

QUICK VIEW — SAMPLE RECIPE



***Roll the dice to create hundreds  
of recipe variations***

**BOOK 1**

**Appetizers, Dips, and Finger Foods /  
Breakfast and Brunch / Desserts / Main Dishes**

**Roberta Schwartz Wennik**

**Creator of *Spin-a-Recipe*™**





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# Introduction

The idea for Roll a Recipe™ was born many years ago. When I'd ask my family what they wanted for dinner, having run out of ideas myself, they would say "I don't know!" That got me to wondering what I could do to come up with ideas. Finding some way to randomly choose a dish and recipe seemed like the way to go. It certainly would save time compared to thumbing through cookbook after cookbook, looking for inspiration. Relying on the internet isn't much of a timesaver. In fact, the internet can divert our attention way too quickly from the task at hand and use up more time. Or, worse yet, provide us with the "paradox of choice" — too many choices that lead to frustration. With time being a commodity in short supply with our ever active lifestyles, I think I've found the answer.

Look to Roll a Recipe™ to save the day. Simply roll a die to select the dish. Picking recipes becomes more game-like, more fun rather than drudgery. This is something you could even get the family involved with. Studies show that healthier kids are those who are involved in selecting and cooking their own food.

Once I came up with the idea of using a die to select a recipe, I wasn't ready to say that's it. I realized that so many recipes tend to be just variations on a theme. For example, if you're making a stir-fry dish, your first thoughts may be that a stir-fry dish has to be made with Chinese flavors. But really, stir-fry is just a method of cooking — no different from braising or grilling. While stir-fry is traditionally thought to be Chinese, why not Italian or Indian? Once you start thinking in terms of the ethnicity of your dish, you can start to think of what variation of ingredients to use. This is what recipe creation is all about. And it's what Roll a Recipe™ is all about.

As I continued to develop this roll-the-dice concept, I also decided to get out of the box that cooking often gets us into and consider using ingredients that aren't necessarily typical for a particular ethnic cuisine. Why can't Chinese oyster sauce be used in a clam chowder? And why can't Italian lasagna noodles be used for a Jewish kugel? There's beauty in letting your mind go wild. With it you could become the next Food Network Star®!

Roll a Recipe™ gives you as much or as little freedom as you want. It also allows you to select ingredients that either you have on hand or those that you'd like to try but never knew what to do with. The recipes provide you endless choices of ingredients that you let the roll of a dice decide for you. Each recipe even provides you with a grocery list to make shopping even easier.

## How to Do It

The approach is so easy. With just a roll of a die, you select the recipe. Roll again and select the ingredients. You could use real dice or electronic ones. If you've got a die lying around from maybe a game of Yahtzee or some other board game, you're good to go. Or, download an app to your electronic device. When I did a little research, I found a great FREE app for the iPhone and iPad called "Dice" by Benoit Layer. For Android devices, I found "Dice" by Ostop Development that does pretty much the same thing as Benoit Layer's "Dice", as is true for "Dice" by Teazel Ltd. I'll leave it to you to decide what app you want to use.

And if you're reading this book on your computer, there are websites that provide dice rollers. Go online and search for "dice roller". A real easy one is [www.random.org/dice](http://www.random.org/dice). Again, it's up to you.

## Just a Matter of 1, 2, 3

### *1. Select the Recipe*

The “Recipe Finder” on the next page is your master list. As with any standard cookbook, the table is organized according to the dish type. You will obviously know what type of dish you’re looking for: Appetizers, Breakfast & Brunch, Desserts, Main Dishes, Salads, Sandwiches, and Side Dishes (that is, unless you’re doing “Flip-Over-Friday” where you have breakfast for dinner☺).

As you’ll notice, each dish type contains 6 basic recipes. Roll one die to determine what will be the recipe in that category you’ll be making. Each of the recipes with its countless combinations of ingredients can potentially result in hundreds of different dishes.

### *2. Click on the Recipe Name*

Each recipe in the Recipe Finder links to the correct page within the cookbook for that recipe. Once you land there, it will be time to select ingredients.

### *3. Roll for Ingredients*

How many times have you made a favorite recipe because it’s familiar and easy to make? That’s what you’ll have here. Once you’ve made the recipe and know what to do, rolling the dice again and again gives you so many different flavors with that dish, so many variations and with the ease of knowing how to make it. The neat part is that you don’t know what combination of flavors you’ll come up with next time so that this becomes almost game-like.

