



STAY IN AND COOK BOOK

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Pantry Pancake Mix

Cheddar Herb Biscuits

Ingredients

- 2 cups of classic pancake mix
- 1/2 teaspoon oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 cup of sharp cheddar cheese, shredded
- 6 tablespoons of cold butter, finely cubed
- 2/3 cup of buttermilk *



Cynthia Ord

MARKETING MANAGER

Preparation

1. Preheat oven to 400°F and lightly grease a baking sheet
2. Mix the pancake mix, seasonings, and cheddar cheese in a large mixing bowl
3. Cut the butter pieces into the dry mix with a pastry cutter or fork, until the dough is slightly moist
4. Stir in the buttermilk with a wooden spoon. until the mix is moist and a soft dough forms
5. Lightly dust a surface with pancake mix, and flatten the dough onto the surface, about an inch thick. Cut out circles with a biscuit cutter or top of a drinking glass
6. Continue to flatten and cut until the dough is gone, and arrange on the baking sheet. Bake 10-12 min until they're a light golden brown

* No buttermilk? No problem! Add 2 tbsp lemon juice to 1 cup of milk and let curdle for 8-10 min.



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Easy Breezy Cucumber Couscous Salad

Ingredients

- Pearled (Israeli) Couscous
- Cucumbers
- Feta cheese
- Olive Oil
- Lemon Juice
- Cilantro and Parsley
- Garlic Powder
- Salt and Pepper

Preparation

1. Prepare your pearled couscous based on the box instructions (I get pearled couscous at Trader Joe's because Safeway doesn't have it).
2. Cut your cucumbers to small bite-size pieces. Cucumbers don't need to be peeled but they can be if you prefer.
3. Get your feta ready– if you bought a block crumble it up, if you bought crumbles you're good to go!
4. Once the couscous is ready, mix in cucumbers and feta. Add olive oil and lemon juice to help prevent everything from sticking together.
5. Add salt, pepper, cilantro, parsley, and garlic powder to taste.
6. Eat!



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Delicious Pineapple Cream Cheese Dip

Ingredients

- 2 - 8oz Cream Cheese
- 1 - 8oz Can crushed pineapple, drained
- 1/3 C. - Chopped green pepper
- 2 tsp - Minced dried onion
- Lawrys season salt, seasoned to taste

Preparation

1. Mix all together and serve with crackers or veggies!



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Incredibly Cheesy Artichoke Dip

Ingredients

- 2 C Sharp Cheddar Cheese (Shredded)
- 2 C Swiss Cheese (Shredded)
- 2 C Helman's Mayonnaise
- 1 can Artichoke Hearts (diced)
- 1 can Water Chestnuts (diced)

Preparation

1. Preheat oven to 350degrees
2. Mix cheese together.
3. Add mayonnaise to cheese.
4. Dice artichoke hearts and water chestnuts.
5. Mix artichoke hearts, chestnuts and cheese. Add salt and pepper.
6. Bake in oven for 30mins / or if using a microwave cook for 5mins.
7. Enjoy with tortilla chips or triscuits!



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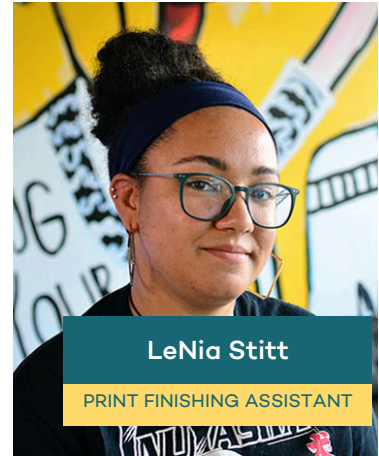
Crazy Good Ceviche Tostadas

Ingredients

- 1 lb Shrimp
- 5-10 limes or lime juice
- 1 red onion
- 2 tomato
- 1 Cucumber
- Cilantro
- 1 (Optional) Jalapeno
- Salt and pepper
- Tostadas or tortilla chips
- (Optional) Hot Sauce
- (Optional) 2 Avocado

