



BISON BITES

Recipes that Build Lives of Possibility

BY THE CHILDREN OF BRADLEY

BISON BITES

Recipes that Build Lives of Possibility

BY THE CHILDREN OF BRADLEY

Dedicated to our friends
who supported
A Gathering of Chefs

We are grateful
For everything you stand for
Even when we seem hateful
All you do is open your door
We owe you our gratitude
Deep down we are great kids
Even when we are rude
With your help we are bliss

By: Matty

How Cooking Has Helped Me

By: Fatima

Ever since I was born, life has been hard. I've searched long and hard for an outlet for my mental health struggles. Luckily, I have found a few, which I'm sure you have already guessed includes cooking. When you've had a stressful day and you come home to sit down in your kitchen you see flour, sugar, water, butter, and chocolate chips. An idea has sprouted in your mind...COOKIES! You grab your ingredients and get to work. Before anything, you preheat the oven to 350 degrees. Twenty minutes later, your creation is complete. Fluffy, gooey, and sweet chocolate chip cookies. A dozen to be precise. One of my other outlets to cope with my mental health is poem writing. I have prepared my own poem about cooking below.

Cooking

Happiness comes when I take it out the oven
Little did you know I've been doing it since I was a youngin'
Aroma fills the air
Taking flight like a billionaire

Crispy to the touch
So delicate I listen to it crunch
Mouthwatering like Niagra Falls
So tasty I don't want to finish it at all

Don't want to get fat
Might have to put some back
But I made all this
So I don't go back

Layered Taco Dip

Submitted by the Expressions residents

Ingredients

2 packages cream cheese

1 cup reduced-fat sour cream

1/2 cup fat-free mayonnaise

4 teaspoons taco seasoning

2 cup taco sauce

4 cups shredded part-skim mozzarella cheese

2 medium green pepper, diced

6 green onions, chopped

2 medium tomato, diced

Tortilla chips

1. Beat the cream cheese, sour cream, mayonnaise and taco seasoning until smooth
2. Spread onto a 12-in. round serving plate.
3. Spread with taco sauce
4. Sprinkle with mozzarella cheese
5. Sprinkle green pepper, onions and tomato on top
6. Cover and refrigerate until serving. Serve with tortilla chips.



Buffalo Chicken Dip

Submitted by the Expressions residents

Ingredients

4 cups shredded
cooked chicken

2 package (8 ounces)
cream cheese,
softened

1 cup Frank's
RedHot® Original
Cayenne Pepper Hot
Sauce

1 cup ranch dressing

1 cup shredded
cheddar cheese

1.PREHEAT oven to 350°F. Mix all ingredients in a large bowl. Spoon into shallow 1-quart baking dish.

2.BAKE 20 minutes or until mixture is heated through; stir. Sprinkle with green onions, if desired, and serve with chips, crackers and/or cut up veggies.



Jalapeno Corn Dip

Submitted by the Expressions residents

Ingredients

8 ounces softened
cream cheese

1 cup sour cream

22 ounce can sweet
corn niblets

1-2 jalapeños finely
minced (I used one
and a half)

1 cup cheddar
shredded

1 teaspoon salt

2 tbsp sugar

1. Preheat oven to 400 degrees.

2. Mix together softened cream cheese and sour cream in a large bowl. Drain corn and let dry on a paper towel to remove excess water.

3. Add corn, jalapeño, green onion, cheese, salt and pepper and mix to combine.

4. Pour into a baking dish, and bake for 20 minutes.



Cinnamon Roll Cheesecake Dip

Submitted by the Expressions residents

Ingredients

1 package cream
cheese

1/4 c. powdered
sugar

2 tsp. cinnamon,
divided

2 tbsp. butter,
melted

2 tsp. sugar

1. Combine cream cheese, powdered sugar and 1 teaspoon cinnamon in a medium-sized bowl. Beat with a whisk or silicone spatula until the mixture is light, fluffy and no longer lumpy, 2 to 3 minutes. (You could also use an electric mixer.)

2. In a separate bowl, combine remaining cinnamon, melted butter and sugar. Mix to combine. Pour this mixture into the cream cheese batter, folding it in just enough to create cinnamon-sugar swirls in the dip.

