



TASTE *of* HOME *the cookbook* 2017-2018





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About Taste of Home

In November 2017, New Student & Family Programs reached out to CU Boulder families for recipe submissions. We were looking for those “signature” family recipes; the ones that families make again and again. The recipes that CU families make when their student comes home.

CU's Dining Services selected 20 recipes to be featured for Winter Bash at various dining centers on campus, including the Center for Community, Sewall and the Village Center.

Nearly 90 submissions were received and we share them all with you here.

Thank you to all of the families who shared their taste of home with us!

From the kitchen of: *Kendra Hite*

Penne with Brussels Sprouts, Chili and Pancetta

Ingredients

- Sea salt
- 36 oz. penne
- 8 tbsp. extra virgin olive oil, more for drizzling
- 12 oz. pancetta, diced
- 4 large rosemary sprig
- 24 garlic cloves, smashed and peeled
- 4 jalapeño or Serrano chile, thinly sliced (or substitute 1 large pinch crushed red pepper flakes)
- Freshly ground black pepper
- 8 oz. brussels sprouts, thinly sliced
- 2 tsp. butter
- Fresh lemon juice, for serving
- Freshly grated cheese

Directions

Bring large pot heavily salted water to a boil. Add the penne and cook until pasta is just al dente (do not overcook).

Meanwhile, heat large sauté pan over high heat and add the olive oil. When oil is hot, add the pancetta and rosemary, and sauté until the fat on the pancetta starts to turn translucent and very lightly brown, about 1 minute. Add the garlic, chile and freshly ground black pepper to taste, and sauté until garlic and pancetta turn richly brown, about 3 minutes.

Add the brussels sprouts, a large pinch of salt and a splash of water to pan, and sauté until sprouts just start to soften, about 2 minutes. Spread sprouts mixture in pan and press down to flatten. Let it sear for a minute, then stir it up and repeat. This helps brown the sprouts. Add the butter, and sauté for another minute.

Drain penne and add it to pan with brussels sprouts mixture. Cook, tossing, until everything is well mixed. Spoon into pasta bowls and top with a drizzle of oil, lemon juice and cheese.

Serves 8

From the kitchen of: *Jill Paperno*

Peanutty Chicken

Ingredients

- 10 oz. dry fusilli pasta
- 2 c cooked rotisserie, baked or grilled chicken, shredded
- 1 c broccoli florets separated into small pieces
- ½ c shredded carrots
- Optional garnish - roasted peanuts

Sauce

- 1/2 cup soy sauce
- 2 Tbs rice vinegar
- 2 Tbs dark sesame oil
- 1-2 tsp sugar
- 1-2 tbs smooth peanut butter

Directions

Combine sauce ingredients in processor till smooth.

Cook pasta and drain.

While noodles are warm toss with several tablespoons of dressing. Let sit for few minutes to absorb dressing.

Add chicken, broccoli and carrots. Toss with more dressing as needed.

Divide and garnish with peanuts.

Serves 4

FEATURED



“Ben [my student] and his friends and family have enjoyed this dish since we tried it out on his Little League baseball team in the third grade. Since then we have shared this dish at countless team dinners and banquets, with foreign exchange students, at church potlucks, tailgate parties, and birthdays!” – Lisa Watson

From the kitchen of: *Lisa Watson*

Chinese Style Spareribs

Ingredients

- 2 full racks of St. Louis cut pork spareribs (about 3 lb. each)
- Scallions for garnish

For spice rub:

- 2 tbsp. ground coriander
- 2 tbsp. hot chili powder
- 2 tbsp. dark brown sugar
- 1 tbsp. five-spice powder
- 1 tbsp. ground fennel seeds
- 1 tbsp. kosher salt
- 1 tsp. dried red chili flakes

For sauce:

- ¼ c. soy sauce
- 2 tbsp. sugar
- 2 tbsp. rice vinegar
- 1 tbsp. minced fresh ginger
- 1 tsp. sesame oil

Directions

Position oven rack in the center of the oven and pre-heat to 300°F.

In a bowl, combine all ingredients for the spice rub.

Sprinkle and press ¼ c. of rub on both sides of each rib rack. Put the racks meaty side up, on a broiling pan. Lightly season ribs with salt and put them in the oven. After the first hour rotate the pan every 30 minutes. The ribs should be tender after about 2 hours.

In a medium saucepan over medium heat, bring soy sauce, sugar, rice vinegar, ginger and sesame oil to a simmer stirring occasionally. Remove from heat and let cool to room temperature.

When the ribs are tender, slice into individual ribs and drizzle dipping sauce over the ribs and garnish with sliced scallions.

Each rack of spareribs serves 6

FEATURED



From the kitchen of: *Jody Kerr*

Grandma Betsy’s Meatloaf

Ingredients

- 1½ lbs. ground beef
- 5 strips bacon, cooked and crumbled
- 1 egg, beaten
- 3 tbsp. chopped onion
- 15 oz. chopped or stewed tomatoes
- 1 c. bread crumbs
- salt and pepper to taste

Directions

Pre-heat oven to 450°F.

In a bowl, combine ground beef, crumbled bacon, beaten egg, chopped onion, canned tomatoes and bread crumbs.

Spice with salt and pepper as desired.

Shape and place into a loaf pan. Bake for 15 minutes.

Remove from oven, pour off any accumulated fat. Reduce temperature to 350°F and continue baking for 1 hour.

Serves 6

“*M*y mother served this to our family of eight throughout our childhood, then continued serving it with love to her 13 grandchildren. [My student] looks forward to this hearty comfort food each time we visit Grandma Betsy, and she often arrives at our house with a pre-made meatloaf or two to satisfy the whole family.” – Jody Kerr

From the kitchen of: *Stacy Bernstein*

Pasta Puttanesca

Ingredients

- 1 lb. pasta
- ¼ c. extra virgin olive oil
- ½ medium red onion (or small whole sweet one)
- 1 can flat anchovies
- 3 cloves garlic (thinly sliced)
- 2 tsp. red chile flakes
- 2 tbsp. Kosher salt
- Parmigiano Reggiano cheese grated
- 1 bunch fresh parsley, coarsely chopped
- 28 oz. can peeled tomatoes
- 2 tsp. capers
- Handful pitted Gaeta olives or Greek olives

Directions

In a saucepan over medium heat, add the extra virgin olive oil and the red chopped onion.

Coarsely chop the anchovies and add to the pan. Add the garlic and stir to combine. Add red chile flakes, capers and olives and stir. Add the canned tomatoes (remove the stems first and break up with your hands) without the liquid and season all with salt to taste. Stir and simmer to reduce while pasta cooks.

Bring 6 quarts water to a boil in a large pot with kosher salt. Add pasta. Cook for one minute less than indicated on package, strain and add to sauce pan. Toss until pasta is coated with sauce.

Add parsley. Drizzle with more olive oil. Turn off heat. Serve the pasta immediately. Finish with the grated cheese.

Serves 5

From the kitchen of: *Kristine Westerheide*

Homestyle Chicken Enchiladas

Filling:

- 1 large onion
- 8 oz. cream cheese
- 2 tbsp. water
- 1 tbsp. ground cumin
- ½ tsp. pepper
- 1 tsp. salt
- 1 c. shredded cheese
- 4 c. cooked chicken
- 12 flour tortillas

Sauce:

- 10 oz. cream of chicken soup
- 8 oz. sour cream
- 1 c. milk
- 2 tbsp. diced jalapeños
- 1 c. shredded cheese

Directions

Preheat oven to 350°F.

Sauté diced onions in a skillet with a tablespoon of water on low until softened.

In a bowl, use a hand mixer to blend cream cheese, water, cumin, pepper and salt. Add cooled onions, chicken and cheese. Blend until smooth.

For the sauce: blend soup, milk, sour cream and jalapeños. Pour over tortillas.

Spread out tortillas and evenly divide filling among each, roll up and place in a greased casserole dish.

Bake covered with foil for 30-45min until bubbly. Remove foil, add remaining shredded cheese and bake until golden.

Serves 10–12

From the kitchen of: *Lisa Bartmann*

Italian Pork Loin and Spaghetti Bolognese

- Ingredients**
- 3 lbs. tied pork loin
 - 3 garlic cloves, slivered
 - Salt and pepper
 - Olive oil
 - Sage
 - Fresh sprigs rosemary
 - 3 large can Hunts pasta sauce
 - 1 small can tomato paste
 - 1 large can diced tomatoes
 - Large onion, diced
 - 1½ lbs. ground beef
 - Italian seasoning
 - Medium carrot

Directions

Preheat oven to 350°F.

Pierce pork loin with paring knife into slits and stuff with garlic slivers.

Brush olive oil, on entire roast and season with salt and pepper. Rub sage on roast and place sprigs of rosemary in strings. Cook for approximately 2 hours or until internal temp reaches 165°F. Remove from oven, let sit for 10 minutes and slice.

Meanwhile, in a large pot add 3 tbsp. olive oil and chopped onions to 1½ lbs. ground beef. Brown beef and add pasta sauce, tomato paste and diced tomatoes.

Grate carrot into sauce. Season with plenty of Italian spices, salt and pepper. Let boil for 10 minutes. Remove from heat. Let cool completely. Place on simmer for a 30 minutes. Serve as a side dish with angel hair or any preferred pasta.

Serves 8

From the kitchen of: *Linda Davis*

Peanut Butter Chicken

- Ingredients**
- 4 chicken breasts (boneless/skinless), cut into chunks
 - 1 tbsp. sherry
 - 3 tbsp. soy sauce
 - ⅓ cup chicken stock
 - 1+ tbsp. soy sauce
 - 1 tsp. chili sauce
 - 2 tbsp. peanut oil
 - 4 tbsp. minced garlic
 - Cornstarch
 - About two spoonfuls of smooth peanut butter
 - Rice, cooked
 - Fresh basil (optional)

Directions

Add peanut oil to a wok and bring to medium heat.

Add garlic and stir-fry for 30 seconds, then add chicken and sauté until browned – 3 or 4 min. Remove chicken temporarily and set aside in warm place.

Add chicken stock, soy sauce and chili sauce. Mix, then add a couple of pinches of cornstarch, a little at a time. Stir, then add peanut butter, a spoonful at a time (2 works for us!)

Stir and reduce for a minute or so, just until the sauce is a nice thickness for serving. Add chicken back into the wok and stir well so that chicken is coated.

Turn off heat and throw in a big handful of fresh basil leaves. Cover wok and let sit for just a few minutes. Serve over rice.

