



MONTCHANIN IMPLANT CENTER
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———periodontics and implantology———

POST OPERATIVE
RECIPE BOOK

Classic French Omelet

Prep time: 20 mins

Cook time: 5 mins

Ingredients:

3 large eggs, 1 large yolk, 1 tbsp heavy whipping cream, 1 tbsp fresh parsley, 1 tbsp butter (chilled), ½ tsp pink Himalayan salt, ¼ tsp black pepper

Instructions:

1. Combine eggs, yolk, heavy whipping cream, salt, pepper, and parsley into a bowl and mix until frothy
2. Let the egg mixture sit for 15 minutes
3. Drop 1 tbsp of chilled butter into the egg mixture. Set aside.
4. Add ½ tsp butter to a 7- or 8-inch non-stick skillet and turn on to low heat
5. Once butter is fully coating the skillet, pour in the egg mixture
6. Using a spatula continuously stir the egg mixture scraping it off the bottom and the sides
7. Once the eggs have firmed enough to remain in place when scraped through with the spatula, spread it over the entire surface of the skillet and remove from heat
8. Cover with a lid and allow to sit for 1-2 minutes
9. Starting from one end, use the spatula to slowly roll the eggs into an omelet
10. Once rolled into an omelet, push out onto plate and enjoy!

Chocolate Banana Peanut Butter Protein Smoothie

Prep time: 2 mins

Cook time: 2 mins

Ingredients:

1 cup almond milk, 1 tbsp creamy peanut butter, 1 ripe banana, $\frac{1}{4}$ tsp ground cinnamon, 1 scoop chocolate protein powder (of your choice), 5-10 ice cubes depending on thickness preferred, optional: 1 tsp honey

Instructions:

1. Add all ingredients into blender, starting with the almond milk
2. Blend until smooth.
3. If too thick, add more milk, if too thin, add some more ice
4. Serve immediately & eat with a SPOON :)

Cheesy Beef Breakfast Scramble

Prep time: 5 minutes

Cook Time: 20 minutes

Ingredients:

1 lb. lean ground beef, ½ tsp paprika, salt and pepper to taste, 1 yellow onion - diced, 3 cups frozen hash browns - shredded or cubed, ¼ cup water, 14.5 oz. diced tomatoes - undrained, 4 eggs, 4 slices sharp cheddar, chopped cilantro

Instructions:

1. Cook beef and onion in a large skillet over medium heat, crumbling while you cook. As it's cooking, season with paprika, salt, and pepper.
2. When meat is no longer pink, add the hash browns and cook until thawed and tender, stirring as you cook.
3. Add the water and tomatoes, undrained. Increase heat to high until the mixture boils, then reduce to a simmer. Simmer for 5-10 minutes.
4. Increase heat to medium/low. Pour the beaten eggs over the mixture, cooking, and lightly stirring. Allow to cook, stirring occasionally until the eggs are set to your liking.
5. Finally, lay the cheese over the eggs and cover until the cheese is melted, about 1-2 minutes.
6. Top with chopped cilantro (optional). Serve and enjoy!

Pumpkin Pancakes

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

1 ½ cups all-purpose flour, 2 tbsp brown sugar, 1 ½ tsp baking powder, ¾ tsp baking soda, ½ tsp kosher salt, 1 ½ tsp ground cinnamon, ¾ tsp ground ginger, ¼ tsp ground nutmeg, 1 ½ cups milk, ¾ cup pumpkin puree, 2 large eggs 3 tbsp unsalted butter, 1 tsp pure vanilla extract

Instructions:

1. Preheat a griddle, cast iron pan, or nonstick skillet over medium heat.
2. In a large bowl, whisk the flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg together.
3. In a medium bowl, whisk the milk, pumpkin purée, eggs, melted butter, and vanilla extract.
4. Pour the wet ingredients into the dry and mix until just combined. Lumps are okay!
5. To the hot pan, add enough butter to coat the bottom of the pan. Pour in ⅓ cup of batter. Cook until the edges start to dry and bubbles pop. Flip and cook for another 3-4 minutes until golden on the second side.
6. Repeat until all the batter has been used.
7. Serve and enjoy!

