

RECIPE SUGGESTIONS FOR ADST FOODS CART



MINI DEEP DISH PIZZAS

- 1 8oz. can of tomato sauce
- 1/2 teaspoon minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 12 mini flour tortillas
- 52 mini pepperoni
- 8 Oz. shredded mozzarella cheese

Directions

1. Pre-heat your oven to 425 degrees. Pour your tomato sauce into a small bowl. Add the basil, oregano, and minced garlic. Mix until well blended.
2. Press your mini tortillas into your muffin pan like this. The sides will be bunched up, but that's fine...
3. Add a pinch of shredded cheese into each tortilla...
4. Then add 2 spoonfuls of the sauce in each cup...
5. Add the remaining shredded cheese on top...
6. Add 4 to 5 mini pepperoni on top of the cheese...
7. Bake in your pre-heated oven for 12-15 minutes or until cheese is melted and lightly browned...
8. Wait for pizzas to cool, and remove from muffin tin using a fork or knife. Pizzas should pop out with ease!



Mini Corn Dog Muffins (Make 48 Mini Muffins)

Ingredients

- 1/2 cup melted butter
- 1/2 cup sugar
- 2 eggs
- 1 cup buttermilk
- 1/2 teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 8-10 hot dogs, cut into 1" bites



DIRECTIONS

1. Preheat oven to 375 degrees. Combine butter and sugar in a bowl then whisk to combine. Add eggs then whisk to incorporate, and then add buttermilk and whisk to incorporate.
2. In a separate bowl, combine baking soda, cornmeal, flour, and salt then stir to combine. Whisk into wet ingredients in two batches.
3. Spray a mini muffin tin very well with non-stick spray then spoon 1 Tablespoon batter into each mini muffin cup. Place one hot dog bite into the middle of each cup.
4. Bake for 8-12 minutes or until cornbread is golden brown. Cool in mini muffin tin for 5 minutes before serving. Store leftovers in the refrigerator then re-heat for 20-30 seconds before serving.

CHEESEBURGER PUFFS

Prep time: 10 mins

Cook time: 21 mins

Total time: 31 mins

Serves: 9 puffs

INGREDIENTS

- ½ lb lean ground beef
- ½ cup minced onion
- ½ cup barbecue sauce
- ¾ cup flour
- 1 teaspoon baking powder
- ¾ cup milk
- 1 egg, lightly beaten
- 1 cup shredded cheddar cheese
- ½ teaspoon onion powder
- 1 teaspoon dried parsley
- 3 cheddar cheese strings
- pickles for garnish



INSTRUCTIONS

1. Preheat the oven to 375 degrees. Grease a muffin pan very well.
2. Brown onion and ground beef until no pink remains. Drain well.
3. Add barbecue sauce and cook on low until sauce thickens. Cool completely.
4. Combine flour, baking powder and spices in a bowl. Add in milk and egg and stir until combined.
5. Stir in shredded cheese and beef. Allow mixture to stand for 10 minutes.
6. Divide among 9 muffin wells. Cut each cheese string into 3 pieces and gently press 1 piece into the center of each muffin. Cover with batter.
7. Bake 19-21 minutes until lightly browned and puffed.

Crunchy Taco Cups

YIELD: 12 CUPS (ABOUT 3-4 SERVINGS).

Ingredients:

- 1 lb lean ground beef, browned and drained
- 1 envelope (3 tablespoons) taco seasoning
- 1 (10-oz) can Ro-Tel Diced Tomatoes and Green Chiles
- 1 1/2 cups sharp cheddar cheese, shredded (or Mexican blend)
- 24 wonton wrappers



Directions:

1. Preheat oven to 375 degrees F. Generously coat a standard size muffin tin with nonstick cooking spray.
2. Combine cooked beef, taco seasoning, and tomatoes in a bowl and stir to combine. Line each cup of prepared muffin tin with a wonton wrapper. Add 1.5 tablespoons taco mixture. Top with 1 tablespoon of cheese. Press down and add another layer of wonton wrapper, taco mixture, and a final layer of cheese.
3. Bake at 375 for 11-13 minutes until cups are heated through and edges are golden.