Serves



FEATURED

From the kitchen of: *Kim Maloof*

Ma's Chicken Fricassee

- Ingredients**
- 4 lbs. chicken cut up into 8-10 pieces
 - Salt and pepper
 - 4 tbsp. of unsalted butter, divided
 - 1 tbsp. olive oil
 - 3 cloves of minced garlic
 - 1 med yellow onion, diced
 - 2 carrots, diced
 - 2 stalks of celery, diced
 - 8 oz. cremini mushrooms
 - 2 tbsp. flour
 - ⅔ c. dry white wine
 - 4 c. chicken broth
 - 3 sprigs fresh parsley
 - 3 sprigs fresh thyme
 - 1 bay leaf
 - 2 large egg yolks
 - ½ c. heavy cream
 - ¼ c. fresh tarragon sprigs
 - 2 tbsp. fresh lemon juice
 - Cooked, buttered egg noodles

Directions

Season chicken with salt and pepper. Preheat a dutch oven with half the butter and olive oil. In a single layer, place skin side first. Brown about 10 minutes then transfer to a dish. Do in batches, do not overcrowd chicken.

Add onion, celery and carrots to the pot, scraping any brown bits. Sauté garlic until softened, 8-10 minutes. Add mushrooms, stirring occasionally, until the mushrooms darken, about 5 minutes. Stir in flour and cook until flour is absorbed by vegetables, about 1 minute. Add wine to the pot and bring to a boil, stirring until liquid thickens. Add chicken broth. Place chicken skin side up, in a single layer.

Tie parsley, thyme and bay leaf together with twine and add to pot. Cover partially and cook until chicken is done, about 25-30 minutes. Thickest part of chicken should register 165°. Set chicken aside. Simmer remaining broth about 5 minutes. In a medium bowl whisk together egg yolks and cream. Whisking constantly, pour ½ cup of cooking liquid, a little at a time. Once finished, pour egg mixture into the pot. Return chicken to the pot, add tarragon, lemon juice and remaining butter. Bring to a simmer and serve over buttered egg noodles.

Serves 8

“This is the dish that [my son] asked me to make for his last dinner before leaving for CU. It's one of his favorite dishes, especially during the fall and winter months. It's flavorful and what we like to call our comfort food.” - Kim Maloof



FEATURED

From the kitchen of: *Michelle Beeson*

Mexican Chicken Casserole

- Ingredients**
- 8 boneless, skinless chicken breasts
 - 2 cans cream of mushroom soup
 - 2 cans cream of chicken soup
 - 2 cans Rotel tomatoes
 - 1 c. chicken broth
 - 2 medium yellow onions, chopped
 - 1 tbsp. olive oil
 - 2 large bag nacho cheese flavored Doritos
 - 8 oz. shredded cheddar cheese

Directions

Pre-heat oven to 350°F.

Boil chicken until cooked through. If using leftover turkey, skip this step and go straight to chopping.

Let cool to touch and chop into ½-inch pieces.

Sauté onion in olive oil until translucent. Combine with soups, tomatoes and broth.

Using two 9x13 casserole dishes, layer Doritos, chicken and soup mix. Repeat. Top with extra Doritos and cheese.

Bake for 30 minutes.

For just one casserole dish, halve the recipe.

Serves 8

“*This is one of [my student's] favorite dishes that. It's a great way to use turkey that's leftover from Thanksgiving or Christmas and the Doritos give it a nice crunch.*”- Michelle Beeson

From the kitchen of: *Kristen Lumis*

Chicken Curry

- Ingredients**
- 2 tbsp. butter
 - 1 tbsp. olive oil
 - 2½ tsp. cumin
 - 1 tsp. cinammon
 - ½ tsp. turmeric
 - 2 large white onions, chopped
 - 2½-inch piece of ginger, grated
 - 6 cloves crushed garlic
 - 2 seeded jalapeños
 - Salt to taste
 - 14½ oz. can chopped tomatoes
 - 2 tbsp. tomato paste
 - 3 tbsp. plain yogurt
 - 2 lbs. chicken breast, sliced into strips
 - 3 tbsp. sliced almonds
 - 1 tsp. Garam Masala
 - Pinch of cayenne

Directions

Melt the butter in a large dutch oven over medium heat. Add onions, cinnamon and 1 tsp. cumin. Cook, stirring occasionally, 15-20 minutes.

Smash ginger, garlic and peppers, with a pinch of salt, together with a mortar and pestle or lightly combine them in a food processor. You're aiming for a coarse paste.

Add mixture to the onions and cook for 2 minutes. Add tomatoes and stir. Cook another 2-3 minutes. Add tomato paste, remaining cumin and turmeric. Stir to combine.

Slowly whisk in yogurt. When sauce begins to bubble, add chicken.

Lower the heat, put the lid on the dutch oven and gently cook for 30 minutes, or until chicken is cooked through.

Add almonds, garam masala and cayenne. Cook for 5 more minutes. Serve with rice, naan and plain yogurt.

Serves 4

From the kitchen of: *Meredith von Tscharnier*

Chi Chi's Chicken Puffed Pastry

- Ingredients:**
- 2 lbs. chicken cutlets
 - 6 shallots, finely diced
 - 3 tbsp. butter
 - 8 oz. heavy cream
 - 8 oz. Chardonnay
 - Salt and pepper to taste
 - 2 packages of puffed pastry shells

Directions

Preheat the oven to 425°F. Bake puffed pastry according to package.

Cook chicken cutlets on medium heat and set aside on a heated plate.

Keep the same pan on medium heat, put butter and shallots in and then when they start to cook deglaze the pan with the wine, scraping up the brown bits from the chicken from the pan. Pour the cream in and reduce the heat until the sauce thickens, about 15 minutes. Add salt and pepper to taste. Adjust the cream, wine or butter if you want a more rich sauce. Return the warm chicken to the pan. Remove the shells from the oven, pull the tops off and fill with the chicken mixture. Overfill and let the sauce spill over.

Serves 8

From the kitchen of: *KC Erredge*

Tater Tot Hot Dish

- Ingredients**
- 2 lbs. hamburger
 - ½ c. onion, chopped
 - 10 oz. can cream of mushroom soup
 - 10 oz. can cream of chicken soup
 - 32 oz. bag frozen tater tots
 - ¾ c. frozen peas and carrots
 - ¾ c. frozen corn
 - ¼ c. water

Directions

Preheat oven to 350°F.

In large pan, brown hamburger and onions. Drain grease.

Add frozen vegetables, soup, and water to hamburger and onions and stir until warmed.

Spray a deep 9x12 baking dish with non-stick spray.

Place a single layer of tater tots on the bottom. Place meat mixture on top and cover with remaining tater tots.

Cover and bake for 40 minutes.

Remove cover and continue baking for another 15–20 minutes, until tater tots are brown and hot dish is bubbly.

Serves 8

From the kitchen of: *Karleen Featherly-Underbill*

The Casserole

- Ingredients**
- 2 c. dry elbow macaroni, cooked
 - 2 cans 10 oz. condensed tomato soup
 - 1 lb. ground beef or turkey
 - 3 slices of American cheese singles.
 - ¼ c. chopped onions
 - 1 tsp. Italian seasoning

Directions

Pre-heat oven to 350°F.

Bring 8 cups of water to a rolling boil, add two cups dry elbow macaroni. Reduce heat, boil until tender.

Brown ground beef or turkey with chopped onions and Italian seasoning until no pink remains.

In a casserole dish, stir together drained meat mixture and tomato soup. Stir in the cooked, drained, elbow macaroni. Top with the American cheese slices.

Bake until the cheese is melted and the casserole is heated through.

Serves 6



FEATURED

From the kitchen of: *Diane Moran*

Zesty Baked Lasagne

- Ingredients**
- 1 lb. ground beef
 - 1 23 oz. jar spaghetti sauce
 - 12 lasagna noodles
 - 24 oz. cottage cheese
 - 1 tsp. dried parsley
 - 1 lb. shredded mozzarella cheese.

Directions

Preheat oven to 350°F.

Cook noodles according to package instructions. Rinse noodles in cool water so they can be comfortably handled without burning hands.

Brown ground beef in large skillet over medium heat. Turn down heat. Remove any excess fat from pan. Stir spaghetti sauce into cooked ground beef. Warm sauce over med-low heat.

In a large bowl, mix together cottage cheese, mozzarella cheese and parsley.

Spoon ⅓ of meat sauce into bottom of pan. Spread evenly. Layer 4 lasagna noodles over top. Spread with ½ of cheese mixture. Layer 4 more lasagna noodles. Spread with ⅓ of meat sauce. Layer last 4 lasagna noodles. Spread remaining ½ of cheese mixture on top. Spread remaining meat sauce over top of cheese mixture.

Bake uncovered for 45–55 minutes or until top is bubbly. Remove from oven. Let stand for 10–15 minutes to allow layers to set.

Serves 12

“We live on a cattle ranch, so I am always finding new recipes that utilizes our home raised beef. This recipe has been a family favorite for many years and is often requested by [my student].”
- Diane Moran



FEATURED

From the kitchen of: *Zoe Forsyth*

Sausage Noodles

Ingredients

- 24 oz. rotelle pasta, uncooked
- 8 Italian sausage links
- 1½ c. pesto sauce
- 6 c. broccoli, fresh or frozen
- 15 oz. can whole kernel sweet niblets corn
- ⅓ c. parmesan cheese

Directions

Pre-heat oven to 350°F.

Remove skin from sausages and bake until well cooked, approximately 45 minutes.

Cut into slices about ¼-inch thick.

Cook pasta as directed, drain.

Steam broccoli florets until somewhat soft but not mushy.

Heat corn to a simmer, then drain.

Combine cooked pasta, sausage slices, cooked broccoli and heated corn with pesto sauce, stirring gently until blended.

Sprinkle with parmesan cheese before serving.

Serves 8

“**G**rowing up, [my student] and his twin siblings always loved this meal. Now that they are all away at college I look forward to making it when they are home for the holidays, and we all are once again gathered around the table. For us, it is the taste of togetherness, family, and happy times at home.”- Zoe Forsyth

From the kitchen of: *Meredith von Tscharner*

Chi Chi's Chicken Puffed Pastry

Ingredients:

- 2 lbs. chicken cutlets
- 6 shallots, finely diced
- 3 tbsp. butter
- 8 oz. heavy cream
- 8 oz. Chardonnay
- Salt and pepper to taste
- 2 packages of puffed pastry shells

Directions

Preheat the oven to 425°F. Bake puffed pastry according to package.

Cook chicken cutlets on medium heat and set aside on a heated plate.

Keep the same pan on medium heat, put butter and shallots in and then when they start to cook deglaze the pan with the wine, scraping up the brown bits from the chicken from the pan. Pour the cream in and reduce the heat until the sauce thickens, about 15 minutes. Add salt and pepper to taste. Adjust the cream, wine or butter if you want a more rich sauce. Return the warm chicken to the pan.

Remove the shells from the oven, pull the tops off and fill with the chicken mixture. Overfill and let the sauce spill over.

Serves 8.