Preparation

1. Peel skin and tail of the shrimp and devein the shrimp.
2. Cut into ½” pieces. Squeeze limes to completely submerge shrimp in the lime juice.
3. Place shrimp in the fridge to “cook” for 20-30 minutes. Shrimp should change colors.
4. Slice the top and bottom of the cucumber, peel the skin off and cut down the long edge of the cucumber to avoid the seeds.
5. Dice and add to the bowl toss, the center of the cucumber.
6. Cut open tomatoes and remove and toss the seeds. Dice remaining tomato and add to bowl.
7. Slice and dice the red onion, cilantro, and jalapeno. Make sure the cilantro is minced well.
8. Mix shrimp and diced ingredients together and let sit for another 20-30 minutes. Mix, add salt and pepper to taste. Add avocado. Serve on a bed of tostada with hot sauce



LeNia Stitt

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Amazing Avocado Mac and Cheese

Ingredients

- 10 oz dry elbow macaroni
- 2 cloves garlic, minced
- 2 avocados, chopped
- 2 tbsp lime juice
- 1/3 cup cilantro, chopped
- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 2 cups cheese (Pepper/Monterey Jack or Cheddar), shredded

Preparation

1. Cook pasta to taste.
2. Make avocado sauce: blend garlic, avocados, lime juice, cilantro, and salt & pepper in food processor until creamy.
3. Make cheese sauce: melt butter in small saucepan on medium heat, whisk in flour until pasty, whisk in milk until smooth, and stir with wooden spoon until sauce starts to thicken. Then, add cheese and stir until melted and creamy.
4. Pour avocado sauce over macaroni and stir until well coated. Repeat with cheese sauce. Add salt & pepper to taste. Optionally, garnish with extra avocado chunks.

Allow about an hour to assemble, bake, cool, and slice.



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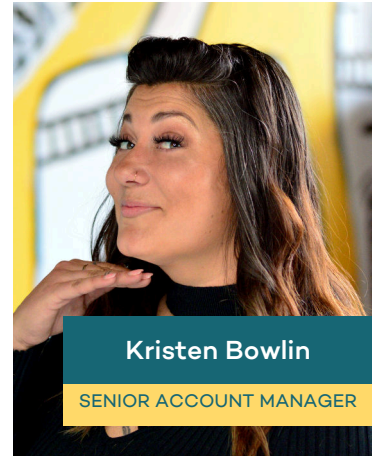
Basic Bitch Cream Cheese Enchiladas

Ingredients

- 1 small can diced jalapenos
- 1 small can diced green chiles
- 1 medium white/yellow onion diced
- 1-2 tablespoons butter
- Philadelphia cream cheese (8oz) softened
- Monterey Jack Cheese Shredded (16oz)
- 2 cups of whipping cream (16oz)
- 8 flour tortillas (8in)
- 4 cups shredded cooked chicken
- (make it easy...precooked rotisserie chicken with some of the skin is the way to go)

Preparation

1. In large skillet on medium heat, melt that butter and saute them onions for roughly 5 minutes. Add chiles and jalapenos and continue to saute for another 5 minutes.
2. Add cream cheese to skillet and sprinkle in that shredded chicken, keep stirring that shit until it is all melted and mixed well.
3. Add mix down the center of tortilla, roll tortilla, place seam down in 13x9 pan, repeat until pan is full.
4. Cover tortillas with shredded cheese, drizzle top with whipping cream
5. Bake at 350°F for 45 minutes until browned on top