# RECIPE FINDER



	1	2	3	4	5	6
<b>Appetizers, Dips, Finger Foods</b>	<a href="#">Bean and Soup Dip</a>	<a href="#">Hot Creamy Dip in a Bread Bowl</a>	<a href="#">Nutty Dip</a>	<a href="#">Autumn Puffs</a>	<a href="#">Mini Meatballs</a>	<a href="#">Seafood Sticks</a>
<b>Breakfast &amp; Brunch</b>	<a href="#">Frittata</a>	<a href="#">Fresh Fruit Dutch Baby</a>	<a href="#">Meat and Cheese Omelet</a>	<a href="#">Crazy Crust Vegetarian Quiche</a>	<a href="#">Yogurt Parfait</a>	<a href="#">Fruity Bread Pudding</a>
<b>Desserts</b>	<a href="#">Upside Down Cake</a>	<a href="#">Trifle</a>	<a href="#">Fruit and Nut Bars</a>	<a href="#">Meringue Haystacks</a>	<a href="#">Grilled Fruit</a>	<a href="#">Glazed Bundt Cake</a>
<b>Main Dishes</b>	<a href="#">Savory Dutch Baby</a>	<a href="#">Filled Tortilla Cups</a>	<a href="#">Beer Braised Meat</a>	<a href="#">Crusty Rice Meatballs</a>	<a href="#">Ballpark Pizza</a>	<a href="#">Seafood with Fruit Pesto</a>

Click on “Autumn Puffs” to be taken to the recipe.

# Autumn Puffs



These delicate puffs with their soft insides and crispy outsides will have your guests coming back for more. You don't need to tell them they're low-fat. Baking them gives them a nice crispy crust without all the fat had they been fried.

<b>Serves:</b>	10-12
<b>Prep Time:</b>	Short
<b>Cook Time:</b>	Medium
<b>Other Time:</b>	Short
<b>Level:</b>	Easy

## Basic Ingredients

2 eggs, beaten or 1/2 cup liquid egg substitute

2 tablespoons margarine, melted

1 1/2 cups panko crumbs (if not available at your grocery store, try an Asian market)

1 cup low-fat milk

Salt and freshly ground pepper to taste

Vegetable oil cooking spray

## Roll the Dice and Choose



		VEGETABLE	Preparation
1	2 1/2 pounds yams		<p>After washing the skins, puncture in several places with a fork or knife.  <b>In the oven:</b> Preheat oven to 375 degrees F. Put in an oven-safe baking dish and bake for 35 minutes or until soft.  <b>In the microwave:</b> Put in a microwave dish, cover and cook on high for 15 minutes or until soft.                      When cooked, scoop flesh out of skin into a bowl.</p>
2	2 1/2 pounds carrots		<p>Peel and cut into 2-inch pieces.  <b>In the microwave:</b> Place in a microwave-safe dish, cover and cook on high for 15 minutes or until soft.  <b>On stove:</b> Place in medium sized pot, cover with water, bring to a boil, and then lower heat to simmer until carrots are soft.</p>
3	2 1/2 pounds butternut squash		<p>After washing the skin, cut in half. Scoop out the seeds and discard. Spray a baking dish with vegetable oil cooking spray or line with parchment paper. Place the squash, cut-side down in the dish.  <b>In the oven:</b> Preheat oven to 375 degrees F. Bake for 35 minutes or until soft.  <b>In the microwave:</b> Cook in a microwave-safe dish on high for 15 minutes or until squash is soft.                      When cooked, scoop out flesh of squash into a bowl.</p>
4	2 1/2 pounds acorn squash		<p>After washing the skin, cut in half. Scoop out the seeds and discard. Spray a baking dish with vegetable oil cooking spray or line with parchment paper. Place the squash cut-side down in the dish.  <b>In the oven:</b> Preheat oven to 375 degrees F. Bake for 35 minutes or until soft.  <b>In the microwave:</b> Cook in a microwave-safe dish on high for 15 minutes or until squash is soft.                      When cooked, scoop out flesh of squash into a bowl.</p>
5	2 1/2 pounds parsnips		<p>Wash and peel the parsnips. Cut into chunks. Spray a baking dish with vegetable oil cooking spray or line with parchment paper. Place the parsnips in the dish.  <b>In the oven:</b> Preheat oven to 400 degrees F. Bake for 35 minutes or until soft.  <b>In the microwave:</b> Cook in a microwave-safe dish on high for 15 minutes or until soft.</p>
6	2 1/2 pounds cauliflower		<p>Wash the cauliflower and cut in flowerets. If necessary, in order to keep pieces small for quicker cooking, cut the flowerets into smaller chunks. Spray a baking dish with vegetable oil cooking spray or line with parchment paper. Place the cauliflower in the dish.  <b>In the oven:</b> Preheat oven to 400 degrees F. Bake for 35 minutes or until soft.  <b>In the microwave:</b> Cook in a microwave-safe dish on high for 15 minutes or until soft.</p>



