
honey bear cook book

a poor student's way of cooking
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philosophy

college life is notorious for being the time in your life when your starving most. when all you have left to eat is that month old can of beans that you rip into and it just taste “so good”. yuck. not anymore.

i have presented in this book a couple easy recipes that my girl friends and i have thought up in our college years. all are quick and easy. what’s even better is the fact that every ingredient you find in this cooking guide is under six dollars and usually things you just have lying around any ways. so not only do you get more bang for your buck you don’t have to waste to much time cooking. so you can start eating. another plus to the foods found here are there health factors. there is not one thing that over does it, all clean whole wheat, and yummy to eat. so shit lets start cooking and yes we’ll be drinking too.



breakfast

eggies in a basket



eggies in a basket

the quick & easy way to make your over easy eggs.
serves one

ingredients:

- 1 egg
- 2 pieces of bread
- pam® or any other cooking spray
- a buttery spread
- salt, pepper (optional)
- 12 oz. soup can

preparation:

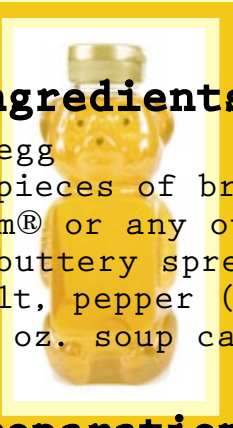
1. using the soup can as a cookie cutter, cut a hole out of the center of one the pieces of bread.
2. spray down a frying pan with a cooking spray of your choice.
3. turn your stove top to high, place pan on top of the flame and wait about 1-2 mins... or until pan is noticeable hot.
4. pop the uncut piece of bread along with the left over circle you cut out before, into your toaster and set it to your desired heat.

cooking:

1. take your cookie cut bread and place in pan.
2. gently break your egg into a bowl, and transfer the unbroken yolk along with its egg whites into the cut circle of your bread. make sure to press down corners of bread so that the egg does not have a chance to leak out on the sides.
3. the egg should start frying up right away. Wait the allotted amount of time till your satisfied with the consistency of your egg.
 - if you want it to be more runny do not cook it as long.
 - if you want a thicker consistency, cook it longer.
4. before flipping your breakfast, spray the pan including the sandwich over again with cooking spray. flip it!
5. do not wait as long to cook this side, there's a chance you may over cook it.

serve and enjoy:

1. when your satisfied with your egg, immediately transfer it to a your plate.
2. by this time your toast should be done, butter your toast with your desired spread.
3. now congratulate yourself! you did it you successfully made eggs over easy without the hassle of breaking that damn yolk!





lunch | dinner

chicken rico

julius's sandwich

fire bird burger

chicken rico

serves one

ingredients:

1 chicken breast
1/3 cup of frozen spinach
1/4 cup of milk
2 tbsp. ricotta cheese
1/3 cup mozzarella cheese
1 tsp. minced garlic
garlic salt
salt
pepper
tin foil

preparation:

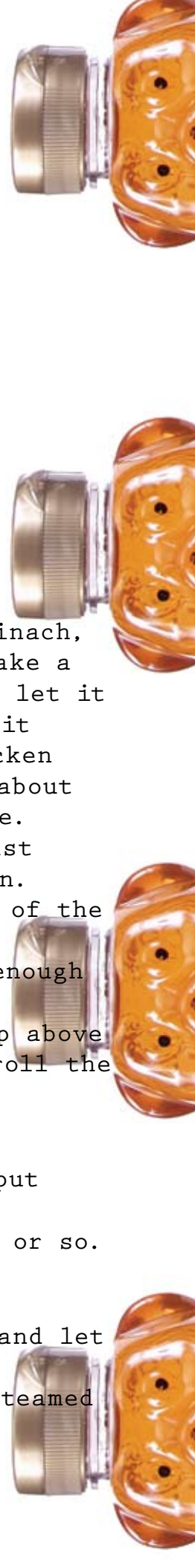
1. preheat oven to 350 degrees.
2. heat up a sauce pan on a high flame. add in the frozen spinach, milk, ricotta cheese, and garlic. the milk and cheese will make a cream and the garlic adds flavor. it will defrost quickly, so let it cook for about 5-6 mins. when done move it aside and let it sit
3. now you are going to butterfly the chicken. lay your chicken flat, take a steak knife and cut down the side of it moving about three fourths of the way in without coming out the other side.
4. now that you've successfully butterflied your chicken breast stuff the spinach and most of the mozzarella into the chicken. leave some cheese to sprinkle on the top. sprinkle in a dash of the salt, pepper, and garlic salt.
5. with chicken prepared rip out a square of tin foil large enough to wrap up your chick (12x13).
6. place chicken in center of aluminum and bring each side up above it, rolling each side together down towards the breast. now roll the left and the right side inward.

