

Banana Raisin Bread

Ingredients:

- 2 tbsp. Chia seeds + 1/4 c. hot water
- 1 cup whole wheat flour
- 1/2 cup AP flour
- 2 tbsp. ground flax seed
- 1 tsp. cinnamon (plus additional for sprinkling on top)
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 cup rolled oats
- 1/2 tsp. salt
- 1/4 c. EVOO
- 1/2 c. + 1 tbsp. light brown sugar
- 1/2 cup Vanilla Oat Milk
- 1 tsp vanilla extract
- 3 large bananas, mashed
- 1 c. raisins

Directions:

1. Preheat oven to 350 degrees. Line a loaf pan with tinfoil or parchment paper and spray with cooking spray.
2. **Make chia “egg” by combining chia seeds with hot water in a small bowl. Set aside for 5 minutes.**
3. Combine whole wheat flour, AP flour, flax seed, cinnamon, baking powder, baking soda, and salt in a large bowl. In a medium sized bowl, whisk together chia seed mixture, EVOO, 1/2 cup light brown sugar, vanilla oat milk, and vanilla extract until blended. Add wet mixture to dry mixture and stir until moistened and combined. Fold in bananas and 1 cup of raisins and combine.
4. Pour batter into prepared loaf pan. Sprinkle top with 1 tbsp. light brown sugar and sprinkle of cinnamon.
5. Bake for 60-65 minutes, or until golden brown and a toothpick inserted comes out clean. Remove from oven and let cool slightly. Slice and serve

Chocolate Oat Pudding

Ingredients:

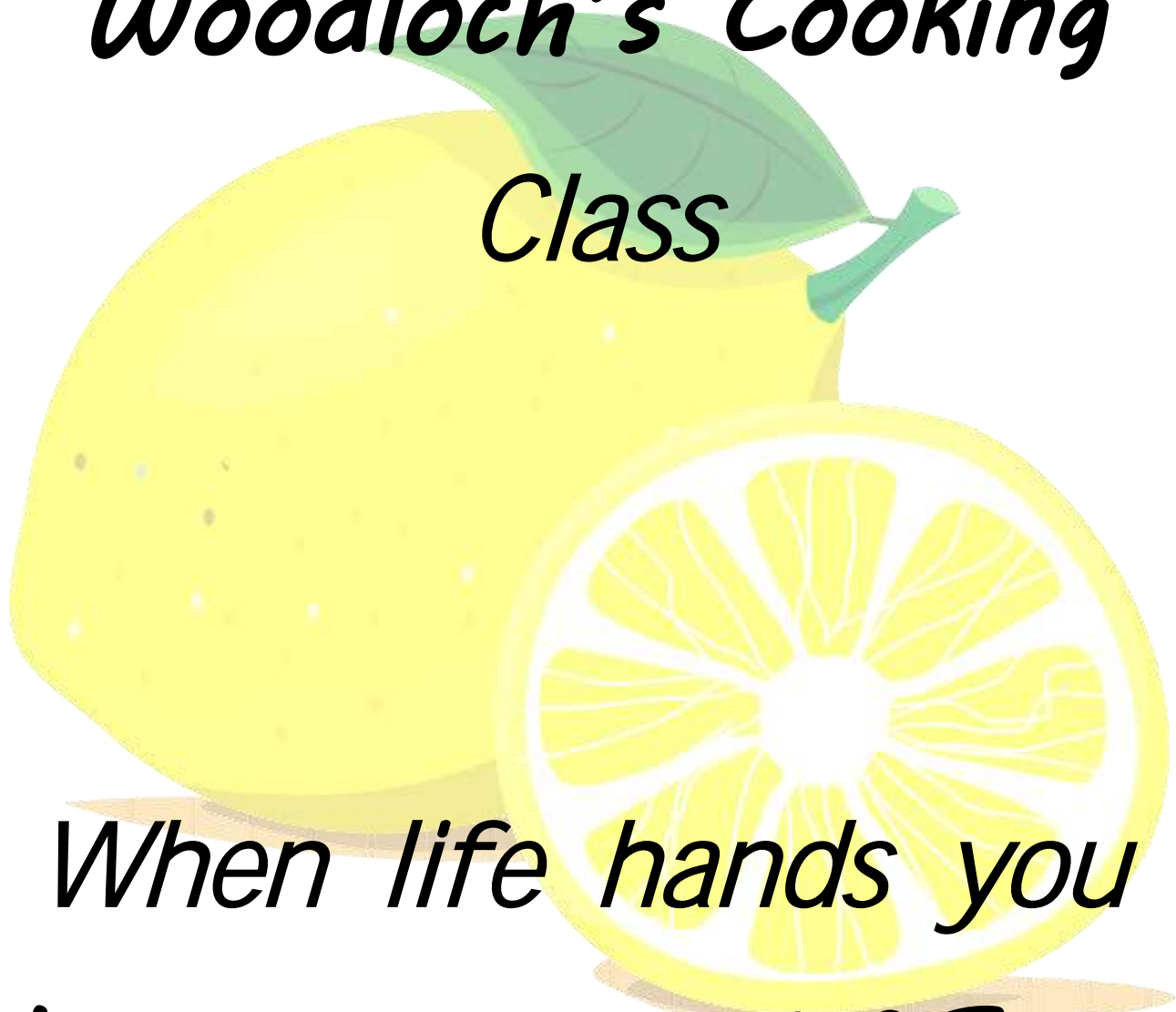
- 3/4 c. rolled oats
- 1/3 c. pure maple syrup
- 2 1/4 c. oat milk or other milk
- 1/4 cup cocoa powder