BAKED SLOPPY JOE CUPS

Ingredients

- 1 pound ground chuck beef (80% lean)
- 1/2 cup chopped yellow onion
- 1 can (15 oz each) Manwich® Original Sloppy Joe Sauce
- 1 pkg (12 oz each) refrigerated Texas-style buttermilk biscuits
- 2/3 cup shredded Cheddar and Monterey Jack cheese blend



Directions

1. Preheat oven to 400°F. Heat large skillet over medium-high heat; cook beef and onion 7 minutes or until beef is crumbled and no longer pink, stirring occasionally. Drain. Add Sloppy Joe sauce; cook 1 minute more or until hot.
2. Meanwhile, press 1 biscuit into bottom and up sides of each medium muffin cup, being careful not to tear dough. Place 1/4 cup meat mixture in each cup. Bake 10 to 12 minutes or until biscuits are golden brown.
3. Sprinkle cheese evenly over top of each cup. Let stand 1 minute or until cheese softens. Carefully remove from pan.

BACON, TOAST, EGG AND CHEESE MUFFINS

- 6 Slices of Whole Wheat Bread
- 10 eggs
- 1 Tbsp. Skim Milk
- 1 1/2 cups shredded cheddar cheese
- 6 slices cooked & crumbled Bacon (we used turkey bacon)
- pepper to taste

Directions

1. Preheat your oven to 350 degrees.
2. Cut out circles from your bread slices using a round cookie cutter (we got 2 circles for each slice)
3. Spray a muffin pan with non-stick cooking spray. Press your round bread slices on the bottoms.
4. Crack your eggs in a large bowl.
5. Add in your Tablespoon of milk, 1/4 cup of shredded cheese, and pepper to taste. Beat the eggs until mixed.
6. Use a 1/4 measuring cup to full the muffin cup.
7. Top with the crumbled bacon and remaining cheese.
8. Bake for 10-12 minutes until set. Now your kids can gobble these up!



Lasagna Cups

Ingredients

- 24 wonton wrappers
- 1/2 pound lean ground turkey (omit if you want to make them vegetarian)
- 2 cups marinara sauce
- 15 ounces part skim ricotta cheese
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1 1/2 cups shredded part skim mozzarella cheese
- Fresh flat leaf parsley for sprinkling on top (optional)



Instructions

1. Preheat oven to 375 degrees and spray 2 standard 12 cup muffin tins with cooking spray.
2. In a large skillet brown the turkey and season it with salt and pepper.
3. When the turkey is cooked through pour it into a large bowl and mix it together with the marinara sauce.
4. In a smaller bowl stir together the ricotta cheese, salt, parsley, basil, black pepper, and garlic powder until thoroughly combined.
5. Grate the mozzarella cheese.
6. Press one wonton wrapper into each muffin cup so that it forms a cup to hold the filling.
7. Place a teaspoon of the meat sauce into the bottom of wonton wrapper.
8. Add a teaspoon of the ricotta cheese mixture on top of the meat sauce.
9. Add another teaspoon of meat sauce on top of the ricotta.
10. Top with a sprinkling of shredded mozzarella cheese, then place them in the oven and bake for 15-20 minutes or until the cheese is melted and the edges of the wonton wrappers are golden brown.
11. Top with chopped fresh flat leaf parsley if desired.

Baked Cheddar Broccoli Rice Cups

Yields 8 rice cups.

INGREDIENTS

- 1 cup quick-cooking rice, like Minute Rice (can substitute about 2 cups cooked white or brown rice and omit the 1 cup stock below.
- 1 cup chicken stock
- 1 10-oz. box frozen, chopped broccoli, thawed and excess water squeezed out
- 3/4 cup shredded cheddar cheese, divided
- 1/4 cup Homemade Ranch Dressing, or store bought
- 2 eggs, lightly beaten
- 1/2 teaspoon salt and freshly ground pepper to taste

INSTRUCTIONS

- Preheat the oven to 350 degrees F.
- Prepare rice as directed on package, substituting stock for water.
- Place cooked rice in a large bowl and let cool slightly. Add the remaining ingredients, using only 1/2 cup of the cheddar cheese, and stir until combined.
- Transfer mixture to eight well-greased muffin cups--I like to use an ice cream scoop--and top with the remaining 1/4 cup cheese.
- Bake for 25 minutes or until tops are lightly browned and edges are starting to get crispy.



Chicken Pot Pie Crescent Cups

Prep 10 MIN

Total 35 MIN

Ingredients 4

Servings 8

Ingredients

1 cup frozen mixed vegetables, thawed

1 cup chopped deli rotisserie chicken

1 can (10 1/2 oz) condensed cream of chicken soup

1 can (8 oz) Pillsbury™ refrigerated crescent dough sheet



Steps

1. Heat oven to 375°F. Spray 8 regular-size muffin cups with cooking spray. In medium bowl, mix vegetables, chicken and soup.
2. On large cutting board, unroll dough sheet; cut into 8 squares with sharp knife or pizza cutter. Line each muffin cup by pressing 1 dough square in bottom and up side of cup. Divide vegetable and chicken mixture evenly among dough-lined cups (about 1/4 cup each).
3. Bake 14 to 18 minutes or until dough is deep golden brown and mixture is heated through. Cool 5 minutes in pan; remove from pan with metal spatula.