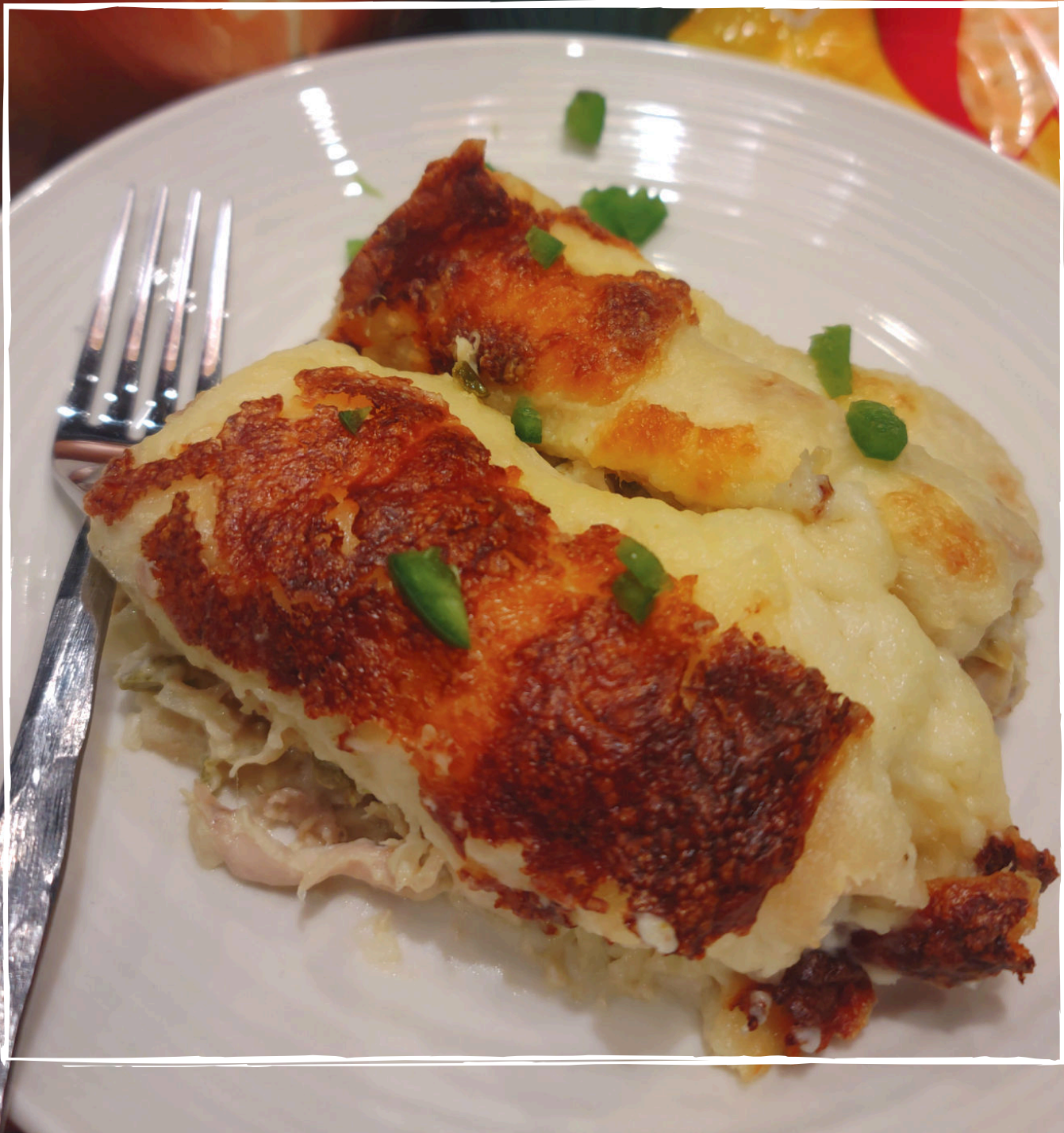
Kristen Bowlin

SENIOR ACCOUNT MANAGER



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Slightly Sassy Cajun Chicken Pasta

Ingredients:

- 2 garlic cloves
- 4 scallions
- 2 plum tomatoes
- 3/4 oz parmesan cheese
- 6 oz cavatappi noodles
- 3 oz baby spinach
- 1/2 lb chicken breast
- 1/4 oz Cajun seasoning
- 10 oz alfredo sauce

Preparation:

1. Prep ingredients. Bring a medium pot of salted water to a boil. Thinly slice 2 large garlic cloves. Trim scallions, then thinly slice. Cut tomatoes into ½-inch pieces. Finely grate Parmesan.
2. Cook pasta. Add pasta to boiling water and cook, stirring once or twice to prevent sticking, until al dente, about 8 minutes. Place spinach in a colander, then drain pasta over spinach.
3. Cook chicken. Pat chicken dry, then season all over with all of the Cajun seasoning (or half if desired for less spice) and a pinch of salt. Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Add chicken and cook, stirring occasionally, until well browned and cooked through, 3–4 minutes.
4. Make sauce. Add garlic and scallions to skillet with chicken; cook over medium-high heat, stirring, until fragrant, about 1 minute. Add alfredo sauce and bring to a simmer.
5. Sauce pasta. Add pasta and spinach and half of the Parmesan to skillet with sauce; toss to coat pasta. Season to taste with salt and pepper.
6. Finish & serve. Remove skillet from heat, then stir in chopped tomatoes. Serve creamy Cajun chicken pasta topped with remaining Parmesan. Enjoy!



