

Stand Mixer

RECIPES



Yield

12 servings

Prep Time

15 minutes

Cook Time

1 hour

Total Time

1 hour and 15 minutes

Banana Bread

Ingredients

2 cups ripe,
mashed bananas

½ cup unsalted
butter

1 teaspoon baking
soda

¼ teaspoon salt

2 large eggs

¾ cup granulated
sugar

1⅔ cup all-
purpose flour

¾ cup chopped
nuts, chocolate
chips, or
cranberries
(optional)

Steps

1. Wash your hands with soap and water.
2. Preheat the oven to 360°F and prepare a loaf pan. To grease a loaf pan, it's best to use a paper towel or a clean kitchen towel to spread shortening, cooking oil, or butter. Be sure the oven is fully preheated before placing the bread in, as bread can become dry, crumbly, or dense if it starts out in a cold oven.
3. Attach the flat beater. Peel ripe bananas, break into 1- to 2-inch pieces as you add them to the stand mixer bowl. Beat on low-medium speed until the mixture reaches the desired consistency. Some lumps may remain at this stage.
4. Add melted butter and mix on low-medium speed again until combined. Next, add eggs and sugar to the bowl of your stand mixer. Beat on medium speed until ingredients are combined.
5. Mix flour, baking soda, and salt in a separate bowl, then slowly add to the stand mixer bowl and stir until just combined. Use a sifter when adding flour mixture to help you break up any lumps and achieve consistent results.
6. Add mix-ins like chopped nuts, fruit, or chocolate by using a spatula to gently fold ingredients with wide, slow strokes from the bottom of the bowl. Overmixed batters can create a rubbery, dense loaf, so be sure to stop folding as soon as mix-ins are evenly blended.
7. Pour batter into your prepared loaf pan, then bake 60–65 minutes. Try baking on the center rack so your loaf is at an equal distance from the top and bottom heating elements. Check for doneness by inserting a toothpick into the center of the loaf, and take the bread out once the toothpick comes out clean.



Yield

24–32 cupcakes or
one (8- or 9-inch)
two-layer cake

Prep Time

10 minutes

Total Time

10 minutes

Cream Cheese Frosting

Ingredients

½ cup unsalted butter, softened

4 cups powdered sugar

8 ounces cream cheese

2 tablespoons milk

1 teaspoon vanilla bean paste or
vanilla extract

1 tablespoon lemon zest
(optional)

Tip

You can store the frosting in the freezer in an airtight container. Cream cheese frosting can last up to 2–3 months when stored in the freezer under the right conditions.

Steps

1. Wash your hands with soap and water.
2. Using your stand mixer, beat butter and cream cheese until the mixture has a smooth consistency (about 3 minutes). Turn off your mixer once the desired texture has been reached. (Overbeaten cream cheese frosting may become too soft. You can try refrigerating it to regain the right consistency. If that doesn't work, try adding in more sugar.)
3. Add vanilla bean paste or vanilla extract and lemon zest to the butter and cream cheese mixture and stir with a spatula to combine.
4. Measure out your powdered sugar and sift it into the cream cheese and butter mixture. Turn your stand mixer on medium-low speed and mix powdered sugar into the mixture until fully combined (about 3 minutes).
5. While mixing, you can also add additional flavors to your frosting if you'd prefer. Ingredients like freeze-dried fruits or cocoa powder add flavor to your frosting without altering the creamy consistency.



Yield

12 servings

Total Time

About 1 hour and
15 minutes

Cake

Ingredients

Cake

- 3 cups cake flour
- 1 cup milk
- 4 eggs
- 2 cups granulated sugar
- 3½ teaspoons baking powder
- 2 teaspoons salt
- 1 cup unsalted butter
- 2 teaspoons vanilla extract
- 1 teaspoon almond extract (optional)

Butter cream frosting

- 1 cup unsalted butter at room temperature
- 4–6 cups powdered sugar (for consistency)
- ½–1 cup milk (for consistency)
- ½ teaspoon salt
- 1 teaspoon vanilla or almond extract