3. Serve with graham crackers, apple slices or whatever you'd prefer.



Chocolate Chip Cookie Dough Dip

Submitted by the Expressions residents

Ingredients

1 package of Betty
Crocker chocolate
chip cookie dough
mix

8 oz cream cheese

8 oz cool whip

2 teaspoons vanilla
Graham crackers

1. Mix cream cheese and cool whip together in bowl until fully whipped.
2. Fold in chocolate chip cookie dough mix.
3. Add 2 teaspoons vanilla.
4. Serve with graham crackers.



Salsa

Submitted by the Insights residents

Ingredients

2 (15-ounce) cans
fire roasted
tomatoes or use 4
cups chopped fresh
tomatoes (1 3/4
pounds)

1/3 cup chopped
white or sweet onion
(half medium onion)

2 medium cloves
garlic (2 teaspoons
minced)

1 to 2 medium
jalapeño or serrano
peppers, with stems,
membrane and
seeds removed

1 cup chopped fresh
cilantro

1 to 2 medium limes

1/2 teaspoon fine
sea salt, plus more
to taste

1. Place tomatoes into a colander set over a large bowl and allow to drain. Save drained juice to add back to salsa if it is too thick or save to add to soups or other dishes.

2. Add chopped onion to a medium bowl and cover with cold water. Set aside for 10 minutes, drain, and then rinse.

3. Add garlic to a blender or bowl of a food processor and pulse until chopped small. Scrape the sides, and then add the drained tomatoes, drained and rinsed onions, peppers, cilantro, 1/4 teaspoon of salt, and the juice of half a lime. Pulse until your desired texture. Taste, and then season with additional salt or lime juice. (We typically add 3/4 teaspoon of salt).

This salsa improves with time so if you have the option, set it aside in the refrigerator for 30 minutes or more before serving. Store in the refrigerator up to a week.



Kale Chips

Submitted by the Extended School Year students

Ingredients

1 bunch kale

1 tablespoon olive
oil

1 teaspoon flaked
sea salt

1. Preheat an oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.

2. Carefully remove kale leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.

3. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.



Valentine's Day Popcorn

Submitted by the Expressions residents

Ingredients

1 bag of Kettle Corn

2 tablespoons of
Butter

2 cups of Mini
Marshmallows (2
styrofoam cups
worth)

1/4 cup of Valentine's
Day Sprinkles

1/2 cup M&M's

1. Pop 1 bag of Kettle Corn in the microwave.

2. Melt 2 tablespoons of Butter and the marshmallows in the microwave.

3. Pour bag of popcorn in bowl and cover completely with marshmallow/butter mixture.

4. Pour in Sprinkles and M&M's and mix until mixture is fully coated.

5. Separate into 4 servings on plates.



Kohlrabi Slaw

Submitted by the Extended School Year Students

Ingredients

2 cups chopped
cabbage

4 kohlrabi bulbs,
peeled and grated

2 stalks celery, sliced
thin

2 carrots, sliced thin

2 tablespoons
minced fresh onion

1/3 cup white sugar

1/2 teaspoon salt

1/8 teaspoon ground
black pepper

1/8 teaspoon celery
seed

1/2 cup mayonnaise

4 1/2 teaspoons
apple cider vinegar

1. Toss cabbage, kohlrabi, celery, carrot, and onion together in a large bowl.

2. Whisk sugar, salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly.

3. Chill in refrigerator 1 hour before serving.



Pepperoni Rolls

Submitted by the Expressions residents

Ingredients

Flour – 5 cups

Yeast- 5 1/2 tsp

Sugar-3 tsp

Olive oil-7tbsp

Hot water – 2 cups-
110 degrees

Pepperoni- 20 slices
per roll

Shredded
mozzarella- 4 cups

1. Mix flour, yeast, sugar, olive oil, and hot water.

2. Cover and let rise for about an hour.

3. Make 6 dough balls. Roll each out putting pepperoni and cheese on each one.

4. Roll the dough up and bake at 350 for 25-30 minutes.



Bison Sandwich

Submitted by the Commuter students

Ingredients

1 Ciabatta Roll

1 slice swiss cheese

6oz Roast Beef sliced

3 tbsp thousand
island dressing

1. Cut Ciabatta Roll in half
2. Spread half of the thousand island on bottom on the roll
3. Place roast beef and slice of cheese on roll
4. Top with more thousand island dressing
5. Put in 350 degree oven until warm about 5 minutes