Chocolate Chip Banana Bars

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

½ cup unsalted butter, 1 cup granulated sugar, 2 large eggs, 3 bananas - mashed, ¾ cup buttermilk - room temp, 2 tsp pure vanilla extract, 2 cups all-purpose flour, 2 tsp baking powder, 1 tsp baking soda, 1 tsp kosher salt, 1 ½ cups mini chocolate chips

Instructions:

1. Preheat the oven to 350°F. Grease a 9x13-inch baking pan with nonstick spray. Set it aside.
2. In a large bowl, with a whisk or hand mixer, beat the butter, sugar, and eggs together.
3. Add the banana, buttermilk, and vanilla and mix well.
4. Stir in the flour, baking powder, baking soda, and salt.
5. Fold in 1 ½ cups of the chocolate chips.
6. Pour the batter into the prepared pan.
7. Sprinkle the remaining chocolate chips over the top.
8. Bake for 30 minutes, or until a toothpick comes out clean.
9. Allow to cool completely in the pan before cutting into

Homemade Cinnamon Rolls

Prep time: 35 minutes

Cook time: 30 minutes

Ingredients:

For the Dough : 4 ½ cups bread flour, ⅓ cup granulated sugar, 1 tbsp instant dry yeast, 1 tbsp kosher salt, 4 large eggs, 1 large egg yolk, 14 tbsp whole milk, cold (1 cup minus 2 tablespoons), 18 tbsp unsalted butter, room temperature, plus more for the pan (2¼ sticks)

For the Filling : 12 tbsp unsalted butter, melted (1 ½ sticks), 9 tbsp brown sugar, ¼ cup granulated sugar, 3 tbsp ground cinnamon, 1 tsp pumpkin pie spice, ¼ tsp kosher salt, 1 large egg - freshly beaten (for brushing), 1 tbsp milk (for brushing)

For the Icing : 2 cups powdered sugar, 6 tbsp heavy cream, 1 tsp pure vanilla extract, ⅛ tsp table salt

Instructions:

1. In the bowl of a stand mixer fitted with the dough hook, mix the bread flour, sugar, yeast, and salt on low speed for about 30 seconds.
2. Add eggs and milk and mix until a ball forms around the dough hook, about 4 minutes. Increase the speed to medium and mix until the dough is smooth, about 5 more minutes.
3. Add the butter, 1 tablespoon at a time, while mixing the dough on medium speed. Incorporate the butter after each addition. It should take about 3 minutes to add all the butter.

4. Place the dough in a large, oiled bowl and cover with plastic wrap. Set the bowl in a proofing oven or somewhere warm for the dough to rise, about 1-1½ hours. The dough is very enriched so it may not rise very much.
5. While the dough rises, prepare the filling: Combine the melted butter, brown sugar, granulated sugar, cinnamon, pie spice and salt. The mixture will firm to a spreadable consistency when kept at room temperature until ready to use. Stir right before using.
6. Line a baking sheet with parchment. Transfer the dough to the baking sheet and pat it out into a 1-inch-thick rectangle. Cover the dough with plastic wrap.
7. If making the rolls the day of serving, refrigerate the dough for 1 hour or freeze for up to 20 minutes. If making the rolls the next day, refrigerate the rolls overnight.
8. When ready to bake, preheat the oven to 375°F and grease a 9x13-inch baking pan with softened butter.
9. Lightly flour a work surface and transfer the dough onto it. Make sure the parchment has been removed from the dough. Lightly flour the top surface of the dough and roll the dough out into a ½-inch thick rectangle.
10. Use an offset spatula to spread the filling mixture to the edge, evenly over the dough. The top surface of the dough should be covered.
11. Roll the dough, beginning with the long side closest to you, into a tight spiral, keeping the roll tight as you work.
12. Use a serrated knife or waxed floss to cut the dough log into 1½-inch rolls. Arrange the rolls on the prepared baking dish, leaving ¼-inch between them.
13. Loosely cover the rolls with plastic wrap and place in a warm place or proofing oven to rise, about 30-45 minutes.

