

17 Classic Boomer Recipes Millennials Struggle to Embrace

Story by **Mitchelle Abrams** | August 6, 2025



There's a huge cooking gab that separates generations, and it runs far deeper than simply preferring DoorDash over homemade food. Only 6% of Millennials identify as highly skilled cooks, vs 15% of their baby boomer counterparts, as indicated by a **Culinary Visions** survey. At the same time, 68% of Millennials plan to eat out more than they did last year, with nearly half listing meal kits as part of their weekly grocery list.

As food trend expert Fiona O'Donnell told The mercury News, "while boomers were stretching out a meal by how long it took to cook, millennials are more excited to get eating and are less practiced in the kitchen. Here are 17 Boomer recipes that make us younger folks break out in a cold sweat; Chicken Hash Brown Casserole, Berry Croissant French Toast Bake, Old Fashioned Southern Pecan Pralines, Sweet Potato Casserole with Hazelnuts, Spinach and Ricotta Stuffed Shells, Apple Cinnamon Rolls, Bangers & Mash Guinness Gravy, Cheesy Cabbage Casserole with Cracker Topping, Beef Tenderloin with Winter Vegetables, Old-Fashioned Ham Salad, Macaroni and Cheese with Bacon for Grown-Ups, Crock Pot Green Bean Casserole, One-Pot Buttermilk Chicken & Potatoes, Carrot Casserole with Spices, Grandma's Cornbread, Grasshopper Pie and Amish Macaroni Salad.