

PART 2

RACHAELL'S RECIPES

WEEKLY “EXTRAS” PREP



CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1/2 cup sugar
- 3/4 cup brown sugar, packed
- 1 tsp salt
- 1/2 cup butter, melted
- 1 egg
- 1 tsp vanilla extract
- 1 1/4 cups AP flour
- 1/2 tsp baking soda
- 3/4 cup chocolate chips

DIRECTIONS

1. In a large bowl, whisk together the brown sugar, white sugar, salt, and butter until no longer lumpy.
2. Whisk in the egg and vanilla until smooth.
3. Sift in baking soda and flour. Use a rubber spatula to fold into the batter. Try to avoid over mixing! Fold in the chocolate chips. Cover with plastic wrap and refrigerate for at least 30 minutes (the longer the better for a richer flavor).
4. To freeze, use an ice cream scoop to scoop your cookies onto parchment paper lined baking sheet. Place in the freezer for at least an hour. Transfer frozen cookie dough to an air-tight freezer safe bag. Storage in freezer: 3 months in an air tight container

To bake from fridge or frozen: Preheat oven to 350°F. Place frozen cookies on baking sheet at least 3-4 inches apart. Bake for 13-15 minutes, until golden (from frozen may take a couple extra minutes). Top with flaky salt and enjoy!



HERBY SMOOTH COTTAGE CHEESE

INGREDIENTS

- 16oz container cottage cheese
- ¼ cup loosely packed fresh parsley leaves
- 2 tablespoons fresh dill (stems removed)
- 2 tablespoons chopped fresh chives or green onion tops
- Optional add ins- garlic powder, onion powder, lemon juice, fresh garlic, etc.

DIRECTIONS

1. Add herbs directly to the cottage cheese container (or transfer everything to another container to blend).
2. Use your immersion blender to blend until creamy and uniform in texture. Blend more for a silky consistency, or pulse lightly if you want little flecks of green showing.
3. Add more herbs or lemon juice if you like it brighter or more herb forward.
4. Let it sit in the fridge for 30 minutes to let the flavors meld or enjoy right away.



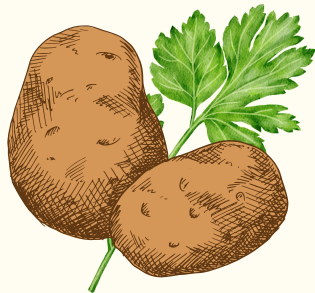
HOMEMADE HASH BROWNS

INGREDIENTS

- 2 medium russet potatoes, peeled
- 1 tablespoon olive oil or avocado oil (plus more for brushing)
- 1 tablespoon arrowroot starch or cornstarch
- ¼ teaspoon sea salt
- Freshly ground black pepper
- Optional: green onion tops (chopped), chopped parsley, turmeric, or smoked paprika

DIRECTIONS

1. Preheat oven 425°F. Grate potatoes, then soak in cold water for 5-10 minutes to remove excess starch.
2. Drain, then squeeze out as much water as possible using a clean dish towel or cheesecloth.
3. In a mixing bowl, combine grated potato with starch, salt, pepper, oil, and any optional flavorings (like green onions or turmeric).
4. Scoop a small handful (6-8 patties) and press into a patty shape (you can use a cookie cutter for uniform size if you like).
5. Line a baking sheet with parchment paper. Lightly brush or spray with oil.
6. Bake for about 15-20 minutes, flip, then bake another 10-15 minutes until both sides are golden and crisp. Optional: Broil for 1-2 minutes at the end for extra crunch.



HOMEMADE HASH BROWNS

To Freeze (After Baking):

1. Let hash browns cool completely.
2. Lay them in a single layer on a parchment-lined tray and freeze until solid (about 2 hours).
3. Transfer to a freezer bag or airtight container with parchment between layers.

Storage: store in airtight container in freezer for 2 months

To Reheat (From Frozen):

Oven/Toaster Oven: Bake at 400°F for 15–20 minutes or until heated through and crispy.

Air fryer: 375°F for 8–10 minutes, flipping halfway.

Stovetop: Heat with a little oil over medium heat, 3–4 minutes per side.

BUFFALO CHICKEN SALAD

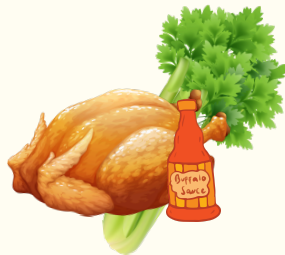
INGREDIENTS

- 3 cups shredded chicken (~1 rotisserie chicken or 1.5lbs chicken breast)
- 1/3 cup plain Greek yogurt (or 1/4 cup mayo + 2 tbsp Greek yogurt for balance)
- 3 tbsp buffalo sauce
- 3-4 stalks celery, finely chopped
- 2 green onions, chopped
- 1/4 cup crumbled blue cheese or shredded sharp cheddar (optional)
- Salt & pepper, to taste
- (Optional) 1 tbsp ranch seasoning mix (or 1 tbsp bottled ranch)

DIRECTIONS

1. In a large bowl, stir together Greek yogurt, buffalo sauce, and ranch seasoning (if using).
2. Add chicken, celery, green onion, and cheese (if using). Stir until evenly coated.
3. Add salt, pepper, or more buffalo sauce as needed. Add a splash of water or a bit more yogurt if it seems too thick after chilling.

Storage: store in the fridge up to 4 days



CRISPY SOURDOUGH DISCARD CRACKERS (ROSEMARY & PARMESAN)

INGREDIENTS

- 1 cup sourdough discard (100% hydration, unfed)
- 1 tsp olive oil
- 1/4 tsp salt
- 1 tsp finely chopped fresh rosemary (or 1/2 tsp dried)
- 2 tbsp finely grated Parmesan cheese
- Optional: extra Parmesan and flaky salt for topping

DIRECTIONS

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper (don't use silicone, it won't crisp as well).
2. Mix everything in a bowl: sourdough discard, olive oil, salt, rosemary, and Parmesan until smooth and combined.
3. Spread the batter thinly and evenly over the parchment, like you're frosting it with a spatula. Aim for paper thin, but no holes. (Optional: add more Parmesan or flaky salt on top for extra punch)
4. Bake for 25-35 minutes, rotating the pan halfway through, until golden brown and crisp. Edges will brown first, that's normal!
5. Cool completely, then break into rustic pieces.

Storage: Store in an airtight container at room temp for up to 5 days (re-crisp in the oven if needed).

