



Palm Springs Unified School District
Nutrition Services Department

Cookbook

Winter Edition



GUACAMOLE RECIPE

INGREDIENTS:

3 avocados, pitted

1/4 cup freshly chopped cilantro

1/2 tsp. salt

Juice of 2 limes

Half of a small white onion, finely chopped

1 small jalapeño, minced (seeded if you prefer less heat)

DIRECTIONS:

1. In a large bowl, combine avocados, lime juice, cilantro, onion, jalapeño and salt. Stir.
2. Slowly turn the bowl as you run a fork through the avocados (this will ensure the mixture stays chunky).
3. Once the guacamole has reached the desired consistency, season with more salt if needed.
4. Garnish with more cilantro before serving.

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TAMALE

HEATING INSTRUCTIONS:

Oven: Reheat tamales in oven at 350°F for approximately 20 minutes and until an internal temperature of 165°F is reached.

Microwave: Remove packaging and wrap tamale in a damp paper towel. Heat on high for 3-5 minutes or until an internal temperature of 165°F is reached.

PIZZA

HEATING INSTRUCTIONS:

Preheat oven to 325° F. Place pizza directly on center oven rack. Heat for 7 to 10 minutes or until cheese is melted and crust edges are golden brown.

SMOKY PINTO BEANS

INGREDIENTS:

- 1 lb. dried pinto beans
- 2 thick-cut bacon slices
- 1 small onion, quartered
- 2 sprigs fresh oregano
- 1 bay leaf
- 2 tsp. ground cumin
- 2 tsp. smoked paprika
- Pinch of salt delish.com

DIRECTIONS:

1. Pour beans into a colander and rinse under cold water. Pick through beans and discard any broken beans and debris. Transfer to a large, heavy-bottomed pot.
2. To soak overnight (optional): cover beans with 4 inches of cold water and place in the refrigerator and let soak overnight, or up to 12 hours. Drain beans and return to pot.
3. Add enough cold water to your pot to cover your beans by 2 inches. Add bacon, onion, oregano, and bay leaf. Bring the beans up to a rolling boil and let boil on high for 10 minutes before reducing to a simmer. Stir in cumin and paprika. Cover with the lid ajar. Cook, stirring occasionally, until beans are tender, 1 to 2 hours, depending on how long the beans were soaked.
4. When beans are tender, remove onion, oregano stems, and bay leaf. Remove bacon, coarsely chop, and return to pot. Season beans to taste with salt and serve.

SEASONED RICE

DIRECTIONS:

1. Place rice with seasonings in a small pot and add 5 cups of water.
2. Bring to a boil. Then, cover pot and reduce to low heat for 10 minutes. Do not stir.
3. Let stand 20 minutes then fluff with a fork.



APPLE PIE

INGREDIENTS FOR CRUST

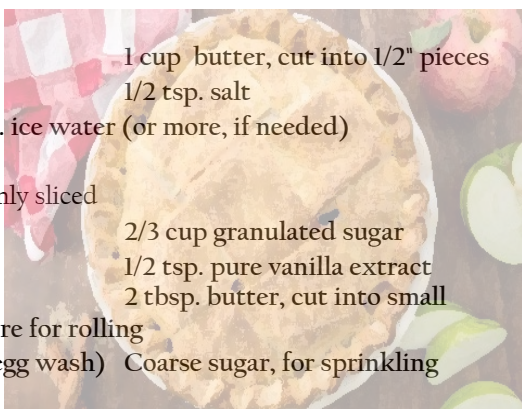
3 cups all-purpose flour
2 tbsp. granulated sugar
1 tbsp. apple cider vinegar 8 tbsp. ice water (or more, if needed)

INGREDIENTS FOR FILLING

3 1/2 lb. apples, cored, peeled, thinly sliced
2 tbsp. fresh lemon juice
1 tsp. ground cinnamon
1/4 tsp. kosher salt
2 tbsp. all-purpose flour, plus more for rolling
1 egg beaten with 1 tbsp. water (egg wash)

1 cup butter, cut into 1/2" pieces
1/2 tsp. salt

2/3 cup granulated sugar
1/2 tsp. pure vanilla extract
2 tbsp. butter, cut into small
Coarse sugar, for sprinkling



CRUST DIRECTIONS:

1. Place flour and butter into freezer for 30 minutes.
2. In a large food processor, pulse flour, sugar, and salt until combined. Add butter. Pulse until pea-sized and some slightly larger pieces form. Add vinegar. Then add ice water, 1 tablespoon at a time, until dough comes together and is moist; but, not wet and sticky. Mixture will be crumbly.
3. Turn dough onto a lightly floured surface. Form into 2 equal size balls, and flatten into disks (with minimal cracks).
4. Cover with plastic wrap. Refrigerate at least 2 hours or overnight.
5. On a lightly floured surface, roll out one disc of dough into a 12" circle. Drape over pie dish and gently press to fit (don't stretch). Refrigerate 30 minutes or freeze 10 minutes.

MAKE FILLING

In a large bowl, toss apple slices with lemon juice. Add sugar, flour, cinnamon, vanilla, and salt until well combined. Transfer apple mixture into the crust-lined pie dish. Dot all over with butter.

ASSEMBLE + BAKE PIE

1. Preheat oven to 425°F with a large baking sheet on the middle rack and lightly grease a 9"x 1.5" pie dish with cooking spray.
2. Roll out second disc of dough into a 12" circle and drape over apple filling, trim edges to 1", tuck overhang up and over itself, and crimp edges.
3. Brush with egg wash. Make six 2" slots in the center. Sprinkle with sugar.
4. Place pie onto preheated baking sheet and bake 20 minutes. Reduce heat to 375° and bake until golden and bubbly, 40 minutes more. Let cool 2 hours before serving. delish.com