Banana Chocolate Chip French Toast Casserole

Submitted by the Expressions residents

Ingredients

2 loaves of Italian
bread cubed

8 oz cream cheese

6 bananas

1 bag chocolate
chips

1 cup syrup

1 quart heavy cream

10 eggs

1. Cream cream cheese, 3 bananas, and 1 cup chocolate chips and set aside.

2. Mix the heavy cream, eggs, and syrup together, mix with the Italian bread.

3. Put half the bread mixture in a pan set aside the other half.

4. Take cream cheese mixture and pour over top of the bread.

5. Slice 3 bananas and put over the cream cheese along with chocolate chips.

6. Put the rest of bread mixture on top of the and cover.

7. Bake at 325 degrees for 1 hour or until the middle is done.



Swiss Chard Pizza

Submitted by the Extended School Year students

Ingredients

Pizza dough for one
12" to 14" pizza

6 to 8 ounces
mozzarella, thinly
sliced or shredded

3 Tablespoons olive
oil

1 cup finely chopped
onion

4 to 6 cloves garlic,
minced

1 bunch Swiss chard
leaves and stalks
separated and both
chopped into small
pieces

3/4 cup freshly
grated Pecorino
Romano or
Parmesan cheese

1. About an hour before you're ready to bake your pizza, place a baking stone (if using) on the lowest rack in the oven and heat to 500 degrees.

2. Heat olive oil in a 4-quart or larger pot. Add onion and chopped Swiss chard stalks and cook over medium heat, stirring frequently, until soft, about 6 to 8 minutes.

3. Add garlic and cook, stirring frequently, 2 minutes; do not let garlic brown.

4. Stir Swiss chard leaves into onion mixture. Cover and cook, stirring occasionally, about 10 to 12 minutes.

5. Remove pan from heat and let chard mixture cool slightly, and then stir in Pecorino Romano.

6. Shape the pizza dough on a piece of unbleached parchment paper and set it on a pizza peel (or directly on your baking sheet/pizza pan if you aren't using a baking stone). Spread the chard mixture evenly over the dough, then top with mozzarella.

7. Slide pizza (parchment and all) onto the baking stone and cook for 12 to 15 minutes, or until the crust is golden and the cheese is starting to brown. Slice and serve, and try not to burn your tongue on the first bite!

Pizza Bagels

Submitted by the Discovery residents

Ingredients

2 bagels

2 teaspoons olive oil

1/2 cup store-bought
or homemade pizza
or marinara sauce

1 1/2 cups shredded
low-moisture
mozzarella cheese
(about 6 ounces)

Optional toppings:

Pepperoni

Sliced olives

Sliced mushrooms

Sliced or diced
onions

Diced tomatoese

1. Arrange a rack at the top of the oven and heat the oven to 425°F.

2. Line a baking sheet with aluminum foil. Split 2 bagels and place cut-side up on the baking sheet.

3. Brush with 2 teaspoons olive oil. Bake until golden-brown, 5 to 7 minutes. Remove from the oven and switch the oven to broil.

4. Spread 2 tablespoons pizza or marinara sauce on each bagel half, spreading to the very edges. Top each bagel half with a heaping 1/3 cup shredded mozzarella cheese. Add toppings as desired.

5. Return the baking sheet to the oven and broil until the cheese is melted and browned in spots, 2 to 5 minutes.

6. Garnish with fresh basil, grated Parmesan cheese, and/or red pepper flakes if desired.



Breakfast Sandwiches

Submitted by the Life Skills Classroom

Ingredients

1 (12 ounce)
package English
muffins

6 eggs

1/4 cup chopped
green onion

1 cup shredded
Cheddar cheese

2 1/2 tablespoons
vegetable oil

6 ounces ground
breakfast sausage

1. Split the muffins open with a fork and toast them in a toaster oven.

2. In a large bowl scramble the eggs, green onions and cheddar cheese together.

3. Heat vegetable oil in a skillet, pour the egg mixture into the skillet and let it fry in one layer as you would an omelet.