## SEASONING

1	1/2 teaspoon cinnamon 1/4 teaspoon nutmeg 2 tablespoons Maple syrup 1 teaspoon unsweetened cocoa powder
2	1 tablespoon chopped fresh parsley 1 tablespoon chopped fresh cilantro 1 teaspoon finely chopped shallots
3	1 tablespoon chopped fresh mint 2 tablespoons chopped dried apricots 2 tablespoons lightly toasted pine nuts 2 tablespoons honey
4	1 tablespoon chives 2 tablespoons bacon bits Pinch of garlic powder (more if you really like garlic!)
5	½ teaspoon ground cumin ½ teaspoon dried coriander ¼ cup chopped pistachios ¼ teaspoon sumac or 1 teaspoon fresh lemon juice ¼ cup raisins
6	1 teaspoon ground curry powder ¼ teaspoon ground anise seed 2 tablespoons shredded unsweetened coconut

## Instructions

Preheat the oven to 400° F.

Prepare the **INGREDIENT CHOICES** you rolled for as directed in the selection. Do the **VEGETABLE** choice first so it can be cooking while you prepare your selected **SEASONING**.

Transfer your **VEGETABLE** selection to a bowl. Mash with a potato masher. Add the beaten eggs or egg substitute, the melted margarine, ½ cup of the panko crumbs, your selected **SEASONING**, and salt and freshly ground pepper, to taste. Add enough milk to create a stiff enough consistency to make balls from the mixture.

Cover the bowl and refrigerate for about 20 minutes.

Spray a baking sheet with the vegetable cooking spray or line with parchment paper.

Place the remaining panko crumbs in a pie pan. Take about 1 heaping tablespoon of VEGETABLE mixture and roll into a 1 1/2-inch ball. (Wet your hands with cold water occasionally to keep the mixture from sticking to your hands.) Then roll the ball in the panko crumbs, pressing the crumbs into the ball slightly while shaping it. Place each ball on the baking sheet, being sure not to crowd them. Continue with remaining mixture.

*Hint: Get an L1 scooper and make the job even easier.*



Generously spray each ball with the cooking spray.

Bake for 20 to 25 minutes or until they are golden, turning them occasionally for even browning.

Serve immediately.

# Grocery List

## BASIC INGREDIENTS:

- 2 eggs, beaten or 1/2 cup liquid egg substitute
- 2 tablespoons margarine, melted
- 1 1/2 cups panko crumbs (if not available at your grocery store, try an Asian market)
- 1 cup low-fat milk
- Salt and freshly ground pepper to taste
- Vegetable oil cooking spray

<input checked="" type="checkbox"/>	VEGETABLE
	2 1/2 pounds yams
	2 1/2 pounds carrots
	2 1/2 pounds butternut squash
	2 1/2 pounds acorn squash
	2 1/2 pounds parsnips
	2 1/2 pounds cauliflower

<input checked="" type="checkbox"/>	SEASONING
	1/2 teaspoon cinnamon 1/4 teaspoon nutmeg 2 tablespoons Maple syrup 1 teaspoon unsweetened cocoa powder
	1 tablespoon chopped fresh parsley 1 tablespoon chopped fresh cilantro 1 teaspoon finely chopped shallots
	1 tablespoon chopped fresh mint 2 tablespoons chopped dried apricots 2 tablespoons lightly toasted pine nuts 2 tablespoons honey
	1 tablespoon chives 2 tablespoons bacon bits Pinch of garlic powder (more if you really like garlic!)
	1/2 teaspoon ground cumin 1/2 teaspoon dried coriander 1/4 cup chopped pistachios 1/4 teaspoon sumac or 1 teaspoon fresh lemon juice 1/4 cup raisins
	1 teaspoon ground curry powder 1/4 teaspoon ground anise seed 2 tablespoons shredded unsweetened coconut