Steps

1. Wash your hands with soap and water.
2. Preheat the oven to 350°F. Spray two round pans with baking spray and line bottoms with parchment paper. Then, spray the paper and dust with flour. If you're baking a sheet cake, you can skip the parchment paper step.
3. In a large bowl, stir dry ingredients (cake flour, sugar, baking powder, and salt) until combined.
4. Add butter and sugar to the stand mixer bowl. With the flat beater or flex edge beater accessory attached to the mixer, beat the butter and sugar until it has a pale yellow color and light, fluffy texture. Finally, add egg whites and beat until combined.
5. Add a third of the dry ingredients and mix until combined. Then, add a third of the milk, pour in vanilla and the optional almond extract, and continue to mix. Repeat three times until all the ingredients are used. Your batter should be smooth and slightly fluffy.
6. Divide batter between prepared cake pans. Bake on the center rack until a toothpick or cake tester comes out clean. Bake your pans on the same rack or rotate halfway through to help ensure both cakes bake at similar rates. Briefly cool cakes in the pans, then carefully flip over cakes and transfer, flat side down, to a cooling rack and allow to cool completely.
7. Before making the buttercream frosting, wash the stand mixer bowl and attach the flat beater accessory. Add the butter to the stand mixer bowl and beat the butter until it's soft, light, and fluffy. Add powdered sugar in increments, beating on high speed after each addition until just combined. This will help the sugar fully dissolve in your mixture. Add milk and salt last and stir until combined.
8. Use a serrated knife to trim the domed tops of fully cooled cakes to create a flat surface. Place one cake, cut side up, on a cake stand or serving plate. Use an offset spatula to frost the top of the cake. Top with the second cake, cut side down. Frost the sides and top of the cake once it's completely cooled to prevent the frosting from melting off the cake. Decorate as desired.
9. Store the cake in the fridge.

Tips

- Before you begin baking, make sure all your ingredients are at room temperature, including flour, milk, eggs, and butter. This helps them blend better and draw in air more easily, which results in fluffy cakes.
- When you're mixing the ingredients for the first time, start slowly and increase the speed over time. If you turn it immediately to high, flour will fly all over the counter.
- Frosting is an important part of how many cakes come together, and consistency is key. Frosting should be firm, yet smooth and spreadable. If too soft, stir in extra powdered sugar in small increments. If too firm, stir in more milk (1 tablespoon at a time) until soft.



Chocolate Chip Cookies

Yield

5 to 9 dozen cookies per batch, depending on stand mixer capacity

Prep Time

20 minutes

Bake Time

10 minutes

Total Time

30 minutes

Ingredients

- 1 cup unsalted butter or fat alternative, like coconut oil
- 1 cup light brown sugar
- 1 cup granulated sugar
- 2 eggs or protein substitute, like mashed fruit puree or flaxseed
- 3 cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ cup rolled oats (optional)
- 2 cups semi-sweet chocolate chips

Steps

1. Wash your hands with soap and water.
2. Before placing your dough in the oven to bake, it's important to start by preheating the oven to 350°F, which will help you ensure an accurate cook time and no raw batter. For quick and easy cleanup, you can use parchment paper to line a large cookie sheet.
3. Attach the flat beater accessory to your stand mixer. Add your fat and sugars to the stand mixer bowl and mix for about 1 minute on low speed. Gradually increase the mixer speed to medium for approximately 1–2 additional minutes.
4. Avoid overmixing the cookie dough, which should remain cold to the touch. After mixing, scrape any of the batter that has accumulated on the sides of the bowl down before adding the eggs or an egg replacement suitable for baking, such as mashed fruit puree, flaxseed, or nut butter. Then, mix on medium speed until the ingredients are well combined—about 1 minute.
5. Using a separate mixing bowl, combine the rest of your dry ingredients (flour, baking soda, and any additions like rolled oats). As you make your batter, remember to gradually add the dry ingredients—the mixture should look uniform, with no large chunks. To ensure your dry ingredients are thoroughly combined, consider using a sifter.
6. Once combined, add the mixture to the ingredients in the stand mixer bowl. Then, mix on stir speed until the flour mixture is well blended into the batter. If desired, you can experiment with the texture of your homemade cookies by adding ingredients like peanut butter or chocolate spread. Then, add your choice of chocolate chips along with any other additions like chopped walnuts, candy pieces, or sprinkles to the batter. Gently incorporate the final ingredients, mixing on stir speed until combined.
7. Line your cookie sheet with parchment paper. Drop rounded scoops of dough using a spoon or cookie scoop, making sure to place them about 2 inches apart. To help your cookies bake more evenly, you can try rotating the sheet halfway through the baking time. Bake the cookies until the bottoms become golden brown—approximately 10–12 minutes. Stick a toothpick into the center of the cookie; if it comes out with a few moist crumbs attached, the cookies are done.
8. Wash your hands with soap and water if you touched any raw cookie dough.
9. Once the cookies have finished baking, allow them to rest for about 3–5 minutes after removing them from the oven.

