



# MPL EATS 2017

Madison Public Library Cookbook





EATS

STAFF



2017

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MADISON  
PUBLIC  
LIBRARY





## To the staff of Madison Public Library,

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Thank you. I continue to be amazed by your dedication and countless contributions in making the Library a special place for our community. And you also make this a special place for all of us to work together to achieve that goal. A cookbook can be seen as just a collection of recipes but this publication also symbolizes all the “special ingredients” that you bring to our success.

I believe libraries can be compared to food. Libraries help sustain life, meet our basic needs for growth, development, and health--just as food nourishes us, so do libraries.

Congratulations on this latest achievement. Once again staff have come together to share their expertise and have a lot of fun creating this collection of recipes and memories.

**Bon appetite,**

**Greg Mickells**  
**Library Director**



## **The Culture and Engagement Team would like to dedicate this book to our wonderful coworkers here at the Madison Public Library.**

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While we work hard to support and appreciate all the amazing accomplishments this staff knocks out on a day-to-day basis, it is the curiosity, enthusiasm, and kindness that you all give back to us that makes this committee so lucky to represent you.

We hope that you enjoy this book. It reflects so many treasured memories from all our lives, and we hope it will inspire you to create new memories of delicious food with your loved ones.

### **Thank you to those who helped create and support this project.**

**Carrie Gostonski & Kylee Stoor**  
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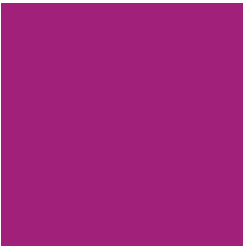
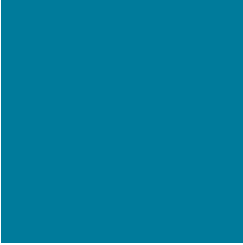
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# Breakfast



# Almond Flour Muffins

Submitted by: Jaime Vache

## Ingredient List

- **2 cups** almond flour
- **3 tablespoons** coconut flour
- **1 teaspoon** baking soda
- **½ teaspoon** sea salt
- **1 tablespoon** cinnamon
- **1½ cups** shredded fresh fruit or vegetable (apple, zucchini, or pumpkin suggested)
- **3 eggs**
- **¼ cup** melted butter or grapeseed oil
- **⅓ cup** brown sugar or agave nectar
- **1 teaspoon** vanilla
- **1 cup** chopped dried fruit or dark chocolate chips (optional)

## Preparation Instructions

1. Preheat oven to 350°F.
2. Mix dry ingredients and get out all lumps. Mix wet ingredients in a separate bowl. Add dry ingredients to wet and mix.
3. Line muffin tin with baking cups or grease muffin tin. Spoon mixture into muffin tin, filling to the top of each cup.
4. Bake for 30 minutes. Check with toothpick for doneness.

**Serving  
Size:**

10 muffins

**Dietary  
Classification:**

Gluten-free



# Buckwheat Banana Pancakes

Submitted by: **Leona Bergmann**

Author/Source: *TheAwesomeGreen.com*

This was the first pancake recipe that I made (successfully) after becoming gluten free and dairy-free. I especially love it because it doesn't require a ton of extra ingredients that you don't normally have around in your pantry or fridge. I make this recipe for friends and family when they come over for brunch.

## Ingredient List

- **1 cup** buckwheat flour
- **2 tablespoons** ground flax
- **1/8 teaspoon** salt
- **1 teaspoon** baking powder
- **1 teaspoon** baking soda
- **1 ripe** banana, mashed
- **1 cup** unsweetened almond milk
- **1 teaspoon** vanilla
- Coconut oil, for the skillet

## Preparation Instructions

1. In a large bowl, mix the buckwheat flour, ground flax, salt, baking powder and baking soda.
2. Add mashed banana, vegan milk and vanilla to the dry ingredients and mix to combine, until you obtain a thick but runny batter.
3. Grease a cast-iron skillet and heat over medium heat.
4. Scoop 1/4 cup batter into the skillet and cook until little bubbles appear on the surface (about 2 minutes). Flip over and cook for 2 more minutes.
5. Transfer on a plate and cover with a clean towel to keep warm.
6. Continue the same with the remaining batter, greasing the skillet every time you start a new pancake.
7. Serve warm with maple syrup, fresh berries and/or nut butter.

**Serving Size:**

4

**Dietary Classification:**

Vegan,  
gluten-free



# Country Pancakes

**Submitted by:** Jennifer Libert

**Author/Source:** My Mom

On Sunday mornings growing up, Mom would make pancake batter and Dad would make the pancakes in letters and shapes. We all wanted the first letter of our name—good thing all four kids' names started with a "J." This recipe takes a little more effort than the "just add water" mix, but it's totally worth it!

## Ingredient List

- **1 cup** all-purpose flour
- **1 tablespoon** sugar
- **½ teaspoon** salt
- **½ teaspoon** baking powder
- **½ teaspoon** baking soda
- **2 tablespoons** butter, melted
- **2 eggs**, separated
- **1 cup** buttermilk
- **½ teaspoon** vanilla

## Preparation Instructions

1. Preheat oven to 200°F .
2. Whisk dry ingredients together in a mixing bowl. Melt butter in a microwave safe bowl, cool slightly. Separate eggs, adding yolks to the melted butter. Place whites in a separate bowl and beat until stiff, but not dry. Stir egg yolks and butter until thick and lemon colored. Blend buttermilk and vanilla into egg yolk and butter mixture.
3. Stir egg yolk mixture into dry ingredients just until blended. Fold in egg whites.
4. Heat griddle or heavy frying pan to medium high. Test temperature by sprinkling a few drops of water on the griddle. If the drops jump around, the temperature is right. Grease griddle and pour about ¼ batter on for each pancake. Cook until bubbles appear on top and begin to break and the edges of the pancake start to look dry. Turn cake over and cook until lightly brown. Keep cakes warm in a oven until ready to eat.
5. Serve with butter and syrup, or your favorite toppings.

**Serving  
Size:**

12 cakes



# Cream Scones

Submitted by: Ching Wong

Author/Source: *The America's Test Kitchen Cookbook*  
by the Editors

The cream scones are a favorite of the Reference staff at the Central Library.

## Ingredient List

- **2 cups** unbleached all-purpose flour, such as Gold Meal or Pillsbury
- **1 tablespoon** baking powder
- **3 tablespoons** sugar
- **½ teaspoon** table salt
- **5 tablespoons** chilled, unsalted butter, cut into ¼-inch cubes
- **½ cup** currants (optional)
- **1 cup** heavy cream

## Preparation Instructions

1. Preheat oven to 425°F and adjust oven rack to middle position.
2. Place flour, baking powder, sugar, and salt in large bowl or work bowl of food processor fitted with steel blade. Whisk together or pulse six times.

## Preparation Instructions Cont.

3. If making by hand, use two knives, a pastry blender, or your fingertips and quickly cut in butter until mixture resembles coarse meal, with a few slightly larger butter lumps. Stir in currants. If using a food processor, remove cover and distribute butter evenly over dry ingredients. Cover and pulse 12 times, each pulse lasting 1 second. Add currants and pulse one more time. Transfer dough to large bowl.
4. Stir in heavy cream with rubber spatula or fork until dough begins to form, about 30 seconds.
5. Transfer dough and all dry, floury bits to counter top and knead dough by hand just until it comes together into a rough, sticky ball, 5 to 10 seconds. Form scones by either a) pressing dough into an 8-inch cake pan, then turning dough out onto a lightly floured work surface, cutting the dough into 8 wedges with either a knife or bench scraper (the cookbook's suggestion) or b) patting dough onto lightly floured work surface into a ¾-inch thick circle, cutting the dough into 8 to 12 wedges with a knife or bench scraper (my suggestion).
6. Place wedges on ungreased baking sheet and bake until scone tops are light brown, 12 to 15 minutes. Cool on wire rack for at least 10 minutes. Serve warm or room temperature.

### Variations:

**Lemon Scones:** add zest and juice of one lemon

**Chocolate Chip Scones:** add 1½ cups semisweet chocolate chips

**Cranberry Scones:** add ¾ cup dried cranberries (chopped into smaller bits), zest and juice of one orange. In step 3, add and stir in the lemon/orange zest, chocolate chips, and cranberries after mixture resembles coarse meal and in step 4, add the lemon/orange juice with the heavy cream.



# Grandma Hilda's Cinnamon Rolls

**Submitted by: Ruth Sias**

**Author/Source: My Grandma, Hilda Schuchmann, of Manchester, Iowa**

My grandma was an awesome baker. She was a terrible cook, but an awesome baker. She made these rolls for us when we went to visit or she sent a box at Christmas. She baked them in round cake pans, then wrapped them in foil. So when the round, foil packages came out of the box she would send via the Greyhound Bus, there were cheers all around!

**Serving Size:**

16 Rolls

## Ingredient List

### Cinnamon rolls:

- **2 packages** dry yeast
- **½ cup** warm water
- **1 teaspoon** sugar
- **2 cups** whole milk or half-and-half, scalded (no skim milk!)
- **½ stick** dairy butter (no margarine!)
- **1 cup** sugar
- **1 teaspoon** salt
- **2 eggs**, beaten
- **1 teaspoon** lemon extract
- **6½ to 7 cups** flour
- **¼ cup** melted butter
- **2 tablespoons** cinnamon and sugar mixture

### Frosting:

- **1½ cups** powdered sugar
- **2 tablespoons** butter
- **1½ teaspoons** vanilla
- **4 to 6 tablespoons** hot water

## Preparation Instructions

1. Preheat oven to 350°F.
2. Dissolve the two packages of yeast in ½ cup warm water and 1 teaspoon sugar.
3. Scald the milk, let cool. Transfer milk to a large bowl and add butter,\* sugar, salt and beat together. Add eggs, lemon extract, and proofed yeast. Stir in the flour. The dough will be somewhat sticky.
4. Let the dough rise in a warm place for one hour.
5. Cut the dough in half. Roll each half out into a square about 12x12 inches. Spread the rolled dough with melted butter and sprinkle with cinnamon and sugar. Roll the dough into a log shape. Cut the rolls into 1-inch slices. Put in a greased, round, cake pan and let rise for 20 minutes.
6. Bake for 20 minutes. Let cool. Stir together all frosting ingredients and drizzle on rolls.

