

Third Annual KC Express Top Chef Recipes

Kelli Schoenthaler's Cherry and Dark Chocolate Granola

3 cups Rolled Oats

¾ cup Sliced Almonds

½ cup Raw Sunflower Seeds

½ cup Raw Pumpkin Seeds

½ Tablespoon Ground Cinnamon

½ teaspoon Kosher Salt

2 Tablespoon Canola Oil

½ cup Honey

Add in:

1 cup Dried Cherries

1 cup Dark Chocolate Chips

Preheat oven to 325*. Line a sheet pan with parchment paper.

In a large bowl combine all dry ingredients. In a small bowl mix together oil and honey. Pour over dry ingredients and mix making sure that all ingredients are coated with liquid. Spread onto the sheet pan and bake for 30-45 minutes or until golden brown. Cool on a wire rack. When granola is cool, mix in cherries and chocolate chips. Store in an airtight container, will last several weeks.

Sheila Wood's Curry Dish (Add chicken, lentils, chickpeas or even hardboiled eggs for more protein)

3 tablespoons olive oil

1 large onion, chopped

1 large apple, chopped

1 cup raisins

1 tablespoon curry powder (more or less depending on type of powder)

1 can diced tomatoes (might need more if it's too thick)

3 tablespoons orange marmalade

Salt and pepper to taste

Brown rice, cooked

Sauté onion, apple, and raisins until soft. Add curry powder, mix well. Add tomatoes and simmer approx. 10 minutes (add more curry if needed). Before serving, stir in marmalade. Serve over brown rice.

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Tere Gathright's Thai Style Beef Salad

1 lb. sirloin steak	1 Tbsps. lemon juice
1 cup cooked thin spaghetti noodles	2 Tbsps. vinegar (white or rice)
4 cups shredded Lettuce	1/4 tsp. red pepper flake
1 1/2 cup shredded carrots	2 Tbsp soy sauce
1 cup thinly sliced green onion	1 1/2 tsp. brown sugar
	1 clove of garlic

Cut sirloin into strips and stir-fry in large non-stick skillet over medium heat until browned (about 3 mins). Remove from heat; allow to cool to room temp. Cook spaghetti according to package directions. In a large bowl toss together noodles, lettuce, carrots, onion, and cooled steak. To make dressing, combine remaining ingredients in a small bowl or shaker. Pour over salad and serve immediately. Makes 4 servings. (Salad can be served either chilled or at room temp--be sure not to add dressing until just before serving.)

Tere Gathright's Quick & Simple "Fudge"

1 can (14oz) sweetened condensed milk	1 sheet of wax paper
1 half bag (6oz) butterscotch chips	1 small shallow cookie sheet
1 bag (12oz) semi-sweet or dark chocolate chips	

In a medium size sauce pan, heat milk over medium-low heat until warmed (about 1-2 minutes). Stir in butterscotch and chocolate chips. Stir continuously until thoroughly melted and smooth. Cover cookie sheet with wax paper and spread mixture out over it. Allow to cool, cut into squares & serve.

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Mary Allison's High Octane Bars

2 cups quick oats	1 cup dark chocolate chips
1 cup natural peanut butter	1 cup honey
1 cup dried cranberries	1 cup milled flaxseed
1 cup vanilla whey protein powder	

Mix all ingredients together and stir until blended. Spread mixture into a 8x8 pan and refrigerate until ready to serve. Store in the refrigerator for 1-2 weeks. Serves 16.

Annie Schroeder's Rosemary Bread

3 cups hot water (bath temperature)	Olive oil
2 tablespoons active dry yeast	Coarse ground sea salt
3 tablespoons sugar	½ cup fresh rosemary, chopped
1 tablespoon sea salt	2 cups cheese , shredded pizza cheese
6 cups flour	

Mix the hot water with yeast, sugar and salt. If yeast begins to expand continue with the recipe. Stir in 3 cups of the flour and beat with electric beaters. Stir in the olive oil and rosemary. Stir in the other 3 cups of flour. It should be too thick to use electric beaters by now.

Cover the bowl of batter with a damp towel and let rise for about half an hour or until it reaches the top of the mixing bowl. Coat 2 bread pans with olive oil, coarse salt, and rosemary in the bottom and sides of the pans. When the dough rises divide it into the 2 bread pans. Don't be afraid to mash it.

Sprinkle the tops of the dough with cheese until lightly covered on each one. Preheat oven to 350°F. Let dough rise in pans for another half hour or until it reaches the tops of the pans. Bake for 20-30 minutes until it is cooked through and golden on top.