Tips

- *It's important to allow the cookies to rest in the oven for about 3–5 minutes. Attempting to move your freshly baked cookies too quickly can cause them to lose their rounded shape.*
- *To adapt this chocolate chip cookie recipe, keep in mind the following tips for substituting ingredients with vegan and gluten-free options:*
 - » *Butter. Both vegan and gluten-free, coconut oil mimics all the qualities of regular butter, making it the best all-around butter substitute.*
 - » *Milk. When your cookie recipe calls for milk, it's important to consider the characteristics of each alternative before making a substitute, as these factors can impact the outcome of your recipe. For baked goods, soy or almond milk are suitable options for a neutral taste and creamy texture.*
 - » *Eggs. As with milk, carefully consider the characteristics of each substitution option before replacing ingredients. For cookies and other baked recipes, look for store-bought egg replacers that contain bases of tapioca or potato starch, both of which are vegan and gluten-free.*
 - » *Flour. Gluten can be present in all-purpose flour at levels between 8 and 11 percent, making it unsuitable for those following a gluten-free diet. To substitute this flour, use a store-bought, gluten-free all-purpose flour at a 1:1 ratio.*



Yield

5 cups

Prep Time

15 minutes

Total Time

25 minutes

Granola

Ingredients

½ cup neutral oil, such as sunflower or grapeseed

½ cup honey or maple syrup

½ teaspoon ground cinnamon

½ teaspoon salt

3 cups old-fashioned rolled oats

1 cup sliced pecans or other nuts

1 cup dried cranberries or other dried fruit, chopped

Steps

1. Wash your hands with soap and water.
2. Preheat the oven to 300°F and line a rimmed baking sheet with parchment paper. Arrange a rack in the middle of the oven.
3. Attach the whisk accessory to your stand mixer.
4. Place the oil, honey, cinnamon, and salt in your stand mixer bowl and whisk to combine.
5. Remove whisk accessory and replace with the flat beater accessory.
6. Add the oats and pecans in the bowl and stir on low speed.
7. Transfer the mixture to the prepared baking sheet and spread into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
8. Bake for 10 minutes, and then stir. Then, bake for 10 more minutes.
9. The granola is ready when golden brown and the pecans have toasted—it will still feel wet coming out of the oven but will dry as it cools.
10. Place the baking sheet on a wire rack and sprinkle on the cranberries or fruit. If you want clumps of granola, press and pack down the granola before it cools, which will help it stick together. Cool completely before storing.

Tip

You can place the cooled granola in an airtight container for long-term storage at room temperature.



Yield

9 servings

Mashed Potatoes

Ingredients

3 pounds russet potatoes

1½ teaspoons sea salt

¾ cup half-and-half

3 tablespoons unsalted butter

¾ teaspoon freshly ground black pepper

Steps

1. Wash your hands with soap and water.
2. If you are leaving the skin on the potatoes, scrub potatoes with a clean vegetable brush under running water. If you are peeling the potatoes, gently rub the produce under cold running water, and then use a peeler to remove the skin.
3. Cube potatoes with the skin on or off, depending on your preference. Fill a large stockpot ¾ full with water and add cubed potatoes. Add a half teaspoon sea salt and bring to a boil. Reduce heat to low and simmer until the potatoes are easily pricked with a fork, about 15–20 minutes. Drain them in a colander.
4. Heat half-and-half in a small saucepan until warm but not hot. Add cooked potatoes and butter to the stand mixer bowl and turn the mixer to low speed. Add warm half-and-half, one-fourth cup at a time until the potatoes are creamy, increasing speed 1–2 settings with each addition. Beat the potatoes until they're almost to your desired consistency.
5. Return to low speed and season with remaining salt and black pepper. Add in any extras like garlic, cheese, or herbs and mix until just combined.

