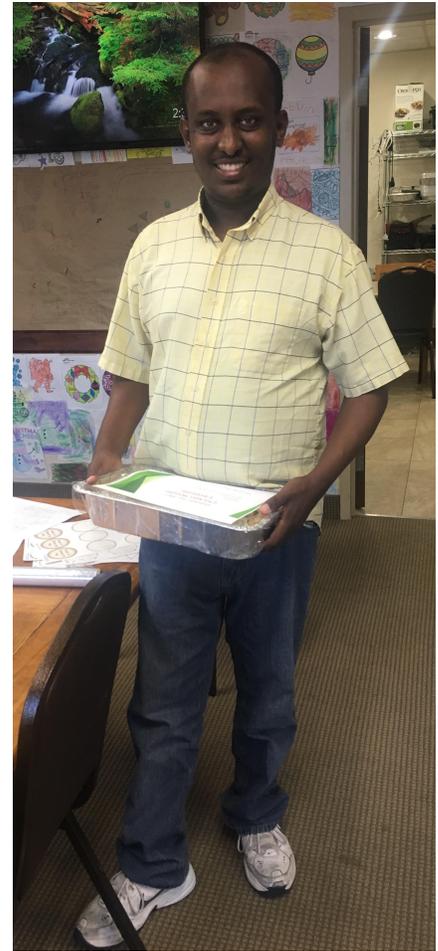
8. Bake for 25 minutes uncovered.


Chef of the Month: Eskinder Aynalem

Eskinder Anyalem is May's **Chef of the Month!** Eskinder has been cooking with Ms. Janice for over 2 years. He is an adventurous chef with a passion for trying new recipes. He is very precise and loves taking his time to ensure his dinner comes out perfectly. Eskinder's favorite dishes to cook include pork chops and Chicken Noodle Casserole. His favorite person to cook for is his roommate, Julian. We love Eskinder's positive attitude and excitement for cooking!

¡Cinco de Mayo Fiesta!

On May 4th, we had a Cinco de Mayo party on the teaching floor. Matthew Greenberg made all the food including tacos, beans, rice, fruit and salad. Everything was delicious and we loved shaking the maracas!



Tasting Tuesday!



May 1st we tried Tofu Scramble!

64% of participants liked them 😊

19% didn't like them 😞

17% wouldn't try them