14. In a small bowl, whisk together 1 egg and 1 tablespoon milk. Brush the top of the rolls with the egg wash and bake at 375°F for 25-30 minutes or until the rolls are golden and the internal temperature registers 190°F.
15. While the rolls bake, mix the frosting ingredients and cover with plastic wrap until ready to use.
16. When the rolls finish baking, allow them to cool for 10 minutes, then drizzle the icing on top.
17. Serve warm (if possible) or reheat in a 350°F oven (loosely covered with foil) for about 15-20 minutes before serving.

Cinnamon Roll Protein Shake

Prep time: 2 mins

Cook time: 2 mins

Ingredients:

1 scoop of vanilla protein powder, ½ banana, ¼ cup of vanilla Greek yogurt, 1 tsp ground cinnamon, 8 oz. unsweetened almond milk, 1 cup of ice

Instructions:

1. Add all ingredients into blender, starting with the almond milk
2. Blend until smooth.
3. If too thick, add more milk, if too thin, add some more ice
4. Serve immediately & eat with a SPOON :)

Loaded Mashed Potato Cakes

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients:

6 strips of bacon, ½ cup diced white onion chopped (or ¼ cup green onion), 2 cloves garlic chopped, 2 cups cold mashed potatoes, 1 cup shredded cheese (such as cheddar), 1 tsp salt, ½ tsp pepper, 2 tbsp fresh basil chopped (or ½ tsp dried), 2 tbsp fresh parsley chopped (or ½ tsp dried), 2 eggs, ½ cup flour, 4 tbsp butter or margarine for frying

Instructions:

1. In a large skillet, fry the bacon over medium heat until crispy. Drain on paper towels and once cooled, crumble.
2. Reserve 2 tbsps. of bacon in the frying pan. Cook the onion and garlic over medium heat until translucent. (If using green onion, no need to precook).
3. In a medium bowl, combine crumbled bacon, mashed potatoes, cooked onion, shredded cheese, basil, parsley, eggs, salt & pepper. Mix well and add flour a bit at a time until the potato cakes hold together. You may not need all of the flour.
4. Melt 1 tablespoon of butter (or leftover bacon fat) in a clean skillet over medium heat.
5. Scoop about ¼ of a cup of the potato mixture and form it into a ball. Place it in the hot pan and flatten it with a spatula until it's about 1/2 - ¾" thick. Repeat with the remaining potato cakes (cooking in batches if needed).

6. Fry for about 3 to 4 minutes on each side, until the potato patties are golden brown and crisp

7. Top with green onions, sour cream, or ketchup as desired.

****AIR FRYER****- Potato cakes can be cooked in an air fryer. Form into patties and brush with melted butter. Cook at 400 degrees for 12 minutes, turning after 6 minutes.

Garlic Pasta

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

2 tbsp unsalted butter, 4 cloves garlic/minced, 2 cups chicken broth, 1 cup milk (or more as needed), 8 oz uncooked fettuccine, Kosher salt and freshly ground black pepper TO TASTE, ¼ cup freshly grated Parmesan, 2 tbsp chopped fresh parsley leaves

Instructions:

1. Melt butter in a large skillet over medium high heat. Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes
2. Stir in chicken broth, milk, and fettuccine; season with salt and pepper, to taste
3. Bring to a boil; reduce heat and simmer, stirring occasionally, until pasta is cooked through, about 18-20 minutes. Stir in Parmesan. If the mixture is too thick, add more milk as needed until desired consistency is reached.
4. Serve immediately, garnished with parsley, if desired.

Pulled Pork

Prep time: 15 minutes

Cook time: 8 hours

Ingredients:

1 large onion, 6 lbs. boneless Pork Shoulder Chuck Roast, (or 2 smaller roasts totaling 6-7 lbs.), 1 tbsp salt, 1 tbsp black pepper, 1 tsp paprika, 1 cup chicken broth, 1 cup of your favorite BBQ sauce, 2 tbsp Worcestershire sauce, 3 large garlic cloves/pressed, 2 tbsp brown sugar

Instructions:

1. Chop 1 large onion and place it into the bottom of the slow cooker
2. Combine 1 tbsp salt, 1 tbsp pepper and 1 tbsp paprika and generously sprinkle the pork roast. Massage the roast to rub the seasoning into the meat. Place meat over the onions.
3. For the marinade, combine: 1 cup chicken broth, 1 cup BBQ sauce, 2 tbsp Worcestershire sauce, 2 tbsp brown sugar, and 3 pressed garlic cloves. Stir to combine. Pour the marinade over the pork.
4. Cover and set on low for 8 hours. Remove the meat to a large bowl and remove any fat. Shred with forks. Pour any drippings from the crockpot over the meat to taste then brush meat with warm BBQ sauce to serve.