Tip

Give this recipe a kick with Cajun or garlic pepper seasoning, or try one of our salt-free spice blends to add more flavor. Refer to MSU Extension Publication 3586 Nutrition and Wellness: Salt-Free Spice Blends online at <http://extension.msstate.edu/publications>.



Meatballs

Yield

As a rule of thumb, approximately 1 pound of ground meat will produce about 30 one-inch meatballs. Plan on 5 or 6 meatballs per main course serving.

Prep Time

30 minutes

Cook Time

40 minutes

Total Time

1 hour 10 minutes

Ingredients

For the meatballs

50-50 ratio of ground beef and ground pork (or other proteins of your choice such as venison, turkey, lamb, veal, and/or chicken; 1 pound of each is recommended; Meat can be store-bought or ground using the meat grinder attachment.)

1 cup Italian breadcrumbs (for store-bought ground meat) or toasted bread (for meat that will be ground using the meat grinder attachment)

½ to 1 cup milk (for consistency)

2 eggs

½ teaspoon allspice

½ teaspoon nutmeg

½ onion, minced

2 teaspoons garlic powder

2 teaspoons parsley

2 teaspoons salt

2 teaspoons pepper

2 tablespoons oil or butter for cooking

For the sauce

pan drippings

2 tablespoons butter

3 tablespoons flour

½ cup heavy whipping cream

1 tablespoon Worcestershire sauce

1 tablespoon mustard

½ cup stock or broth

Steps

1. Wash your hands with soap and water.
2. Choose one of the following steps:
 - » **Option 1:** Attach the food grinder accessory to the stand mixer. With the mixer set on speed 4, place very cold meat(s) in the grinder a piece at a time. Alternate meat with pieces of toasted bread, minced onion, garlic, and parsley.
 - » **Option 2:** If you're using store-bought ground meat, mix both types of meat together with breadcrumbs, minced onion, garlic, and parsley.
3. Wash your hands with soap and water after handling raw meat.
4. Remove the food grinder attachment. Wash and sanitize the equipment and any surface that has come into contact with the raw ingredients. This only applies if you followed option 1 above.
5. Wash hands with soap and water after sanitizing surface.
6. Attach flat beater accessory. Add milk, eggs, and the remaining seasonings to the ground meat mixture in the bowl of the stand mixer. Mix on low for 1-2 minutes until the ingredients are well combined. Scoop the meatballs onto a cookie sheet with a small ice cream scoop, or form balls (about the size of a golf ball) with damp fingers.
7. Wash your hands with soap and water again.
8. Heat butter and oil in a sauté pan and brown meatballs until the internal temperature reaches 160°F on the food thermometer (if cooking beef or pork meatballs; see Tips for internal temperatures of other meats) and a crust forms. Make sure not to overcrowd the pan—cook in batches—so meatballs brown and don't steam. Remove cooked meatballs from the pan and cover with foil while you prepare the sauce.
9. Another option is to bake meatballs at 425°F for 30 minutes.
10. Add flour and butter to the pan drippings and stir until brown. Add stock and cream to the butter and flour and whisk together. Finish with a little mustard and Worcestershire sauce. Season with salt and pepper. Add the meatballs back to the sauce and warm for 1-2 minutes. Serve with egg noodles, rice, or a side of your choice.

Tips

- If you are using a metal grinder, chill grinder beforehand to help maintain cold grinding temperature.
- Beef or pork should be cooked to an internal temperature of 160°F.
- Turkey or chicken should be cooked to an internal temperature of 165°F.



Yield

Approximately 1 pound of chicken will yield 4 servings per main course meal.

