



# The NOODLE

Open up and say AHHHH!!!

Volume 8, Issue 2

February 2015



## Welcome To The Noodle!

This is the February 2015 edition of *The Noodle*, written and published by The Florida Youth Council (FYC). In this issue of *The Noodle*, members of The Council were asked to write about a signature dish that they either like to cook or eat. This topic let members share their thoughts and memories

about a special dish. Members wrote about mac n' cheese, chili, nachos and more! The FYC members truly hope you will take a few minutes out of your busy schedule to read their articles and enjoy their thoughts and opinions in this February 2015 edition of *The Noodle*.

### Florida Youth Council

Megan Atkinson  
Shevie Barnes  
Alex Brown  
Derek Carraway  
Nick Grabowski  
Whitney Harris  
Christopher Regan  
Dakota Smoot  
Josue Tapia Ortiz  
Christina Waldron



## Southern Cookin'

*By Megan Atkinson*

I was born and raised in Florida and most of my family is from Alabama. That being said, I love to cook southern soul food. The dish I am best known for in my family is sweet yellow cornbread. This is like cake you can eat for breakfast. It's not completely homemade. I use Jiffy cornbread mix to start with then I add copious amounts of butter into to the mixture (no measurements needed). It's not the healthiest

thing to eat but it is so good! After I mix in the butter, I bake it. Once the cornbread has finished baking I brush the top with even more butter. To finish it off, I add sugar or a little honey to the top while it is still hot. This cornbread is quick and easy to make and everyone loves it. I have to hide it to be able to get a piece. I would have to make it every day to keep it in the house. People that don't like cornbread like this cornbread. It's my favorite food. I could eat it by itself. In fact, I have been known to curl up with a good book and a piece of cornbread on an overwhelming day. It's comfort at its finest.



The Florida Youth Council is a program of The Family Café

## Macaroni Pie

By Shevie Barnes

I am not sure that I have a signature dish mostly because I don't cook for enjoyment. I actually don't even like eating too much. I would prefer to keep it moving and eat snacks. This question is one that I often avoid because it seems there is never a right answer. However, if I had to choose, I could say that my mother has a signature dish. It's called macaroni pie, also known as baked macaroni. It's the one food that never tastes the same whether I make or anyone else does. It's the dish that every time I return home I request it. It's my comfort food and one that no one else will ever be able to match. Mama's Macaroni Pie. I asked her once where she got the recipe and she shared that it was her way to make food more American for us kids. She throws in what I would like to call her "island twist" and it makes her food amazing. I have some friends that even request for my mother to make simple spaghetti because it seems so "different." My signature dish is one that combines two cultures and turned my house into the home it is today.



## Double Layered Nachos

By Nick Grabowski

So while trying to figure out my signature dish, I asked myself what my friends usually enjoy to eat most. After coming up with most of my desserts as ideas, I came to that which my friends always request most: nachos. These aren't your ordinary nachos! These are double layered, with seared meat tossed and blended with slightly spicy seasonings. Add some salsa, black bean (or pinto), and then the cheese (lots of cheese). I usually try to use at least 5 different types of cheese. I usually try to add a little parmesan on top. Don't forget to add some cilantro and feta cheese on top. Toss in the oven till melted, then throw some sour cream on there and BAM you got good eats. The second most important part of all of these is that it is double layered, so it's not just good nachos on top, with everyone being sad when they go. The actual most important part is to do something you enjoy with people you like while eating. Follow all these steps and I assure you you'll have great time.

## My Way to My Heart

*By Josh Ortiz*

Being a Hispanic male in Florida has its perks. I get to eat cuisines from all over the world and mix them with my Latin flavors. The weird thing is, in my family we eat everything with rice. I mean pasta, soup, vegetables, all types of meat, we eat it all. But my favorite food to eat with rice is eggs. I love eggs maybe a little too much. I've cooked them in ways that to some might be a little crazy, but I love it. But of all the different ways I cook them I have a favorite, a signature dish you may say, and it's called "huevos al plato".

That is the best dish ever in my eyes. I could eat that everyday if I could. It's so good and I'm going to teach you how to cook it. First you make white rice to the way you like it.

Mine is just with water, oil, and a little salt. Then you'll need butter, two eggs, shredded Gouda cheese and tomato paste. Sounds weird, I know, but let me explain. First you put the butter on the skillet, let it melt and go all over, then you crack the eggs and put them to cook in the skillet. Next, while the eggs are crackling a bit, you add the tomato paste on the eggs and mix it all together. You don't have to use the whole can by the way. Then, when the eggs are pretty much cooked, you add the cheese. Mix it all together 'til you have them all cheesy, serve yourself a spoon of rice and serve the eggs over it, and then you'll have yourself a plate of huevos al plato, which translates to eggs on a plate.

Hope you like my signature dish. I know it's a little out there, but trust me, it tastes good!!!



## Citrus Chicken

*By Alex Brown*

I enjoy cooking and have a pretty good selection of dishes that I can cook at any given time. The one dish that I would call my signature dish is what I call Citrus Chicken Salad. This is a dish I have made quite a few times for special occasions. This dish is easy to make. All you need is boneless chicken strips, a lemon, a lime, an orange, sugar and mixed greens.

To start, you squeeze all the juices from the lemon, lime and orange. Then add about half a cup of sugar to the juice. Then you marinate the chicken in the citrus juice for about an hour. Then you grill the chicken and place on top of the mixed greens.

The dish has taken on a sort of infamous role in my relationship with my wife, Pamela. It all started one day when I invited her over for dinner and said I was going to cook Citrus Chicken Salad for dinner. She came over and I went about making dinner. She watched as I took the chicken and citrus juice and poured all into the pan. I didn't think anything about it until Pamela asked, "I thought you were going to grill the chicken?" I replied that I was, and she said, "No, you are boiling the chicken." She was right, and I got upset at myself. Luckily dinner turned out well, but that dinner became a running joke between us.

Since making Citrus Chicken that evening I have only made it a few times. When I do I am sure not to boil the chicken. It is always good to have another chef to help refine your signature dish.



## My Favorite Food Dish

*By Christopher Regan*

I am slowly becoming a better cook as time goes on. I would have to say that my favorite dish to make would be my homemade chili. Usually, I cut up meat-loaf into tiny chunks, then I stir in some tiny beans. Next, I insert the spices that make it taste hot. For extra flavor, I'll sometimes toss in luncheon meat so that we all eat it before it goes bad. It actually turns out pretty good. My whole family has said that they love it!

Fortunately, there is a cooking area at my college dorm, so I can pre-

pare my homemade chili whenever I want. It comes complete with a stove, a microwave, sinks, and countertops. My roommates are always impressed by how much I cook for myself. I even let them try what I make, and they think it's delicious.

I'm still a little bit clumsy when it comes to working the grill, so maybe I can work on that a little bit. That way, I'll be able to use my special chili sauce on everything from hotdogs and hamburgers to chicken and ribs. I'll be a grill master one day, and I'll introduce everybody to my amazing homemade chili. They'll love it so much, they won't want to stop eating it.



## How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important

to their generation, to express those issues in their state and local communities, and to develop strategies to solve them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at [www.floridayouthcouncil.com](http://www.floridayouthcouncil.com). The program is open to application year round. We hope to hear from you soon!