



**PetSmart  
Associate  
Cookbook**

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# Danica's Best Green Smoothie

*Submitted by: Danica Turner*

## Ingredients

- ½ frozen banana
- ~3 fresh strawberries
- 1 cup unsweetened vanilla almond milk
- 1-2 tablespoons of peanut butter (or almond butter)
- 1 serving protein powder
- Handful of spinach
- 1 tablespoon chia seeds (optional)

## Directions

Add all ingredients to a blender. Blend until smooth.

# Homemade Pancakes

*Submitted by: Anthony Tesoniero*

## Ingredients

- 2 Cups Jiffy All Purpose Baking Mix
- 2 Large Eggs
- 3/4 of a tub of Trader Joes Honey Greek Yogurt. ( a tub is 5.3 oz or 150 grams)
- Approximately 3/4 Cup of Water

## Directions

1. Mix the eggs and yogurt together until homogenous.
2. Then add the making mix and the water.
3. Mix until combined and there are no large lumps.
4. Let the batter sit for a few minutes. It will thicken and become a bit fluffy.
5. If you like your pancakes thick, then make the batter thick and cook at a lower temperature. If you like thinner pancakes, make the batter looser by adding a bit more water. Thick pancakes need to cook at a lower temperature to ensure they cook completely and the front and back don't become too brown with uncooked centers.
6. Now, heat a non-stick frying pan. Add some Canola Oil to a white paper towel and use this to lightly oil the frying pan.
7. Pour some of the batter into the pan and allow to cook until the edges of the pancakes start to firm up and there are bubbles emerging from the center of the pancake. At this point you should see the bottom of the pancake is starting to become golden. Flip the pancake and cook the other side.

# Sausage Bread

*Submitted by Susan Shega*

## Ingredients

- Fresh Trader Joes Pizza dough
- 4 links or 1 ½ lbs. sweet Italian sausage (can use spicy Italian instead)
- 3 cloves garlic
- ½ cup Parmesan or Mozzarella cheese
- Olive oil

## Directions

1. Heat oven to 350
2. Brown sausage and garlic
3. Drain all fat
4. Rollout pizza dough
5. Spread sausage over the crust
6. Sprinkle with cheese
7. Roll from one side to other. Brush with olive oil. Shape as a crescent if you want, fits better on pan.
8. Bake 45 minutes

\*Can substitute pepperoni and any kind of cheese.

# Red-Hot Chili

*Submitted by: Christine Rowland*



## Ingredients

- 6 slices maple-cured bacon
- 4 cloves garlic, smashed
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 2 red onions, diced
- 1 reconstituted chipotle pepper, diced
- 1 jalapeno pepper, minced
- 1 poblano pepper, diced
- Two 28-ounce cans whole San Marzano tomatoes, crushed with your hands
- 3 tablespoons espresso (1 shot)
- 1 tablespoon pure maple syrup
- 1/2 teaspoon dried Greek oregano
- Freshly cracked pepper
- 2 cups cooked black beans, drained
- 2 cups cooked red kidney beans, drained
- 1/4 cup fresh cilantro leaves, minced
- 1 cup sour cream
- 2 scallions, sliced

## Directions

- In a large saucepan over medium heat, render the bacon until golden and crisp. Place on a wire rack to drain the excess grease. Crumble the bacon and set aside.
- Return the saucepan to medium heat and fry the garlic in the bacon fat until golden, 1 to 2 minutes. Add the smoked paprika, cumin, sea salt, onions, chipotles, jalapenos and poblanos. Saute for 8 minutes. Stir in the tomatoes. Add the espresso, maple syrup, oregano and lots of pepper. Bring the chili to a simmer. Turn down the heat to medium-low and cook for 45 minutes, partially covered. Add the beans and cilantro and cook for 5 more minutes, until heated through.
- Ladle the chili into bowls and top with a generous spoonful of sour cream, the crumbled bacon and scallions.

# One-Pan Taco Rice Dinner

*Submitted by: Mark Dompier*

## Ingredients

- ground beef
- taco seasoning
- water
- Minute Rice
- salsa
- shredded cheddar cheese

## Instructions

1. In a large skillet, brown and crumble ground beef.
2. Drain excess grease.
3. Add in taco seasoning and water.
4. Stir well and allow mixture to come to a boil.
5. Turn down heat, then add in uncooked Minute Rice and stir.
6. Cover and cook for about 5 minutes (until rice is tender.)
7. Then remove lid and stir in salsa and cheese.
8. Turn off the heat and it's ready to serve!