Baked Blueberry Oatmeal Cups

prep 5 mins

cook 17 mins

total 22 mins

Baked Blueberry Oatmeal Cups are moist and not too sweet. They are a cross between baked oatmeal and muffins and perfect for quick, on-the-go breakfasts.

Ingredients

- 1 cup mashed banana
- 1 cup old-fashioned rolled oats, uncooked
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/2 cup blueberries, fresh or frozen

Instructions

1. Preheat oven to 425 degrees Fahrenheit. Spray large muffin tin with non-stick spray.
2. Mash banana until smooth.
3. Add banana, oats, beaten egg, baking powder and vanilla to a bowl.
4. Stir until just combined.
5. Stir in blueberries.
6. Using a large spring-release scoop fill muffin tins with batter. I fill to the top, these muffins do not rise very much.
7. Bake at 425 degrees for 5 minutes, then decrease oven temperature to 375 and continue baking for 12 more minutes.
8. Allow muffins to cool slightly in muffin tin a few minutes. Removing them while hot will likely cause the muffins to break apart as they are very moist.



BLACK FOREST BROWNIE BITES

The classic cake turned into a brownie! Fudgy, delicious mini brownies topped with a luscious whipped cream cheese frosting, and a maraschino cherry.

Ingredients

- 1 box (15.25 oz.) brownie mix
- 1/3 c. vegetable oil
- 1/4 c. water
- 1 egg
- 24 maraschino cherries, without stem
- Frosting:
 - 1 (8 oz.) block, cream cheese
 - 1/2 c. granulated sugar
 - 1 tsp. vanilla
 - 1 1/2 c. heaving whipping cream
- 24 maraschino cherries, WITH stems
- chocolate shavings



Instructions

1. Preheat oven to 350 degrees. Line a mini muffin pan with 24 mini muffin liners. Set aside.
2. In a mixing bowl, combine the brownie mix, oil, water and egg. Mix until the batter is fully incorporated. Using a scoop or small ladle, fill the mini muffin cups with the brownie batter, approximately 3/4 full. When all cups are filled, add an un-stemmed cherry to the center of each brownie. Bake at 350 for 19-21 minutes. Remove from oven and let cool completely before frosting.
3. For frosting: In a hand or stand mixer, beat together the cream cheese, sugar and vanilla until smooth and fluffy. With the mixer on a medium-high speed, slowly begin adding the whipping cream, and whip for about 2 minutes or when stiff peaks begin to form. Add the frosting to a piping bag, and decorate each brownie with a generous amount of frosting. Top with chocolate shavings and a stemmed maraschino cherry. Refrigerate any leftovers in an airtight container.

CANADIAN BACON EGG CUPS

Serves: 6

INGREDIENTS

- 6 large eggs
- 12 slices Canadian bacon
- salt and black pepper
- ½ cup finely shredded Colby-Jack cheese

INSTRUCTIONS

1. Preheat the oven to 350°F. Spray 6 muffin cups with cooking spray.
2. Fit 2 pieces of Canadian bacon into each muffin cup, overlapping on the bottom.
3. Carefully crack one egg into each cup. Season with salt and black pepper to your taste.
4. Sprinkle each egg with freshly shredded cheese.
5. Bake for 15-20 minutes. Serve immediately.



Lighter Mini Cheesecakes with Oreo Crust

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Serves: 11-12 mini cheesecakes

Ingredients

- 12 Oreo cookies
- 2 (8-oz) packages light cream cheese, softened
- 1 (5.3-oz) container plain, fat-free Greek yogurt
- ¼ cup Truvia Baking Blend or ½ cup sugar
- ½ tsp vanilla
- 2 eggs



Instructions

1. Preheat oven to 350°F. Line each muffin tin with a cupcake liner. Place one Oreo cookie in the bottom of each cupcake liner.
2. In a mixing bowl with beaters, blend together cream cheese, Greek yogurt and sugar until thoroughly combined. Add in vanilla and mix.
3. Add in eggs, one at a time until blended.
4. Using cookie scooper or spoon, scoop cream cheese mixture into the muffin tin, over the Oreo in the bottom.
5. Place in oven and bake for 20 minutes. Pull out of oven and place muffin tin on a cookie rack to cool.
6. When cool, lightly take out of muffin tin and peel away the liner. Enjoy!