*\*Note: Use dairy butter and whole milk (or half-and-half), or these rolls will turn out like hockey pucks! Ask me how I know this!*

# Maple Granola

Submitted by: Mary Fahndrich

## Ingredient List

- **3 cups** oats
- **1 cup** unsweetened coconut chips
- **1 cup** unsalted nuts (walnuts or sliced almonds)
- **½ cup** olive oil
- **⅔ cup** real maple syrup
- **½ teaspoon** kosher salt
- **½ teaspoon** cinnamon or nutmeg
- **½ cup** dried fruit (raisins, cherries, etc.)

## Preparation Instructions

1. Preheat oven to 300°F.
2. Combine all ingredients except dried fruit in a large bowl, stir well to combine. Spread onto a rimmed, parchment-lined baking sheet. Bake 25 minutes, stir, and bake another 20 to 30 minutes until golden brown. Take out of oven, pour dried fruit over, allow to cool.
3. Store in airtight container. Delicious with fresh fruit and vanilla ice cream!

**Serving Size:**

8

**Dietary Classification:**

vegan,  
gluten-free,  
dairy-free







# Appetizers



# Bacon & Cheese Stuffed Mini Sweet Peppers

Submitted by: Tyler Furo

## Ingredient List

- 12 mini sweet peppers
- 3 to 4 bacon strips
- ½ onion, chopped
- 2 cloves garlic, chopped
- 4 ounces cotija queso, crumbled or grated
- 4 ounces cottage cheese
- 1 tablespoon Parmesan cheese
- ¼ cup chives, chopped
- 1 teaspoon lemon juice
- 1 tablespoon oregano
- 1 teaspoon red chile flakes
- Dash of salt and pepper

## Preparation Instructions

1. Preheat oven to 375°F.
2. Halve peppers lengthwise. Remove tops, seeds, and membranes.
3. For the filling, fry bacon, remove from pan, and set aside to drain. Crumble bacon once cooled. In bacon grease, sauté chopped onion and garlic. Mix bacon, onion, garlic, cheeses, chives, lemon juice, and spices in big bowl.
4. Fill pepper halves with filling. Bake filling side up for approximately 25 minutes on an aluminum foil-lined baking sheet.

**Serving  
Size:**

6

(4 per person)





# Cheese Dip

Submitted By: Rakayah Johnson

## Ingredient List

- **1½ pounds** of Velveeta®
- **1 pound** ground beef
- **2 cans** Rotel sauce
- **1 to 2 cans** beans of choice

## Preparation Instructions

1. Cook ground beef in skillet, then drain off fat and liquid.
2. Place ground beef, Velveeta, Rotel, and beans in slow cooker.
3. Cook in slow cooker until cheese is all the way runny and beans are warm.

**Serving  
Size:**

10 to 20



# Green Chili and Corn Dip

Submitted by: Doug Smith

Author/Source: From a magazine!

I bring this to work sometimes and people seem to like it.

## Ingredient List

- **1 16-ounce jar** salsa verde
- **1½ cups** frozen corn
- 1 small sweet onion, chopped
- **2 cloves** garlic
- **2 teaspoons** ground cumin
- 1 8-ounce package cream cheese
- **1 cup** monterey jack cheese, grated
- 1 tomato diced
- fresh cilantro (optional)
- Tortilla chips

## Preparation Instructions

1. Combine salsa verde, corn, onion, garlic and cumin in a small (I use a 1.5 quart) slow cooker. Add cream cheese and mix to combine.
2. Cover and cook on high for 2½ hours, then stir in cheese, tomato and cilantro. Cover and cook another 15 minutes.
3. Serve with tortilla chips.

### Serving Size:

Lasts at least a half day with hungry staff.

### Dietary Classification:

Vegetarian



# Two Elderflower Cordials

**Submitted by:** Amy Wencel

**Author/Source:** My source is the Interwebs

The solstice sun was friendly and Tenney's community garden plot at Eagle Heights beckoned. The elderberry bushes bordering the woods were just blooming. My mom used to make elderberry jelly so I like to keep track of its phenology. "Huh," thinks I, "isn't there a fancy schmancy liqueur made from elderflower (St. Germain)?" When I shared news of my successful attempt with Jaime Vache, she affirmed that elderflower-flavored soda is widely available in England. There are reportedly herbal benefits (e.g., it's helpful when you have the sniffles).

## Serving Size:

4 or more, depending on how you use it.

### Ingredient List

- 8 or more elderflower umbels\* in full bloom
- 1 cup sugar
- 1 cup water
- Juice of one lemon
- Zest of one lemon

\*Ideally picked before the hot midday sun.

**For the fancy booze: as many umbels as you have neutral-tasting vodka to cover.**

### Preparation Instructions

1. **For both beverages:** Pick the bigger green stems off the inflorescences since the stems are said to be poisonous.
2. **For the sweet cordial:** Boil water and sugar until sugar is dissolved (same as any simple syrup); allow to cool. Zest and juice one lemon and add zest, juice, and simple syrup to elder flowers. Place a plate inside of the saucepan to keep the flowers submerged and allow the mixture to steep for 24 to 48 hours. When the liquid is pale yellow, strain with the finest sieve you have.
3. To serve, add about 2 tablespoons to 6 ounces of fizzy water, or whatever iced tea or beverage that could stand some nice flavor and sweetening.
4. **For the imitation St. Germain liqueur:** Submerge picked-over flowers in vodka, weighted down with a plate or bowl, for 24 hours. Strain through a coffee filter. It should be amber in color, depending on how much the flowers oxidized before they were submerged. Warning: this stuff tastes pretty medicinal by itself. Add a little bit to something that's pretty sweet (Prosecco, Riesling) to add yummy complexity.







# Soups & Salads



Serving  
Size:

8

# Big Dumpling Soup

**Submitted by: Mark Penner****Author/Source: My mother, Gloria Penner**

This is a recipe my mother, Gloria Penner, used to make regularly when I was a child. It was given to her from my grandmother, Leona Fencil McConnell (known to us kids as Onie). My grandmother got the recipe from my great-great grandfather, Peter Roth.

**Ingredient List****Soup base:**

- **2 to 3 cups** water
- **1 quart** tomatoes, diced
- **3 stalks** celery, chopped
- **1** small onion, chopped
- **¼ pound** Bacon rind, chopped
- Salt and pepper to taste

**Dumplings:**

- **1** onion, chopped
- **3** medium potatoes, diced small
- **1 pound** bacon, cut into ¼-inch squares
- **4¾ cups** flour
- **6** eggs, beaten
- **½ cup** water
- Salt and pepper to taste
- Cider vinegar

**Preparation Instructions**

1. **Soup base:** Put the water, tomatoes, celery, onion and bacon rind into a large pot and bring to a boil.
2. **Dumplings:** Meanwhile, in a large bowl, mix together the onion, potatoes, and bacon with the flour, eggs, and water. Press the mixture together into balls slightly smaller than a baseball. The mixture will be sticky, so be sure to flour hands.
3. When the soup is boiling, drop the dumplings into the pot. Cover and simmer for 1 hour.
4. When serving, add a touch of cider vinegar to taste in each bowl of the soup.

**Serving  
Size:**10 or more  
servings

# Butternut Squash Soup

**Submitted by:** Denise Schneider**Author/Source:** *Bluphies New American Cooking* by Bill Horzuesky (Bluephies was a restaurant on Monroe Street for 22 years.)**Ingredient List**

- 5 roasted butternut squash
- 2 **tablespoons** olive oil
- 4 celery stalks, chopped
- 1 large onion, chopped
- 1 **tablespoon** minced garlic
- ½ **cup** brown sugar
- 1 **tablespoon** thyme
- 1 **teaspoon** oregano
- 1 **teaspoon** Chinese five-spice blend
- 2 **tablespoons** curry powder
- 1 **tablespoon** dried ginger
- 2 **tablespoons** soup base (vegetable or chicken)
- 1 **cup** fresh or canned pureed tomatoes
- 10 **cups** water
- 2 **cups** heavy cream
- Salt and pepper

**Preparation Instructions**

1. Preheat oven to 350°F.
2. To roast the squash: cut the top off, cut in half and scrape out seeds and membranes. Coat inside and out with olive oil\* or vegetable oil. Place halves on cookie sheet, cut side down. Roast for an hour or until squash is soft.
3. Heat oil in a large saucepan over medium heat. Add celery and onion and sauté, stirring occasionally, until the onion turns a light brown. Add the garlic and sauté for about 2 more minutes. Add the sugar, thyme, oregano, five-spice, curry, ginger, and soup base. Sauté until fragrant, 2 to 3 minutes.
4. Add the roasted squash flesh to the aromatics. Add the tomatoes, water and cream. Simmer until liquid reduces by about a quarter. Puree until smooth with a hand-held blender directly in the soup pot (or in batches in a food processor). Add salt and pepper to taste if needed.

*\*Note: For more Asian influence, use a tablespoon of sesame oil instead of the olive oil and add more five-spice.*

Serving  
Size:  
5 to 6

# “Chinese” Chicken Salad

Submitted by: David Spies

Not really Chinese cuisine. I think the recipe was shared among the families in my small Northeast Wisconsin community, and because it included a rice vinegar/soy sauce/sesame dressing, it was considered “Asian cuisine” 30 years ago.

## Ingredient List

### Dressing:

- **1 teaspoon** sugar
- **1 teaspoon** dry mustard
- **2 tablespoons** soy sauce (light soy sauce if desired)
- **4 to 5 teaspoons** rice wine vinegar
- **1 tablespoon** sesame oil
- **½ teaspoon** fresh grated ginger
- **1 teaspoon** chili oil
- **1 clove** garlic, minced

### Salad:

- **2** chicken breasts, cooked and shredded
- **4 ounces** bean sprouts
- **3 tablespoons** sesame seeds, toasted
- **1** large cucumber, peeled and thinly sliced
- **¼ cup** sliced green onions (garnish)
- **¼ cup** fresh cilantro (garnish)

## Preparation Instructions

1. Combine dressing ingredients and set aside.
2. Combine chicken, sprouts, and seeds. Add dressing. Arrange on top of cucumber slices.
3. Garnish with green onions and cilantro.



