

BAKED _____ & _____ PASTA CHEESE WITH _____ ADDED OOHS & AHHS

- ① Cook 1 pound _____ in very salty water so that it's al dente (2 minutes less than from _____ package instructions).
PASTA SHAPE
- ② While it cooks, grate _____ cups of _____ in a big bowl. (More cheese means a gooier casserole.)
A NUMBER BETWEEN 3 & 6 HARD-ISH CHEESE
- ③ Mix with _____ and add _____ and _____, if you like.
DAIRY SEASONINGS LESS TRADITIONAL CHEESE
- ④ Fold in chopped _____, _____, and _____—or skip it all and stick to the pasta and cheese classic.
GREENS MEAT, IF YOU WANT OTHER DREAMY ADD-INS
- ⑤ Mix in the pasta, then pour into a buttered baking dish (or, for more crispiness, a sheet pan).
- ⑥ Cover it with _____, _____, and/or _____.
SOMETHING THAT WILL END UP CRUNCHY MORE CHEESE SOMETHING OVER THE TOP
- ⑦ Bake for 30 to 45 minutes in a _____ oven, until bubbly and golden.
350° F TO 450° F
- ⑧ Listen to _____ while you wait.
PODCAST

HINTS & WINKS

PASTA SHAPE: cavatelli, macaroni, rigatoni, campanelle, rotini, penne rigate, conchiglie, fusilli, radiatori

HARD-ISH CHEESE: cheddar, mozzarella, Gruyère, pecorino, Fontina, Gouda, Manchego

DAIRY: milk, cream (rich!), half-and-half

SEASONINGS: salt & pepper, mustard, paprika, cayenne, dash of hot sauce, nutmeg, sage leaves, oregano

LESS TRADITIONAL CHEESE: blue cheese, crumbled goat, ricotta

GREENS: kale, mustard greens, collard greens, spinach

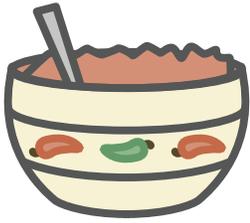
MEAT: pulled pork, cooked bacon, raw crab or lobster meat, leftover cooked ground beef or crumbled meatballs

OTHER ADD-INS: sautéed mushrooms, caramelized onions, sun-dried tomatoes, roasted red peppers

SOMETHING THAT WILL END UP CRUNCHY: panko, pine nuts, cubed white bread or sourdough

MORE CHEESE: the kind you already shredded, grated Parmesan, ricotta blob, mozzarella rounds

SOMETHING OVER THE TOP: sliced prosciutto, diced pepperoni, truffle oil, smoked sea salt, diamonds



_____ 'S FAMOUS
NAME
_____ BEAN CHILI
BEAN

- ① Heat _____ in a big pot. Add diced onions, _____, _____, and garlic,
FAT OF YOUR CHOICE THE VEGETABLES IN YOUR CRISPER A PEPPER OR TWO
if you have it, and sauté.
- ② Season with salt and stir until softened. Then add _____—and then 2 to 3 times the
NON-CHILI SPICES
amount of assorted ground chili powders (because **this is chili**).
- ③ Now ready the can opener: Open _____ and _____ .
YOUR FAVORITE TYPE OF CANNED TOMATO A COUPLE CANS OF BEANS
- ④ Add an equal amount of _____ (you can use a can as a guide!).
LIQUID
- ⑤ If you're looking for more protein, add _____ now.
BONUS PROTEIN
- ⑥ Half-cover it with a lid (like the pot's winking at you!) and simmer for about an hour.
- ⑦ Spice as needed, then eat: over _____, wrapped in or plopped on a _____,
GRAINS/MUSH BREADY PRODUCT
on top of a _____, or just with a _____.
BURGER OR THE LIKE UTENSIL

HINTS & WINKS

FAT OF YOUR CHOICE: olive, canola, or coconut oil; butter; pork or bacon fat

THE VEGETABLES IN YOUR CRISPER: celery, carrots, leeks

A PEPPER OR TWO: any combination of bell (red! green! yellow!) and hot (jalapeño, serrano, bird's eye)

SPICES: cumin, turmeric, smoked paprika, oregano, coriander

YOUR FAVORITE TYPE OF CANNED TOMATO: diced tomatoes, fire-roasted tomatoes, San Marzanos that you've chopped

A COUPLE CANS OF BEANS: kidney, black, garbanzo, white

LIQUID: water or stock (vegetable or, if you're not vegetarian, chicken or beef)

BONUS PROTEIN: chopped tofu (fresh, or frozen then thawed), chunks or crumbles of tempeh, ground or cubed meat

GRAINS/MUSH: rice, farro, polenta, orzo

BREADY PRODUCT: flour tortilla, bun of sorts, fleet of chips

BURGER OR THE LIKE: burger (veggie, turkey, beef), hotdog, scrambled eggs?