4. When the egg is cooked on the underside, flip the egg over and cook the wet side; remove from heat when cooked through.

5. At the same time that the eggs are frying, form the sausage into small patties. Place the sausage in another skillet. Fry until browned, remove from pan and drain on paper towels.

6. Make the muffin sandwiches by layering a piece of sausage and a piece of the fried egg between the two muffin pieces.

7. If you intend to freeze the sandwiches, let each part of the sandwich cool before make the sandwiches, then wrap them in plastic wrap and freeze. Reheat in the microwave.

Cinnamon Swirl Apple Bread

Submitted by the Discovery residents

Ingredients

1/2 cup light brown sugar (packed)

1 1/2 teaspoons ground cinnamon

2 large eggs

1/2 cup granulated sugar

1/2 cup (1 stick) unsalted butter, melted and slightly cooled

1/2 cup milk

2 teaspoons vanilla extract

1 1/2 cups all-purpose flour, spooned into measuring cup and leveled-off

1/2 teaspoon salt

1 1/2 teaspoons baking powder

1 cup peeled, cored, and finely diced tart baking apples, from 1 apple (preferably Granny Smith)

1. Preheat the oven to 350°F and set an oven rack in the middle position. Spray an 8.5 x 4.5-inch loaf pan lightly with nonstick cooking spray. Line the long side of the pan with a parchment paper “sling” and spray lightly with nonstick cooking spray again.
2. In a small bowl, mix the brown sugar and cinnamon until evenly combined. Set aside.
3. In the bowl of an electric mixer fitted with the paddle attachment or beaters, beat the eggs and granulated sugar on medium speed until pale and creamy, about 2 minutes.
4. With the mixer on low, gradually add the melted butter followed by the milk and vanilla, and mix just until evenly combined.
5. Add the flour, salt, and baking powder to the batter and mix on low speed until evenly combined.
6. Add the apples to the batter and fold with a rubber spatula until evenly incorporated.
7. Spoon about 2/3 of the batter into the prepared pan. Sprinkle about 2/3 of the brown sugar-cinnamon mixture on top of the batter. Spoon the remaining batter over top, followed by the remaining brown sugar-cinnamon mixture. Using a butter knife, swirl the layers by making a zig-zag motion through the batter once in each direction (don't overdo it!).
8. Bake for about 50 minutes, until the bread is golden brown and a cake tester or toothpick inserted into the center comes out clean. Let the bread cool on a rack for about 30 minutes, then use the parchment sling to lift the bread out of the pan and onto the rack. Let cool completely before slicing, a few hours or overnight. Store loosely covered with aluminum foil on the countertop for up to 4 days.

Chocolate Chip Cookies

Submitted by the Imprints/Impressions residents

Ingredients

1 cup butter, softened

1 cup white sugar

1 cup packed brown sugar

2 eggs

2 teaspoons vanilla extract

1 teaspoon baking soda

2 teaspoons hot water

1/2 teaspoon salt

3 cups all-purpose flour

2 cups semisweet
chocolate chips

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
3. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour and chocolate chips.
4. Drop by large spoonfuls onto ungreased pans.
5. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.



Banana Bread

Submitted by the Discovery residents

Ingredients

2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (about

1 1/4 to 1 1/2 cups mashed)

1/3 cup (76g) butter, unsalted or salted, melted

1/2 teaspoon baking soda (not baking powder)

1 pinch salt

3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)

1 large egg, beaten

1 teaspoon vanilla extract

1 1/2 cups (205g) all-purpose flour

1. Preheat the oven to 350°F (175°C), and butter an 8 x 4-inch loaf pan..

2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.

4. Pour the batter into your prepared loaf pan. Bake for 55 to 65 minutes at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.

5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

Wrapped well, the banana bread will keep at room temperature for 4 days. For longer storage, refrigerate the loaf up to 5 days, or freeze it.