Turkey Meatloaf

Prep time: 10 minutes

Cook time: 1 hour

Ingredients:

1 ½ pounds lean ground turkey, ¾ cup dry stuffing mix (such as Stove Top), ½ cup milk, ¼ cup powdered Parmesan cheese, 1 small onion diced, 1 small green pepper diced, 1 large egg, 2 tsp salt, 2 tsp garlic powder, 1 tsp ground pepper, ½ cup ketchup, ¼ cup brown sugar, 1 tbsp mustard, 1 tbsp Worcestershire sauce, 2 slices of bread (your choosing)

Instructions:

1. Preheat oven to 350 degrees
2. Combine turkey, stuffing mix, milk, Parmesan, onion, pepper, egg, salt, garlic powder, and pepper in a large bowl and mix well with your hands.
3. Place 2 slices of bread on the bottom of a baking sheet. Spoon mixture onto the bread and shape it into a loaf.
4. Bake for 30 minutes and remove from the oven for the sauce
5. In a small bowl, stir together the ketchup, sugar, mustard, and Worcestershire sauce. Spoon over the meatloaf and return to the oven for 30 minutes or until loaf is cooked through,
6. Let sit for 5 minutes before slicing and serving. Remove the bread from the bottom of each slice of meatloaf before serving.

Chicken Pesto Pasta

Prep Time: 20 mins

Cook Time: 12 mins

Ingredients:

6 oz. whole wheat pasta, 2 cups of shredded chicken (cooked), 1 cup of chopped grape tomatoes, $\frac{3}{4}$ cup prepared pesto, 1 tbsp lemon juice, $\frac{1}{8}$ tsp salt, $\frac{1}{4}$ cup grated parmesan cheese, $\frac{1}{4}$ tsp freshly cracked black pepper

Instructions:

1. Bring a large pot of water to a boil. Add pasta, cook for 8-10 minutes. Drain and return the pasta into the pot.
2. Stir in the shredded chicken, tomatoes, pesto, lemon juice, & salt.
3. Divide among plates & top each serving with parmesan cheese (& pepper if using)
4. Serve warm and enjoy!

Slow Cooker Chicken Noodle Soup

Prep time: 10-15 minutes

Cook time: 6-7 hours

Ingredients:

1 chicken-quartered (4-5 lbs.), 3 celery stalks, 3 carrots, ½ onion, 2 tsp salt, ½ tsp pepper, 1 tsp dried basil, 2 ½ cups uncooked egg noodles

Instructions:

1. Chop up all your vegetables and place in the bottom of the slow cooker
2. Place your quartered chicken on top, followed by the seasonings
3. Add 3 cups of water to your slow cooker, being careful not to pour it on the chicken and wash your seasoning off
4. Cook on low for 6-7 hours. You want your chicken to be fall-apart tender, but you want to pull the chicken out while it's still in one piece. (Otherwise, you will have a mess of chicken bones to sort out)
5. Carefully take the chicken out. Add your egg noodles to the broth. Turn your slow cooker on high and cook for about 30 minutes or until the noodles are tender. While the noodles are cooking, shred chicken
6. Mix meat back in with the broth and noodles
7. Enjoy your hearty homemade chicken noodle soup!

Crock Pot Chicken & Rice Recipe

Prep Time: 10 mins

Cook Time: 4 hours

Ingredients:

2 boneless/skinless chicken breasts (cut into 1 in. pieces), 1 tsp minced garlic, 1 tsp black pepper, 1 tsp salt, ½ chopped onion, 3 cups chicken broth, 1 can cream of chicken soup, 1 ½ cup brown rice (uncooked), 2 cups shredded cheddar cheese.

