



CSEBA

California Schools

Employee Benefits Association

CSEBA Cookbook

Over 100 Recipes
From Our Table to Yours



Kitchen 101



Mass & Volume Equivalents

16 ounces  =  1 pound (454g)

1 lb all-purpose, bread flour  =  4 cups (950ml)

1 lb cake flour  =  4 1/3 cups (1L 25ml)

1 lb whole wheat flour  =  3 3/4 cups (890ml)

1 lb butter  =  2 cups (475ml)

1 lb granulated sugar  =  2 1/4 cups (535ml)

1 lb brown sugar  =  2 2/3 cups (630ml)

1 lb powdered sugar  =  4 cups (950ml)

1 lb cornstarch  =  3 1/4 cups (770ml)



1 lb cornmeal  =  3 cups (710ml)

1 lb rolled oats  =  5 cups (1L 185ml)

1 lb cocoa powder  =  4 3/4 cups (1L 125ml)

1 lb honey  =  1 1/3 cups (315ml)

1 lb peanuts, almonds  =  3 cups (710ml)

1 lb pistachios, hazelnuts  =  3 1/3 cups (790ml)

1 lb pecans, walnuts  =  4 1/4 cups (1L 5ml)

1 lb raisins, dried currants  =  2 3/4 cups (650ml)



Baked Banana Bread Donuts

*Dottie Rose
DVA District*

Total Time: 30 minutes

Serves: 10 People

Ingredients:

Cooking Spray
1 **Cup** Whole Wheat Flour
1/2 **tsp** Baking soda
1/4 **tsp** Salt
2 **tbsp** Coconut Oil
2 Ripe Bananas, mashed

1/4 **cup** Agave syrup (or maple syrup)
1/4 **cup** Greek Yogurt
1 Egg, lightly beaten
1 **tsp** Vanilla
1/2 **cup** Walnuts, chopped



Directions:

1. Preheat oven to 305, lightly coat a donut pan with cooking spray.
2. In a large bowl, whisk together flour, baking soda, and salt. Set aside.
3. In a medium bowl, combine coconut oil, bananas, agave syrup, yogurt, egg, and vanilla. Whisk until smooth.
4. Add wet mixture to dry mixture and stir until combined.
5. Pour batter into a resealable plastic bag. Cut off one corner of the bag and squeeze batter into prepared donut pan. Make sure each indentation is about 3/4 full. Top with walnut pieces and lightly press into batter.
6. Bake for 14-16 minutes, or until golden brown and spring back when touched. Remove from oven and cool in a pan for a few minutes. Then, transfer to wire rack to cool fully.

Creamy Avocado Pasta

*Dave Trevoli
XYZ District*

Total Time: 30 minutes

Serves: 2 People

Ingredients:

1 Medium avocado, pitted
1/2 Juiced, + zest and garnish
2-3 Garlic cloves
1/2 **tsp** Kosher salt
1/4 **cup** Fresh basil

2 **Tbsp** Extra-virgin olive oil
2 **Servings (6oz.)** of your favorite pasta
Freshly ground black pepper to taste

Directions:

1. Bring several cups of water to a boil in a medium sized pot. Add pasta, heat at medium until *al dente*, 8-10 minutes.
2. Meanwhile, place garlic cloves, lemon juice, and olive oil into a food processor and process until smooth.
3. When pasta is done, drain and rinse in a strainer and place into a large bowl. Pour on sauce and toss until fully combined. Garnish with lemon zest and black pepper. Serve immediately.



Healthy Recipes