Dirt Pudding

Submitted by the Imprints/Impressions residents

Ingredients

1 package (8 ounces)
cream cheese,
softened

1/4 cup butter,
softened

1 cup confectioners'
sugar

3-1/2 cups cold 2%
milk

2 packages (3.4
ounces each) instant
vanilla pudding mix

1 carton (12 ounces)
frozen whipped
topping, thawed

1 package (15-1/2
ounces) Oreo
cookies, crushed

1. In a large bowl, beat the cream cheese, butter and confectioners' sugar until smooth. In a large bowl, whisk milk and pudding mixes for 2 minutes; let stand for 2 minutes or until soft-set. Gradually stir into cream cheese mixture. Fold in whipped topping.

2. Spread 1-1/3 cups crushed cookies into an ungreased 13x9-in. dish. Layer with half the pudding mixture and half the remaining cookies. Repeat layers. Refrigerate for at least 1 hour before serving. Serve with shaved white chocolate if desired.



Sand

Submitted by the Extended School Year students

Ingredients

1 box of vanilla pudding

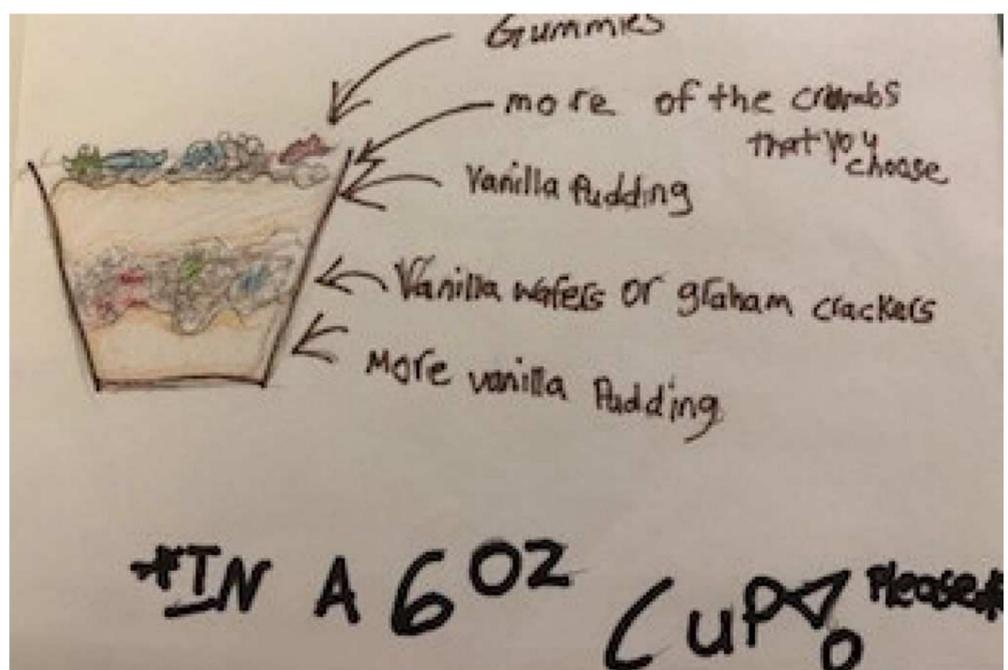
Crushed up vanilla wafers or graham crackers

Milk

Gummy sharks

Cups to put finished product in

1. Make pudding as directed on the box and let set in the fridge.
2. Crush up cookies or graham crackers and set aside.
3. Place about 1/4 cup of pudding in the bottom of the cup and then place about 1 tsp of cookies on top of the pudding. Repeat one time.
4. Finish the product by placing desired amount of gummy sharks on the top.
5. Enjoy!