From the kitchen of: *Maria Rauba*

Marinated Chicken Breasts in Pepper Sauce

Ingredients

- ½ c. olive oil
- ½ c. minced fresh basil
- 3 tbsp. fresh lemon juice
- 1 tbsp. crushed red pepper flakes
- 2 tsp. minced garlic
- 2 lb. boneless chicken breast
- 3 tbsp. unsalted butter
- 1 medium red bell pepper, cut into julienne strips
- 1 medium yellow bell pepper, cut into julienne strips
- ½ c. dry white wine (optional)
- ½ c. chicken broth
- 2 c. heavy cream
- 1 c. sliced mushrooms
- 2 tbsp. unsalted butter
- ½ tsp. salt
- ¾ c. freshly grated Parmesan cheese
- ¼ c. minced fresh basil
- 12 oz. spinach fettucine, cooked al dente and drained

Directions

In shallow dish, mix marinade ingredients. Add chicken, turning to coat. Cover and refrigerate overnight.

In large skillet, melt 3 tbsp. butter and saute peppers for 2 minutes. Remove peppers; reserve. Stir in wine and chicken broth. Increase heat to high and boil until sauce is reduced to 2 tablespoons, about 5 minutes. Add cream and cook until sauce is reduced by half, about 4 minutes.

In another skillet, saute mushrooms in 2 tbsp. butter over medium-high heat until slightly browned. Add peppers, cream sauce and salt. Drain chicken, discarding marinade.

Broil chicken 4 inches from heat, turning once, cooking until tender and juices run clear. (Chicken may also be grilled.) Discard skin and cut chicken into ½ inch strips.

Stir Parmesan and ¼ cup basil into heated pepper sauce. On heated platter, arrange chicken attractively on top of warm fettucine and pour sauce over top to cover. Serve immediately.

From the kitchen of: *Carrie Acree*

Chicken Poppyseed Casserole

Ingredients

- 4 chicken breasts or one chicken cooked and diced
- 2 cans cream of chicken soup
- 1 pint sour cream
- Ritz Crackers (or other butter cracker like Club)
- 2 tbsp. poppy seeds
- Salt and pepper
- 4 tbsp. butter

Directions

Pre-heat oven to 350°F. Mix cooked chicken, soup, sour cream, poppy seeds and seasonings in a bowl. Line Casserole dish with crackers. Pour in chicken mixture. Top with more crackers. Melt butter and pour over the top. Bake for 30 minutes until heated through and bubbly.

Serves 8.

FEATURED

“My daughter loves the flavors of this recipe and how fun it is to eat. It is very flavorful without being too spicy.” -Vicki Drury



From the kitchen of: *Vicki Drury*

Albondigas with Ancho Chili Sauce

Ingredients

Albondigas:

- 1 poblano chile
- 1 white onion (chopped)
- 2 cloves garlic
- ½ c. (packed) arugula leaves
- ½ cup (packed) cilantro leaves
- ½ cup crushed tortilla chips
- ¼ cup milk
- 2 eggs
- 4 oz. cojita cheese (crumbled)
- 1 lb. ground beef
- 1 lb. ground pork

Chile Sauce

- 4 dried ancho chiles, seeds removed
- 1 small white onion, chopped
- 2 garlic cloves
- 1 tsp. cumin
- 2 c. chicken broth
- 2 tbsp. olive oil

Directions

On stovetop, char poblano chile, turning occasionally, until charred and blistered all over (6-8 minutes). Place in bowl with plastic wrap and let steam for 10 minutes. Remove skin and seeds

Pulse the chile, onion, garlic, arugula and cilantro in food processor until finely chopped.

Combine tortilla chips and milk in bowl and let stand until the chips are softened.

In a large bowl, mix poblano mixture, chips, cojita cheese and ground meats. Form into 1-2 inch balls and refrigerate for 4 hours.

Place dried chiles in a bowl and add boiling water to cover, let soften for 15 minutes. Drain and puree with onion, garlic, cumin, broth and oil. Season with salt and pepper.

Heat oil in nonstick skillet. Working in batches, brown meatballs for 8-10 minutes. Meanwhile, heat sauce in large stock pot. Transfer meatballs into sauce. Cook for 15-20 minutes

Serve with fresh cilantro, sour cream, limes, crumbled cojita cheese and rice. Serves 8.



FEATURED

From the kitchen of: *Carmen Parker*

Chicken and Noodles

Ingredients

- 1 whole roasted chicken w/ drippings (Rotisserie chicken can be used)
- 6 c. chicken stock
- 1 pkg. Grandma's frozen egg noodles (thawed and separated)
- 1 medium onion diced
- 3 ribs celery diced
- 4 large garlic cloves diced
- salt and pepper to taste
- 3 tbs. olive oil

Directions

Shred chicken and set aside.

In large pot, heat olive oil, add onion celery and garlic. Cook until translucent and aromatic.

Add chicken stock, shredded chicken, any pan drippings and egg noodles. Bring to a boil.

Reduce heat, simmer 60-90 minutes.

Salt and pepper to taste.

Noodles should be soft and stock mostly absorbed.

“Mamma Sue introduced this meal to me Christmas Eve 1987 when I first moved to Colorado. [My son] asks for it whenever he's feeling a little overwhelmed. It's the perfect meal for those crisp cold autumn and winter eves. We tuck up in front of the fire with a bowl and some fresh, warm buttered bread, talk about our day, watch a movie or just listen to the crackle of the fire and watch the snow fall. It's quick and simple to prepare, the house smells wonderful when it's bubbling away on the stove. This is the ultimate in comfort food and [my son's] favorite taste of home.”

- Carmen Parker

From the kitchen of: *Christine Pena*

Chicken Mole and Beans

Ingredients

- 6 Chicken breasts
- 6 red chili pepper pods or chili powder
- Flour
- 1 garlic clove
- 1 lb. of pinto beans
- 3 jalapeños
- 4 strips of bacon
- Tortillas
- Salt and pepper

Directions

Start with beans by soaking them overnight in water. The next day, put the beans in a crockpot with chopped jalapeños and bacon cut into small pieces. Add about a teaspoon of pepper and set on low and cook for 8 hours.

After the beans are ready, boil enough water to cook 6 chicken breasts. After the water has started to boil, add chicken breasts and boil until cooked. When chicken breasts are ready, take them out of the water and shred the meat.

Take another pot and boil about 3-4 cups of water, then when boiling, add chili pods. Boil for about 10 minutes, then remove stems from chili pods and add the pods and the water you used to boil them with to a blender. Add 1 garlic clove and blend until done. If you do not want to use chili pods, you can substitute with red chili powder.

Get a pan ready with cooking oil and heat on stove on low-medium heat. When pan is hot, add chicken meat and fry for a couple of minutes. Then add about 5 tablespoons of flour to the pan, coating the chicken. You will then add the chili pod water to the pan with a strainer while stirring the meat to prevent clumping of the flour. Add salt and pepper to taste and let simmer on low for about 20 minutes.

When sauce has thickened, you are done. Serve tortillas with your chicken mole and hot beans dinner.

From the kitchen of: *Sheri Bishop-Cotner*

Gluten Free Meatloaf (or Meatballs)

Ingredients:

- 1 lb. gluten free pork sausage
- 1 lb. gluten free hamburger
- 1-½ c. gluten free bread crumbs
- 1 large pepper - puree
- 1/2 large onion - puree
- 1 egg
- 1 tbsp. Worchester sauce
- 1 tbsp. Italian seasoning
- ½ tsp. pepper

Directions

Preheat the oven to 400°F.

In a large bowl, mix all ingredients thoroughly. Roll into medium-sized meatballs or shape into a loaf.

Bake for 35 minutes for meatballs or 45 minutes for meatloaf.

From the kitchen of: *Toswiyah Horne*

Roast Pernil

Ingredients

- 9 -11 lbs. pork shoulder
- 4-5 tbsp. of Goya Adobo
- 4 packets of Goya ham flavored concentrate
- 1 c. Goya light olive oil
- 1-2 tsp. of fresh crushed black pepper

Directions

Have your butcher fillet the pork shoulder from around the bone, keeping the bone attached if possible. Have the skin removed from the pork in one solid piece. Seasoning process should be done 2-3 days before cooking to maximize the flavor.

In a bowl mix together the adobo, ham seasoning, pepper and olive oil until it is the consistency of a lose paste. Unfold the pork and rub the paste mixture all over the pork making sure you season all portions as thoroughly as possible. Also season the top and bottom the skin. Fold the meat around the bone as it originally looked, wrap the skin fat side down around the pork. Wrap the pork tightly in aluminum foil and then a plastic bag tied tightly around the pork. Marinate in the refrigerator 2-3 days prior to cooking.

Day of cooking remove pork from refrigerator and let stand 1-2 hours. Preheat oven to 375°degrees. Remove the pork from the wrapping and place n a heavy duty aluminum roasting pan skin side up. Cover the pan with heavy duty aluminum foil and cook the pork for 2-3 hours and 375 degrees.

Remove the foil carefully to keep skin in tacked especially if it has begun to stick to the foil. Increase the over temperature to 400°F and cook another 1-2 hrs until the skin is crispy and golden brown. To increase skin crispiness you can baste the skin with the drippings from the pork every 10-15 minutes. Remove pork and let stand for 20-25 minutes before cutting.

Serves 8-10

From the kitchen of: *Sarah Ridley*

Chicken Parmigiana

Ingredients

- 8 skinned and boned chicken breast halves
- 1 c. italian-seasoned breadcrumbs
- 1 c. grated parmesan cheese
- 2 large eggs, lightly beaten
- 4 tablespoons butter or margarine
- 2 (14 oz.) jar spaghetti sauce (about 4 c.)
- 2 cups (8 oz.) shredded mozzarella cheese

Directions

Place chicken between two sheets of heavy duty plastic wrap, and flatten to ¼ inch thickness, using a meat mallet or rolling pin.

Combine breadcrumbs and parmesan cheese. Dip chicken in beaten egg; dredge in breadcrumb mixture. Melt butter in two large skillets; add chicken and brown on each side over medium-high heat.

Arrange chicken in two lightly greased 11 x 7x 1½ inch baking dish. Pour spaghetti sauce over chicken and sprinkle with mozzarella cheese. Cover with foil and bake at 375°F for 20 minutes or until thoroughly heated.

Serves 8.

From the kitchen of: *Toni Sarno*

Turkey cutlets

Ingredients

- 2 ½ lbs. turkey cutlets (usually 2 packages, pound thin)
- 6 eggs
- 15 oz. Progresso bread crumbs
- Italian seasoning
- Garlic salt
- Parsley
- Black pepper
- Crushed red pepper flakes
- Extra virgin light olive oil

Directions

First prepare raw cutlets by placing them in between two pieces of wax paper. Use a mallet to pound each cutlet to a thin portion; to not waste any meat, cut the cutlets where meat is thin after pounding to separate into sizes of thin cutlets.