# Easy Kale Salad

Submitted by: Sarah Lawton

Author/Source: Adapted from a version in  
*The Smitten Kitchen* by Deb Perelman

## Ingredient List

### Salad:

(balance quantities to your taste):

- Pecans
- Kale
- Radishes
- Dried cherries
- Tart apple of your choice
- Goat cheese

### Dressing:

- **3 tablespoons** olive oil
- **1½ tablespoons** apple cider vinegar
- **1 tablespoon** smooth Dijon mustard
- **1½ teaspoons** honey
- Kosher salt and freshly ground pepper, to taste

## Preparation Instructions

1. Preheat the oven to 350°F and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly.
2. Pull the kale leaves off from the stems and discard the stems. Chop the kale into small, bite-sized pieces. Transfer to a big bowl. Sprinkle a pinch or two of kosher salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
3. Thinly slice the radishes. Add them to the bowl.
4. Coarsely chop the pecans and cherries and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well.
5. In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Let the salad marinate in the dressing for 10 to 20 minutes beforehand.
6. Crumble the goat cheese over the top. You can also add fresh strawberries, mango, or whatever fresh fruit sounds good. I add these ingredients right before eating so that the salad itself can be stored and enjoyed for a few days.



# Garlic Spinach Salad

Submitted by: Amy Schmidt

Author/Source: an old friend

## Ingredient List

- 6 cloves garlic
- Dash salt
- 7 tablespoons olive oil
- 3½ tablespoons lemon juice
- 1 cup mushrooms, sliced
- 8 cups spinach
- 1 cup swiss cheese, grated

## Preparation Instructions

1. In a large wooden salad bowl, mash garlic with salt.
2. Add olive oil, lemon juice, and mushrooms, and let stand 30 minutes.
3. Mix in spinach and swiss cheese before serving.

**Serving  
Size:**

8 to 10

**Dietary  
Classification:**

Vegetarian

Serving  
Size:  
4 to 6

# Mediterranean Chicken Salad

Submitted by: Delia Fantova

Author/Source: *Silver Palate Cookbook* by Julee Rosso and Sheila Lukins

## Ingredient List

- 1 medium-size yellow onion, peeled and quartered
- 2 carrots, peeled and chopped
- 1 leek, white part only, well rinsed and sliced
- 1 **teaspoon** fresh or dried thyme
- 1 bay leaf
- 6 parsley sprigs
- 12 black peppercorns
- 4 whole cloves
- Salt, to taste
- 3 bone-in split chicken breasts (about 3 pounds)
- ½ **cup** best-quality olive oil
- 1½ **teaspoons** dried oregano
- Juice of 1 lemon
- ¾ **cup** imported black olives
- 2 **tablespoons** capers, drained

## Ingredient List Continued

- 8 cherry tomatoes, halved, or 2 medium-size ripe tomatoes, cut into wedges
- ¼ **pound** green beans, cooked
- Freshly ground black pepper, to taste

## Preparation Instructions

1. Measure 4 quarts of water into a large, heavy pot. Add the onion, carrots, leek, thyme, bay leaf, parsley, peppercorns, cloves, and salt. Bring to a boil, reduce the heat, and simmer, uncovered, for 15 minutes.
2. Add the chicken breasts\*, return to a boil, reduce the heat, and simmer, partially covered, until the chicken is done, about 20 minutes. Remove the pot from the heat and let the chicken cool in the broth.
3. Remove the chicken (saving the broth for soup), discard the skin, and pull the meat from the bones. Tear the meat into large pieces and combine in a bowl with the olive oil and oregano. Cover and let stand at room temperature for 1 hour.
4. Add the remaining ingredients, toss, and season with salt and pepper. Serve immediately.

*\*Note: You may save the first two steps by using any leftover or cooked chicken.*



# Potato Leek Soup

**Submitted by:** Heidi Vargas

**Author/Source:** me

This is my kids' favorite comfort food. When my daughter comes home from college, this is what she wants for dinner. My 14-year old son can easily eat the whole pot himself! Double the recipe if you want leftovers; it's actually better the next day.

## Ingredient List

- 1 medium-large leek
- 2 **tablespoons** olive oil or butter
- 6 to 8 large Yukon Gold potatoes
- 1 **32-ounce** chicken or vegetable stock
- 1 **teaspoon** kosher salt
- ½ **teaspoon** dried thyme
- ¼ **teaspoon** fresh nutmeg
- Pepper to taste
- 1 **cup** milk\* (approximately)

*\*Whole milk is richest, but any milk will work.*

## Preparation Instructions

1. Cut green leaves from leek and slice white portion lengthwise, then in ½-inch slices; rinse chopped leeks thoroughly to remove all grit. Sauté leeks in a large (6-quart) pot on low heat with olive oil or butter until soft.
2. Chop potatoes in 1-inch dice (I leave skins on) and add to leeks. Cover with stock to 1 inch over potatoes. Add salt, thyme, nutmeg, and pepper. Cover and simmer until potatoes are soft, about 15 minutes.
3. Using an immersion (or stand) blender, completely blend all ingredients until smooth. Return to the pot, and on very low heat, whisk in milk\* until smooth and lighter in color.
4. Serve with grated cheddar cheese, sour cream, or chives if desired.

*\*Note: Add milk to desired consistency and creaminess.*

**Serving Size:**

4 to 6

## Dietary Classification:

Can be vegetarian; depends on the stock you choose.



# Spinach Salad with Curry Dressing

**Submitted by:** Barb Rex

**Author/Source:** My friend, Mary Ann

I originally got this recipe from my friend, Mary Ann, but later, I also found it in *The Collection: Simple & Elegant Recipes* — the first Attic Angel Association Cookbook.

## Ingredient List

- **½ cup** orange juice concentrate
- **½ cup** vegetable oil
- **1 teaspoon** curry powder
- **1 pound** fresh spinach
- **2** small red apples, unpeeled, and diced
- **2** oranges, peeled, and diced
- **½ cup** salted peanuts
- **¼ cup** raisins

## Preparation Instructions

1. Combine juice concentrate, oil, and curry powder and mix well. Set aside.
2. Remove coarse stems from spinach and tear leaves into pieces. Place in a salad bowl. Add apples, oranges, peanuts, and raisins.
3. Just before serving, toss salad with dressing.

**Serving  
Size:**

6

**Dietary  
Classification:**

Vegan

# Subtropical Salad

Submitted by: Nichole Fromm

Author/Source: Adapted from magazine, *Cooking Light*,  
“Mango and Black Bean Salad,” March 2008

This protein-rich vegan dish doubles easily and works as either a side or an entree. Mix it up with a favorite salsa—pineapple haba­nero adds a tasty kick—or substitute wild rice for brown.

## Ingredient List

- **1 cup** uncooked brown rice (approximately 2 cups cooked)
- **2 tablespoons** olive oil
- **1 15-ounce** can black beans
- **1** lime
- **1** avocado
- **1** mango
- **½ cup** prepared salsa
- **2 to 3** sprigs cilantro
- **2 to 3** green onions
- Salt and pepper to taste

## Preparation Instructions

1. Cook brown rice. Chill to room temperature. In a large mixing bowl, combine rice and olive oil and stir to coat.
2. Drain and rinse black beans. Mix into rice.
3. In a small bowl, juice the lime. Cube the avocado, add to the bowl, and gently stir to coat with the lime juice. Cube the mango, and add mango and salsa to the avocado. Stir to combine.
4. Pour the lime/avocado/mango/salsa mix into the rice and beans and stir to combine.
5. Wash, pat dry, and chop cilantro and green onions (both green and white parts). Gently mix into the salad. Add salt and pepper to taste.
6. Serve chilled or at room temperature.

Dietary  
Classification:

Vegan



# Sweet Potato Salad

Submitted by: Brianna Williams

Author/Source: Jolly Bob's

## Ingredient List

- 4 medium sweet potatoes, peeled and cubed into ¼-inch pieces
- ½ each red, yellow, and green bell peppers cut into ¼-inch dice
- ½ large red onion, diced
- 4 to 6 tablespoons fresh parsley, finely chopped
- 3 tablespoons Dijon mustard
- 3 tablespoons ketchup
- 1 tablespoon minced garlic
- ¾ cup olive oil
- 4 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce
- Juice of one large lime
- Salt and pepper to taste

## Preparation Instructions

1. Boil sweet potato cubes in salted water for 10 to 12 minutes or until fork tender but firm, do not overcook. Drain and shock in cold water until potatoes are cool throughout. Mix cooled potatoes with diced peppers, onion, and parsley.
2. Make dressing by placing mustard, ketchup, and garlic in medium-sized bowl. Whisking constantly, add olive oil in slow steady stream. After blending well, add vinegar, Worcestershire sauce, lime juice, salt, and pepper and mix well. Pour dressing over potato mixture and toss gently.
3. Serve immediately, or keep covered in refrigerator for up to 5 days.

Serving  
Size:

12

Dietary  
Classification:

Vegan



# Sweet Potato Soup with Rum Cream

**Submitted by:** Delia Fantova

**Author/Source:** The Inn at Little Washington

Affordable, yet decadent, and perfect at Thanksgiving!

## Ingredient List

- **5 tablespoons** butter
- **1** medium onion, coarsely chopped
- **1 teaspoon** curry powder
- **9 cups** chicken stock
- **5 to 6** medium-sized sweet potatoes, peeled and cubed
- **¼ cup** maple syrup
- **2 to 5** small sprigs fresh thyme or
- **1 teaspoon** dried thyme
- **Pinch** cayenne pepper
- **1 cup** cream
- **⅛ teaspoon** freshly grated nutmeg
- Salt and white pepper to taste
- **1 cup** heavy cream
- **½ teaspoon** fresh lemon juice
- **¼ teaspoon** grated lemon zest

## Ingredient List Continued

- **5 tablespoons** good quality dark rum
- **Pinch** sugar

## Preparation Instructions

1. In a 6-quart heavy-bottomed saucepan, melt butter over medium heat.
2. Add the onion and curry powder. Cook for about 6 minutes, stirring occasionally.
3. Meanwhile, in a separate saucepan, heat the stock to a simmer.
4. Add the sweet potato to the onion mixture. Then add the heated stock, maple syrup, thyme, and cayenne. Cook until the sweet potatoes are soft, about 25 minutes. Remove from heat and remove the thyme sprigs. Puree the soup in small batches and strain.
5. Return the soup to heat and add the cream, nutmeg, salt and white pepper.
6. In the bowl of an electric mixer, whip the cream until soft peaks form. Add the lemon juice and zest, rum and sugar. Continue whipping until the cream is almost stiff. Refrigerate until ready to serve.
7. Transfer soup to individual bowls and serve with a dollop of Rum Cream.

