

The Blue Jay Families Cookbook



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

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

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.

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 tsp 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.

Quick No-Bake Oreo Bars

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 <http://studentaffairs.jhu.edu/parents-families/blue-jay-families-cookbook/>.