Instructions:

1. Place the chicken, garlic, salt, pepper, onion, chicken broth, cream of chicken soup & brown rice in the crock pot. Stir to thoroughly combine all the ingredients.
2. Cover & cook on high for 3.5 - 4 hours until the rice has absorbed all the chicken broth in the crock pot.
3. Stir in the shredded cheese, cover and allow the heat from the meal to melt the cheese (5 - 7 minutes)
4. Serve warm and enjoy!

Shepherd's Pie

Prep time: 5 minutes

Cook time: 25 minutes

Ingredients:

1 tbsp olive oil, $\frac{3}{4}$ cup yellow onion (finely diced), 1 rib celery (finely diced), 2 cloves garlic (minced), 1 lb. ground beef, 2 tbsp flour, 1 tbsp flour, 1 tbsp tomato paste, $\frac{1}{2}$ tsp dried thyme, $\frac{1}{2}$ cup chicken broth, 1 cup brown gravy, salt/pepper, 1 cup of frozen mixed vegetables, 3 cups mashed potatoes.

Instructions:

1. Preheat oil in a large pan, over medium-high heat. Add the garlic, diced onions and celery. Sauté for 2-3 minutes
2. Increase heat to high, stir in the ground beef, cook until ground beef is thoroughly cooked through. Drain all excess grease.
3. Reduce heat to medium-high. Sprinkle flour and toss to coat. Add the tomato paste & thyme. Cook for 1-2 minutes.
4. Deglaze the pan with chicken broth. Use a silicone spatula to scrape up any brown bits from the pan {this adds flavor to the filling}.
5. Add HALF of the brown gravy. Stir in the vegetables until heated through
6. Season with salt and pepper and add more gravy if desired. Taste and adjust seasoning as needed. Remove from heat.
7. **ASSEMBLY:** transfer to a lightly greased 9 in. pie pan or 7x11 casserole dish. Carefully spread warm mashed potatoes on top.
8. Use a fork to “rake” lines into the mashed potatoes
9. **BROIL:** set the oven rack about 5 in. away from the broiler. Set to a high broil of 550 degrees
10. Broil for about 5 minutes, WATCH it for 2 minutes. {it will go from perfectly browned to burned quickly}
11. Remove from heat, serve, and enjoy!

Italian Stuffed Shells

Prep time: 15 minutes

Cook time: 30 minutes

Vegetarian Version simply omit the meat from the sauce

*Marinara Sauce: use your favorite store bought or homemade marinara sauce!

Ingredients:

1 pound ground chuck, 1 tbsp olive oil, 1 small yellow onion - diced, 1 garlic clove - minced, 1 jar (26 oz.) marinara sauce, 1 large egg - lightly beaten, 2 cups small curd cottage cheese, 2 cups shredded mozzarella cheese - divided, $\frac{3}{4}$ cup grated parmesan cheese - divided, 20 jumbo pasta shells (cooked to al dente, per package directions), chopped fresh basil leaves for garnish.

Instructions:

1. Preheat oven to 350°F and spray a 9×13-inch (3 qt.) baking dish with nonstick spray; set aside.
2. Bring a pot of water on the stovetop to a boil. Cook the pasta shells to al dente. After cooking the pasta shells, drain and place them upside down on a baking sheet to dry.
3. In a large skillet, brown the beef on medium heat until cooked through and no pink remains. Drain off the rendered fat.
4. Reduce heat to medium-low. In the same skillet as the beef, heat the olive oil and add the onion. Cook until translucent, about 3 minutes. Add the garlic and cook for 30 seconds more.
5. Reduce heat to low and add the marinara sauce. Simmer uncovered for 30 minutes, stirring occasionally.
6. In a medium bowl, mix the egg, cottage cheese, 1 cup of mozzarella cheese, and $\frac{1}{2}$ cup of parmesan cheese together.