In a bowl scramble eggs and season egg mixture with 1 tsp. of garlic salt and 1 tbsp. of black pepper. Set aside. In another bowl combine bread crumbs, 1½ tbsp. of garlic salt, 1½ tbsp. of black pepper, 1 tbsp. of dried parsley, 2 tbsp. of Italian seasoning.

Dip each cutlet into the egg mixture first and then transfer to bread crumbs one by one, covering each side of the cutlet with the bread crumbs. Make sure that each cutlet is covered with egg mixture and bread crumbs entirely. Place in a plate until all cutlets are breaded.

Heat ¾ c. of olive oil in a fry pan skillet and add ½ tsp. of red pepper flakes to the oil. Fry each cutlet and cook both sides until golden brown. Place cooked cutlets on paper towel to absorb any excess oil. Cook several batches of cutlets until all are cooked before adding more to the oil. Continue to cover cooled layers of cutlets with paper towels and stack with another plate of cutlets. The weight helps absorb the oil.

You should change the oil when making large batches of cutlets. One package of cutlets to ¾ cup of olive oil with red pepper flakes each frying session.

Serves about 8.

From the kitchen of: *Terri Porter*

Meat Lover's and Get Your Veggies on Loaf

Ingredients:

- 1 lb. ground chuck or chicken
- 1 lb. hot sausage
- 2 eggs
- 1 c. oatmeal
- 2 garlic cloves
- 1 tbsp. worcestershire
- ¾ c. grated gruyere
- 2 c. broccoli
- 2 c. cauliflower
- 2 c. brussel sprouts
- 1 red pepper

Directions

Roast fresh veggies at 450°F until crispy or char frozen veggies on stovetop - let cool.

Lightly mix meats with oatmeal and worcestershire, beat eggs and add to meat mix.

Dump half of the veggies in a food processor and chop fine, then add to meat mix. Add other half of un-processed veggies into meat mix, add ½ c. gruyere to meat mix and mix altogether.

Load into 10x4 loaf pan or spread into cake pan, sprinkle with remaining cheese.

Cook at 375° for 50 minutes or until internal temperature is 160°F.

From the kitchen of: *Jill Atkinson*

Dorito Casserole

Ingredients

- 2 lbs. ground turkey or beef
- 32 oz. can tomato sauce
- 1 package taco seasoning mix
- 16 oz. container of sour cream (I use non-fat)
- 16 oz. package shredded cheese (cheddar or Mexican blend)- use 32 oz. bag if you like extra cheese
- Bag of Doritos (Nacho Cheese or Ranch), crushed

Directions

Preheat oven to 350°F.

In large saucepan, cook ground meat and drain the fat. Add tomato sauce and taco seasoning and cook through. If sauce is too thick, add a little water.

Grease a 9x13 casserole dish. Pour half of the meat sauce in casserole dish. Top meat sauce with about 6-8 small scoops of sour cream (half the container). Cover with crushed Doritos (about 1½ cups) and sprinkle with half of the cheese. For second layer, add remaining meat sauce, dollops of sour cream, add rest of shredded cheese and then finish with crushed Doritos. Cover with foil and bake for 30 minutes.

Remove foil and bake until edges of casserole are bubbly, about 10 minutes.

If desired, before serving top casserole with additional dollops of sour cream and chopped green onions.

Serves 8-10.

From the kitchen of: *Patty Ackerman*

Beef Noodle Bake

Ingredients:

- 1 (8 oz.) package medium wide egg noodles
- 1 lb. lean ground beef
- 1 tbsp. butter
- 1 tsp. salt
- ⅛ tsp. ground black pepper
- ¼ garic salt
- 1 (8 oz.) can tomato sauce
- 1 c. cream-style cottage cheese
- 1 c. sour cream
- 1 c. chopped green onions
- 1 cup sharp cheddar cheese.

Directions

Preheat oven to 350°F. Cook noodles in boling salted water until almost al dente. Rinse in cold water, drain in colander. Combine cottage cheese, sour cream, green onions and cooked noodles.

Brown beef in butter over medium heat and discard grease. add salt, pepper, garlic salt and tomato sauce, simmer 5 minutes.

Alternate layers of noodle mixture and meat mixture in a greased 2 quart casserole, beginning with noodles and ending with meat. Top with shredded cheese. Bake 20–25 minutes or until cheese is melted and bubbly.

Can also be put in a 300°F oven for an hour to make the house smell wonderful!

From the kitchen of: *Joe "The Commish" Sandoval*

Puerco En Salsa Verda A La Commish

Ingredients

- 4 lbs. pork butt
- 1 green bell pepper
- 1 yellow bell pepper
- 1 orange bell pepper
- 4 large tomatoes
- 1 large brown onion
- 2 bunches of green onions
- 1 bunch of cilantro
- 8 fresh basil leaves
- 1 whole garlic clove
- 4 tbsp. salt
- 2 tbsp. pepper
- 4 tbsp. garlic powder
- 2 Las Palmas 28 oz. cans of green chile enchilada sauce (medium)

Directions

Cut pork into 2-inch cubes and place in large pot of water to boil for a half hour.

Take garlic gloves apart and mince them. Add salt, pepper, garlic powder and minced garlic clove.

Once pork is completely cooked turn down burner to minimum on the stove and let it keep cooking. Cut all bell peppers into one inch squares and place in a large glass bowl. Cut the large brown onion into one inch squares and place in the bowl with the bell peppers. Cut the tomatoes into one inch squares and place in a separate glass bowl. Cut green onions into three two inch sections and place in the bowl with the tomatoes. Pick cilantro leaves one at a time until you have a nice big hand full and put with the green onions and tomatoes. Cut basil leaves into thin ⅛-inch strips and then cut those strips at a 90 degree angle making tiny ¼-inch inch squares and put those with the green onions and tomatoes.

Turn on full heat again and bring pork butt water until it is boiling again. Now add all the bell peppers and let boil for 3 minutes. Drain all the water and contents of the pot into a strainer and then put everything back into the pot and quickly add the 2 cans of green enchilada sauce. Bring to a boil and now add the green onions, tomatoes, cilantro and basil squares and stir into everything. Turn off the heat and let sit for about 5 minutes.

Goes nice with flour tortillas heated and rolled up for dipping with fresh squeezed lemon.

From the kitchen of: *Cindy Schaer*

Rice and Ham Pie

Ingredients

- 1 lb. Virginia Ham, chopped
- 1 c. rice, cooked according to instructions
- ½ c. grated Parmesan cheese
- 5 eggs beaten
- ½ stick butter, diced
- Black pepper

Directions

Preheat oven to 350°F

Pour warm, cooked rice into a 9x13 pan, add cut up butter, stir until melted.

Add ham, cheese and pepper and eggs. Mix well and spread evenly with a spatula.

Bake 45 minutes to 1 hour. Let cool a bit and run a knife around the edges to loosen. Cut into 2x3 in squares.



FEATURED

From the kitchen of: *Lyn Cobb*

Honey-Glazed Salmon

Ingredients

- 1 tbsp. chopped fresh or 1 tsp. dried thyme
- 3 tbsp. honey
- 1 tbsp. Dijon mustard
- ½ tsp. salt
- ¼ tsp. ground red pepper
- 4 (6 oz.) salmon fillets (about an inch thick)
- Cooking spray
- Thyme sprigs (optional)
- Lemon wedges (optional)
- 4 lg. garlic cloves diced
- salt and pepper to taste
- 3 tbsp. olive oil

Directions

Preheat broiler.

Combine first 6 ingredients in a small bowl. Brush honey mixture over skinless side of fish. Place fish, coated sides up, on a broiler pan coated with cooking spray; cook 6 minutes or until desired degree of doneness.

Garnish with thyme and lemon if desired.

Serves 4

“I have made this recipe many times over the years, usually at [my student's] request! Not everybody loves salmon but the honey glaze makes even the "anti fish" people want to try it!" - Lyn Cobb

From the kitchen of: *Sarah Bolin*

Maple-Ginger Salmon

Ingredients

- 3 lb. piece of salmon
- 2 tbsp. fresh ginger, grated
- 1 tbsp. minced garlic
- ½ tsp. pepper
- 1 c. maple syrup
- ½ c. soy sauce
- 1 bunch green onions

Directions

Preheat oven to 400°F

Combine ginger, garlic, pepper, maple syrup and soy in a small pot, bring contents to a low boil.

Simmer glaze for about 30 minutes to reduce by half.

Roughly chop the green onions and make a bed on a pan for the salmon. Place salmon on green onions and cover in the glaze (reserving some).

Bake for 20 minutes or until cooked to desired doneness.

Serve with remaining sauce and a few green onion pieces for color. Serves 6.

From the kitchen of: *Dawn Tiemann*

Crawfish Étouffée

Ingredients:

- 2 sticks butter
- 6 cloves garlic, medium chopped
- 2 green bell peppers, medium chopped
- 4 stalks celery, medium chopped
- 3 c. white onion, medium chopped
- ½ c. tomato paste
- 4 tbsp. all-purpose flour
- 2 lbs. crawfish tails. If frozen, wash the fat off the crawfish first. If fresh, leave the fat on.
- 1 tsp. chili powder
- 2 tbsp. fresh squeezed lemon juice
- 1 tsp. dry basil
- ½ tsp. dry thyme
- 2 c. water
- 2 tsp. salt
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper
- ¼ tsp. liquid crab boil
- ½ c. parsley, finely chopped

Directions

Melt the butter on medium heat.

Add garlic, bell pepper, celery and onion and saute until translucent.

Add tomato paste and flour and cook down stirring constantly to a dark red roux, about 10 minutes.

Add crawfish, chili powder, lemon juice, basil, thyme and crab boil to the pot.

Add water, stir. Cover the pot, lower the fire, cook for 15 minutes.

Add salt, black and cayenne pepper and parsley. Stir well.

Cover the pot and cook for another 15–20 minutes.

Serve over cooked white rice.

Serves 8

From the kitchen of: *Anju Suri*

Paalak Paneer

- Ingredients**
- 2 tbsp. olive oil, divided
 - Bertolli Olive Oil Extra Virgin
 - 1 onion, diced
 - Onions Yellow/Brown
 - 6 cloves garlic, crushed
 - 2 tsp. ground coriander
 - 2 tsp. ground turmeric
 - 2 tsp. garam masala
 - 2 tsp. red pepper flakes
 - 2 tsp. curry powder
 - 2 tsp. ground cumin
 - 1 tsp. salt
 - 1 c. water
 - 2 (10 oz.) packages frozen chopped spinach, thawed and drained
 - 3 tomatoes, diced
 - 2 tbsp. grated fresh ginger root
 - 2 c. cubed paneer (Indian cheese)

Directions

Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir onion until slightly tender, about 5 minutes. Add garlic, coriander, turmeric, garam masala, red pepper flakes, curry powder, cumin, and salt; cook and stir until fragrant, about 1 minute.

Mix water, spinach, tomatoes, and ginger into the onion mixture; simmer for 20 minutes. Remove from heat and cool slightly, about 5 minutes.