**Serving Size:**

10





# Turkey Wild Rice Soup

Submitted by: Barb Rex

Author/Source: Adapted from *Mad About Food*—  
Junior League of Madison cookbook

Many years ago, I copied the original recipe from a cookbook in MPL's collection. However, I have made a few modifications, so here is my version.

## Ingredient List

- 3 cups water
- 1 cup wild rice
- 2 tablespoons butter
- 1 medium onion, chopped
- 1½ cups celery, diced
- 2 cups carrots, diced or sliced
- ¼ cup flour
- 62-ounce can chicken or turkey broth
- 3 cups whole milk (or half whole, half skim to make it a little lighter)
- 3 cups cooked turkey breast, diced
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon pepper

## Preparation Instructions

1. Put water and rice in a large saucepan. Bring to boil for a full minute, then cover and reduce heat to simmer. Cook 45 minutes. Drain rice and set aside.
2. Melt butter in a large stockpot over medium heat. Sauté the onion, celery and carrots on medium-high heat until tender. Add a little chicken (or turkey) broth as it cooks.
3. When vegetables are tender, reduce heat and blend in the flour. Gradually add the broth, stirring constantly. Bring to a boil and hold boil for 1 minute.
4. Add the wild rice, milk, turkey, parsley and seasonings. Simmer for 20 minutes.

Serving  
Size:  
8

Dietary  
Classification:  
Gluten-free



# Ukrainian Festive Potato Salad

**Submitted by:** Natasha Akulenko

**Author/Source:** My mom, Zhenya, and every other Ukrainian lady.

Birthday and New Year's Eve favorite for nearly everyone who grew up in Ukraine and surrounding countries. It's delicious. You won't be able to stop at one serving.

## Ingredient List

- 3 medium potatoes, boiled in their skin
- 3 medium carrots, boiled in their skin
- 2 eggs, hard boiled
- 4 large dill pickles
- 1 fresh cucumber
- 1 8.5-ounce can sweet peas
- ½ apple
- Mayonnaise to taste
- Fresh parsley

## Preparation Instructions

Peel the skin off the cooked potatoes and carrots. Cut everything into ½-inch cubes. Add salt, pepper, and mayonnaise.\* Add finely diced fresh parsley.

*\*Note: The salad can be vegan (omit the boiled eggs) and/or gluten free depending on what type of mayonnaise you use. I like Vegenaïse®.*

**Dietary  
Classification:**  
Vegetarian



# Vegetable Salsa Soup

**Submitted by: Jane Jorgenson**

I was watching the local news up in central Wisconsin years ago. They used to have Mr. Food demo a recipe at the end of the show (now it's chefs from Mr. Food's test kitchen, since he's passed away). He showed how to make a very simple soup with chicken and salsa and I have made it with variations many, many times since then.

## Ingredient List

- 1 onion, chopped
- 1 **32-ounce** chicken broth (I use 99% fat free)\*
- 1 **16-ounce jar** salsa (I like Mrs. Renfro's Black Bean Salsa, but you can use the salsa of your choosing)
- 3 to 4 **small** to medium sized potatoes, cubed
- 1 **16-ounce can** kidney beans (or other beans of your choosing)
- 1 small to medium sweet potato, cubed (this adds some lovely sweetness)
- Other vegetables of your choosing
- $\frac{3}{4}$  **cup** frozen sweet corn
- Shredded cheese (I like Mexican blend for this)
- Sour cream

## Ingredient List Continued

- Tortilla chips

*\*For vegetarian soup, use vegetable broth instead of chicken.*

## Preparation Instructions

1. Place all ingredients, except for the corn, in a soup pot. Bring to a boil and then simmer for about an hour (or until potatoes are cooked through).
2. Turn off heat and immediately add the frozen corn to heat through.
3. When ready to serve, sprinkle on some cheese, add a dollop of sour cream, and line the edges of your bowl with tortilla chips. As Mr. Food would have said, "ooh, it's so good."

## Variations:

My mom likes to add chicken and a can of green chiles. She uses an already-roasted chicken and adds chunks of the meat (not the skin).

In the original Mr. Food demonstration, he used raw chicken in place of the sweet potatoes I use.

For optional vegetables, this is great when you need to use up some of your CSA vegetables. I love to add zucchini, summer squash, and a host of others as my vegetable supply changes over the seasons.

## Serving Size:

Makes about 6 to 8 servings, but is easily frozen and can serve more depending on how many ingredients you add.

**Dietary Classification:**  
vegetarian,  
vegan







# Main Dishes

Serving  
Size:  
6

# Ari's Yellow Curry

Submitted by: Ariella Waddell

Author/Source: Adapted from *pinchofyum.com*

Alaska is full of amazing Thai food, including a lovely place in Fairbanks called Sweet Basil. When I moved to Madison, I had a hard time finding a restaurant that did yellow curry the way Sweet Basil did. After experimenting with a bunch of recipes, I tweaked a recipe I found on Pinch of Yum and ended up with a perfect yellow curry.

## Ingredient List

- **1 tablespoon** oil
- **½ Vidalia Onion**, sliced thinly
- **1 pound** boneless skinless chicken breasts, cut into bite-sized pieces
- **1 6.8-ounce jar** Roland™ Yellow Curry Paste
- **10 baby Yukon Gold potatoes**, cut into bite-sized pieces
- **4 large carrots**, bias cut
- **1 14-ounce can** coconut cream (it's like coconut milk, but even more luscious)
- **½ to 1 cup** water
- **2 teaspoons** fish sauce
- **1 to 2 tablespoons** brown sugar
- Jasmine rice for serving

## Preparation Instructions

1. Heat the oil in a large pot over medium-low heat. Add the onions and sauté for a few minutes until the onions are fragrant and softened.
2. Add the chicken and curry paste; sauté for 3 to 5 minutes.
3. Add the potatoes and carrots, and stir to coat with the curry paste, then add the coconut cream and ½ cup water to the pot, and simmer for 20 to 30 minutes or until the chicken and potatoes are fully cooked, adding more water depending on the consistency you want for the sauce.
4. Stir in the fish sauce and brown sugar.
5. Serve over rice.



**Serving  
Size:**

6-8+

as a main dish,  
or more as a  
side dish

# Cajun Chicken Pasta

**Submitted by: David Spies**

In the Louisiana tradition of using up all your heavy caloric and fatty ingredients prior to Lent, this is a great option for a Fat Tuesday menu as this uses a LOT of butter ( $\frac{3}{4}$  pounds to be precise). Don't use margarine; it will NOT turn out well. This recipe makes many servings (6 to 8 if a main dish); you should share it with many people to spread the decadence! A good candidate to add to a spread of jambalaya, gumbo, cornbread, red beans and rice (with sausage or without), and crawfish (a.k.a., crayfish, crawdads, mudbugs) if you have access to them—along with your beverage of choice.

**Ingredient List****Sauce:**

- **2 teaspoons** dried thyme
- **1 teaspoon** cayenne pepper
- **1 teaspoon** white pepper
- **1 teaspoon** black pepper
- **1 teaspoon** dried basil
- **1½ teaspoons** cumin
- **½ teaspoon** coriander, ground
- **½ pound** butter (2 sticks)
- **1 cup** onion, chopped
- **6 cloves** garlic, minced
- **3½ cups** chicken stock
- **½ cup** tomato sauce
- **1½ tablespoons** worcestershire sauce
- **1 tablespoon** Tabasco® Sauce
- **1 tablespoon** sugar
- **1 6-ounce can** tomato paste

**Chicken:**

- **1½ teaspoons** salt
- **1½ teaspoons** white pepper
- **1½ teaspoons** black pepper
- **1½ teaspoons** garlic powder
- **1 teaspoon** cayenne pepper
- **1 teaspoon** cumin
- **1 teaspoon** dried basil
- **2 pounds** boneless, skinless chicken breast, diced
- **½ cup** chopped scallions
- **¼ pound** butter (one stick)

**Preparation Instructions**

1. **Sauce:** Combine all dried spices in small bowl and set aside. Melt butter in a large saucepan. Add onion and garlic; sauté 5 minutes. Add spice mixture and cook over medium heat 10 minutes. Add chicken stock and simmer 10 minutes. Mix in tomato sauce, worcestershire, Tabasco, and sugar; simmer 30 minutes. Stir in tomato paste and continue to simmer for 20 minutes.
2. **Chicken:** For the chicken, combine dried spices in large bowl. Toss chicken in spice mixture, coating well. Cook chicken over medium heat in a dutch oven until lightly browned. Add scallions and cook 1 minute more. Add browned chicken to sauce and simmer until chicken is cooked through.
3. Serve over hot pasta such as corkscrew or bowtie.

# Chicken Boti Kebabs (Murgh Boti)

Submitted by: Ching Wong

Author/Source: Madhur Jaffrey

This dish is a family favorite in my household. We call this dish “ketchup chicken” since the marinade consists mainly of ketchup and spices.

When I have made it for others, they are very surprised that ketchup is the key ingredient. I highly recommend grilling the kebabs instead of broiling them in the oven.

## Ingredient List

- **1½ pounds** boneless and skinless chicken breasts, cut into 1-inch cubes
- **1 teaspoon** salt
- **2 tablespoons** lemon juice
- **1 tablespoon** fresh ginger, peeled and very finely grated
- **2 cloves** garlic, crushed to a pulp
- **1 teaspoon** cumin, ground
- **1 teaspoon** bright red paprika
- **¾ teaspoon** cayenne pepper
- **6 tablespoons** tomato ketchup
- Freshly ground pepper
- **¼ teaspoon** ground turmeric
- **3 tablespoons** corn or peanut oil

## Preparation Instructions

1. Put chicken in a bowl. Add salt and lemon juice and rub them in. Puncture chicken pieces lightly with tip of a knife and rub seasonings in again. Set aside for 20 minutes.
2. Then add ginger, garlic, cumin, paprika, cayenne, ketchup, lots of black pepper, and the turmeric. Mix well, cover, and refrigerate for 6 to 8 hours (longer will not hurt). (Suggestion: Chop and mix the marinade ingredients in a food processor—pulse a few times until the ingredients are mixed well).
3. Just before serving, preheat broiler. Thread meat onto two or four skewers (the flat, sword-like ones are best). Brush with oil and balance the skewers on the rim of a shallow baking tray. Place about 5 inches from the source of the heat and broil for 6 minutes on each side, or until lightly browned and cooked through.