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Warm and Crispy Chickpea Couscous Bowls

Ingredients:

- 14 oz of chickpeas
- 2 tbsp. Tunisian Spice Blend (or Harissa spice)
- 1 red onion
- 1 poblano pepper
- ½ cup hummus
- ½ cup Israeli couscous (or “Pearl”)
- 1 tbsp Vegetable Stock Concentrate
- 1 or 2 mini cucumbers
- 2 oz sour cream
- 1 lemon, quartered
- Handful of sliced almonds
- 1 clove chopped garlic
- ½ tsp sugar

1. Cut pepper into half-inch slices. Cut Onion into wedges and chop some until you have 2 Tbsp. Rinse chickpeas. Finely chop garlic. Zest and quarter lemon. Cut cucumber into half moons.
2. In a bowl, toss peppers and onion with a tsp of olive oil and 1 tsp of Tunisian Spice Blend, salt, and pepper then spread on half a baking sheet.
3. Toss chickpeas with 1 tsp Tunisian Spice, salt and pepper and put on the same baking sheet.
4. Bake 18-20 minutes for veggies and 25-30 minutes for chickpeas.
5. Heat a drizzle of olive oil in a medium pot over medium-high heat. Add couscous and garlic; cook, stirring, until couscous is lightly toasted. Stir in stock, ¾ cup water, and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
6. Fluff couscous and stir in lemon zest and 1 TBSP butter.
7. In a bowl, combine hummus, ½ tsp Tunisian Spice Blend, and a drizzle of olive oil.
8. In another bowl, combine sour cream and lemon juice. Mix with water until drizzle consistency.
9. In a bowl, combine cucumber, chopped onion, juice from remaining lemon, 2 tsp olive oil, and ½ tsp sugar, salt and pepper.
10. Divide couscous between bowls. Top with roasted veggies and chickpeas. Drizzle with as much crema as you like. Add cucumber salad to one side of each bowl. Dollop spiced hummus in the center of each bowl. Garnish with almonds.



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Supremely Satisfying Stuffed Tomatoes

Need a quick dinner that everyone will eat up? Then this super easy, vegan, and DELICIOUS dinner is for you. It's flexible too! Add your own twist with mushrooms, peppers, etc.

Ingredients

- 4 vine-ripened tomatoes – with pulp and seeds removed, chopped and reserved
- 1 cup bread crumbs
- 2 cloves garlic, minced
- ¼ cup fresh basil leaves, chopped
- ½ cup grated parmesan cheese, plus 4 tbs.
- Salt to taste
- Black pepper to taste

Preparation

1. Preheat the oven to 400 F.
2. Slice the tops off of the tomatoes and scoop out pulp and seeds so you have a nice tomato cup.
3. Put chopped seeds and pulp into pan on stove and heat till bubbly.
4. Remove from heat and add in breadcrumbs, garlic, basil, pepper, and parmesan. Mix well.
5. Stuff tomatoes with filling, sprinkle with 1 tbs parmesan per tomato.
6. Bake until tomatoes are cooked through and tops are golden brown – about 30 min.

Enjoy!



Jen Gauerke

CREATIVE DIRECTOR



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Maple French Toast Granola

Why not start your day with something sweet? All you need to make this granola is a sheet pan and some pantry staples. Enjoy with yogurt, milk, or just as a snack!

Ingredients

- 3 cups rolled oats
- 1/2 cup maple syrup
- 1 tsp vanilla extract (sub maple for extra maple flavor!)
- 1 tsp cinnamon
- 1/2 stick melted salted butter
- 2 tbsp coconut sugar (optional for extra sweetness)
- 1/2 cup chopped walnuts (optional, for crunch)

Preparation

1. Preheat your oven to 300 degrees.
2. Combine the oats, maple syrup, vanilla extract, and cinnamon in a bowl.
3. Add in your melted butter and combine until it is all coated evenly.
4. Spread it evenly onto a baking sheet—Bake for 20 minutes.
5. Crank up the heat to 325 degrees. Cook for an additional 3-5 minutes or until toasted golden.
6. Let it cool on the baking sheet and then break it into chunks.
7. Store in an airtight container such as a glass jar.