Transfer spinach mixture to a blender and blend until smooth. Heat remaining 1 tablespoon olive oil in a skillet over medium heat; cook and stir paneer until lightly browned, about 5 minutes.

Stir pureed spinach mixture into skillet with paneer. Cook until heated through, 3 to 5 minutes.

Serve with Naan. Serves 6.

From the kitchen of: *Kiab Miller*

Lasagna Rolls

- Ingredients**
- 18 pieces of lasagna pasta (cooked al dente)
 - 9 Johnsonville sweet italian sausages (cooked through and cut in half width wise aka the same width as the pasta)
 - 18 pieces mozzarella cheese
 - 1½ jars favorite pasta sauce
 - Extra mozzarella for topping if desired
- Directions**
- Place 1 piece of mozzarella and 1 sausage half on the end of a piece of pasta and roll it up and place in a 9X13 baking dish (7 horizontally down each side and then 4 vertically up the middle for optimal space usage)
- Cover in pasta sauce making sure that all parts of the pasta have a solid coating of sauce (we don't want dry pasta bits!) (top with extra mozzarella if desired)
- Bake at 375°F for 35 minutes.
- Serves 9



From the kitchen of: *Sarah Rasmussen*

Sesame Noodles

- Ingredients**
- 1 lb. Linguine pasta
 - ⅓ c. sesame oil
 - 5 tbsp. soy sauce
 - 3 cloves garlic, finely chopped
 - 1¼ tsp. of chili oil
 - Salt and pepper to taste
 - ½ c. cilantro parsley,roughly chopped
- Directions**
- Cook the pasta until al dente. Drain and return to pot.
- Whisk together in a bowl all other ingredients except. the cilantro. Pour into pasta and toss it through with a tong, letting the pasta rest for a minute before tossing again. The extra oil will eventually drain to bottom.
- Noodles can be served at this time or can be put into the refrigerator and served cold the next day.
- Right before you serve, toss the chopped parsley through the pasta.
- Serves 8

“I have been making these Sesame Noodles for ages, but when fall football season starts, that is when they are made on a weekly basis for my son high school football team dinners. I originally made them for the group dinners, and then I started getting requests to make sure I sent a double batch for the following week's dinner. It has been hard to have [my son] away at Boulder, and fall football season just feels different when I don't have him home to enjoy his favorite dish. - Sarah Rasmussen



“This recipe is our son's favorite Puerto Rican home cooked meal. This meal is a delicious traditional Puerto Rican staple dish.”
- Denise Ramos-Laboy

From the kitchen of: *Denise Ramos-Laboy*

Puerto Rican "Arroz Blanco y Habichuelas Guisadas" (Rice and Beans)

- Ingredients**
- 2 tbsp. olive oil
 - 1 small onion, finely chopped
 - 1 jar (4 oz.) Fancy Red Pimientos, drained and finely chopped
 - ½ green bell pepper, finely chopped
 - 3 cloves garlic, finely chopped
 - ½ cup tomato sauce
 - 1 tbsp. cilantro
 - 1 tbsp. parsley
 - 1 tsp. whole oregano leaf
 - ½ tsp. coriander
 - 1 tsp. annatto
 - ¼ tsp. cumin
 - 2 cans (15½ oz. each) pink beans, drained
 - 2 Bay Leaves
 - “Adobo” all-purpose seasoning with pepper, to taste
 - 1 cup cubed squash (Kabocha or Autumn cup or “calabaza” or Acorn squash) or cubed potato,
 - 3 cups of water

- Optional: 1 cup cubed ham or summer sausage

Directions
Cook rice according to instructions on package.

Heat oil in medium saucepan over medium-high heat. Add onions, pimiento, green bell pepper and garlic. Cook, stirring occasionally, until onions are soft and translucent, 5-7 minutes.

If using ham or summer sausage sauté together.

Stir in tomato sauce and spices. Cook, stirring occasionally, until tomato mixture begins to boil, about 2 minutes more.

Stir in the squash or potato cubes about 5 minutes. Stir in beans and water; bring bean mixture to boil. Reduce heat to medium low.

Simmer, stirring occasionally, until the squash or potato cubes are soft and the bean mixture thickens, about 10 minutes.

Season with Adobo. Serve over rice.

From the kitchen of: *Shana Hoolihan*

Noodle Kugel Souffle

- Ingredients**
- 1 package 12 oz. medium egg noodles
 - ½ c. margarine, softened
 - ½ c. sugar
 - 1 c. cottage cheese
 - 2 cups sour cream
 - 2 tsp. vanilla
 - 5 eggs
 - ½ tsp. salt (optional)
 - Peeled/Cut apple slices (optional)
 - Cinnamon Sugar topping

Directions
Preheat oven to 350°F.

Cook noodles in boiling salted water for about 8 minutes. Drain and set aside.

In a large bowl, beat margarine and sugar together. Add cottage cheese, sour cream, salt and vanilla. Mix in eggs, one at a time, beating after each addition. Stir in cooked noodles (and apples if adding). Pour mixture into greased 13x9 inch baking dish. Sprinkle with cinnamon sugar. Bake 50 to 55 minutes. Let stand 5 minutes before cutting into squares.

Serves 12

From the kitchen of: *Pamela Ronald*

Pam & Raoul's Tofu Tortillas

- Ingredients:**
- 12 corn tortillas
 - 2 c. gruyère or cheddar cheese, grated
 - 2 garlic cloves, smashed and chopped
 - 1 tbsp. cumin
 - ½ tsp. chile flakes
 - 1 lb. firm tofu, grated
 - ¼ c. sunflower seeds
 - 3 tbsp. soy sauce
 - Serve with salsa, avocados, salad greens, and chopped tomatoes fresh from the farm.

Directions
Fry tortillas on both sides in olive oil. Sprinkle on grated cheese. Keep warm.

At the same time, in another pan, fry garlic with cumin and chile. Add grated tofu, sunflower seeds, and soy sauce. When brown, fill tortillas.

Serve with fresh salsa, avocados, greens, and chopped tomatoes.

From the kitchen of: *Ben Setterquist*

Amazing Green Beans

Ingredients

- 1 c. medium grain rice, uncooked
- 1 tsp. sesame oil
- 1 small bunch green onions, sliced thin
- 2 cloves garlic, crushed
- 1 lb. turkey
- 3 tbsp. chili garlic
- 4 tbsp. hoisin sauce
- 1 tsp. crushed ginger
- 1 lb. washed green beans
- 1 tsp. soy sauce
- 1 tsp. rice vinegar

Directions

Cook rice in salted water according to instructions on the package.

Meanwhile, heat a large skillet over high heat. Add sesame oil and sauté garlic and green onions for 2 minutes. Stir in ground turkey and sauté for 3-5 minutes until meat is mostly cooked. Crumble meat as much as possible.

Stir in chili garlic sauce, hoisin sauce, and ginger. Add green beans and soy sauce. Stir to coat and continue cooking for 7-9 minutes stirring often until beans are tender.

Stir in rice vinegar and cook a minute longer.

Serve over rice.

Serves 4

From the kitchen of: *Tammy Davis*

Squash Rolls

Ingredients

- 1 pkg. frozen squash, thawed
- ½ c. sugar
- 1 tsp. salt
- 1 c. milk
- 1 pkg. rapid rise yeast dissolved in ¼ c. warm water
- ½ c. shortening
- 5 c. flour

Directions

Add sugar and salt to thawed squash.

Heat milk to scalding; dissolve shortening in milk. Add to squash mix. Add yeast, about half the flour, and beat until smooth. Add enough more flour to knead.

Knead until smooth and satiny. Place in greased bowl. Cover and let rise until doubled.

Punch down and cut off pieces with serrated knife to form into small rolls.

Place on greased pan, cover, and let rise again.

Bake at 375°F until lightly browned. Remove from baking sheet and butter the tops while still warm. Makes 2 dozen rolls.



“This is [my son's] absolute favorite side dish to eat with anything! The ultimate comfort food for him, hands down. I developed the recipe when trying to veer him away from fries. He was talking about these spuds at Family Weekend being his first must-have dish as soon as he arrives home.”
- Toby Ellen Sarna

From the kitchen of: *Toby Ellen Sarna*

Best Ever Crispy Roast Potatoes

Ingredients

- 4 lbs. Yukon gold potatoes
- 1 tbsp. salt for cooking water
- 4 tbsp. ghee
- 4 tbsp. olive oil
- 2 tsp. black pepper
- 2 tsp. kosher salt
- 1 tsp. roasted garlic powder
- 1 tsp. paprika
- 1 tsp. smoked paprika

Directions

Preheat the over to 450°F degrees.

Line 2 sheet pans with parchment paper
Wash potatoes thoroughly and cut into about quarters.

Place potatoes in fresh cool water with salt and bring to a boil, then reduce to a brisk simmer for 12 minutes. Drain thoroughly and return to the pan on a hot burner to evaporate any remaining moisture, tossing with a spatula to ‘rough up’ the potato pieces.

Add the ghee and olive oil, tossing to mix. Add the ground pepper, salt, roasted garlic powder and paprika and toss to combine. Don’t worry if the potatoe piece edges look soft.

Move the potatoes 2 parchment-lined cookie sheets and spread evenly, so the potato pieces are exposed and in a single layer. Sprinkle the smoked paprika evenly.

Roast for 15 minutes, turn and continue cooking for another 15 minutes until the edges are browned and crispy.

Serves 8



FEATURED

From the kitchen of: *Jeff Yamada*

Ed Yamada's Fried Rice

Ingredients

- 5 c. uncooked medium-grain Japanese white rice
- 6-8 strips bacon
- 2 small yellow onions
- 2 lop cheong sausages (also called Kam Yen Jan Chinese Style Sausage)
- 1 medium stalk celery
- 2-3 tbsp. soy sauce
- 2-3 tbsp. oyster sauce
- 3-4 eggs (optional)
- 3 green onions

Directions

Cook rice according to instructions on package.

Meanwhile, cut bacon into ¼-inch strips. Dice onion and celery. Cut lop cheong in half lengthwise, and then slice into semi-circles smaller than ¼ inch. Slice green onions for garnish. Scramble eggs and set aside.

In large wok on high heat, cook bacon first. When bacon is about half-cooked, add onion and celery and cook until onion is nearly clear. Add lop cheong and continue cooking until onion is clear.

Push the mixture to one side of the wok (still on high heat) and add the cooked rice to the other side. Continue to cook the steam rice and mix it in half the wok, and then add eggs, shoyu and oyster sauce, and mix everything together until color is even.

Garnish with green onion and serve, or have green onion available as garnish when serving.