### Serving Size:

4 as main course or 8 as appetizer





Serving  
Size:  
4

# Chicken Curry

Submitted by: Jennifer Libert

Author/Source: *FamilyFun Magazine*

I found this recipe in a magazine in the dentist's waiting room several years ago. I make it as is with chicken, or for those that don't eat meat, I have made it without chicken or with paneer cheese. We've even dehydrated it and taken curry on backpacking trips to Glacier and the Wind River Range and cooked it over a campfire.

## Ingredient List

- **1 tablespoon** vegetable oil
- **1** medium onion, thinly sliced
- **¼ teaspoon** salt
- **2 teaspoons** curry powder
- **1 12 to 14-ounce can** unsweetened coconut milk
- **1 cup** canned tomatoes (I use a 14-ounce can of diced tomatoes)
- **2 tablespoons** tomato paste
- **1 pound** boneless, skinless chicken breast, cut into 1-inch cubes
- **3 cups** packed fresh (or frozen) baby spinach

## Preparation Instructions

1. In a large skillet, heat the vegetable oil over medium heat. Add onion and salt. Cook until softened, about 7 minutes, stirring often. Add the curry powder and cook, stirring constantly for 1 minute.
2. Stir in the coconut milk, tomatoes, and tomato paste. Cook 5 minutes or until slightly thickened, stirring occasionally.
3. Add the chicken, stir well, and cook 6 minutes or until chicken is cooked through. Stir in spinach and cook 3 minutes, or until wilted, stirring occasionally. Season with salt to taste.
4. Serve over rice.



# Chicken Lasagna

Submitted by: Janelle Cox

## Ingredient List

- 9 lasagna noodles
- 1 pound ground chicken
- 2½ cups mozzarella shredded cheese, divided
- 2 cups cottage or ricotta cheese
- ½ cup grated Parmesan cheese, divided
- ¼ cup chopped fresh parsley
- 1 egg, beaten
- 1½ jars (36 ounces) pasta sauce

## Preparation Instructions

1. Preheat oven to 350°F.
2. If not using no-boil noodles: prepare lasagna noodles according to package.
3. Brown ground chicken and onion, seasoning with Lawry's Season Salt as you brown. Drain excess liquid. Add in both cans of tomato sauce and all seasonings. Bring sauce to a rolling boil then let simmer for 20 minutes.
4. In greased 9x13-inch pan, arrange one layer of lasagna noodles in parallel strips on bottom. Top with ⅓ of the meat sauce, then ⅓ (or more) mozzarella. Repeat layers two more times, ending with cheese. Sprinkle Parmesan before or after baking.
5. Bake until cheese is golden brown.

*Note: Can also be put together the night before and cooked the next day. Makes great frozen meals too!*



# Chicken Poppy Seed Casserole

Submitted by: Erica Kersten

Author/Source: From my Aunt

This is a super-easy meal that all ages seem to like.

## Ingredient List

- **3 pounds** chicken, cooked and shredded or cut into bite size pieces
- **1 can** cream of mushroom or cream of chicken soup
- **1 pint** sour cream
- **1 stick** butter, softened
- **1 sleeve** crushed crackers (I use Ritz®)
- **1½ tablespoons** poppy seeds

## Preparation Instructions

1. Preheat oven to 350°F.
2. Mix chicken, soup, and sour cream well and put in a casserole dish sprayed with vegetable oil.
3. For the topping, melt butter, add crushed crackers and poppy seeds and mix well, then spread on top of casserole.
4. Bake for 35 to 45 minutes until bubbly hot and topping is light brown.

*Note: I serve it on top of cooked noodles or just as a main dish. Freezes well.*

**Serving  
Size:**  
4 to 5



Serving  
Size:  
8

# Chicken Pot Pie

Submitted by: Ching Wong

Author/Source: *Cook's Illustrated*

## Ingredient List

### Dough:

- **1½ cups** unbleached all-purpose flour
- **½ teaspoon** salt
- **8 tablespoons** butter, chilled and cut into ¼-inch pieces
- **4 tablespoons** vegetable shortening, chilled

### Filling:

- **1½ pounds** boneless, skinless chicken breast or boneless, skinless chicken thighs
- **1 14.5-ounce can** low-sodium chicken broth, with water added to equal 2 cups
- **1½ tablespoons** vegetable oil
- **1 large onion**, chopped fine
- **3 medium carrots**, peeled and cut crosswise ¼-inch thick
- **2 small ribs celery**, cut crosswise ¼-inch thick
- Salt and ground pepper

## Ingredient List Continued

- **4 tablespoons** unsalted butter
- **½ cup** unbleached all-purpose flour
- **1½ cups** milk
- **½ teaspoon** dried thyme
- **3 tablespoons** dry sherry
- **¾ cup** frozen peas, thawed
- **3 tablespoons** minced fresh parsley leaves

## Preparation Instructions

1. Heat oven to 400°F degrees; adjust oven rack to low-center position

### Dough:

2. Mix flour and salt in work bowl of food processor with the steel blade. Scatter butter pieces over flour mixture, tossing to coat butter with a little of the flour. Cut butter into flour with five 1-second pulses. Add shortening; continue cutting in until flour is pale yellow and resembles coarse cornmeal, keeping some butter bits the size of small peas, about four more 1-second pulses. Turn mixture into medium bowl.
3. Sprinkle 3 tablespoons ice-cold water over the mixture. Using rubber spatula, fold water into flour mixture. Then press down on dough mixture with broad side of spatula until dough sticks together, adding up to 1 tablespoon more of cold water if dough will not come together. Shape dough into ball, then flatten into 4-inch wide disk. Wrap in plastic and refrigerate 30 minutes while preparing pie filling.

Continued on next page...



Serving  
Size:

8

# Chicken Pot Pie

Submitted By: Ching Wong  
Author/Source: *Cooks Illustrated*

## Preparation Instructions Continued

### Filling:

- Put chicken and broth in small dutch oven or soup kettle over medium heat. Cover, bring to simmer, simmer until chicken is just done, 8 to 10 minutes. Transfer meat to large bowl, reserving broth in measuring cup.
- Increase heat to medium-high; heat oil in now-empty pan. Add onions, carrots, and celery; sauté until just tender, about 5 minutes. Season to taste with salt and pepper. While vegetables are sautéing, shred meat into bite-sized pieces. Transfer cooked vegetables to bowl with chicken; set aside.
- Heat butter over medium heat in again-empty pan. When foaming subsides, add flour; cook about 1 minute. Whisk in chicken broth, milk, and accumulated chicken juices, and thyme. Bring to simmer, then continue to simmer until sauce fully thickens, about 1 minute. Season to taste with salt and pepper.

- Pour sauce over chicken mixture; stir to combine. Stir in peas and parsley. Adjust seasonings. (Can be covered and refrigerated overnight; reheat before topping with pastry.)

### To Assemble:

- Roll dough on floured surface to approximate 15x11-inch rectangle, about 1/8-inch thick. If making individual pies, roll dough 1/8-inch thick and cut 6 dough rounds about 1 inch larger than pan circumference.
- Pour chicken mixture into 9x13-inch pan or any shallow baking dish of similar size. Lay dough over pot pie filling, trimming dough to 1/2-inch of pan lip. Tuck overhanging dough back under itself so folded edge is flush with lip. Flute edges all around. Or don't trim dough and simply tuck overhanging dough into pan side. Cut at least four 1-inch vent holes in large pot pie or one 1-inch vent hole in smaller pies.
- Bake until pastry is golden brown and filling is bubbly, 30 minutes for large pies and 20 to 25 minutes for smaller pies. Serve hot.



# Congrí

Submitted by: Heidi Vargas

Author/Source: Abuela, María Caridad Suarez de Nuñez

Congrí is a classic Cuban rice and bean side dish. As with many Cuban dishes, congrí starts with the classic sofrito—a sauté of salt pork, onion, bell pepper, and garlic. My partner is Cuban, and every single family get together includes congrí, including Thanksgiving dinner at Abuela's house.

## Ingredient List

- **2 tablespoons** olive oil
- **½ cup** salt pork, cut into ½-inch cubes
- **1 large** onion, chopped fine
- **½ green** bell pepper, cut in strips
- **½ red** bell pepper, cut in strips
- **4 cloves** garlic, minced
- **1 14.5-ounce** can diced tomatoes
- **2 allspice** berries or ½ teaspoon ground allspice
- **1 heaping teaspoon** ground cumin
- **1 teaspoon** oregano (preferably Mexican)
- **1 teaspoon** salt
- **½ teaspoon** pepper
- **1 15.5-ounce can** red or black beans, drained
- **1 cup** long grain white rice
- **2 cups** chicken stock or water (2 times the quantity of rice)

## Preparation Instructions

1. Preheat oven to 375°F.
2. **Sofrito:** Sauté salt pork in olive oil until well browned and not fatty. Add the onion, bell peppers, garlic, tomatoes and spices, and sauté until onions and bell pepper are soft. Pour the sofrito into a 9x13-inch baking dish.
3. Add the beans, rice, and stock or water to the sofrito and stir all ingredients well. Cover baking dish with foil and bake for 25 to 30 minutes until rice is soft and liquid is absorbed.

**Serving  
Size:**

8 pasties

# Cornish Pasties

**Submitted by:** Mary Modjeski

**Author/Source:** My mother-in-law

My mother-in-law was from the Michigan UP so she would use a traditional pie crust, but I have updated it with a cream cheese pie crust that I think works well with the meat and potato filling. You could even use store-bought pie crust or leave the meat out to make them vegetarian.

