



Crying Onion Personal
Chefs
www.cryingonion.com
(312)380-5165

**Cooking on a
Budget**

Pizza and Calzones

2 ready made pizza dough	8 oz grated mozzarella or Italian blend
1 12oz jar ready made pizza sauce	Choice of toppings:
Thin sliced veggies: zucchini, tomatoes, onions, peppers, mushrooms etc. This a great way to use any extra bits in the fridge!	Italian Sausage or pepperoni

1. Preheat oven to 400
2. Remove sausage from casing and sauté in a pan until cooked. Remove with slotted spoon and reserve
3. For pizza: using your hands or a rolling pin form into a circle and place on pizza pan. Use a little flour on your hands and counter to keep from sticking
4. For calzones: split into 2 or 4 equal size balls and roll into circles. Place on a cookie sheet
5. Build pizzas and calzones in the following order: sauce (a thin layer), cheese (you can use much less than you think) and toppings (go crazy, especially with the veggies). Remember to only top half of the calzones so they can fold over
6. The pizzas are ready to go into the oven: bake until the cheese melts and is slightly brown- check after 10 minutes. The broiler setting is also a great way to get that golden bubbly cheese
7. Fold the calzones over, use your fingers to get the extra air out. Crimp with a fork. Brush with a bit of olive oil or spray with cooking oil to help the crust develop
8. Bake until the dough turns golden brown and becomes firm to touch. Check after 10 minutes

Penne Pasta Alfredo/Primavera

1-2 1 lb boxes penne pasta, regular or whole wheat	16 oz jar alfredo sauce or home made
Assorted vegetables (plan the same week as pizza to keep costs and waste down) zucchini, broccoli, carrots, tomatoes, mushrooms, frozen spinach, peppers...	Spicy or regular Italian sausage, plan 4oz per person. 1 pack of 6 will make 2 pizzas plus a pasta dinner
Garnishes: fresh basil, parsley, chives, scallions, parmesan	Red pepper flakes, optional but terrific

Method 1: Sausage penne alfredo pasta

1. Bring a large pot of salted water to boil for pasta
2. Remove sausage from casing and sauté. Remove with a slotted spoon and reserve
3. Add pasta to the water and cook to al dente
4. If using any veggies sauté in the oil left by the pasta. Add some of the alfredo sauce and a small ladle of the pasta water. More alfredo might be needed after the noodles are added to the pan
5. Strain noodles and toss with sausage and sauce. Serve topped with fresh herbs, cheese, fresh diced tomatoes depending on what's available

Method 2: Pasta primavera

1. Bring a pot of salted water to boil
2. Cut veggies into bite size pieces. Thaw and drain frozen spinach if using.
3. In a large pan sauté veggies in olive oil until slightly softened. Season with kosher salt and pepper
4. Add any remaining alfredo sauce or leftover alfredo pasta from the first method and a ladle or two of the pasta water to make a light sauce with the olive oil
5. Drain the noodles and add to the mix. Garnish with fresh herbs, tomatoes and cheese and serve

Vegetable Tian

½ pint heavy cream	Parmesan cheese
1 zucchini, 1 yellow squash	1 thin eggplant
2 lbs red or Yukon gold potatoes	1 lb plum tomatoes
Large sweet onion	2 cloves garlic, crushed or minced

1. Preheat oven to 375.
2. Thin slice all the veggies with a knife, mandolin or the large side of a box grater
3. Slice the onion and sauté in olive oil for 5 minutes. Add garlic and sauté another 3 minutes. You can also sauté both on low for 20 minutes until caramelized if time allows. Season with kosher salt and pepper
4. Brush a little olive oil into a casserole dish and spread the onion and garlic mixture on the bottom
5. Arrange the thin sliced veggies in a circle pattern
6. Carefully pour heavy cream into the dish. Season with kosher salt and black pepper and top with parmesan cheese
7. Bake 30 minutes or more until the top is browned and the vegetables are fork tender.
8. Slice and serve, I usually accompany with a mixed greens salad and quick vinaigrette