

Lily's Kitchen

by Rachel Licht

MOTHERS DAY COOKING DEMO

Menu

Easy Peasy Salmon

This salmon is super easy to make and always comes out just right!

Kid Friendly Mac & Cheese

Using smaller pasta makes this dish more fun and appealing to kids!

Baby Carrot Muffins

Love making these as a side for all meals, perfect way to get some veggies in, for even the pickiest of eaters.

Mom's Amazing Salad

One of my favorite, most refreshing salads and it comes together in minutes!

Chocolate Molten Lava Cake

This is one of the best desserts hands down!

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Easy Peasy Salmon

Ingredients

2 lbs of fillet of salmon
1-2 TBSP olive oil
1 tsp. ground black pepper
1 tsp. garlic powder
1 tsp. salt
1 tsp. paprika
1 tsp. parsley flakes
1 tsp. cumin
1 tsp. turmeric
3 TBS brown sugar

Directions

Preheat oven to 350 degrees. Ready a baking sheet with either parchment paper or tin foil sprayed with nonstick cooking oil. Mix all of the spices together. Rub olive oil over the fillet of salmon. Rub spice mixture over the salmon. Bake for 18-20 minutes, depending on how large your piece of salmon is. You may need to go a couple of minutes longer if your fillet is very thick.

Kid Friendly Mac & Cheese

Ingredients

1 12 oz package of any pasta, (my favorite and what makes it a little different is Orzo)
1 cup of milk
2 cups of shredded mozzarella or cheddar cheese (or a mix!)
1/2 tsp. salt
Ground pepper
Optional - Sprinkle a dash of paprika before serving

Directions

Cook orzo in lightly salted water according to directions on the box. Drain and then return to the same pot. Add milk, cheese, salt and pepper. Stir it all together until the cheese is melted. Enjoy!

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Baby Carrot Muffins

Ingredients

3/4 cup sugar
1 cup white whole wheat flour
(can also use regular flour)
3/4 cup canola oil
3 4 oz jars of carrot baby food
(12oz total)
1 tsp. baking soda
1 tsp. cinnamon
2 eggs

Directions

Preheat oven to 350 degrees. Spray muffin tins, I like to use mini muffin tins. Mix all ingredients together, by hand or with electric mixer. Use a 1/3 cup to ladle the batter into the tins. For mini muffins, bake about 18 minutes. For regular size muffins, bake for at least 28-30 minutes.

Mom's Amazing Salad

Ingredients

3 cups of any of the following greens or a combination: lettuce, arugula, baby spinach
1/2 cup grape tomatoes (halved)
1 Avocado (diced)
2 baby cucumbers (diced)
1/2 small red onion (diced)

Dressing

1 clove of garlic, crushed
1 shallot, finely chopped
3 TBSP lemon juice
1 TBSP red wine vinegar
3 TBSP olive oil
Salt and Pepper to taste

Directions

Toss all of the salad ingredients together. Mix the dressing. Dress the salad right before serving. This is a very versatile salad and you can add pretty much any of your favorite salad ingredients. I like to add feta cheese, shredded cabbage and shredded carrots!

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Chocolate Molten Lava Cakes

Ingredients

4 oz. of semi sweet chocolate
1 stick margarine
4 eggs
1 1/2 cups sugar
3/4 cup flour
1 tsp. vanilla extract

Directions

Preheat the oven to 450 degrees. Coat 8 ramekins with nonstick cooking spray (depending on the size of your ramekins, you might have batter for more than 8). Break the chocolate into smaller pieces, or just use chocolate chips! Place the chocolate and the margarine into a microwave safe bowl. Microwave on intervals of 25 seconds until completely melted. Set aside. In a separate bowl, beat the eggs until foamy. Add the sugar, continue to beat the mixture. Then add the flour and vanilla. While beating, add the melted chocolate. Beat until the chocolate is fully incorporated, about 1 minute. Pour batter into the ramekins (I use a measuring cup, to make it easier). Fill ramekins half way and place them on a large baking sheet. Bake for 14-15 minutes until the tops are browned. Enjoy immediately, but remember, the ramekins will be hot!