Serves 10-12

“This fried rice recipe is a Yamada family holiday staple, served on request for birthday dinners but always for Christmas and New Year's Day brunch. My father adapted this from his mother's recipe, and this is as close to it as I can get (he never measures). It is somehow even better as leftovers.” - Jeff Yamada

From the kitchen of: *Nina Patel*

Potato Tikki's

Ingredients

- 2 big Russet potatoes
- 1 bunch of cilantro, chopped fine
- 1 slice white bread soaked in water then squeezed
- 1-2 eggs beaten
- ½ c. bread crumbs
- ½ c. lime or lemon juice
- ½ tsp. turmeric powder
- 1-2 chilies, chopped fine depending on individual preferences of spiciness salt to taste
- Vegetable oil for frying

Directions

Boil potatoes until soft, peel and mash. Add chopped cilantro, soaked bread, chopped chilies, turmeric, salt and lemon juice. Mix well to form a dough.

Let potatoes cool enough to handle. Shape into small patties Dip in beaten egg and then coat lightly with bread crumbs.

Pour a couple tablespoons of oil into a hot frying pan and shallow fry in oil till brown on both sides.

Enjoy with ketchup or with any chili sauces.

Serves 8



“It is a family recipe passed to me from my dad and from his mom and now my daughters are making it.” - Tony Vardaro

FEATURED

From the kitchen of: *Tony Vardaro*

Vardaro Family Tomato Suace Recipe

Ingredients

- 4 28-ounce cans of tomatoes
- 2 tbsp. of salt
- ½ tbsp. of basil
- 2 tbsp. of oregano
- 1 tsp. of black pepper
- 1 tbsp. of parsley
- 3 tbsp. of olive oil
- 6 garlic cloves
- 56 oz. of water
- Optional: small can of tomato paste
- Optional: Ground beef

Directions

Cut 6 garlic cloves in half. Simmer them in your largest pot in the olive oil at a medium heat until some browning occurs. Do not burn them, that'd be bad!

Remove the pot from the heat, shut off the stove and let it cool for 5 minutes.

Add the cans of tomatoes and water. A small can of tomato paste can be added to thicken the sauce. Add the spices, salt, and pepper.

Bring to a boil on medium heat, stirring frequently. Cover (leaving a small gap to vent) and simmer for 3 hours on low to medium heat. Stir well every 15 minutes. Remove cover and simmer for 1 hour on medium heat.

Ground beef can be browned in the oven, in a different pan, or in the microwave, then added to the sauce after boiling.



“My boys ask for this dish more than any other. We like to let the rich sauce simmer for a few hours. As the flavors develop, the entire house fills with a warm hearty aroma. After a long day of skiing, the simple comfort of a rich pasta dish is just what my family craves!” - Vickie McCorkendale

FEATURED

From the kitchen of: *Vickie McCorkendale*

Bolognese Sauce

Ingredients

- 2 tbsp. olive oil
- 4 strips of bacon, diced
- 1 large onion, chopped
- 2 carrots, diced
- 3 ribs of celery, diced
- 4 cloves of garlic, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- big pinch of red pepper flakes
- 1 lb. ground beef
- 3 links of Italian sausage
- ¼ tomato paste
- 1 c. red wine
- 1 can crushed tomatoes (28 oz. can)
- 1 can tomato sauce (14 1/2 oz. can)
- 1 c. beef broth (stock, bone broth)
- 1 tbsp. sugar
- ¼ c. heavy cream
- 2 tbsp. butter
- 3 bbsp. parsley, chopped
- 1 c. grated Parmesan cheese
- 1 lb. spaghetti and salt for the water

Directions

Add olive oil to a large pot and cook the bacon over medium-high heat until it has browned. Add the onions, celery and carrots and continue to cook until they have softened. Add the garlic and stir for one minute. Add the spices (salt, pepper, bay leaves, thyme, oregano, cinnamon, nutmeg and red chile flakes) and stir well.

Add the beef to the pot and break it up with a spoon. Remove the casings from the sausages and add them to the pan. Break up the sausages and beef with a spoon as they brown. Add the tomato paste and stir thoroughly for two minutes (tomato paste cooked like this adds richness!). Add the wine and bring to a boil. Simmer for 5 minutes and stir to combine well.

Pour in the crushed tomatoes, the tomato sauce, the beef broth and the sugar. Bring it to a boil, turn the heat to low. Let it simmer for at least 2 hours, stirring every 20 minutes.

Cook the pasta according to instructions on the package. Returing it to the pot after draining.

To the bolognese sauce, add the cream and butter. Taste the sauce and adjust seasoning with salt if necessary.

Add ½ of the sauce to the pasta. Toss. Add the parsley and ½ of the Parmesan. Toss well. Add more sauce and cheese when serving.

From the kitchen of: *Kim Davis*

Chicken and White Bean Chili

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 tbsp. cumin
- 2 c. chicken broth
- 1 lb. boneless, skinless chicken breasts, cut into one-inch cubes
- 2 cans white kidney beans, rinsed and drained
- 1 can garbanzo beans, rinsed and drained
- 1 can corn, drained
- 2 4-oz. cans diced green chilies

Directions

Warm olive oil in a skillet over medium heat. Add the onion and saute until transluscent. Add the garlic and saute for 30-60 seconds.

Transfer cooked onions and garlic to crock pot.

Add the rest of the ingredients.

Cook on low 7-9 hours, or high 4-6 hours.

Serve topped with shredded pepperjack cheese and tortilla chips on the side.

Serves 8

From the kitchen of: *Joe Bazerque*

Jersey Shore Crab Soup

Ingredients

- 2 lbs. crab meat
- 4-5 cups crab stock (see recipe)
- 4 c. veggie stock
- 5 carrots, diced
- 2 celery ribs, diced
- 1 small white onion, diced
- 1½ c. frozen peas
- 4 red skin potatoes, diced
- 4 ears fresh corn, cooked and cut from the cob
- 28 oz. diced tomatoes
- 3 cloves garlic, diced
- ½ tbsp. Worcestershire sauce
- 1½ tbsp. Zigs creole seasoning or Old Bay

Directions

Sauté all veggies except corn and peas until slightly tender. Add stock and tomatoes and cook on low, covered for an hour.

Add corn, peas and crab and crank up to medium and cook for 15 minutes. Heat to low and serve.

Crab Stock: Use about 20 cups of crab legs plus all the shells from your crab feast. Add an onion, carrot, celery, bay leaf and cover with water. Cook for at least 2 hours uncovered. You want to cook down until you are left with about 4-5 cups.

Serves 16



FEATURED

From the kitchen of: *Michelle Beeson*

Chicken & Sausage Stew

Ingredients

- 1 medium yellow onion, diced
- 3 celery stalks, diced
- 1 lb. andouille sausage, sliced
- 1½ lb. boneless, skinless chicken thighs cut into 1-inch pieces.
- 1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 3 c. chicken broth
- 1½ tsbp. Old Bay seasoning
- 1 tbsp. butter
- 1 bunch chopped green onion
- Rice, cooked

Directions

Melt the butter in a 4 quart Dutch oven over medium heat and brown the sausage.

Remove the sausage to a plate.

Sauté the onion and celery stalks using the butter and sausage grease for about 10 minutes (until celery softens and onion is translucent.)

Season the vegetables with ½ tsp. Old Bay seasoning. Add the chicken pieces to the Dutch oven and cook, turning, until mostly cooked through. Season chicken pieces generously with 1 tbsp. Old Bay seasoning. Add sausage back and chicken broth.

Lower heat and cover. Simmer for 15 minutes.

Serve over steamed rice. Garnish with chopped green onion.

Makes about a half gallon.

“*A*ndouille sausage is a staple in Louisiana. We often have it during the holiday season. I like it because it's made in one pot. - Michelle Beeson



From the kitchen of: *Patsy Teuton*

Chicken Soup with Wild Rice and Mushrooms

Ingredients

- 2 tbsp. butter
- 2 c. diced onion
- 2 c. diced carrots
- 2 c. diced celery
- 2 cloves crushed garlic
- 1 c. wild rice
- 8 c. chicken stock
- 2 bay leaves
- 1 tsp. dried thyme
- ½ c. white wine
- 2 c. cooked chicken
- 2 c. fresh mushrooms
- ½ c. heavy cream (if desired)
- fresh parsley
- salt and pepper to taste

Directions

Melt butter in a large soup pot and add onions, carrots, celery, and garlic. Sauté until soft. Add rice, stock, bay leaves, and thyme.

Simmer cooked for one hour until rice cooked. Add wine, chicken and mushrooms and salt and pepper.

Add heavy cream, heat through and garnish with parsley.

“**T**his is a delicious chicken soup that has been served many times at family gatherings, even holidays, because it is so rich and comforting. My daughter would be so happy to come home on a cold winter day and find this soup ready served with a big hot piece of cornbread. It is a one dish meal because it is filling and satisfying and never disappoints.” - Patsy Teuton

From the kitchen of: *Jane Walther*

Chili Mac

Ingredients

- 1 lb. ground turkey
- 2 cans (14½ ounces) diced tomatoes
- 1 can kidney beans, rinsed
- 1 can cannellini beans, rinsed
- 1½ cup chopped onion
- 4 celery stalks, chopped
- 1 green pepper, chopped
- 1 yellow or orange pepper, roughly chopped
- 48 oz. bottle or can of tomato juice
- 3 tbsp. chili powder
- 2 tsp. ground cumin
- 2 tsp. dried oregano
- 1 tsp. red pepper flakes
- 1 tsp. black pepper
- 2½ c. cooked macaroni
- 2 c. shredded cheddar cheese

Directions

Brown ground turkey in skillet over medium-high heat, stirring to break up meat.

Transfer to 3 quart slow cooker. Add remaining ingredients, except cooked macaroni and shredded cheese. Stir. Cook on low approximately 4 hours.

Stir in cooked macaroni. Cover and cook 1 additional hour.

Serve in soup mug. Sprinkle each serving with ¼ cup shredded cheese.

Serves 8

From the kitchen of: *Marcia Brown*

Chicken Tortilla Soup

Ingredients:

- 30 oz. can of black beans
- 30 oz. can of pinto beans
- 30 oz. can of kidney beans
- 30 oz. can of diced petite tomatoes
- 16 oz. frozen corn
- Salsa
- 4 chicken breast, boneless, skinless
- Shredded cheddar cheese
- Tortilla chips
- Avocados

Directions

Drain all beans and tomatoes. Combine beans, tomatoes, corn, chicken and ½ jar of salsa. Add more salsa for spicy soup. Add water to fill slow cooker to about 1 inch below the top.

Set slow cooker on high for 4 hours.

Remove chicken breasts and shred. Add back to soup.

Dish soup in bowls and add crushed tortillas, shredded cheese and sliced avocados.

From the kitchen of: *Donna Visscher*

Midwest Chowder

Ingredients

- 2 c. diced potatoes
- ¼ c. sliced carrots
- ¼ c. diced celery
- ¼ c. diced onions
- 2 c. boiling water
- 1½ tsp. salt
- ½ tsp. pepper
- ¼ c. margarine
- 2 c. milk
- ¼ c. flour
- 10 oz shredded cheddar cheese
- 1 can cream style corn
- Cooked bacon crumbs

Directions

Cook vegetables in boiling water, add salt and pepper.