# Matzo Ball Soup

*Submitted by: Julia Solomon*

## Ingredients

- 4 pounds chicken breast
- 2 onions, cut into 1-inch cubes
- 3 carrots, sliced
- 2 stalks celery, thickly sliced
- 1 box Manischewitz Matzo Ball Mix
- 1 box chicken stock
- Salt and pepper to taste

## Directions

1. Cut chicken into quarters and place in large pot with onions
2. Add box of chicken stock and fill remainder of pot with water
3. Bring pot to a boil, reduce heat, and simmer 2 hours
4. Add carrots and celery to the soup and simmer an additional hour. Season to taste
5. Prepare the matzo balls according to the box instructions
6. Bring soup to a boil. Reduce flame and drop matzo balls into boiling water
7. Cover pot and cook 30 to 40 minutes
8. Serve soup with a side of challah bread



# “Chicken” Fried Cauliflower

*Submitted by Jane Lawson*

## Ingredients

- 1 large head of cauliflower sliced into 1” thick “steaks”
- 1 c gluten free flour
- Tsp garlic powder
- ½ tsp paprika
- Kosher salt
- 3 large eggs
- Vegetable oil

## HOT HONEY SAUCE

- ½ honey
- 1 tsp hot sauce

## Directions

1. Make fried cauliflower: In a large deep-sided skillet, add sliced cauliflower and enough water to come halfway up the sides of cauliflower. Bring to a simmer over medium heat, cover, and steam until fork-tender, 4 to 5 minutes. Drain and let cool completely
2. In a shallow bowl, whisk together flour, garlic powder, and paprika and season with salt. In another shallow bowl, lightly beat eggs. Toss cooled cauliflower in flour mixture, then eggs, then return to flour mixture and toss again until completely coated.
3. In a large skillet over medium-high heat, heat 1" oil until it starts to bubble and looks shimmery. Carefully add cauliflower and fry until deeply golden, 2 minutes per side. Drain on a paper towel-lined plate.
4. Make hot honey: In a small bowl, mix together honey and hot sauce.
5. Serve fried cauliflower with hot honey. Or I add franks and three cheese ranch dressing together.

# White Chicken Quinoa Chili

Submitted by: Ashley Popp

## Ingredients

- 1 tbsp extra virgin olive oil
- 1 onion diced
- 2 jalapeños diced
- 3 cloves garlic chopped
- 1 tsp cumin
- 1/2 tsp oregano
- 3 cups low sodium chicken broth
- 1 can white beans 15 ounces
- 1 pound chicken breast cooked and shredded
- 1/2 cup quinoa
- 4 lime wedges
- 1 bunch cilantro fresh (or 1 tsp dried)
- 1 cup salsa verde

## Directions

1. Heat oil in a large saucepan over medium heat, then add onions and peppers. Cook until tender, about 5-7 minutes.
2. Add garlic and cumin and cook for about 1 minute
3. Add broth, salsa verde, chicken, beans, quinoa, oregano, and bring to a boil.
4. Reduce to a medium simmer and cook until quinoa is tender. About 10-15 minutes.
5. Garnish with lime wedge and cilantro.

# Peanut Butter Cake

*Susan Shega*

Mix in a pan and bring to a boil:

- ¼ c smooth peanut butter
- 1c water
- ½ c butter

Sift the following and add to the mixture above:

- 1c sugar
- 1c brown sugar
- 2 c flour
- 1tsp salt
- 1tsp baking soda
- Mix and Add to above:
- 2 eggs
- ½ c buttermilk
- 1tsp vanilla
- Stir well and pour into greased jellyroll pan (not 9x13)

Bake 17 minutes at 375 or until cake tester shows done. Do not over bake.

## Frosting

Mix in pan and bring to a boil:

- ¾ c butter
- 6 tbsp buttermilk
- ½ c smooth peanut butter
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Take off the stove and add 3 ½ cups powdered sugar and 1 tsp vanilla  
Mix with mixer until smooth and pour over warm cake. Frosting sets best when cold so refrigerate cake and serve cool.

Do not add more peanut butter to the frosting it will be too runny.

# Apricot Coconut Balls

*Submitted by: Andrew Fraser*

## Ingredients

- 1 cup dried apricots
- ½ cup dates
- 1 cup nuts (almond, cashews), chopped
- ½ cup shredded coconut
- ½ tsp vanilla
- Pinch of salt

## Directions

Use a food processor for the nuts first, then add the dates and apricots. Blend in remaining ingredients and finish by forming into balls. Voila!



# Magic Vegan Cake

*Submitted by: Andrew Fraser*

## Ingredients

- 3 cups flour
- 2 cups white sugar
- 1 tsp salt
- 2 tsp baking soda
- ½ cup cocoa

## Directions

1. Sift together in a 9x13 pan (ungreased), flour, white sugar, salt, baking soda, and cocoa. Make 3 wells.
2. In 1 well pour oil. In 2<sup>nd</sup> well pour vinegar, in 3<sup>rd</sup> well pour vanilla. Our cold water all over.
3. Mix well with a fork
4. Bake at 350 for 30-40 minutes.

# Nannie's Banana Nut Bread

*Submitted by: Lindsey Quesnel*

## Ingredients

- ¾ cup butter
- 2 eggs
- ¼ cup sour cream
- 1 ½ cups flour
- ¾ tsp. baking soda
- ½ tsp. salt
- 1 cup mashed bananas
- 1 cup chopped walnuts
- 2 tsps. Vanilla

## Directions

Cream butter and sugar together. Add eggs and sour cream. Alternate combined dry ingredients and bananas, beginning and ending with dry ingredients. Stir in nuts and vanilla. Pour into greased and floured pan(s). Bake at 350 for an hour or until knife comes out dry when inserted.