



TASTY COLLABORATIONS

EMPLOYEE COOKBOOK

Town of Marana

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BROCCOLI, HAM & CHEESE QUICHE

INGREDIENTS

16 ounces precooked shredded potatoes or frozen hash browns (thawed)
1 3/4 cups liquid egg substitute OR 8 eggs, beaten, divided
2 tablespoons all-purpose flour
1 tablespoon canola or extra-virgin olive oil
1/4 tsp salt
2 cups chopped broccoli florets
1 cup shredded extra sharp cheddar cheese
3/4 cup finely diced smoked ham
3/4 cup reduced fat sour cream
1/4 cup minced fresh chives
1/8 tsp freshly ground pepper

DIRECTIONS

1. Preheat oven to 375 degrees F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.
2. If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with 1/4 cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.
3. Fill the crust with broccoli, cheese and ham. Whisk the remaining 1 1/2 cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.
4. Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

HASH BROWN QUICHE CUPS

Total Time: 30 minutes Makes: 4 servings

CRUST INGREDIENTS:

1 large egg
1/4 tsp salt
1/8 tsp pepper
2 cups frozen shredded
has brown potatoes,
thawed
1/4 cup shredded asiago
cheese

FILLING INGREDIENTS:

3 large eggs
1 tbsp minced fresh chives
1/3 cup shredded Colby-Monterey
jack cheese
1/3 cup fresh baby spinach, thinly
sliced
2 bacon strips, cooked and
crumbled

DIRECTIONS

1. Preheat oven to 400°. Grease 8 muffin cups.
2. In a bowl, whisk egg, salt and pepper until blended; stir in potatoes and Asiago cheese. To form crusts, press about 1/4 cup potato mixture onto bottom and up sides of each prepared muffin cup. Bake until light golden brown, 14-17 minutes.
3. For filling, in a small bowl, whisk eggs and chives until blended; stir in cheese and spinach. Spoon into crusts; top with bacon. Bake until a knife inserted in the center comes out clean, 6-8 minutes.



LEFTOVERS?

You can freeze leftover quiches once they have cooled! To reheat put them on a baking sheet in a preheated 350F oven until heated through, about 5-10 minutes

Submitted By: Ronald Cox

Human Resources

Source: <https://www.tasteofhome.com/recipes/hash-brown-quiche-cups/>

TOFU BRUSSEL SPROUT STIR FRY

Vegan & Easy gluten free modification

INGREDIENTS

10 oz block tofu, pressed and cut into half inch cubes

1 tablespoon sesame oil plus more for topping

Salt and pepper

½ onion thinly sliced

12 ounces shredded Brussel sprouts

½ tablespoon soy sauce OR Braggs Liquid Aminos (gluten free substitute)

Optional toppings: Sesame seeds, scallions, furikake, toasted nuts, Sriracha

DIRECTIONS

1. Heat oil in large skillet (preferably cast iron) over medium-high heat. Season oil with salt and fresh cracked pepper.
2. Add tofu cubes and sear on all sides until golden brown. Set aside and blot.
3. In the same pan over medium heat add some more oil. Saute onion for 2-3 minutes, or until tender and slightly browned. Add Brussel sprouts to pan and cook, stirring continually until tender and bright green, about 4-5 minutes. If the pan feels dry or the sprouts begin to burn add a splash of water or vegetable broth.
4. After the sprouts are tender, add in soy sauce and pinch of salt, adjusting as necessary.
5. Divide vegetables among two bowls and top with tofu cubes. Optionally, serve on rice and top with sesame oil, sesame seeds, furikake, nuts, and sriracha.

INSTANT POT ENCHILADA PASTA

Easy gluten free substitution!

INGREDIENTS:

- 1lb lean grass fed ground beef (or ground turkey or chicken)
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 teaspoons chili powder, or more to taste
- sprinkle of salt
- 1/2 diced red onion
- 2 bell peppers diced (any color)
- 2 garlic cloves, diced
- 1 (8 or 10 oz) small can of tomato sauce
- 1 (15oz) can of diced tomatoes with green chilies, undrained
- 1/4 cup of water
- 1 1/2 cups of pasta (gluten free if needed)
- 2/3 - 1 1/3 cup freshly shredded sharp cheddar cheese
- fresh cilantro for garnish

DIRECTIONS:

1. Set Instant Pot to saute and brown ground beef until almost cooked through.
2. Add in onion and bell pepper and cook for another 2-3 minutes. Stir in garlic and seasonings
3. Layer pasta on top of meat and veggie mixture, but do not stir. Add the diced tomatoes with green chilies, water, and tomato sauce on top of pasta and smooth it out a bit to cover the noodles.



4. Cook for 3 minutes on manual and then quick release.
5. Stir in 2/3 - 1 1/3 cup of sharp cheddar cheddar cheese and place the lid on for a few minutes to allow it to melt. Garnish with cilantro and enjoy!

CHEF'S NOTES:

"I like to make this with ground deer or ground chicken with whole wheat penne!"

Submitted By: Nikki Hemphill

Human Resources

Source: <https://confessionsofahitfoodie.com/instant-pot-enchilada-pasta-21-day-fix-ww-gluten-free/print/10425/>