Cover, simmer 10 minutes over low heat and do not drain.

Make cream sauce with margarine, flour, and milk. Melt cheese into cream sauce, add corn. Do not boil. Pour into cooked vegetables and heat through, but do not boil.

Sprinkle cooked bacon crumbles on top when served.

Serves 6–8



FEATURED

From the kitchen of: *Kara Bryan*

Chickpea Noodle Soup

Ingredients

- 2 tbsp. vegetable oil
- 1 onion chopped fine
- 3 carrots, peeled and sliced 1/4 inch thick
- 2 celery ribs, sliced 1/4 inch thick
- salt and pepper to taste
- 3 tbsp. nutritional yeast
- 2 tbsp. minced fresh thyme
- 2 bay leaves
- 6 c. vegetable broth
- 2 (15 oz.) cans chickpeas, rinsed
- ½ c. ditalini pasta (or other small pasta shape)
- 2 tbsp. minced fresh parsley

Directions

Heat oil in sauce pan over medium heat. Add onion, carrots, celery and ¼ tsp. pepper and cook, stirring occasionally, until softened, 5-7 minutes.

Stir in nutritional yeast, thyme and bay leaves and cook until fragrant, about 30 seconds.

Stir in broth and chickpeas and bring to boil. Reduce heat to medium-low and simmer, partially covered, until flavors meld, about 10 minutes.

Stir in pasta, increase heat to medium-high, and boil until just tender, about 10 minutes. Off heat, discard bay leaves (thyme sticks if you used fresh) and stir in parsley.

Season with salt and pepper to taste, and serve.

Serves 6

“This soup is hearty. It is full of veggies and protein and somehow it tastes just like chicken noodle soup. What every college kids needs! - Kara Bryan

From the kitchen of: *Gina Numme*

Stracciatella Tortellini Soup

Ingredients

- 2 bags frozen cheese tortellini
- 4 32-oz. cans chicken broth
- Salt
- Pepper
- 1 bag frozen chopped spinach
- 6 eggs
- ½ c. grated pecorino Romano cheese
- Fresh parsley

Directions

Cook tortellini as directed on package. Drain, set aside.

Bring chicken broth to a boil. Add salt and pepper. Add bag of frozen spinach and bring to a boil again.

In a separate bowl, beat the eggs and add the grated Romano cheese. Slowly add the egg and cheese mixture to broth, stirring constantly.

Add the fresh parsley. Bring to a boil again. Then turn it off and let it cool before adding the tortellini back in.

Serves 12

From the kitchen of: *Charlene Rovira*

Cajun Chicken and Sausage Gumbo

Ingredients

- 3 rotisserie chickens from supermarket (deboned and cut in 1-2-inch pieces)
- 2 lbs. pork sausage cut into 1-inch pieces (or if available 1 lb. pork sausage and 1 lb. andouille sausage)
- 2 c. all purpose flour
- 2 c. vegetable oil
- 3-4 medium onions
- 1 c. diced celery
- 1 c. diced bell pepper
- 5-6 cloves garlic
- 1 bay leaf
- 2 tbsp. parsley
- Salt
- Pepper
- Tony Chachere's cayenne pepper
- 1 can Rotel or diced tomatoes
- 4 quarts chicken stock

Directions

In a pan, combine the flour and oil over medium high heat to make a dark roux, which takes at least 30 minutes, stirring frequently.

Add chopped onions, celery and bell pepper to roux mix. Cook vegetables until softened. This may require a small amount of liquid to prevent scorching. Stir constantly on a low fire until softened.

Add garlic and cook about a minute more. Add bay leaf, parsley. Add salt, black pepper, and cayenne pepper to taste. Add chicken stock. Add Rotel or diced tomatoes.

In a separate pan, brown sausage.

Add cooked chicken and sausage to liquid pot. Bring to boil and simmer for 4 hours. Serve in soup bowls on top of steamed rice.

Serves 8–10



FEATURED

From the kitchen of: *Angel Herrick*

Green Chicken Chile

Ingredients

- 3 lb. chicken breast
- 2 tbsp. flour
- 2 tsp. chili powder
- 1 tsp. salt
- ½ tsp. ground cumin
- 1 rib celery, finely chopped
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 can (4 oz.) diced green chilies
- ½ c. chicken broth, canned or homemade
- ½ c. sour cream
- 1 c. shredded cheddar cheese

Directions

Soak top and bottom of 3¼-quart clay cooker, cast iron skillet or Dutch oven in water about 15 minutes. Drain

Coat chicken pieces with mixture of flour, chili powder, salt and cumin. Combine celery, onion and garlic in cooker. Top with chicken and green chilies. Pour in chicken broth.

Place covered cooker in cold oven. Set oven at 450°F. Bake, stirring once or twice, until chicken is tender and brown, about 1¼ hours.

Remove chicken from cooker. Skim and discard fat from cooking liquid in cooker. Stir sour cream into cooking liquid until smooth. Return chicken to sauce. Sprinkle with cheese. Bake until cheese melts and browns, about 10 minutes.

Serves 6

“This recipe was handed down to our family by my stepmother, and my family always requests it for dinner. My stepmother is always honored that they choose this as their favorite dish. It is a warm blend of cheese and spice, and it just makes your house smell like a home. Nothing is better on a cold winter day than this comfort meal. Pair it with some rice and broccoli and life is good! - Angel Herrick



From the kitchen of: *Martha Musto*

Baked Macaroni & Cheese

- Ingredients
- 2½ c.dry elbow macaroni
 - 3 c. whole milk
 - 5 tbsp. butter
 - ¾ c. fresh bread crumbs (about 2 slices firm white bread)
 - ¼ c. flour
 - ¾ tsp. salt
 - ⅛ tsp. nutmeg
 - Several dashes of Tabasco sauce,
 - 4 c. grated extra sharp cheddar cheese

- Directions
- Preheat oven to 350°F. Butter or spray a 2-quart baking dish and set aside.
- Cook pasta according to instructions. Drain when finished.
- Meanwhile, heat milk in a saucepan to just below simmer.
- In another saucepan, melt butter over medium-low heat. Pour 1 tbsp. butter into a small bowl, add bread crumbs and toss together; set aside.
- Add flour to the remaining butter in the saucepan and whisk over the heat for 2 minutes. Slowly whisk in the hot milk and continue stirring until the mixture thickens and comes to a simmer. Whisk in salt, nutmeg, Tabasco and 2 cups of the cheese.

Add the cheese sauce and mix together thoroughly with cooked pasta.

Spread ⅓ of the pasta mixture over the bottom of the prepared baking dish. Scatter ⅓ of the remaining cheese on top. Repeat, finishing with bread crumbs.Bake for 25 to 35 minutes or until golden and bubbling.

Serves 6–8

“*This is one of my student's favorites. I would quadruple the recipe to serve at the pasta parties for his football team the night before a game. You can't get any more "comfort food" than homemade mac n' cheese! - Martha Musto*

From the kitchen of: *Eva Ash*

Mamou's Mac and Cheese

- Ingredients
- 4 tbsp. butter or margarine
 - 4 tbsp. flour
 - 2 tsp. salt
 - 2 tsp. dry mustard
 - 5 c. milk
 - 4 c. shredded sharp cheddar
 - 2 tbsp. salt
 - 4 c. elbow macaroni
 - 2 ham steaks, cut into cubes

Directions

Preheat oven to 375°F.

In saucepan, melt butter. Remove from heat. Blend in flour, salt, and dry mustard. Add milk. Heat, stirring constantly, until sauce thickens a little and is smooth. Add cheese. Heat until melted, stirring occasionally.

Cook macaroni according to package, drain.

Combine macaroni and sauce in a 4 quart casserole. Add ham.

Bake about 20-25 minutes or until brown and bubbly.

Serves 6–8

From the kitchen of: *Danielle Mahler*

Classic mac and cheese

- Ingredients:
- 4 tbsp. butter
 - 3 tbsp. flour
 - 1¾ cup whole milk
 - 2 c.+ shredded cheddar cheese (or any leftover cheese you have)
 - 1 box of elbow pasta
 - Bread crumbs

- Directions
- Preheat oven to 375°F.
- Cook pasta according to box (2 minutes LESS than suggested).
- In a saucepan, melt butter on low heat. Add flour and whisk until smooth.
- Turn heat up a little and add milk, a little at a time, whisking until smooth. Add cheese in small batches, stirring until smooth.
- Take off heat and add pasta, stir.
- Put in a shallow pan, sprinkle bread crumbs on top. Bake for 20 minutes.
- Serves 8

From the kitchen of: *Debbie Piotrowski*

Hot Ham and Cheese

Ingredients

- ½–¾ lb. shaved or thinly sliced honey roasted ham
- 2 slices white sharp cheddar cheese
- 2 slices tomato
- 1 leaf romaine lettuce
- 2 tbsp. Miracle Whip mayonnaise
- 1 tbsp. mild taco sauce
- 1 sub roll
- 1-2 dashes salt
- 1 dash pepper

Directions

Prepare all ingredients.

On a cookie sheet or piece of foil, layer:
Ham
Taco sauce
Cheese

Heat in broiler or toaster oven on medium heat until cheese starts to melt, which is about 3-5 minutes. Place both halves of the sub roll next to meat and cheese to toast lightly.

Remove when toasted and melted to your likeness. Add mayo to each side of the bun. Add lettuce, salted and peppered tomatos to roll. Spatula meat and cheese off of the pan onto bottom roll, on top of lettuce and tomato.

Push down on the sandwich and cut in half.

Serves 1

From the kitchen of: *Susan Kelly*

Grilled Cheese and Bacon with a Parmesean Twist

Ingredients

- 2 slices of your favorite bread
- 2 tsp. butter
- 2 clices of American cheese
- 2 pieces of crispy bacon
- 2 tbsp. shaved parmesan
- Cheese

Directions

Start a cast iron griddle or pan on medium heat until hot for approximately 3 minutes. Test heat by dropping a few drops of water.

Assemble the grilled cheese: 1 slice of bread, 1 slice of cheese, 2 pieces of crispy bacon cut into 4 pieces, 1 slice of cheese, and the last piece of bread.

Once hot, melt butter on the griddle in the shape of the bread.

Put the sandwich on the griddle until golden brown for each side. After browned, remove the sandwich and put half of the parmesan on the griddle and return the sandwich on the top. Do this for both sides until the cheese is a golden brown.

Serves 1



From the kitchen of: *Ellen O'Brien*

Ham & Swiss Sliders

Ingredients

- 24 slices of ham
- 6 slices of swiss cheese (quartered)
- ⅓ c. mayonnaise
- 1 tbsp. poppy seeds
- 1½ tbsp. dijon mustard
- ½ c. melted butter
- 1 tbsp. onion powder
- ½ tsp. worcestershire
- 24 hawaiian rolls

Directions

Whisk together poppy seeds, dijon mustard, melted butter, onion powder and worcestershire.