Prep Time

1 minute

Total Time

3 minutes

Shredded Chicken

Ingredient

Cooked seasoned chicken, boneless and skinless

Tips

- *It is recommended to shred chicken when it is warm, as the meat can become firmer and more difficult to shred as it cools.*
- *Shredded chicken is a great meal prep option that saves you time. Add it to soups, salads, and sandwiches, or make chicken salad.*

Steps

1. Wash your hands with soap and water.
2. Attach your flat beater or pastry beater to your stand mixer.
3. Place your warm, boneless and skinless chicken into the mixing bowl.
4. Wash your hands with soap and water to remove any chicken from your hands.
5. Set your stand mixer to a low power setting. Shred the chicken until you reach your desired consistency, usually 30 seconds to 1 minute mixing time.
6. Now it's time to enjoy your shredded chicken or add it to your favorite recipe. If you've made more shredded chicken than you and your guests can eat during one meal, you can cover and store the shredded chicken in your refrigerator to enjoy later.



Yield

1 (9-by-5-inch) loaf; about 12 servings

Prep Time

15 minutes

Cook Time

1 hour

Total Time

1 hour 15 minutes

Sweet Potato Bread

Ingredients

- 1½ cups white sugar
- ½ cup vegetable oil
- 2 large eggs
- 1¾ cups sifted all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon vanilla (optional)
- ¼ teaspoon salt
- ⅓ cup water
- 1 cup canned pureed sweet potatoes
- 1 cup chopped pecans
- 1 cup chocolate chips (optional)

Steps

1. Wash your hands with soap and water.
2. Preheat the oven to 350°F (175°C). Grease two 9-by-5-inch loaf pans.
3. Attach whisk attachment to the stand mixer.
4. Combine sugar and oil into the stand mixer bowl; mix on low speed and gradually increase speed to medium until fully combined. Return to low and add eggs and whisk until well combined.
5. Combine flour, baking soda, cinnamon, nutmeg, and salt in a separate bowl and stir.
6. If you have a pour shield, add it to the top of the bowl. Slowly add the flour mixture into the egg mixture, alternating with water, and mix on low speed.
7. Replace whisk with the flat beater attachment and stir in sweet potatoes and chopped nuts. Pour batter into the prepared loaf pan.
8. Bake in the preheated oven until a toothpick inserted into the center of the bread comes out clean. This should take about 1 hour.

Tips

- *This bread is freezable. First, allow the bread to completely cool. Then, wrap it tightly and place it in the freezer.*
- *Did you know you can use applesauce or Greek yogurt as an oil or butter substitute? Applesauce and Greek yogurt are a 1:1 replacement for oil. So if the recipe calls for ½ cup of oil, substitute with ½ cup of applesauce.*



Pasta

Yield

4 servings (about 4 cups, or 520 grams)

Prep Time

35 minutes

Total Time

1 hour

Ingredients

- 3 large eggs
- 2 cups flour
- ½ teaspoon salt
- 3 tablespoons water, or as needed
- herbs (optional)
- dried spices (optional)

Steps

1. Wash your hands with soap and water.
2. Add flour to the bowl of your stand mixer and create a well. Crack eggs into the center of the flour well and add salt. Mix with the flat beater on 1 or the lowest setting until combined. If the dough is too wet, add a little more flour until a dough consistency is formed. If it's too dry, add water slowly until the dough forms a ball.
3. Lightly dust a cutting board and your hands with flour. Knead the dough using the heel of your hand. Pull the dough away from you and then back toward you in a rocking motion. Then, wrap dough in plastic wrap and place in fridge to rest for approximately 30 minutes.
4. With a sharp knife or pastry bench scraper, divide dough into four equal pieces. If you do not have a pasta roller attachment, skip to step 6. Attach the pasta roller to the stand mixer. Turn the stand mixer to speed 2 and flatten a section of dough with your hands. Feed the dough through the pasta roller at least three times, folding the dough in half between each roll. Dust the dough with flour between each roll to prevent sticking. Repeat this process until the dough is smooth and pliable. Gradually increase the setting of your pasta roller until you reach your desired thickness.
5. Replace the roller attachment with the right cutter attachment to create the size noodles of your choice. Place cut noodles on a pasta drying rack to dry while you bring a large pot of water to a boil. Make sure to liberally salt the water to season the pasta. Keep in mind that homemade noodles tend to cook much faster than dried pasta, so be ready to sauce in a matter of minutes.
6. If you do not have a pasta roller attachment, lightly flour the dough and use a rolling pin to get the pasta as flat as possible. Then, roll the dough loosely onto itself and cut it horizontally into strips.

