

# The Blue Jay Families Cookbook



Quick, easy, and delicious  
student-friendly recipes  
lovingly shared by Johns  
Hopkins University parents  
and family members.

# Appetizers

## Yummy Buffalo Chicken Dip

Submitted by the Sims Family, '20,  
Winter Park, FL

*This dip is easy to make, popular with a crowd, and delicious served with corn chips, carrots, or celery.*

### Ingredients

1 rotisserie chicken or any shredded leftover chicken  
2 8 oz. packages cream cheese, softened  
1 cup blue cheese or ranch dressing  
1 cup hot sauce  
1 cup shredded cheddar cheese

### Directions

1. Mix all ingredients in a bowl until combined.
2. Put mixture into a bowl and bake at 350 degrees or until hot and bubbly.
3. Serve with corn chips or veggies.

# Salads

## Panzanella (Tuscan-Style Bread and Tomato Salad)

Submitted by JHU Dining

### Ingredients

1/4 cup extra-virgin olive oil  
1/8 cup red wine vinegar  
Kosher salt  
Pepper  
4 1/2 oz. day-old bread, cut into 3/4-inch cubes (3 cups)  
1 cup cherry tomatoes, halved  
1/2 small red onion, sliced thin  
1/2 cup torn basil leaves

### Directions

1. Whisk oil, vinegar, salt, and pepper in a large mixing bowl until combined.
2. Toss remaining ingredients with dressing until coated.
3. Let sit for 20-30 minutes to allow ingredients to absorb dressing.
4. Serve at room temperature.

## Spinach and Strawberry Salad

Submitted by Blue Jay Family, '18

### Ingredients

2 handfuls of baby spinach, rinsed  
4 cups strawberries, sliced  
1/2 cup olive oil  
1/4 cup white wine vinegar  
1/2 cup white sugar  
1/4 teaspoon paprika  
1 tablespoon sesame seeds  
1 tablespoon poppy seeds  
Pecans or walnuts, optional

### Directions

1. Whisk together oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds to create the dressing.
2. In a large bowl, toss spinach and strawberries.
3. Add dressing to bowl and toss to coat.
4. Top with pecans or walnuts (optional).

# Entrees

## Chili Frito Burritos

Submitted by the Griffith Family, '20,  
Victorville, CA

### Ingredients

Flour tortillas  
1 can chili with beans  
1 bag shredded cheddar cheese  
1 bag Fritos corn chips

### Directions

1. Place chili in a microwaveable bowl.
2. Cover and microwave until hot.
3. Put some chili on a flour tortilla.
4. Top with cheese and Fritos.
5. Roll tortilla into a burrito.
6. Eat while you study.

## Pan-Seared Chicken Breasts

Submitted by JHU Dining

### Ingredients

2 chicken breasts (4-5 oz. each, at room temperature)  
Kosher salt  
Pepper  
1/4 cup extra-virgin olive oil  
1 cup chicken stock  
1 tablespoon butter  
1 tablespoon flour  
3 fresh rosemary sprigs

### Directions

1. In a non-stick skillet, add the oil and heat over medium-high heat. The oil will begin to shimmer when it is at the right temperature.
2. Season chicken with salt and pepper.
3. Place chicken skin side down. Cook until fully browned.
4. Flip breast and brown on bottom side.
5. Transfer chicken to a baking sheet. Place in 350 degree oven. Cook until internal temperature reaches 165.
6. After removing chicken from skillet, begin to melt butter in pan until it begins to bubble.
7. Whisk in flour to build a roux. When roux is finished, it will have a smooth consistency.
8. Add chicken stock and whisk to combine.
9. Add rosemary and reduce liquid by half.
10. Pour over sliced chicken and serve.

# Entrees

## Spicy Chicken Burgers

Submitted by the Klink Family, '20,  
Los Angeles, CA

*Spicy chicken burgers offer an interesting twist on the traditional hamburger.*

### Ingredients

1/2 medium yellow onion  
1 jalapeno pepper  
1 cup cilantro  
1 teaspoon fresh ginger, minced  
1 teaspoon, fresh garlic, minced  
1 package ground chicken  
1 egg  
1 cup panko bread crumbs  
Mayonnaise  
Sriracha  
Brioche rolls

### Directions

1. Chop onion, jalapeno (leave seeds if you like it spicy), and cilantro. Combine in bowl.
2. Add ginger, garlic, egg, and panko bread crumbs.
3. Mix thoroughly (hands work best).
4. Form into medium-sized patties (not too thick or the middle won't cook).
5. Cook over medium heat using vegetable oil in a non-stick pan.
6. Combine mayonnaise and Sriracha until it forms a pink color to your desired spiciness. The redder it is, the hotter it will be.
7. Lightly toast the brioche roll.
8. Spread Sriracha mayonnaise on both sides of rolls.
9. Serve ASAP.