7. Pour about three quarters of the meat sauce in the bottom of the prepared baking dish.
8. Stuff the shells with 1 rounded tablespoon of cheese mixture and arrange them on top of the meat sauce, open side up. Spoon the remaining meat sauce in between the shells but not directly on top of the shells.
9. Cover with aluminum foil and bake for 30 minutes. Remove the foil and sprinkle the remaining mozzarella and parmesan cheese over the shells. Bake 5-7 minutes longer, or until the cheese is melted.
10. Garnish with fresh basil and serve!

White Cheddar Mac and Cheese

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

16 oz. dry Cavatappi pasta (1 box), 1 tbsp olive oil, 1 shallot/onion - minced, 2 cloves garlic - minced, 1 tsp fresh thyme - minced, ½ tsp crushed red pepper flakes (optional), 4 tbsp unsalted butter (½ stick), ¼ cup all-purpose flour, 2 cups whole milk, 1 cup reserved pasta water, 12 oz. freshly shredded white cheddar cheese, ¼ tsp ground nutmeg (optional)

Instructions:

1. Bring a large pot of salted water to a boil over medium-high heat. Cook the pasta to al dente according to the package directions. Reserve 1 cup of pasta water and then drain.
2. In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Once fragrant, add the shallot/onion and cook for 2-3 minutes or just until the shallot/onion is tender.
3. Add the garlic, thyme, and red pepper flakes. Stir and cook for an additional minute.
4. Add the butter and allow it to melt, stirring occasionally. Once the butter is melted, add the flour and stir— a thick paste should form. Continue stirring for 1-2 minutes or until the flour has turned from white to light brown.
5. Slowly add the milk, stirring constantly. If there are any large lumps of flour in the sauce, use a whisk to break them up.

6. Once the milk has been incorporated into the roux, add the reserved pasta water. Allow the sauce to cook for 3-4 minutes or until it is thickened enough to coat the back of a spoon.
7. Remove the sauce from the heat and add the white cheddar cheese and ground nutmeg. Stir until the cheese has melted. Then, add the pasta and stir to combine.
8. Serve and enjoy!

Chocolate Mousse

Prep time: 20 mins Total time: 20 mins + 2 hours chill time

Ingredients:

3 tbsp unsalted butter, 6 oz. semi-sweet chocolate, 3 large eggs at room temperature, yolks + whites separated. ½ tsp cream of tartar. ¼ cup + 2 tbsp sugar, ½ cup heavy cream - cold. ½ tsp vanilla extract.

Instructions:

1. Place the butter in a microwave-safe bowl. Break the chocolate into small pieces directly into the bowl. Microwave it in 20-second intervals, stirring between, until the chocolate is about 75% melted. Stir, allowing the residual heat in the bowl to melt the chocolate completely.
2. Let the mixture cool for a few minutes, then whisk in the egg yolks one at a time, mixing until smooth after each addition. Set it aside.
3. With a mixer, beat the egg whites on medium-high speed until foamy. Add the cream of tartar and beat until soft peaks form (the peaks should be just starting to hold and will melt back into themselves after a second). Gradually beat in ¼ cup of the sugar and continue beating until stiff peaks form (the peaks will stand straight up when the beaters are lifted from the mixture). Using a large rubber spatula, fold the egg white mixture into the chocolate mixture until uniform. Set it aside.
4. In another bowl, beat the heavy cream on medium-high speed until it begins to thicken up. Add the remaining 2 tbsps. of sugar and the vanilla and continue beating until the cream holds medium peaks (when you lift the beaters or

whisk out of the bowl, the peaks will slightly droop down, but they won't lose their shape entirely). Fold the whipped cream into the chocolate mixture. Be sure it is fully incorporated but don't mix any more than necessary. Divide the mousse between 6 individual glasses, cover, and chill until set, at least 2 hours.

5. Up to a few hours before serving, whip the cream until it begins to thicken up. Add the sugar and whip to medium peaks. Dollop the whipped cream over the mousse and top with chocolate shavings.
6. Make-Ahead Instructions: Mousse can be made up to 1 day ahead of time. Cover with plastic wrap and keep chilled in the refrigerator. Add whipped cream topping and chocolate shavings up to a few hours before serving.
7. Note: Chocolate mousse is made with raw eggs. If that is a concern, try to find pasteurized eggs. Pasteurized eggs have been briefly exposed to heat to destroy any potential bacteria.