Tips

- The amount of pasta per serving will vary based on the type of pasta you're serving, as well as what you're serving it for—main course versus starter, lunch versus dinner, etc. As a rule of thumb, 1 cup of fresh pasta is enough per person (for a starter or small portion), and 1½ cups is enough fresh pasta for a normal lunch portion with a salad, per person (medium portion). For dinner, plan on 1¼ to 1½ cups of fresh pasta per serving (large portion). If you're not sure how much pasta you'll need, consider doubling the recipe and freezing any leftover pasta or dough.
- Fresh pasta can be frozen. Lightly dust pasta with flour to avoid clumping and place it on a baking sheet for 30 minutes. Then, place it in the freezer. To help prevent pasta from clumping, place dried and lightly flour-dusted pasta on a baking sheet in the freezer for 30 minutes. Then, place the chilled pasta in airtight containers and freeze until needed. Fresh pasta can be frozen up to a month.
- A variety of flours can be used. All-purpose, semolina, or 00 flour are all popular choices. In Italian cuisine, 00 flour refers to a super-fine flour with a low protein level that produces a silky pasta. Semolina flour is made from hard durum wheat and is often used for larger, heartier pastas. All-purpose flour may require a little extra kneading time to activate the gluten. You can make a gluten-free pasta recipe with gluten-free flour, eggs, and xanthan gum. The xanthan gum replaces gluten and makes the dough flexible.



Yield

1 (12- to 14-inch)
pizza crust

Prep Time

30 minutes

Total Time

30 minutes

Pizza Dough

Ingredients

- 3½ cups bread flour
- 1 (0.25-ounce) package active instant yeast
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 cup warm water
- 1 tablespoon cornmeal (for dusting the bottom of the pan)

Steps

1. Wash your hands with soap and water.
2. Start by combining yeast, warm water, and sugar in your stand mixer bowl.
3. Whisk together with your whisk accessory for 30 seconds on speed 2 or low setting and let it sit for 10 minutes.
4. Add flour and salt to your mixing bowl.
5. Attach the beater blade and mix the ingredients on low speed until fully mixed, then add a little olive oil and beat until combined. Let the dough rest for 10 minutes, covered.
6. Use a clean countertop or use a clean dry cutting board to knead the dough. Lightly flour the surface and place the dough. Push the dough away from you and fold it over itself with the heel of your hand. Rotate the dough 90 degrees and repeat.
7. Continue kneading until the dough is smooth and elastic. You can tell when the dough has been properly kneaded when you see small strings of dough appear when you pull off a small piece of it.
8. Proof it by placing the dough in a bowl, covering it with a clean towel or plastic wrap, and letting it rest for 30 minutes in the refrigerator. After proofing, punch the dough to release air bubbles.
9. Allow the dough to come to room temperature before stretching and shaping. On a lightly oiled workspace, gently flatten the dough into a disk with your hands or a rolling pin. Place the dough on a pizza pan, then stretch and shape the dough into a circle.
10. Once your dough has been stretched out to your preferred size, add your favorite pizza toppings. You can use toppings like marinara sauce, mozzarella cheese, goat cheese, cheddar cheese, pepperoni, sausage, or barbecue chicken. Bake your pizza for 12–15 minutes, and let it cool before serving.

Tips

- Grease your work surface with 2–3 tablespoons of oil to help you roll out the pizza dough.
- The type of flour you use can affect the texture of your pizza crust. When making your own pizza dough at home, you will want to use a type of flour with a high protein content, like type 00, bread, whole-wheat, or all-purpose flour. The protein content helps to create the chewy texture associated with pizza.