cooking:

1. place wrapped chicken in the center of cooking sheet and put onto middle rack in your preheated oven.
2. let cook for 25-35 mins. check your chicken every 10 mins. or so.

serve & enjoy:

1. when the timer sounds, take your chicken out of the oven and let it the foil cool.
2. unwrap and reveal place on plate with rice, potatoes, or steamed vegetables.
3. relax and indulge.



sea-zar sandwich

serves one

ingredients

2 slices of wheat bread
1 and a half cups chopped romaine lettuce
2 strips of chicken breast (Foster Farms Breast Strips Grilled ®)
a slice of swiss cheese
a few slices of parmesan cheese
4 tbsps. lite creamy caesar dressing

preparation:

1. pop your bread into the toaster.
2. in a larger bowl toss lettuce and dressing. if it seems like a lot of dressing, don't worry it's to keep the sandwich from being too dry.
3. cut both pieces of chicken in half to make four smaller pieces.

cooking:

this one is more of an arrangement

1. stack tossed salad, chicken, and both cheeses between pieces of your toasted bread.
the bread acts as the croutons that you would find in a traditional caesar salad.
2. press down lightly on the top of the sandwich to help the ingredients keep their places.

serve & enjoy:

1. well that was easy now wasn't it!
2. serve with fruit or vegetables and maybe some white wine, hang out and savor your sea side meal!



fire bird burger

serves four

ingredients

pound of ground turkey
4 oz. can of diced green chilies drained
1/2 white onion diced
1 tsp. cayenne pepper
1 tsp. crushed red pepper
1 tsp. minced garlic
4 buns
4 slices of monterrey jack cheese
•for the daring try pepper jack cheese•
ranch dressing
non-stick spray (pam®)

preparation:

1. using your hands mix together turkey, green chilies, onions, both peppers.
2. form into four equal patties.
3. place frying pan on over a high heated stove and let warm.

cooking:

1. spray pan down with non stick spray, place patties on the frying pan and cook each side till desired doneness.
2. before patties are all the way done, place desired cheese over patties and let melt.

serve & enjoy:

1. transfer patties to bottom buns. smother top bun with ranch dressing. add lettuce, tomatoes, or salsa if desired.
2. serve with potatoe or tortilla chips.
3. now devour that burger! Just make sure to have some water near by or better yet some beer! ariba!





desserts

the captain's bananas

green apple grainnies

PMS Crackers

the captain's bananas

a pirates flambé

serves two

ingredients:

1 banana
1 tbsp. of butter or margarine
splash of captain morgan
vanilla ice cream
chocolate syrup (optional)
granola (optional)

preparations:

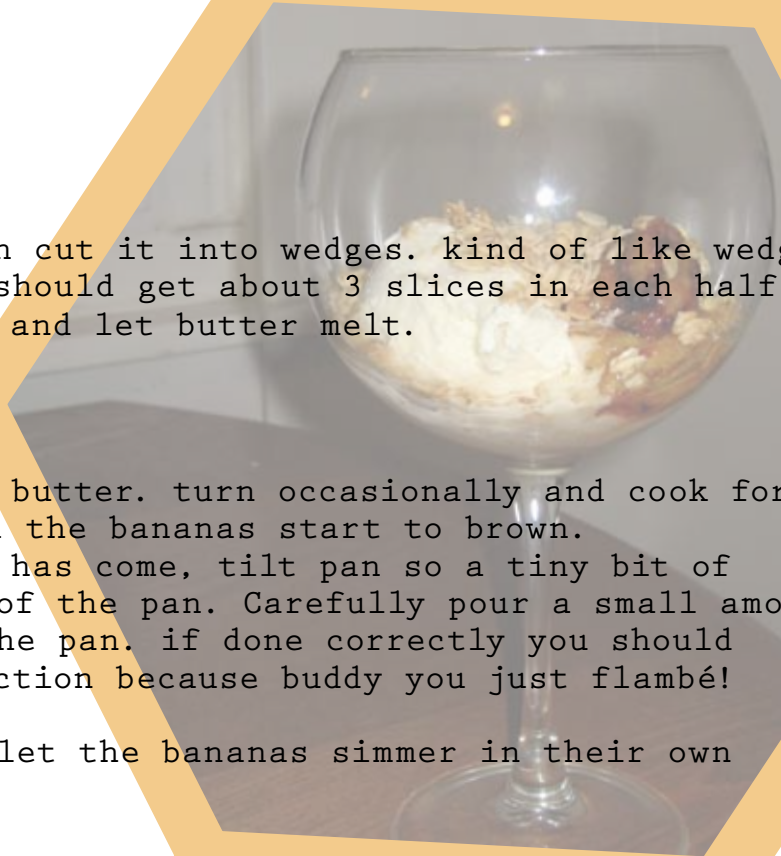
1. cut banana in half, then cut it into wedges. kind of like wedged potato french fries. you should get about 3 slices in each half.
2. turn stove top on high, and let butter melt.

cooking:

1. place bananas in melted butter. turn occasionally and cook for about 5-7 mins..... or until the bananas start to brown.
2. • TRICKY• when the time has come, tilt pan so a tiny bit of flame keeps over the side of the pan. Carefully pour a small amount have captain morgan into the pan. if done correctly you should get an “ooo” and “aww” reaction because buddy you just flambé! congrats!
3. Turn down the heat and let the bananas simmer in their own juices.

serve and enjoy

1. take two bowls and generously divvy up the vanilla ice cream.
2. distribute your flambé bananas and sprinkled your favorite granola over the top along with a drizzle of chocolate syrup.
3. serve to your partner in crime and of course enjoy!



green apple grainnies

serves two

ingredients:

1 granny smith apple
2 strawberries
1/3 cup molasses syrup
granola

preparation:

1. cut apple down the middle from stem to base. then cut slices that are about the width of a pencil, so about a little bit more of a quarter of an inch. you should get about 4-5 slices out of each half.
2. cut strawberries into slices. first cut off the green stem at the top then slice from top to bottom. you should get about four slices from each strawberry.
3. turn stove top on high, and let your frying pan heat up.

cooking:

1. throw all your apple slices into your pan so that they are all witnessing heat. Let them cook till they begin browning.
2. once the browning is underway, drizzle the syrup. try and cover almost every apple.
3. the syrup should start to caramelize on get a little sticky. once this starts to happen you've finished! do not let them get to stick though, very tough to eat.

serve and enjoy:

1. on a plate arrange your apples and then cover as much as you can with your already prepared strawberries.
2. sprinkle your favorite granola generously.
3. sit back and relax because you've just made one hell of a dessert!



PMS munchies

the easy feel good food that you can splurge on a little.

ingredients:

4 whole wheat crackers
4 tsp. of peanut butter
2 strawberries
semi sweet chocolate chips

preparation:

1. this one is really easy guys. Like making a sandwich start with cracker and add appropriate layers.
2. cut your strawberries into slices. you should get about 2-3 whole slices from each strawberry depending on its size.

cooking:

ok so there isn't any cooking but there is a science to it.

1. layer your cracker with peanut butter then add your strawberry.
2. when adding the chocolate chips first add a little bit of P.B. on top of the berry so it acts like an adhesive so the chips do not fall around.
3. sprinkle on your chips lightly pressing the chips into the P.B.

serve & enjoy:

1. now your finished and either moody or starving. sit back take a breathe or a giggle and watch your fav show.



the end