## Spinach-Feta Grilled Cheese

Submitted by Blue Jay Family, '18

### Ingredients

1/2 teaspoon olive oil  
1 clove garlic  
1/4 lb. frozen cut spinach  
Salt  
Pepper  
2 ciabatta rolls, cut in half.  
1 cup shredded mozzarella cheese  
1 oz. feta cheese  
Red pepper flakes

### Directions

1. Mince the garlic and add it to a skillet with the olive oil.
2. Cook over medium-low heat for 1-2 minutes, or until it begins to soften.
3. Add the spinach. Turn the heat to medium and cook for about 5 minutes, or until heated through and most of the excess moisture has evaporated away.
4. Season lightly with salt and pepper.
5. Add about 1/2 of the mozzarella and feta to the bottom of each roll. Divide the spinach between the two sandwiches. Top with a pinch of red pepper flakes and more shredded mozzarella on each.
6. Add the top of the roll. Place in a large non-stick skillet and use another pot to press down on the sandwich (like a panini press). Use medium-low heat and cook until sandwiches are crispy on the bottom. Flip the sandwiches, place the pot back on top, and cook until crispy on the other side and the cheese is melted.
7. Serve warm.

# Entrees

## White Bean Chicken Chili

Submitted by the Glavin Family, '20,  
Lafayette, CA

*A healthier chicken chili perfect for winter weekends with friends and leftovers for everyone. Feeds 10-12.*

### Ingredients

1 cup chopped onion  
2 cups diced celery  
3 chopped red, yellow and/or orange peppers  
2 cloves garlic, finely chopped  
1 tablespoon chopped jalapeño (if fresh not available, the other spices do add a lot of kick!)  
1 quart diced or crushed tomatoes  
2 cans white kidney beans (do not drain)  
2 cans white beans (great northern), drained  
1 1/2 teaspoon chili powder  
1 1/2 teaspoon cumin  
1 tablespoon sugar  
2 teaspoons salt  
3/4 teaspoon crushed red pepper  
1/8 teaspoon turmeric  
Dash cayenne pepper  
Dash Tabasco sauce  
1 to 2 cups cooked chicken, shredded or cubed  
1 cup half and half  
3 tablespoons cornstarch  
1 1/2 cup milk

### Directions

1. Sauté first 5 ingredients until soft in a large pot in about 2 tablespoon oil.
2. Add the next 13 ingredients and simmer on low heat until flavors are blended.
3. Combine the cornstarch with the half and half and slowly add to chili (this chili is pretty thick so if you don't have cornstarch, it's not a problem)
4. Add the milk and simmer.

# Snacks

## Lavash Flatbread Snack

Submitted by the Gee Family, '20,  
San Jose, CA

*Lavash Flatbread Snacks can be as healthy or unhealthy as you make it. The possibilities are endless. It's so versatile!*

### Ingredients

- 1 package of flatbread (Lavash works well)
- 1 container of spread of your choice (Greek yogurt, hummus, guacamole, almond butter, peanut butter, Nutella, jelly, tomato sauce, cheese, etc.)
- Toppings of your choice (Blueberries, strawberries, raspberries, banana slices, granola, avocado slices, melted cheese, pepperoni, leftover meats, etc.)

### Directions

1. Place one slice of flatbread on a cutting board or flat surface.
2. Spread Greek yogurt (or any spread) on the flatbread, but leave about a 1/4 inch around the edges.
3. Sprinkle blueberries and granola (or any toppings) across your spread.
4. Take one end of the flatbread and roll it up completely until it looks like a jellyroll.
5. Slice in half or into desired size.
6. You can even make flatbread pizza!