## Ingredient List

### **Crust:**

- **4 cups** flour
- **½ teaspoon** salt
- **½ teaspoon** baking powder
- **9 ounces** cream cheese, cut into pieces
- **24 tablespoons** (3 sticks) butter, cut into pieces
- **4 tablespoons** ice water
- **2 tablespoons** apple cider vinegar

### **Filling:**

- **5 medium** potatoes
- **½ cup** chopped onion
- **1 pound** ground chuck
- **½ to 1 cup** grated rutabaga
- Salt and pepper to taste
- Butter for dotting on filling

## Preparation Instructions

1. Preheat the oven to 350°F.
2. **Crust:** Combine the dry ingredients in a large mixing bowl. Cut in the cream cheese with your fingers or a pastry blender. When mostly mixed in, cut in the butter until you have pea size pieces. Sprinkle ice water and vinegar over the mixture, and knead until it begins to hold together. Divide into 8 equal portions and shape into discs about 4 to 5 inches in size. Wrap in plastic wrap and refrigerate at least 45 minutes.
3. **Filling:** Peel potatoes and slice into very thin pieces no larger than 1-inch squares. Combine sliced potatoes, onion, ground chuck, rutabaga, and salt and pepper in a large bowl.
4. **Assembly:** Remove one pastry disc from refrigerator, remove plastic wrap, and using a rolling pin, roll into disc 8 to 10 inches in diameter; add more flour if needed and rotate the disc to make sure it does not stick. Add ⅓ of the filling to the center of the disc. Dot the top of the filling with ½ tablespoon of butter cut into small pieces. Moisten the edge of the pastry with water before folding it over. Press the edges together, and roll or crimp edges. Place on a greased cookie sheet. Repeat with the other seven pasties.
5. Cut three slits in the top of each pasty, and cover with aluminum foil. Bake for 30 minutes. Remove the foil and bake an additional 30 minutes.





# Deep Dish Tofu with Cheesy Brown Rice

**Submitted by:** Tracy Moore

**Author/Source:** The Wheatberry Restaurant

My family was involved with a natural food restaurant that opened in Janesville, WI in the 1980s. I most vividly remember drinking icy smoothies there—but this Deep Dish Tofu recipe was another favorite. It was one my mom made at home a lot, too. It feels like true comfort food to me. First, because it makes me think of my mom. Second, because it is warm and cheesy and just plain delicious!

## Ingredient List

- 1 large onion, chopped small
- 3 to 4 carrots, chopped small
- 3 tablespoons olive oil
- 1 tablespoon butter
- 2 cups brown rice (brown, jasmine, or basmati), cooked
- 3 chunks (12 to 14 ounces total) firm tofu, cubed
- 3 tablespoons tamari
- 1 teaspoon black pepper
- 1 teaspoon salt
- 2 cups milk
- 2 slices wheat bread, cubed
- 4 cups medium cheddar cheese, grated

## Preparation Instructions

1. Preheat oven to 350°F.
2. Sauté the onion and carrots in the olive oil and butter until the onion is translucent. Combine mixture with remaining ingredients, saving 1 cup of the grated cheese, and put in large casserole (deep 8X8-inch or shallow 9X13-inch).
3. Sprinkle the remaining 1 cup cheese on top, cover, and bake for 30 to 45 minutes, until bubbling. Remove cover and continue baking uncovered for another 5 minutes. Serve hot!

### Serving

#### Size:

4 to 6

### Dietary

#### Classification:

Vegetarian



# Egg Rolls

Submitted by: Gaoly Li

Author/Source: My mom

Egg Rolls were a staple in my household growing up, so when I moved to college, I found myself missing this classic Hmong dish. When I asked my mom for the recipe, she scoffed and exclaimed, "I never use recipes!" Nevertheless, she knew it would be difficult for me to replicate this dish, so she wrote the recipe down. Since then, she has continued writing down the recipes to my and my sibling's favorite meals so that we can recreate her delicious dishes and pass them down to our future children.

## Serving Size:

Makes around  
50 eggrolls  
(depending on  
how large they  
are)

## Ingredient List

- **1 10.5-ounce** package Vermicelli Bean Thread noodles
- **1 pound** ground meat of choice\*
- **2 cups** cabbage, shredded
- **2 cups** carrots, shredded
- **2 cups** onions, chopped
- **3 tablespoons** oyster sauce
- **1 tablespoon** salt
- **3 eggs**
- **1 egg yolk** (for sealing wrappers)
- **50** egg roll wrappers, thawed
- **8 cups** vegetable oil
- Prepared sweet chili sauce

*\*Note: I prefer pork, but you can leave out the meat and they will be just as delicious.*

## Preparation Instructions

1. Place the rice noodles in hot water to soften up, approximately 10 minutes. When the noodles are soft, drain the water and use scissors to cut the noodles very short.
2. In a large bowl, mix the meat, cabbage, carrots, onions, oyster sauce, salt, noodles, and eggs until well combined. Peel the eggroll wrappers and set aside. Place one wrapper down so that it's lined up in the shape of a diamond, with a corner facing you. Spoon  $\frac{1}{4}$  cup of the mixture onto the center of the wrapper, and then tightly roll it, making sure to fold the side corners in before sealing the end with the egg yolk.
3. Heat the oil in a large pot on medium heat. Test the temperature of the oil by placing one egg roll into the pot. If it sizzles, it's ready! Put in as many egg rolls as your pot allows, keeping them in a single layer. After 5 minutes, flip the egg rolls and let them fry for another 5 minutes. When they're golden brown, remove them from the oil and place them in a large bowl lined with paper towel.
4. For the sweet chili sauce, you can enjoy it straight out of the bottle or add ingredients. I like to add some crushed peanuts, a dash of fish sauce, and a squeeze of lime.



Serving  
Size:  
5

# Italian Sausage and Peppers

Submitted by: Winnie Volkman

Author/Source: My boyfriend's mom

## Ingredient List

- 5 mild or sweet italian sausage links
- 1 red bell pepper
- 1 green bell pepper
- 1 **medium** yellow onion
- 1 **24-ounce can** tomato sauce
- Penne pasta
- Parmesan cheese

## Preparation Instructions

1. Preheat oven to 350°F.
2. Cook sausage links over medium heat and brown on all sides. Cut links in half and put into 9x13-inch pan. Cut bell peppers and onion into ½-inch strips. Place peppers and onion over sausage, then pour tomato sauce evenly over all. Cover with tin foil and bake in oven for 1 hour.
3. Serve over cooked penne and sprinkle with Parmesan cheese.



# Kale and Feta Quiche

Submitted by: Lynn Fry

## Ingredient List

- 1 9-inch pie crust
- **2 teaspoons** olive oil
- 1 leek, diced
- ½ large red bell pepper, diced
- **4 cups** kale, chopped
- **1 teaspoon** thyme
- Salt and pepper
- 5 large eggs
- ¾ **cups** half-and-half
- **Pinch** ground nutmeg
- **8 ounces** mozzarella cheese, grated
- ¼ **cups** feta cheese, crumbled

## Preparation Instructions

1. Heat oven to 350°F.
2. Heat the oil in a large skillet over medium-low heat. Add the leek and bell pepper, and sauté, stirring occasionally for 2 minutes to soften the leek. Stir in the kale, thyme and salt and pepper to taste. When the kale has wilted, remove the pan from heat, and set aside.
3. In a large bowl, whisk together the eggs and half-and-half. Add the nutmeg and both cheeses. Stir in the cooked vegetables. Immediately pour the egg mixture into the prepared crust, and carefully transfer it to the oven.
4. Bake for 35 to 40 minutes, until a knife inserted in the center comes out clean. Let sit for 10 minutes to allow the eggs to set completely before serving.

**Serving  
Size:**

6

**Dietary  
Classification:**

Vegetarian



Serving  
Size:  
6

# Mac and Cheddar Cheese with Chicken and Broccoli

Submitted by: Alexandria Johnson

Author/Source: Rachel Ray

## Ingredient List

- **2 tablespoons** extra-virgin olive oil
- **1 pound** chicken breast tenders, chopped
- Salt and pepper to taste
- **1** small onion, chopped
- **1** pound macaroni elbows
- **2½ cups** raw broccoli
- **3 tablespoons** butter
- **3 tablespoons** all-purpose flour
- **½ teaspoon** cayenne pepper
- **1 teaspoon** paprika
- **3 cups** whole milk
- **3 cups** yellow sharp cheddar

## Preparation Instructions

1. Place a pot of water on the stove to boil for macaroni.
2. Heat a medium pan over medium to medium high heat. Add extra-virgin olive oil and chicken, and season with salt and pepper. Sauté a couple of minutes then add onion and cook another 5 to 7 minutes until onions are tender and chicken is cooked through. Turn off heat and reserve.
3. To boiling water, add macaroni and salt to season the cooking water. Cook 5 minutes, then add broccoli and cook 3 minutes more or until pasta is cooked and just tender.
4. While pasta cooks, heat a medium-size sauce pot over medium heat. Add butter and melt, then add flour, cayenne and paprika and whisk together over heat until roux bubbles, then cook a minute more. Whisk in milk and stock and raise heat a little to bring sauce to a quick boil. Simmer sauce to thicken, about 5 minutes.
5. Drain macaroni and broccoli. Add back to pot and add chicken to the pasta and broccoli.
6. Add cheese to milk sauce and stir to melt it in, about a minute or so. Stir in mustard and season sauce with salt and pepper. Pour sauce over chicken, broccoli, and cooked pasta and stir to combine. Adjust seasonings, transfer to a large serving platter and serve.

Serving  
Size:  
12

# Mom's Best Lasagna

Submitted by: Tina Marie Maes

Author/Source: Rose Marie Hamm (my mom)

Lasagna is one of my favorite dishes. My mom would make it whenever I went to visit her, so when I went to college—after a lot of cajoling—Mom gave me this recipe, although I modify it every time.

## Ingredient List

- **8 ounces** lasagna noodles (can use no-boil)
- **1 pound** hamburger\*
- **1** medium onion, chopped
- **2 15-ounce cans** tomato sauce
- **1 teaspoon** Italian seasoning (other seasonings\*)
- **1 teaspoon** salt
- **¼ teaspoon** pepper
- **4 cups** grated mozzarella
- Parmesan cheese

*\*Note: I add Lawry's® Seasoned Salt as the hamburger is browning. I have also been known to increase or add extra seasonings in the sauce such as a pinch of curry powder, Mediterranean basil, garlic salt, or additional Italian seasoning, etc. Every time I make it, it's a little different.*

## Preparation Instructions

1. Preheat oven to 350°F.
2. If not using no-boil noodles: prepare lasagna noodles according to package.
3. Brown hamburger and onion, seasoning with Lawry's Season Salt as you brown. Drain excess liquid. Add in both cans of tomato sauce and all seasonings. Bring sauce to a rolling boil then let simmer for 20 minutes.
4. In greased 9x13-inch pan, arrange one layer of lasagna noodles in parallel strips on bottom. Top with  $\frac{1}{3}$  of the meat sauce, then  $\frac{1}{3}$  (or more) mozzarella. Repeat layers two more times, ending with cheese. Sprinkle Parmesan before or after baking.
5. Bake until cheese is golden brown. Can also be put together the night before and cooked the next day. Makes great frozen meals too!