Shamrock Shakes

Submitted by the Expressions residents

Ingredients

4 cups vanilla ice cream

1 1/2 cups whole milk

5 drops green food coloring

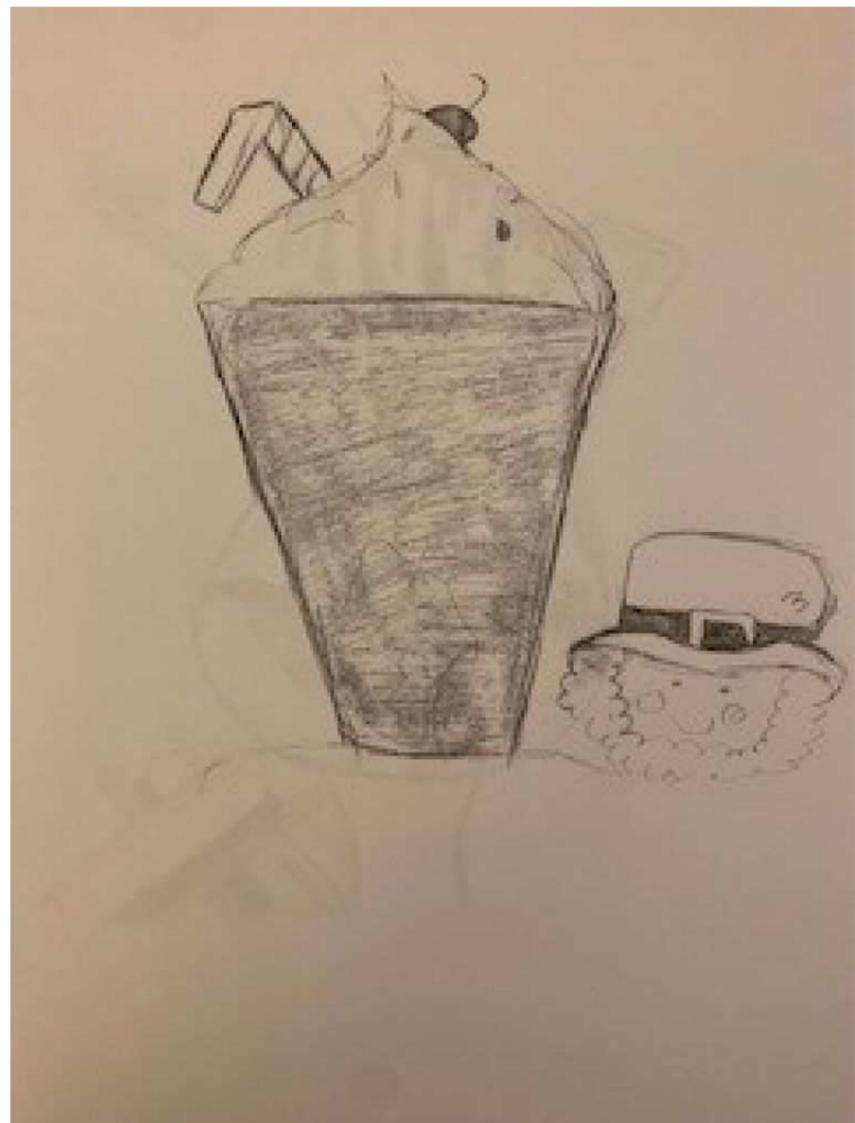
1/2 teaspoon mint extract (optional)

whipped cream, sprinkles and cherries for serving

1. Place the ice cream, milk, food coloring and mint extract in a blender/plastic cup.

2. Blend until smooth.

3. Pour into four glasses. Top with whipped cream and then serve.



Smores Parfait

Submitted by the Expressions residents

Ingredients

4 graham crackers

1 package of vanilla
pudding

2 cups of milk

1 cup marshmallow
fluff

1/2 cup cool whip



1. Wash your hands!

2. Put 4 graham crackers in a bag and crush them up.

3. Begin mixing pudding by putting the package and 2 containers of milk in the bowl.

4. Mix the pudding with the whisk until the pudding is completely mixed and it starts to look like pudding.

5. Mix 1 cup of marshmallow fluff with half a cup of cool whip and mix until completely mixed up.

6. Put the marshmallow fluff mixture in a plastic bag and cut the tip off so you can pipe it in the cup.

7. Layer the cup with the pudding, graham crackers and marshmallow fluff mixture.

Oreo Cheesecake No Bake Cookies

Submitted by the Expressions residents

Ingredients

1/4 brick of cream cheese

9 Oreo Cookies

Melted White Chocolate

1. Crush Oreos in plastic bag until finely crushed.

2. Blend in cream cheese with cookie crumbs until completely blended.

3. Use Cookie scooper to evenly scoop balls.

4. Melt white chocolate in microwave.

5. Drizzle white chocolate over cookie balls and allow to harden before eating.



Iced Pumpkin Cookie Recipe

Submitted by Discovery residents

Ingredients

2 1/2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1 tablespoon pumpkin pie spice

1/2 teaspoon salt

1/2 cup unsalted butter, softened

1 cup granulated sugar

1/2 cup light brown sugar, lightly packed

1 cup pumpkin puree

1 large egg

1 teaspoon pure vanilla extract

For the Glaze

1 cup confectioners' sugar

1 1/2 tablespoons milk

1 tablespoon melted butter

1 teaspoon pure vanilla extract

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone baking mat.