Cut hawaiian rolls in half (separating top from the bottom). Spread mayo on each roll and add one slice of ham and a ¼ slice of swiss cheese to each roll.

Put sandwiches in 2 sprayed 9 x 13" baking dishes. Pour melted butter mixture over rolls (about a tablespoon on top of each).

Cover rolls with aluminum foil and let sit for at least 10 minutes (can be done overnight).

Bake at 350°F for 10 minutes covered. Uncover and cook for 2 more minutes.

Serves 8

*“This is one of my student's favorite comfort foods (he always wants this after school dances or for me to make a big batch so he can eat the leftovers all week).
- Ellen O'Brien*

From the kitchen of: *Madelyn Palmer*

Crepes (Sugar Pancakes)

Ingredients

- 1¼ c. milk
- 3 eggs
- dash salt
- 1 c. flour

Directions

Mix ingredients in blender. Pour a thin layer into hot frying pan, flip over to cook both sides. Fill with filling of choice.

Serves 6

From the kitchen of: *Michelle Cisneros*

German Pancakes

Ingredients

- 4 c. milk
- 8 eggs
- 2 c. sifted flour
- 2 tbsp. sugar
- 1 tsp. salt

Directions

Blend all ingredients in a blender on high speed.

Grease a 10-inch frying pan (or several) and pour a thin amount of batter into the pan, turning the pan to spread the batter evenly across the bottom to form a thin layer.

Cook over medium-low heat until golden brown on the bottom. Flip pancake and cook the other side until golden brown.

Pull pancake off heat and server with butter, sour cream, syrup, and powdered sugar. You can additionally add fresh berries or fruit filling.

To assemble pancake butter inside, place a dollop of sour cream in the center and roll up. Sprinkle with powdered sugar and top with syrup or fruit.

Serves 8

From the kitchen of: *Bridget Child*

Grandma Burke's Biscuits and Gravy

Ingredients

- 8–10 bisquits using Bisquick, prepared according to instructions on package with an additional ½ c. melted butter and 2 tsp. salt and pepper
- 8 links of hot Italian sausage
- 1½ sticks of butter
- 6 c. of 2% milk
- ¼ c flour
- 3 tbsp. salt
- 1 tbsp. pepper
- 2 tbsp. of Emeril's seasonings

Directions

Remove sausage casings and brown in a skillet. Do not drain! Add butter. Then add spices. Make a slurry with ½ c. milk and flour and pour in (add more flour and milk if gravy is still very thin).

Add the rest of milk. Heat on medium until a slow boil, constantly stirring.

Put cut biscuit in bottom of a bowl and ladle the gravy on.

Serves 8

From the kitchen of: *Tracy McPherson*

Overnight French Toast

Ingredients

- ¼ cup butter, room temperature
- 1 loaf challah bread, sliced into 1½-inch slices
- 6 eggs
- 1½ c. milk
- ¼ c. sugar
- 2 tbsp. maple syrup
- 2 tsp. vanilla
- ½ tsp. salt
- Powdered sugar
- Maple syrup

Directions

Spread butter over bottom of large rectangular baking dish with 1-inch high sides. Arrange bread slices in pan.

Beat eggs, milk, sugar, syrup, vanilla and salt to blend in large bowl. Pour mixture over bread. Turn bread slices to coat. Cover with plastic and refrigerate overnight (or at least 4 hours).

Preheat oven to 400°F. Bake for 10 minutes. Turn bread over and continue baking about 10 minutes longer. Watch while baking.

The french toast is ready when golden and puffy. Transfer cooked toast to plates and sprinkle with powdered sugar. Serve immediately with maple syrup.

Serves 6



From the kitchen of: *Linda Montgomery*

Wacky Cake

- Ingredients**
- 1½ c. flour
 - 5 tbsp. vegetable or canola oil
 - ⅔ c. sugar
 - 1 tbsp. apple cider vinegar
 - 3 tbsp. cocoa powder
 - 1 tsp. vanilla
 - 1 tsp. baking soda
 - 1 c. cold water
 - ½ tsp. salt

Directions

Preheat the oven to 350°F.

Mix flour, sugar, cocoa powder, baking soda, and salt together in a medium bowl until combined.

Add oil, vinegar, vanilla, and water to the dry ingeredients and mix it all together.

Prepare a circular pan.

Bake for 20-25 minutes or until a toothpick comes out clean.

Serves 8

“*This recipe originally was used during World War II when families had rations of eggs and milk. It is called Wacky Cake because it uses apple cider vinegar and oil instead. It became a favorite through many generations of our Montgomery family. We’ve had it for every one of our son’s19 birthdays and for those of his siblings and parents. It is a lower fat, very moist, and tasty cake that is both vegan and super easy to prepare.*” - Linda Montgomery

From the kitchen of: *Charlene Rovira*

New Orleans Bread Pudding

- Ingredients**
- 1 loaf stale French bread
 - 1 quart whole milk
 - 3 whole eggs
 - 2 c. sugar
 - 2 tbsp. vanilla extract
 - 1 c. raisins
 - 3 tbsp. butter
 -

- Whiskey Sauce:**
- 1 c. sugar
 - 1 stick butter
 - 2 egg yolks, beaten
 - ⅓ c. bourbon

Directions

Preheat oven to 350°F.

Soak French bread in milk. Crush with hands to make sure milk is soaked through. Add eggs, sugar, vanilla, raisins. Stir well.

Spray 9 x 13 pan with nonstick spray. Pour butter into baking pan. Add bread mixture, and bake until firm, approximately 60 minutes. Keep checking with knife after 45 minutes for firmness.

Let cool 15 minutes. Then cube the pudding for individual servings. When ready to serve, add whiskey sauce.

Whiskey Sauce:
Beat egg yolks with electric mixture until thick. Melt stick of butter in saucepan with sugar. Pour butter and sugar mixture over egg yolks beating constantly with the mixture until thick. Stir in the Bourbon by hand. Pour over individual bread puddings servings.

Serves 8

From the kitchen of: *Sheri Bishop-Cotner*

Gluten Free Chocolate Chip Snickerdoodles

- Ingredients:**
- ¾ c. unsalted butter
 - ¾ c. + ⅓ c. granulated sugar, divided
 - 1 egg
 - 1 tsp. vanilla extract
 - ½ tsp. baking soda
 - ½ tsp. cream of tartar
 - ½ tsp. salt
 - 2 c. gluten-free baking flour
 - 1 c. chocolate chips
 - 2 tsp. ground cinnamon

Directions

Preheat oven to 350°F. Line two cookie sheets with parchment paper.

Cream butter and ¾ cup sugar with a stand mixer fitted with the paddle attachment or a hand mixer. Once the mixture is creamed and fluffy, mix in the egg and vanilla extract until smooth, then mix in the baking soda, cream of tartar, and salt. Slowly mix in flour until the mixture is just combined, then stir in the chocolate chips.

Place remaining sugar and cinnamon in a small bowl and stir.

Scoop a 2 tbsp.-sized ball of cookie dough and roll them in the cinnamon/ sugar mixture.

Place them 2 inches apart on the prepared cookie sheet.

Bake for 9-11 minutes, or until the bottoms just start to turn golden brown.

Cool at least 5 minutes on cookie sheet before removing.Store in an airtight container for up to 3 days or freeze for up to 1 month.

Makes 1½ dozen cookies

From the kitchen of: *Chris Reifsteck*

Mom's Dark Chocolate Chip Cookies

- Ingredients**
- 4 c. flour
 - ¾ tsp. baking soda
 - 1 tsp. salt
 - 1 c. butter, room temperature
 - ¾ c. sugar
 - ¾ c. firmly packed brown sugar
 - 2 tsp. Mexican vanilla extract
 - 2 large eggs
 - 11.5 oz package of 60% cacao bittersweet chocolate chips

Directions
Preheat oven to 370°F.

In small bowl, combine 3 cups flour, baking soda and salt; set aside.

In a large bowl, combine butter, sugar, brown sugar and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Add flour (about one more cup) until you can roll the dough into a smooth ball and it doesn't stick to your hands. Stir in chocolate chips.

Scoop out dough. Bake on ungreased cookie sheet for about 7 - 8 minutes. Do not over-bake. If there is a crumb on the tray and it starts turning brown, the cookies are ready.

Let the cookies "set" on the tray for about a minute or two then transfer them to a cooling rack. After they cool, store in and airtight container or zip-lock bag.

Makes 72 cookies.

From the kitchen of: *Susan Day*

Dark Chocolate Chip Pumpkin Muffins

- Ingredients**
- 3 c. flour
 - 1 tbsp. and 2 tsp. pumpkin pie spice
 - 2 tsp. baking soda
 - 1½ tsp. salt
 - 3 c. sugar
 - 1 small can (15 oz.) pumpkin
 - 4 eggs
 - ½ c. vegetable oil
 - ½ c. water or orange juice
 - ½ package of dark chocolate chips (optional)

Directions
Preheat oven to 350°F.

Line muffin tins with paper liners.

Mix the dry ingredients together except for the chocolate chips. Mix the wet ingredients together well. Stir both mixtures together. This can be easily done by hand but you can use an electric mixer. Gently stir in dark chocolate chips (optional).

Fill muffin cups ¾ full. Sprinkle the tops with a couple chocolate chips if you want them to show.

Bake 25 mins or til done.

Cool and seal in airtight container to keep them moist.

Makes about 30 muffins.



From the kitchen of: *Debra Krizmanich*

Honey Gingerbread Cookies

- Ingredients**
- ½ c. sugar
 - 3 c. sifted all-purpose flour
 - 2 tsp. baking soda
 - 1 tsp. salt
 - 2 tbsp. powdered ginger
 - 2 tsbp. cinnamon
 - ½ tsp. powdered cloves
 - ½ tsp. powdered nutmeg
 - ½ lb. butter or margarine cut into dots
 - ½ c. honey"

Directions
Preheat oven to 375°F.

Sift sugar, flour, baking soda, salt, ginger, cinnamon, cloves and nutmeg together in a bowl. Work in butter and then honey.

Refrigerate if possible then roll out dough to ⅛-inch thick on a floured board or between sheets of waxed paper and cut into desired shapes.

Bake regular size cookies about 12 minutes at 375 degrees. After a minute, remove from cookie sheets and cool on wire racks. Do not overbake, but if you do they are good for dunking in milk.

Makes 2½ dozen cookies

“My youngest daughter is a senior this year at CU and I think back to all the fun we had each year making gingerbread cookies and truly cherish all those special memories. Over the years this family baking tradition helped put the magic into our holiday season. I hope that she will continue to create that magic in her own home as she follows her dreams after graduation.” - Debra Krizmanich