Quiche

Yield

*Approximately
6 servings*

Prep Time

20 minutes

Bake Time

*35 minutes in
conventional
oven*

Total Time

55 minutes

Ingredients

- 1½ cups milk or heavy cream
- 2 tablespoons butter, melted
- 4 ounces cheese
- 5 large eggs
- ½ cup flour
- 1 pie crust, pre-made or homemade
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 8 slices of bacon
- filling (refer to the Tips section for options)

Steps

1. Wash your hands with soap and water.
2. If you use any produce like leafy green vegetables, gently rub produce under cold running water.
3. Using a knife, chop any vegetables for your filling, such as onions or peppers.
4. In a skillet, melt butter and add vegetables to soften. Remove from heat and set aside.
5. Chop and cook any meat such as bacon or sausage and set aside. Use a food thermometer to check the internal temperature of your meat. Bacon should be cooked to an internal temperature of 145°F, beef or pork sausage should be cooked to an internal temperature of 160°F degrees, and turkey or chicken should be cooked to an internal temperature of 165°F.
6. Wash your hands with soap and water after handling any raw meat. Wash any equipment or surface that has come into contact with the raw meat.
7. Using a whisk, or the wire whip beater on your stand mixer, combine the seasonings, eggs, heavy cream, milk, and flour for about 30 seconds or until well combined.
8. Layer the meat and cheese on the bottom of the pie crust, followed by the vegetables. Gently pour the egg mixture over the top.
9. Bake the quiche at 350°F for approximately 35–40 minutes or until the custard is set.

Tips

- *Try fat-free or reduced-fat cheese to reduce the fat amount.*
- *Turkey sausage is a great lean option to add in the quiche.*
- *Avoid high temps to prevent the quiche from being overcooked and the eggs from curdling. It is best not to cook quiches in a convection oven.*
- *Avoid vegetables with a high water content that can quickly become mushy, like tomatoes and squash.*
- **Filling options:**
 - » *1½ cups cheese*
 - » *1 cup bell peppers*
 - » *1 cup mushrooms*
 - » *¾ cup tomatoes*
 - » *¼ cup onions*
 - » *3 tablespoons chives*
 - » *1 cup bacon, cooked and chopped*
 - » *1 cup sausage, cooked and chopped*
 - » *1 cup ham, cooked and chopped*



Ravioli

Yield

4–6 servings

Prep Time

30 minutes

Cook Time

20 minutes

Total Time

1 hour 10 minutes

Ingredients

Ravioli dough

2½ cups all-purpose flour

½ teaspoon kosher salt

3 large eggs

1 teaspoon olive oil (optional)

½ cup water for sealing ravioli (optional)

Ravioli filling

½ cup ricotta cheese

½ cup cream cheese

¼ cup shredded mozzarella

¼ cup shredded provolone

1 tablespoon of grated parmesan

1 large egg

¾ teaspoon parsley

Ravioli sauce

½ (14.5-ounce) can, roasted tomatoes, halved

3 cloves garlic, chopped

2 tablespoons olive oil

⅛ teaspoon oregano

2 cups heavy whipping cream

¼ teaspoon parsley

¼ cup onion, minced

¼ teaspoon salt

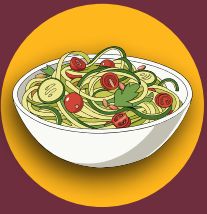
1 tablespoon Cajun seasoning or pepper

Steps

1. Wash your hands with soap and water.
2. In the bowl of your stand mixer, mix the flour and salt together, and create a well by making a hole in the center of the mound of flour. Place the eggs in the middle of the hole and continue to mix.
3. Gradually incorporate the flour using your stand mixer, until all the ingredients are mixed, forming a single mass that's wet and sticky. If the batter is dry, add drops of water or oil until you get the correct consistency.
4. Change mixing attachment to the dough hook. Then, use your stand mixer to knead your dough. Once the dough forms into a firm and smooth ball, wrap it in plastic wrap and refrigerate for an hour.
5. Place the cheese, egg, and parsley in your stand mixer bowl. Mix all the ingredients together until the texture is like paste, and set aside.
6. Wash your hands with soap and water after touching the dough.
7. Heat a pan and add olive oil once hot. Then, add seasonings and herbs. For some added depth of flavor, use Cajun seasoning instead of pepper. Then, add the tomatoes and salt.
8. Stir everything together, making sure not to crush the tomatoes.
9. Let the sauce simmer, stirring occasionally. Turn off heat, check salt and seasoning, and adjust to taste.
10. Once you're ready to make the ravioli, remove the dough from the refrigerator and place onto a floured surface. To keep your dough from drying out, work in quarters and keep the rest covered under a towel or wrapped in plastic. Use the pasta roller attachment to make thin sheets of pasta that are no thicker than a nickel. Carefully place the pasta sheets onto parchment-lined baking trays. You can also use a rolling pin and roll out the dough by hand.
11. Place tablespoon portions of the four-cheese blend onto the bottom half of the pasta dough, about an inch apart. Brush an egg wash or some water on the edges of the dough, and fold the top half of the sheet over the filling.
12. Press the dough gently with your fingers, and use a knife or ravioli stamp/roller to seal the filling in. Repeat with the remaining sheets of pasta. Cover with a towel to keep the ravioli from drying out. To save time and make the process more efficient, use a ravioli maker.
13. Bring a pot of salted water to a boil and cook the ravioli for around 3 minutes or until tender. Serve with the sauce (or any sauce of your choice) and enjoy!