Serving  
Size:

4 to 6 servings

Dietary  
Classification:

Paleo-ish

# Not Your Mama's Homestyle Sunday Roast

Submitted by: Kristen Colgin

Author/Source: Emily Schromm

## Ingredient List

## Ranch Mix:

- ½ cup dried parsley
- 3 tablespoons dried dill
- 3 tablespoons garlic powder
- 3 tablespoons dried celery
- 4 teaspoons salt
- 2 teaspoons black pepper

## Roast:

- 4 to 5 pound chuck roast
- 10 pepperoncini peppers
- 1 tablespoon coconut aminos (could substitute soy sauce)
- 3 tablespoons ghee or ¼ cup grass-fed butter
- 1 cup organic beef stock.

## Preparation Instructions

1. Stir together the ingredients for the ranch mix.\*
2. Cover both sides of roast with approximately 4 tablespoons of ranch mix and add to crockpot. Pour beef broth into the crockpot, being careful not to dump it all on top of the roast and wash away the seasonings from the top of the meat. Drizzle the coconut aminos (or soy sauce) over the roast. Add 10 pepperoncini peppers on top of the roast. Add the butter (or ghee) on top of the roast.
3. Cover and cook on low for 8 hours.
4. Shred and serve with baked smashed sweet potatoes.

*\*Note: The ranch mix can be used to make a ranch dressing, as well. Keep whatever is leftover in an airtight container.*

*Split the recipe in half (or adjust as needed) if you have a smaller roast.*

*Optional: serve with a side of sweet potatoes, baked and smashed*

# Potato Dumplings and Oinka (Pork roast)

**Submitted by:** Tina Marie Maes

**Author/Source:** my Chicky Grandma

This recipe has been in the family for a least a few generations. I know that my grandma got it from her mom (my great-grandma) who also used to make it. It's been my family's traditional Thanksgiving meal for as long as I can remember. However, we've modified it every year, because my grandma remembered the potato dumplings being drier and crumbly on the inside. Chicky Grandma has passed away but my family still gets together to make it every year around Thanksgiving.

## Ingredient List

### Dumplings:

- **5 pounds** potatoes, grated
- **5 pounds** flour
- **1 tablespoon** Bacon grease per cup of potato/flour mixture

### Oinka (pork roast and juice):

- **5 pounds** pork loin
- Water to cover
- **1** onion, chopped
- **1 clove** garlic, minced
- **3 tablespoons** caraway seeds

## Preparation Instructions

1. Cook potatoes the day before. Peel the skin off while still warm. Cool down in the fridge and shred.
2. Measure the potatoes and then add an equal amount of flour (1 cup to 1 cup). Add 1 tablespoon of melted bacon grease per cup of the potato/flour mixture. Form into baseball-sized balls and pack until solid. After shaping all of the dough, boil dumplings about 45 minutes or until they float. Remove from water.
3. Oinka should be started at the beginning of the day for an evening meal. Place roast in slow cooker or roaster and pour over enough water to cover all. Dice onion and add minced clove of garlic and caraway seeds. Cook on low heat all day.

Serving  
Size:

4

# Quick Filipino Laksa

Submitted by: Theresa Bengtson

Author/Source: My mum

A home staple that my mum would make that was versatile, quick, and tasty.

## Ingredient List

- 2 large chicken breasts (or equivalent fish, shrimp, mussels, firm tofu, or other meat of choice)
- Salt
- Pepper
- $\frac{1}{4}$  **teaspoon** Cayenne pepper (adjust for taste/heat)
- **1 tablespoon** coconut oil
- 1 lime
- 4 scallions
- 3 **cloves** garlic, minced
- **1 to 2** fresh hot red chilies, to preferred heat level, deseeded and diced
- **1 1-inch-thick** piece fresh ginger, minced
- **1 15-ounce can** coconut milk
- Handful of fresh cilantro, roughly chopped
- bean sprouts, crispy fried shallots, sliced peppers (optional)

## Preparation Instructions

1. Season meat to taste with salt, pepper and cayenne pepper. Heat coconut oil in deep skillet on medium-high heat. Sear meat on one side, turn meat over and squeeze the juice from  $\frac{1}{2}$  of the lime over the top.
2. Scatter over the scallions, garlic, (chilies), and ginger (If in a hurry, blitz garlic, chilies, and ginger in a mini/small bowl food processor). When mix becomes fragrant (3 to 5 minutes) pour over coconut milk. Bring to boil, then reduce heat to a simmer until meat is cooked through. Squeeze over remainder of lime juice.
3. Remove skillet from heat and dress with cilantro and optional accompaniments.
4. Serve with rice and stir-fried vegetables dressed with soy sauce.





**Serving  
Size:**  
10

# Runza

**Submitted by:** Mark Penner

**Author/Source:** My mother, Gloria Penner

Runzas are stuffed meat pastries that were brought to Nebraska by the Volga Germans. Runzas are a common food in Nebraska—where I grew up. A fast food restaurant, Runza Hut, trademarked the name, though they did not invent the Runza. This recipe is more of a traditional runza than what is sold at Runza Huts.

## Ingredient List

### Dough:

- 2 packets yeast
- 1 cup warm water
- 1 cup milk, scalded
- ½ cup vegetable shortening
- ½ cup sugar
- 1½ teaspoons salt
- 6½ cups flour
- 2 eggs, beaten

### Filling:

- 1 pound lean hamburger
- 1 small head of green cabbage, chopped
- 1 onion, chopped
- 1 tablespoon garlic salt
- 1 tablespoon celery salt
- 1 tablespoon oregano

## Preparation Instructions

1. Preheat oven to 400°F.
2. **Dough:** Mix the yeast with the cup of warm water. Meanwhile mix the scalded milk, shortening, sugar, and salt in a large bowl. Add 2 cups of flour to the milk mixture along with the yeast and eggs. Continue adding the flour whilst mixing. Knead into a smooth ball. Cover and let rise for 1 hour.
3. **Filling:** Brown the hamburger in a large skillet. Add the cabbage and onion. Fry until the cabbage is limp. Add seasonings. Drain off excess liquid. Allow to cool.
4. **Assembly:** Roll out the dough and cut into 4-inch squares. Put a spoonful of the meat mixture on the square. Fold in the corners and pinch together. Place on a cookie sheet with the fold on the bottom. Bake for 20 minutes.



**Serving  
Size:**  
4 to 6

**Dietary  
Classification:**  
Vegetarian

# Russian Vegetable Pie

**Submitted by:** Barb Rex

**Author/Source:** Adapted from Lisa Mettauer,  
retired MPL librarian

Lisa gives credit for this recipe to *The Vegetarian Epicure* by Anna Thomas. She included it in *Words of Mouth*, the c.2004 MPL cookbook. As she stated in that cookbook, she had been making it for over 30 years; the first time that she had it was in a restaurant in New Hampshire, where they admitted to “stealing” the recipe. Said Lisa, “Everyone loves it—even meat eaters.” And that is true.

## Ingredient List

### Pastry: \*

- **1¼ cups** flour
- **1 teaspoon** sugar
- **1 teaspoon** salt
- **4 ounces** softened cream cheese
- **3 tablespoons** butter

### Filling:

- **4 to 5** eggs, hard-boiled
- **3 cups** cabbage, shredded  
(I use 4 to 5 cups)
- **½ pound** mushrooms, sliced
- **1** yellow onion, chopped
- **3 tablespoons** butter
- Basil
- Marjoram
- Tarragon
- Salt (to taste)
- Fresh-ground pepper (to taste)
- **4 to 6 ounces** softened cream cheese
- Dill

*\*Instead, I use two frozen pre-made  
purchased pie crusts*

## Preparation Instructions

1. Preheat oven to 400°F.
2. **Pastry:** Sift together the dry ingredients, cutting in the butter, and working it together with the softened cream cheese. Roll out  $\frac{2}{3}$  of the pastry and line a 9-inch pie dish. Roll out the remaining pastry to make a circle large enough to cover the dish. Put away to chill.

## Preparation Instructions Cont.

(Or take one pre-made pie crust and press it into a pie plate.)

3. **Filling:** Boil eggs to hard stage. Shred a small head of cabbage. Wash and slice the mushrooms. Peel and chop the onion.
4. In a large saucepan, melt 2 tablespoons butter. Add the onion and cabbage, and sauté for several minutes, stirring constantly. Add at least  $\frac{1}{8}$  teaspoon each of (dried) basil, marjoram, and tarragon, salt and pepper. Stirring often, allow the mixture to cook until the cabbage is wilted and the onions soft. Remove from the pan and set aside.
5. Add another tablespoon of butter to the pan and sauté the mushrooms lightly for about 5 or 6 minutes, stirring constantly.
6. **Assembly:** Spread the softened cream cheese in the bottom of the pie shell. Slice the eggs and arrange the slices in a layer over the cheese. Sprinkle them with a little chopped dill, then cover them with the cabbage. Make a final layer of the sautéed mushrooms and cover with the circle of pastry, (or the second pre-made pie crust.)
7. Press the pastry together tightly at the edges, and flute them. With a sharp knife, cut a few short slashes through the top crust.
8. Bake for 15 minutes, then turn the temperature down to 350°F and continue baking for another 20 to 25 minutes, or until the crust is light brown.

**Serving  
Size:**  
4 to 6

# Slow Cooker Carnitas

**Submitted by:** Krissy Wick

**Author/Source:** *BuzzFeed*

You know those recipes that start showing up all over Facebook? This is the best one I've ever tried!

## Ingredient List

- **3½ to 4 pounds** boneless pork butt or shoulder, cut into six pieces
- **2 teaspoons** salt
- **1 teaspoon** pepper
- **1 tablespoon** oregano
- **1 tablespoon** cumin
- **8 cloves** garlic, crushed
- **1 medium** onion, quartered
- **3 bay** leaves
- **1 lime**, juiced
- **1 orange**, juiced  
(save the spent halves)

## Preparation Instructions

1. In a slow cooker, add the pork, salt, pepper, oregano, cumin, garlic, onion, bay leaves, and lime juice. Squeeze the juice out of the orange and add the spent halves to the cooker. Mix together until the meat is fully coated. Cover and cook on low for 8 to 10 hours, or until the meat pulls apart easily.
2. Remove the pork and transfer to a foil-lined baking sheet. Shred the pork and spread across the baking sheet in a single layer. Pour about 1 cup of the liquid remaining in the slow cooker over the shredded pork. Broil for 5 to 10 minutes until the meat browns and crisps along the edges.
3. Serve immediately with rice and beans, in tacos, in salads, or even with BBQ sauce on buns!