UTENSIL: spoon, fork, spoon you served it with



FRIED _____ RICE

AND _____ VEG AND/OR PROTEIN

- ① Drag out a big _____, heat it for a minute, then swirl in a couple
PIECE OF COOKWARE
tablespoons of _____.
FAT WITH A HIGH SMOKE POINT
- ② When it's shimmery-shiny, reduce heat to medium and add _____ and _____.
ALLIUMS AROMATICS
- ③ Smelling good? Stir in _____ _____ in the order they'll take to cook.
FRESH OR FROZEN BITE-SIZED VEGETABLES
- ④ When the veg is tender, add _____.
COOKED OR FAST-COOKING PROTEIN
- ⑤ Once it's browning, crack in _____ eggs, let them sit for a minute, just so they start
NUMBER OF EATERS
to set, then scramble.
- ⑥ Add the _____ —a cup per person—and a few tablespoons of _____ sauce.
COLD, COOKED GRAIN SALTY/SPICY SAUCE
- ⑦ Stir everything around swiftly with a _____, until the grain is heated
UTENSIL
through and coated in sauce.
- ⑧ Garnish with _____. Eat out of _____.
SOMETHING FRESH VESSEL

HINTS & WINKS

PIECE OF COOKWARE: wok, frying pan, high-sided skillet

FAT WITH A HIGH SMOKE POINT: canola, safflower, sunflower, vegetable, coconut

ALLIUMS: white or red onion, leeks, scallions

AROMATICS: garlic, ginger, lemongrass, curry leaves

FRESH OR FROZEN BITE-SIZED VEGETABLES: carrots, broccoli, cabbage, cauliflower, broccoli rabe, peas

PROTEIN: cooked ham, leftover roast chicken, grilled steak,

peeled shrimp, ground pork, bacon, pancetta, cubed or shredded or crumbled tofu

GRAIN: long- or medium-grain white or brown rice, farro, quinoa, barley, freekeh

SALTY/SPICY SAUCE: tamari, soy, oyster, teriyaki, chili-garlic, fish sauce vinaigrette

UTENSIL: wooden spoon, spatula, spork, not a finger

SOMETHING FRESH: scallions, cilantro, basil, citrus zest

VESSEL: the pan, mug, bowl, plate, hand



_____ 'S _____
 CAREER SEASON (ADJ.)
 _____ BOWL
 GRAIN

- ① Spread _____ over the bottom of your friendliest bowl.
COOKED GRAIN)
- ② Add _____ to one quadrant and _____ to another.
RAW VEGETABLE COOKED VEGETABLE
- ③ Fill any empty space with _____ and add a _____ egg while you're at it.
COOKED PROTEIN EGG-COOKING METHOD
- ④ Now rain with dressing! If you want something light and fresh, go with _____;
DRESSING THAT'LL MAKE YOU BOP AROUND
 if you're looking for something creamy and comforting, choose _____.
DRESSING THAT'LL TUCK YOU INTO BED
- ⑤ Don't forget to garnish: wisps of _____, _____, and some
FRUITS, VEGETABLES, PICKLES CHEESE
 _____, _____, and _____.
HERB NUTS AND SEEDS OBLIGATORY AVOCADO

HINTS & WINKS

COOKED GRAIN: freekeh, farro, quinoa, couscous, polenta, grits, wheat berries, leftover takeout rice

RAW VEGETABLE: shaved carrots, shredded brussels sprouts, bell pepper slivers, a handful of leafy greens (spinach, arugula)

COOKED VEGETABLE: roasted squash, cauliflower, broccoli, red peppers; zucchini butter; sautéed greens; braised or oil-poached mushrooms; smothered cabbage

PROTEIN: canned fish, roasted or poached chicken, sautéed shrimp, bacon, braised tempeh, baked or fried or raw tofu

BONUS EGG: poached, fried, soft-boiled, hard-boiled, pickled, soy sauce'd

DRESSING THAT'LL MAKE YOU BOP AROUND: miso dressing,

pesto dressing, balsamic vinaigrette, salsa verde, chimichurri, horseradish vinaigrette, fish sauce vinaigrette

DRESSING THAT'LL TUCK YOU INTO BED: buttermilk ranch, spicy peanut, Green Goddess, bacon vinaigrette, blue cheese dressing

FRUIT, VEGETABLE, PICKLE: apple, persimmon, pear, cucumber; pickled carrots, radishes, or cabbage

CHEESE: ricotta, blue, goat, feta, Parmesan

HERB: dill, basil (Genovese or Thai), chervil?, mint

NUTS AND SEEDS: almonds, walnuts, peanuts (salted, please), sesame seeds, nigella seeds, savory granola (an all-in-one), furikake

OBLIGATORY AVOCADO: avocado cubes or slices