Tips

- *Pasta dough can be made in a few different ways. Most doughs are made with a combination of all-purpose flour, salt, eggs, oil, and water. Some recipes can be modified to use almond flour or other wheat-free options.*
- *You can get as creative as you want with your ravioli filling. Most filling recipes will call for eggs, but you can choose to include meat, ricotta cheese, cream cheese, herbs, and spices.*
- *When tomatoes are in season, it is a great time to make homemade sauce for fresh flavors. Tomato sauces can include fresh, chopped tomatoes, garlic, olive oil, and seasonings such as parsley and oregano. You might even choose to include other fresh vegetables such as zucchini.*



Vegetable Noodles

Ingredients

Choose any vegetable or fruit listed in the Tips section.

Yield

Exact yields will vary based on recipe. One medium zucchini will produce about 1½ cups of zucchini noodles, or zoodles. A large sweet potato will produce about 2 cups of veggie noodles.

Prep Time

5 minutes

Total Time

7–15 minutes

Steps

1. Wash your hands with soap and water.
2. Wash veggies or fruits and remove any stems. Cut off the ends of the produce squarely, trimming away any eyes or bruises. The food choice should be 1½ inches to 3¾ inches in diameter and 5½ inches or less in length.
3. Attach the spiralizer accessory to the hub of your stand mixer and place a bowl or plate under it. Place food on the skewer.
4. Select your blade. Choose the extra fine blade for radishes, fine for beets and zucchini, or medium for butternut squash and sweet potatoes. Start by turning the mixer on stir, then gradually increase the speed to 4–6.
5. Spread noodles out on a clean towel and sprinkle with a little salt. After a few minutes, gently pat dry.
6. Cook noodles for 1–2 minutes in a sauté pan with a little oil.
7. Toss your veggie noodles in your favorite sauce, oil, or seasoning.

Tips

- *Choosing to peel or not to peel your produce is a matter of preference. If you're spiralizing a veggie with a tougher exterior, like butternut squash, you'll want to peel it. If you're making zoodles, leave the skin on. In addition to stripping away nutrients, peeling will expose the zucchini's flesh and create soggy noodles.*
- *Veggie noodles can be eaten raw, but if you're heating them, remember that they require very little cooking time. In fact, if you're planning on tossing them with a cooked sauce, the heat from the sauce might be all the heat you need to warm your noodles.*
- *Veggie noodles can be eaten with a little olive oil, freshly grated cheese, a few toasted nuts, some salt and pepper, and a handful of your favorite fresh herbs.*
- *Make sure your veggie is centered on the skewer. This will help prevent short or uneven pieces.*
- *Use kitchen shears to trim very long strands of spiralized vegetables.*
- *Save the cores and toss them in vegetable stock, stir fry, or a salad.*
- *Avoid spiralizing veggies that have a pit, like avocado, because they will not fit onto the attachment's skewer. Vegetables that are narrow (less than 1½ inches in diameter), like asparagus and celery, also won't work with the spiralizer accessory.*
- *You can try any of the following vegetable noodle options: zucchini squash, radishes, butternut squash, sweet potatoes, parsnips, turnips, and carrots.*

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By **Qula Madkin**, MS, RDN, LD, CDCES, Extension Instructor, Biochemistry, Nutrition, and Health Promotion, **Kelsey Helm Martin**, Extension Agent II, Marshall County, and **Ja'Donnia Ballard**, Extension Associate I, Central Mississippi Research and Extension Center.

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