## Roasted Chickpeas

Submitted by Blue Jay Family, '17

*You can make many different flavors or combinations. Use your favorite spices, such as chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, and more!*

### Ingredients

- 2 15-ounce cans chickpeas
- 2 tablespoons olive oil
- 1/2 to 3/4 teaspoon salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs

### Directions

1. Heat oven to 400°F: Place an oven rack in the middle of the oven.
2. Rinse and drain chickpeas.
3. Pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch. If you have time, let them to air-dry for a few minutes. Remove any skins that come off while drying, but otherwise don't worry about them.
4. Toss chickpeas with olive oil and salt.
5. Spread on an even layer on the baking sheet. Drizzle with olive oil and sprinkle with salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.
6. Roast 20 to 30 minutes stirring every 10 minutes. Popping is normal. They are done when golden, dry and crispy on the outside, and soft in the middle.
7. Sprinkle spices over chickpeas and stir to coat evenly.
8. Serve while still warm and crispy.

# Snacks

## Totally Addictive Cheese Crackers

Submitted by the SooHoo Family, '20,  
Oakland, CA

*Great snack cracker that stores well for at least a couple of days, if you can actually stop eating them! Change up the cheeses with blue cheese or milder cheese, as you prefer.*

### Ingredients

1 1/2 cups all-purpose flour  
1 1/2 cups shredded extra sharp cheddar cheese (fairly packed)  
1/2 cup shredded parmesan cheese (fairly packed)  
1/2 cup butter (softened at room temperature)  
1/2 teaspoon salt  
1/4-1/2 teaspoon ground cayenne pepper, more to taste

### Directions

1. Preheat oven to 325 degrees.
2. Mix all ingredients in food processor. Pulse until well mixed. A good sign it is ready is if it forms into a ball.
3. Scrape the mixture onto a floured work surface and form into a dough patty. Roll into a 1/8" thick layer. (If the dough is too sticky, you can cover in plastic wrap and refrigerate for 15 minutes before rolling.)
4. Cut the dough into shapes with a biscuit cutter or cookie cutter, or cut into simple shapes with a knife.
5. Place pieces on parchment paper-lined baking sheet.
6. Bake in preheated oven until crackers turn golden brown (approximately 11-13 minutes).
7. Cool on baking sheet for 10 minutes before moving to a cooling rack.



# Desserts

## Apple Crisp from Grandma Wilma

Submitted by the Scott Family, '20,  
Port Saint Lucie, FL

*A delicious Fall dessert.*

### Ingredients

6 cups of sliced apples  
1 1/2 cup sugar  
1 cup flour  
1 teaspoon baking powder  
3/4 teaspoon salt  
1 egg  
1/3 cup butter  
1 tablespoon cinnamon

### Directions

1. Place 6 cups of sliced apples in bottom on 9x13 greased pan.
2. Sprinkle with ONLY 1/2 cup sugar.
3. Mix together 1 cup flour, remaining 1 cup of sugar, 1 tsp of baking powder, 3/4 tsp salt and 1 egg. Pour crumbles over apples.
4. Dab with 1/3 cup butter and sprinkle with cinnamon.
5. Bake for 30-40 minutes in 350 degree oven.

## Best Paleo Almond Cookies

Submitted by the Mills Family, '20,  
Vaughn, Washington

*Delicious, gluten-free, dairy-free, and so simple!*

### Ingredients

4 cups almond flour (not almond meal)  
1 teaspoon baking powder  
4 teaspoons vanilla  
2/3 cup maple syrup

### Directions

1. Measure almond flour and stir in baking powder.
2. Stir in vanilla and syrup.
3. Scoop with a melon baller or drop by the teaspoon onto a greased cookie sheet.
4. Flatten with a glass dipped in sugar.
5. Bake for 12 minutes at 350 degrees for chewy cookies. (For crunchy cookies, bake a little longer.)
6. Let rest on cookie sheet for 3 minutes.
7. Eat the whole batch with very little guilt!

# Desserts

## Quick No-Bake Oreo Bars

Submitted by Blue Jay Family, '21

### Ingredients

1 package of Oreo Cookies  
1 package of marshmallows (regular size, not mini)  
4 tablespoons butter

### Directions

1. Line an 8x8 baking pan with aluminum foil or grease with butter.
2. Add Oreos to a large Ziploc bag and crush until no large pieces are remaining.
3. Melt butter and marshmallows in a microwave-safe bowl for approximately 2 minutes.
4. Add Oreos to the melted mixture.
5. Mix until combined.
6. Press into 8x8 pan.
7. Cool ten minutes and cut into squares.

**Would you like to submit your own family recipe?  
Visit [studentaffairs.jhu.edu/parents-families/blue-jay-families-cookbook](http://studentaffairs.jhu.edu/parents-families/blue-jay-families-cookbook).**