

Vanilla Cake



- 1 cup All-purpose flour
- Gel food coloring (optional)
- 1 tsp baking powder
- 1 tsp Vanilla extract
- 1/2 cup Granulated sugar
- 1/4 Teaspoon salt
- 1/2 cup buttermilk or whole milk
- 1/4 cup softened butter
- 1 Egg
- 1/4 cup softened butter
- For heavy whipped cream Frosting:
- 1 cup heavy whipping cream
- 1 tsp Vanilla extract
- 1/4 cup powdered sugar

Veggie fritters

Servings: 6-12 Fritters



Fritters:

- 1/2 cup all-purpose flour (healthy substitute - whole wheat flour)
- 1/8 teaspoon black pepper
- 1 teaspoon paprika powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 3 tablespoons green onions,
- 1/3 cup parmesan cheese
- 1 large egg

Creamy Avocado dip:

- 1 cup broccoli stems, (matchstick-cut)
- 1 cup carrots, shredded
- 1 cup zucchini, shredded
- 1/2 cup plain yogurt
- 1/2 medium avocado, (ripen)
- 1 teaspoon dill, (chopped fresh)
- 1 teaspoon chives, (chopped fresh)

Chicken Quesadillas

Servings: 4



- 1/2 teaspoon Pepper powder
- 1 teaspoon Paprika powder
- 1 teaspoon Cumin powder
- 1/2 teaspoon Oregano seasoning
- 2-3 tablespoons Olive oil
- Salt to taste
- 4 Medium Tortillas
- 1 Bell pepper, thinly sliced
- 1/2 Onion, thinly sliced
- 1/2 teaspoon minced Garlic
- 1/2 lb. Boneless chicken, minced or cut into tiny cubes
- 1 Avocado, sliced (optional)
- 1 cup shredded Cheddar cheese
- 1 cup shredded Monterey jack
- 1 cup Sour cream



Check each box when you find them.

- Go shopping; it's fun to pick required items and learn how to shop (or) Shopping made easy through whisk , Login to juniorchefbox.com/account to order online
- Perishable items
- Check your pantry