

## Banana Pancakes

Makes ten to fourteen pancakes

With the creamy texture and delicious flavor of bananas, these pancakes are stunningly good. You will be seriously popular if you feed these to your family or friends. Another plus: this is a great way to get rid of mushy bananas (that doesn't involve making banana bread).

2 cups all-purpose flour

¼ cup brown sugar

2 tsp baking powder

1 tsp baking soda

1 tsp salt

2 bananas, mashed

2 eggs

1 ½ cups milk

1 tsp vanilla

2 bananas, sliced

butter for cooking

In a medium bowl, add the flour, brown sugar, baking powder, soda and salt. Mix thoroughly with a spoon.

In another bowl, add the mashed bananas (or just mash them in the bowl), eggs, milk, and vanilla, then mix. Add the dry mixture from the other bowl into the second bowl. Gently stir it with a spoon until everything comes together. Tender pancakes come from not over-mixing the batter. If there are still a few pockets of flour, don't worry about it. Let the mixture sit for 10-15 minutes.

Place a non-stick or cast-iron pan on medium heat. Once it's hot, melt a small amount of butter, about ½ teaspoon, then ladle some pancake batter into the center of the pan. You can make your pancakes as large or small as you like. A normal amount is about ¼ to 1/3 cup batter. If it's your first time making pancakes, make them smaller: they'll be easier to flip.

As soon as the batter is the pan, place 3 to 4 banana slices atop of the uncooked side of the pancake. Once the edges of the pancake start to dry up and you can see the middle start to bubble, flip the pancake over. Cook until it is browned on both sides. Stack the finished pancake on a plate in a warm oven and repeat the above process until you run out of butter.

Serve hot, with butter and syrup.

## Taco Salad

For Two

This salad is a great use for leftover beans (or pulled pork) – crunchy, fresh, yet satisfying enough to be a whole meal. I like to make taco salad in a week where I've made a large batch of beans and I'm craving something fresh.

4 cups lettuce, chopped  
1 cup beans, pulled pork or ground beef  
2 small tomatoes, chopped  
½ cup corn, canned or fresh  
2-3 scallions, finely chopped  
1 cup tortilla chips, roughly crushed  
sharp cheddar or queso fresco, for sprinkling

### Dressing

¼ cup sour cream or yogurt  
juice of one lime  
salt and pepper

### Additions

Cucumber  
Jalapeno  
Bell peppers  
Grated carrots  
Salsa

Mix up the dressing and taste it. Adjust the salt and pepper, and lime to your liking.

Mix the other ingredients in a large bowl. Pour the dressing over just before serving and toss to coat the salad evenly. Eat immediately, maybe with a few extra tortilla chips on the side.

## Broccoli Apple Salad

For Four

The bitterness of broccoli is delicious next to the sweet tartness of apples. Plenty of crunch, too!

1 large crown and stem of broccoli

2 apples

Dressing

1 lemon, juiced

1 tbsp olive oil

salt and pepper

Alternate Dressing

1 tbsp yogurt

1 tsp olive oil

1 tsp lemon juice

1 tsp fresh dill, chopped

salt and pepper

Slice the stem of the broccoli into 1/8" discs. If you can't get them that thin, don't worry, but the thinner the better if you have the patience! Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can as well. Set the broccoli in a bowl.

Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice. Slice the apples into 1/8" pieces as well, then dump them into the same bowl.

Choose either of the dressing options and prepare it simply mixing the ingredients together in a small bowl. Taste it and season with more salt and pepper to match your preferences.

Pour the dressing over the bowl of vegetables and mix it all together.

If you put a plate in the fridge for 10 minutes before serving the salad, it'll stay crisp slightly longer. For the best presentation, pile the salad as high and tight as you can manage.

## Vegetable Jambalaya

For Six

I don't make jambalaya exactly the way they do down south, but this vegetable-heavy version is faster and just as good – a great, throw-everything-in-the-pot kind of meal. It's spicy, savory and deeply satisfying. The leftovers are great for making burritos or warmed up with a fried egg on top.

2 tbsp vegetable oil  
1 medium onion, chopped  
1 green bell pepper, chopped  
3 stalks celery, chopped  
3 cloves garlic, finely chopped  
½ small green chili, finely chopped  
2 large tomatoes, chopped  
2 bay leaves  
1 tsp paprika  
1 tsp garlic powder  
1 tsp cayenne pepper  
½ tsp dried thyme  
½ tsp dried oregano  
1 tsp salt  
1 tsp pepper  
1 tsp Worcestershire sauce or soy sauce  
¾ cup long grain rice  
3 cups vegetable broth or chicken stock

### Additions

slices of fried sausage  
shrimp  
leftover meat, tofu, or beans

Start with the oil in a large high-sided saucepan over medium-high heat. Add the onion, pepper, and celery, then cook for about 5 minutes, until they become translucent but not brown.

Add the rest ingredients except for the rice and broth. Let everything cook for about 1 minute to let some of the tomato juice release.

Add the rice and slowly pour in the broth. Reduce the heat to medium and let the dish cook until the rice absorbs all the liquid. It should take about 20 to 25 minutes.

If you're using any of the additions, throw them in at about the 15-minute mark to let them warm up.

\*Recipe from Leanne Brown's cookbook *Good and Cheap: Eat Well on \$4/day*