



# Let's Do This at Home!

## Recipes and Inspiration That Make it Easier to Stay at Home

Have a stock of frozen vegetables in the freezer? Enjoy these easy recipes that use those veggies to their best advantage!

### **Stuffed Spinach Bread**

8 ounces Isernio's bulk Italian sausage  
1 package (10 ounces) chopped frozen spinach, thawed  
1 pound frozen pizza or bread dough, thawed  
8 ounces mozzarella cheese, shredded  
Jar of marinara sauce for serving, optional

Preheat the oven to 350°F.

In a large skillet, brown the sausage until cooked through.

Squeeze the spinach to remove excess moisture. Add to the skillet with sausage and sauté until heated through. Set aside.

Roll out dough into a 14-inches x 6-inches rectangle, or about 1/8-inch thick. Sprinkle with half the cheese, then top with spinach mixture and remaining cheese.

Roll up dough like a cinnamon roll, starting with the long end. Pinch seam to seal. Pinch the ends to seal completely and place on cookie sheet, seam side down.

Bake for 30 minutes or until golden brown. Let stand 5-10 minutes before slicing. Dip slices in warmed marinara sauce. 6 Servings

---

### **Spaghetti with Cacio e Pepe Butter**

4 ounces unsalted butter, softened  
1½ cup freshly grated Pecorino Romano or parmesan cheese, divided  
2 teaspoons freshly ground black pepper  
1 teaspoon kosher salt, plus more for seasoning  
16 ounces frozen broccoli, thawed and roughly chopped  
1 pound dried spaghetti

Mash softened butter with 1 cup cheese, black pepper, and 1 teaspoon kosher salt.

Add pasta to boiling water and cook until al dente, adding broccoli just before draining. Reserve ½ cup cooking water; drain pasta.

In a serving bowl, toss pasta-broccoli mixture with butter mixture. Season with salt and toss again. Serve immediately and top individual servings with more cheese. 4 to 6 servings

## Egg Fried Rice

1½ cups long-grain rice  
Kosher salt  
7 tablespoons vegetable oil, divided  
12 raw medium shrimp, peeled, deveined, and chopped  
5 medium eggs, beaten  
½ teaspoon sugar  
¼ teaspoon black pepper  
1 ½ cup frozen peas, thawed  
3 tablespoons light soy sauce

In a medium saucepan, bring 2¼ cups of water to a boil. Add rice and a generous pinch of salt and return to a boil. Cover and simmer over low heat for 20 minutes. Fluff with a fork and spread on a large baking sheet to cool completely, about 15 minutes.

In a large skillet or wok, heat 2 tablespoons of the oil until shimmering. Add the shrimp, and stir-fry over moderately high heat for 3 minutes. Using a slotted spoon, transfer to a plate.

In the same skillet, heat the remaining 5 tablespoons of the oil until shimmering. Add the eggs, and stir-fry over moderately high heat until small curds form and the eggs are nearly cooked, about 2 minutes. Add the rice, sugar, pepper, and a generous pinch of salt, and stir-fry until the rice is hot, about 3 minutes. Add the shrimp, peas, and soy sauce, and stir-fry until the shrimp are cooked through and the peas are hot, 2 to 3 minutes. Season with salt and serve immediately.  
4 servings

---

## Spicy Peanut Chicken and Noodles

1 package (10.8 ounces) frozen vegetable medley of your choice  
¾ cup reduced-sodium chicken broth  
⅓ cup creamy or crunchy peanut butter  
¼ cup teriyaki sauce  
¼ teaspoon pepper  
¼ teaspoon cayenne pepper  
1 cup coarsely shredded rotisserie chicken  
1 package (8.8 ounces) Phad Thai rice noodles  
3 green onions, thinly sliced on a diagonal

Microwave frozen vegetables according to package directions.

Place broth, peanut butter, teriyaki sauce, pepper and cayenne in a large skillet; cook and stir over medium heat until blended. Stir in chicken and heat through. Stir in vegetables.

Prepare noodles according to package directions. Drain and immediately add to chicken mixture, tossing to combine. Sprinkle with green onions. If desired, moisten with additional broth. Serve immediately. 4 servings

Bayview School of Cooking  
Register on-line: [www.BayviewSchoolOfCooking.com](http://www.BayviewSchoolOfCooking.com)  
[FACEBOOK.com/BayviewSchoolofCooking](https://www.facebook.com/BayviewSchoolofCooking)  
[BayviewSchoolOfCookingBlog.wordpress.com](http://BayviewSchoolOfCookingBlog.wordpress.com)