2. In a large bowl, combine flour, baking powder, baking soda, homemade pumpkin pie spice, and salt; set aside.

3. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl with an electric mixer, cream together the butter and sugars. Add pumpkin, egg, and vanilla to the butter mixture. Beat on medium speed until fully incorporated and creamy. Slowly add in dry ingredients and mix until combined. Using a medium cookie scoop (1 1/2 tablespoons), drop dough onto prepared cookie sheets. Spray the bottom of a glass with nonstick cooking spray and ever so slightly, flatten the tops of the cookies.

4. Bake in the preheated oven for 12-15 minutes. Allow cookies to cool on the pan for a few minutes before removing them to a wire rack to cool completely.

5. To Make the Glaze: Combine confectioners' sugar, milk, melted butter, and vanilla. Add milk as needed, to achieve glaze consistency.

6. Place a piece of parchment or wax paper on your work surface and place a wire rack on top of the paper. Dip the top of each cookie into the glaze and place the cookie onto the wire rack allowing the glaze to drizzle down the sides of the cookie. Allow glaze to firm up before serving.

Coconut And Honey Lip Scrub

Submitted by the Discovery residents

Ingredients

1 tablespoon
coconut oil

1 tablespoon organic
honey

2 tablespoons brown
sugar

1/2 tablespoon
lukewarm water

1. Start by mixing the coconut oil and honey.

2. Add the brown sugar and the lukewarm water to this mixture.

3. Rub the mixture on your lips in a circular motion for two to three minutes and then rinse with lukewarm water.

Why This Works

Coconut oil is filled with antioxidants and fatty acids that nourish the skin, while the brown sugar acts as a natural exfoliator that helps remove dead, dry skin. Honey is rich in natural healing properties.

Peppermint Lip Scrub

Submitted by the Discovery residents

Ingredients

2 tablespoons
coconut oil

2 tablespoons sugar

8 drops of
peppermint

1.1.Mix the sugar with coconut oil.

2.Add 8 drops of peppermint oil and blend.

3.Apply the scrub to your lips and rub it in circular motions for a few minutes.

4.Rinse with lukewarm water

Why This Works

Sugar works as a natural exfoliant while peppermint oil helps to stimulate circulation under the lips and create a “just bitten” effect that makes your lips appear fuller. This DIY sugar lip scrub is also very soothing and refreshing for the skin on your lips.

Brown Sugar And Honey Exfoliation Scrub

Submitted by the Discovery residents

Ingredients

1 tablespoon raw
honey

1 brown sugar

5 drops of lemon
essential oil

1.1.Mix the brown sugar with raw honey.

2.Add a few drops of lemon essential oil to this mixture.

3.Once blended, apply the scrub to your lips and rub it well in circular motions for two to three minutes.

4.Wash with lukewarm water and apply some lip balm.

Why This Works

This is one of the best homemade sugar lip scrubs. Raw honey works well to lighten your lips. It also helps get rid of chapped skin, so your lips appear brighter than before.

Smoothies

Submitted by the Insights residents

Ingredients

2 cups frozen mixed berries

1 cup Greek Vanilla Yogurt

2 ripe bananas (fresh or frozen)

1 1/2 - 2 cups of orange juice (I start out using 1 1/2 cups of liquid and blend with this first. If the consistency is too thick, I'll thin it out with a bit more juice)

1. In a high speed blender, add your berries, bananas, nut butter (if using), greek yogurt, and orange juice.

2. Blend on high speed for about 30 seconds to 1 minute, or until thoroughly mixed.

Pour and enjoy!