Directions:

1. Place all ingredients in a blender and blend for one minute.
2. Transfer the mixture to a small saucepan. Heat over medium, whisking constantly, until it starts to thicken (about 2 minutes). Continue to heat the pudding over medium heat for 3 more minutes, whisking constantly.
3. The pudding will be thick enough to eat right away, but you can refrigerate for one hour to have it chilled!

Woodloch's Cooking

Class



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lemons... you OAT to
try these recipes*

Lemon Chicken Orzo Soup

Ingredients:

- 2 tbsp. olive oil, divided
- 1 lb. boneless skinless chicken, diced
- Kosher salt and ground black pepper
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 tsp. dried thyme
- 7 c. chicken stock
- 2 bay leaves
- 3/4 uncooked orzo pasta
- 1 sprig rosemary
- Juice of 1 lemon
- 2 tbsp. chopped parsley

Directions:

1. Heat 1 tbsp. olive oil in large stockpot over medium heat. Season chicken with salt and pepper to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes and set aside.
2. Add remaining 1 tbsp. oil to the stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant.
3. Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes. Stir in lemon juice and parsley; season with salt and pepper to taste. Serve immediately

Mashed Potatoes with Lemon and Garlic

Ingredients:

- 3 1/2 lb. Yukon Gold potatoes, peeled and cut into 1 in. chunks
- 11 tbsp. unsalted butter
- 4 tsp. minced garlic
- 1 1/4 c. milk
- 1 1/2 tsp. finely grated lemon zest
- Salt and ground black pepper

Directions:

1. Put potatoes in large pot of salted water. Bring to a boil and cook until the potatoes are fork tender. About 15 minutes.
2. Meanwhile, in a medium sauce pan, melt 1 tbsp. butter over medium-low heat. Add garlic and cook, stirring frequently, until soft, about 1 minute. Add milk, remaining butter and lemon zest. Once butter has melted, season the mixture with salt to taste.
3. Once potatoes are done, drain and return to the pot over low heat. Stir for 30 seconds to dry. Gradually add warm milk mixture as you mash with potato masher. Add milk as needed and season to taste with salt and pepper.

Chicken Francese

Ingredients:

- 2 eggs
- 2 tbsp. whole milk
- 1 cup AP flour
- 1/3 c. olive oil
- 1/3 c. vegetable oil
- 4-6 large boneless, skinless chicken cutlets thinly sliced
- 3-6 tbsp. unsalted butter
- 1 lemon, thinly sliced, seeds removed
- 1/2 c. dry white wine
- 1 whole lemon, juiced
- 3 c. chicken stock
- 1 tsp salt, additional for seasoning
- 1/2 tsp pepper, additional for seasoning
- 3-4 tbsp. freshly minced parsley

Directions:

1. In a wide, shallow bowl, whisk eggs, milk, salt, and pepper until blended. Place the flour in a separate bowl. Line a baking sheet with paper towels.
2. In a wide skillet, heat olive and vegetable oils over medium heat until shimmering.
3. Working in batches to avoid crowding the pan, lightly dredge the chicken in flour and shake off any excess. Dip into egg batter, let excess batter drip back into bowl and place in the skillet. Fry turning once, until golden brown on both sides, about 4 minutes per side. Adjust the heat as the cutlets cook so they brown slowly and evenly, with a steady bubbling. Transfer to the paper-towel-lined pan and repeat with remaining cutlets.
4. When all cutlets are browned, remove the pan from heat and pour off oil. Wipe out pan with paper towels and return it to low heat.
5. If making the lemon slices (if not skip to step 6): Melt 3 tbsp. of the butter and then scatter the lemon slices over the bottom of the pan. Cook, stirring gently occasionally, until the lemon slices are golden and browning around the edges, about 3 minutes. Scoop out the lemon slices and set them aside.
6. Add 3 tbsp. of butter, the wine and lemon juice and bring to a boil. Boil until the liquid is syrupy, 3 to 4 minutes. Pour in the stock, bring to a boil and cook until thickened into a sauce, about 5 minutes. Taste and adjust the seasoning with lemon, salt and pepper; it should be quite lemony and not too salty.
7. Reduce the heat, tuck the cutlets into the pan and simmer very gently until the sauce is velvety and the chicken pieces are heated through, about 4 minutes. Turn the cutlets over occasionally in the sauce. Place the browned lemon slices on top. Sprinkle with chopped parsley and serve, spooning some of the sauce over each serving.