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Small Batch Cheesecake Cupcakes

Ingredients

- 1 egg
- 6 tbsp. sugar
- 2 oz lemon yogurt
- 2 oz cream cheese
- 1/4 tsp. vanilla extract
- 3-5 cookies
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- ¼ cup room temp. butter

Preparation

Crust:

1. Let items get to room temperature. Refrigerated items should be out at least an hour before use.
2. Crust: Set the Air fryer to 320. Put cookies, cinnamon, nutmeg, and 2 tbsp. of sugar in a bag.
3. Crush the cookies until you have coarse cookie crumbs.
4. Add room temperature 1/4 cup butter and mix until blended in, then line the bottom of your cupcake liner with the cookie mixture and press down.
5. Bake in the air fryer for 6 min at 320 degrees. Let it cool before proceeding.

Batter:

1. Put 4 tbsp. of sugar, 2oz cream cheese, and 2 oz yogurt in a bowl, and mix or process until smooth.
2. Add 1/4 teaspoon vanilla extract and 1 egg and mix until blended.
3. Pour on top of the cooled oatmeal cookie crust,
4. Bake in the air fryer at 320 degrees for 15 minutes. Then let cool in the fridge for 6 hours and serve with the topping of your choice.



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Flo's Pumpkin Bread

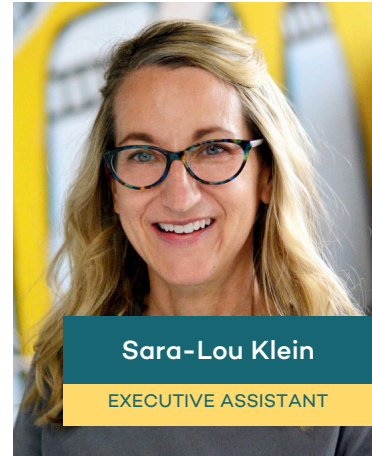
This super simple recipe yields 3 pumpkin breads and works best for high altitude bakers.

Ingredients

- 3 ⅓ cup flour
- 2 tsp baking soda
- 1 ½ tsp salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 3 cup sugar
- 1 cup vegetable oil or coconut oil
- 4 eggs
- ⅔ cup water
- 2 cans (1-16oz Pumpkin Filling)

Preparation

1. Sift the dry ingredients in a large mixing bowl.
2. Add the wet ingredients. Mix all together.
3. Pour into 3 loafing pans.
4. Bake at 350 degrees for 1 hour.



Sara-Lou Klein

EXECUTIVE ASSISTANT



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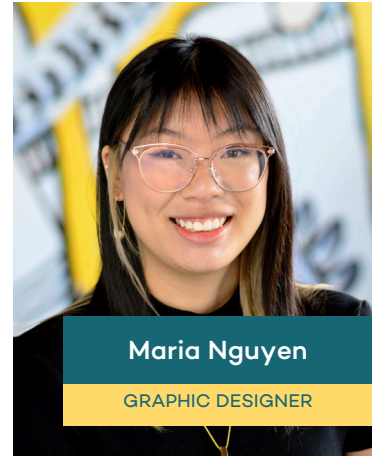
Positively Scrumptious Pumpkin Spice Cupcakes

Ingredients

- 1 pie pumpkin
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1/2 cup canola or vegetable oil
- 3/4 cup sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- Toppings of your choice
- Cream cheese frosting

Preparation

1. Preheat the oven to 350°F.
2. Slice your pumpkin in half. Remove the guts and roast in the oven sliced-side down at 350°F for an hour. When done, remove the skin and mash the flesh until smooth.
3. Line a 12-count muffin pan with cupcake liners and set aside.
4. Whisk together flour, baking powder, baking soda, cinnamon, nutmeg, and salt. Set aside.
5. In a separate bowl, whisk together the pumpkin puree, oil, sugar, eggs, and vanilla until fully combined.
6. Add the wet ingredients to the dry ingredients and mix until combined.
7. Evenly divide the batter between all 12 cupcake liners. Feel free to add toppings such as walnuts or chocolate chips.
8. Bake at 350°F for 17-22 minutes. Leave to cool.
9. Using a piping bag and tip of your choice, pipe the cream cheese frosting on top.



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