# Spaghetti and Meatballs

Submitted by: Katie Petykowski

Author/Source: *In the Small Kitchen* by Cara Eisenpress, Phoebe Lapine

I love the idea of passing down recipes from generation to generation. As an Italian mother, I love to feed people and this meatball recipe is one of my favorites. My kids already help me in the kitchen making this meal and I hope that it is a recipe they continue to make with their families in the future.

## Ingredient List

### Meatballs:

- 1 small onion
- 5 cloves garlic
- ½ cup parsley
- 1 cup Parmesan cheese, shredded
- ⅔ cup fresh breadcrumbs (2 slices of bread)
- ⅓ cup dried breadcrumbs
- 2 large eggs, beaten
- 2½ tablespoons ketchup
- 2 teaspoons salt
- 1 pound ground beef
- 1 pound ground pork

### Sauce:

- 1 tablespoon olive oil
- 1 small onion diced
- 4 cloves garlic, minced
- 1 28-ounce can crushed tomatoes
- 2 teaspoons salt
- 1 pound cooked pasta
- Parmesan cheese

## Preparation Instructions

1. Preheat oven to 400°F and line a cookie sheet with foil.
2. Make meatballs\*: In a small food processor, pulse onion, garlic and parsley. (You can skip this if you don't have a food processor, just dice into small pieces). Transfer all meatball ingredients to a large bowl and mix together with hands.
3. Roll into small balls and place on cookie sheet. They can be close together, they will not expand when baking.
4. Bake for 25 to 30 minutes until tops have browned.
5. Make sauce: Heat olive oil in dutch oven or large saucepan. Add onion and cook approximately 8 minutes until soft. Add garlic and cook for 2 minutes. Pour in tomatoes and salt. Simmer over medium heat for 15 minutes.
6. When meatballs are done baking, gently stir them into the sauce.
7. Serve over cooked pasta with extra Parmesan cheese for garnish.

*\*Leftover meatballs are amazing as meatball subs.*

# Sweet and Sticky Potato and Tomato Bake

Submitted by: Carrie Gostomski

Author/Source: Anna Jones

## Ingredient List

- **1 pound** baby onions
- **1 $\frac{2}{3}$  pounds** large cherry tomatoes
- **1 $\frac{2}{3}$  pounds** new potatoes, washed and halved
- Olive oil
- Sea salt
- Ground black pepper
- **1 15-ounce can** cannellini beans, drained
- Small bunch fresh basil
- Feta cheese (optional)
- 1 lemon, zested (optional)

## Preparation Instructions

1. Preheat oven to 400°F.
2. Place onions in a bowl and cover with boiling water. Use a slotted spoon to fish them out and peel back the skins, which will loosen in the hot water. Cut larger onions in half.
3. Place the peeled onions on your biggest roasting tray and add the tomatoes and the halved potatoes (it'll be a tight fit, but that's what we want). Season generously with salt and pepper, and pour over some olive oil. Toss the tray contents to coat in oil.
4. Roast in the oven for 1 hour, tossing everything every 15 minutes.
5. Once everything is crisped, sprinkle on fresh basil.

*Optional: After the 1 hour cook time is over, remove tray from oven and crumble feta and lemon zest over top. Put tray back in oven and bake for an additional 15 minutes.*

**Serving Size:**

4

**Dietary Classification:**

Vegetarian



# Sweet Potato Hash

Submitted by: **Jamie Stanaway**

When my partner and I first started dating it was in the middle of winter and we had conflicting schedules, so we would often make this quick and cozy meal together.

## Ingredient List

- **1 to 2** sweet potatoes, cubed
- **1** red potato, cubed
- **1** carrot, peeled and large diced
- **½ to ¾ pound** brussels sprouts, halved
- Beets, parsnips, or any other winter
- vegetables (optional)
- Olive oil
- Fresh rosemary, minced
- Salt and pepper to taste
- **4** eggs (exclude to make vegan)

## Preparation Instructions

1. Preheat oven to 425°F.
2. Prep vegetables, toss in olive oil, rosemary, and seasoning to taste. Roast in oven until vegetables are tender and starting to brown (about 25 minutes). Brussels sprouts will roast faster, so roast them on a separate sheet tray and put them in the oven 10 minutes after the other vegetables.
3. When vegetables are almost done, fry the eggs. Once roasted, combine vegetables and top with fried eggs.

**Serving  
Size:**  
2 to 3

**Dietary  
Classification:**

Vegetarian,  
Gluten-free,  
Dairy-free,  
Vegan  
optional



# The Only Vegetarian Chili You'll Ever Need

**Submitted by:** Lynn Dimick

**Author/Source:** My mom!

My mom doubles or triples this recipe on a regular basis, cooking up huge vats of chili to eat and freeze and dole out to her four needy adult children. All throughout college (and, let's be honest, to this day), I would stock up my freezer with tupperware containers of the stuff, so I could have a delicious, home-cooked meal whenever my little heart desired.

**Serving Size:**  
8 very hungry people

**Dietary Classification:**  
Vegan &  
Gluten-free

## Ingredient List

- **2 tablespoons** olive oil
- **1 pound** carrots, chopped
- **2 ribs** celery, chopped
- 1 sweet onion, chopped
- 1 green bell pepper, chopped
- **3 cloves** garlic, minced
- 2 chipotle peppers, drained and finely chopped
- 2 oil-packed sun-dried tomatoes, chopped
- **1 28-ounce can** crushed tomatoes
- **4 15-ounce cans** diced tomatoes
- **1 pound** frozen corn
- **3 or 4 16-ounce cans** chili beans
- **1 16-ounce can** black beans drained
- **1 16-ounce can** white kidney beans drained
- **1 16-ounce can** red kidney beans drained
- **1 16-ounce can** garbanzo beans drained
- **1 16-ounce can** cannellini or butter beans drained
- **1 14-ounce can** gluten free vegetable broth
- **2 cups** water
- **1 tablespoon** chili powder
- **2 teaspoons** ground cumin
- **1 teaspoon** dried oregano
- **½ teaspoon** salt
- **½ teaspoon** dried thyme leaves
- **½ teaspoon** red pepper flakes
- Freshly ground pepper

## Preparation Instructions

1. Heat the oil in a Dutch oven or large pot over medium-high heat. Add carrots, celery, onion, and bell pepper. Cook, stirring, until vegetables start to soften. Cover and let steam an additional 5 minutes, or until carrots are done to your liking. Add garlic. Cook, stirring, 1 minute.
2. Stir in chipotle and sun-dried tomatoes. Add crushed and diced tomatoes, corn, beans, vegetable broth, water, chili powder, cumin, oregano, salt, thyme, red pepper flakes and black pepper to taste. Heat to a boil over medium-high heat, then lower heat to a simmer.
3. Cover and cook, stirring occasionally, for 20 minutes. Chili is ready to eat after 20 minutes, but for a richer flavor, let simmer longer.







Dessert

# Apple Crisp

Submitted by: Amy Schmidt

Author/Source: my mother

Our family loves butter and there is a lot in this!

## Ingredient List

- **6 to 8** large tart apples, pared and sliced into thin wedges
- **6 tablespoons** orange juice
- **¼ cup** sugar
- **½ teaspoon** cinnamon
- **1½ cups** flour
- **½ cup** sugar
- **½ teaspoon** salt
- **¾ cup** soft butter

## Preparation Instructions

1. Preheat oven to 350°F.
2. Place prepared apples\* into greased 7x11-inch baking pan.
3. Mix orange juice, sugar, and cinnamon and pour over fruit.
4. In small bowl, work the flour, sugar, salt, and butter together until crumbly, and spread mixture over fruit.
5. Bake 40 to 45 minutes until crisp is lightly browned.

*\*Note: You can use other fruit or combos of fruit. If using rhubarb increase sugar.*

**Serving  
Size:**

8 to 10

**Dietary  
Classification:**

Vegetarian



# Berry Spoon Cake

Submitted by: Heidi Vargas

Author/Source: Adapted from *Food & Wine* magazine

My go-to potluck dessert recipe. Change the fruit to any combination of berries—I've also used cherries—it's fail-safe, and always a hit.

## Ingredient List

### Filling:

- 8 cups frozen mixed berries
- $\frac{3}{4}$  cup sugar
- 2 tablespoons cornstarch

### Cake:

- $1\frac{1}{2}$  cups all-purpose flour
- 1 cup sugar
- 2 teaspoons lemon zest, finely grated
- $1\frac{1}{2}$  teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- $\frac{1}{2}$  cup milk
- 1 teaspoon pure vanilla extract
- $1\frac{1}{2}$  sticks (6-ounces) unsalted butter, melted

## Preparation Instructions

1. Preheat oven to 375°F.
2. **Filling:** Mix berries, sugar, and cornstarch in large bowl and set aside.
3. **Cake:** Whisk together the flour, sugar, lemon zest, baking powder, and salt. In a separate bowl, whisk together eggs, milk, and vanilla. Whisk the liquid ingredients into the dry ingredients, then add the melted butter and stir quickly till smooth.
4. Spread the fruit in a 9x13-inch baking dish. Spoon the batter on top leaving gaps of fruit showing through.
5. Bake 1 hour or until a toothpick comes out clean. Let the cake cool, but it's best served warm.
6. Serve with vanilla ice cream or whipped cream.



# Blueberry Lattice Bars

**Submitted by:** Jennifer Libert

**Author/Source:** I found this recipe in a cookbook at my mother-in-law's house.

I grew up in California, and to me, a bar was either a metal pole or a place to get a drink. When I moved to Wisconsin, I discovered how wonderful baking bars are! An easy way to get a yummy dessert to lots of people! This recipe has become a regular at our Pig Roast each summer. I also love it made with raspberries or blackberries grown in our yard.

## Ingredient List

### **Crust:**

- 1 cup butter, softened
- ½ cup sugar
- 1 egg
- 2¾ cups flour
- ½ teaspoon vanilla extract
- ¼ teaspoon salt

### **Filling:**

- 3 cups fresh or frozen blueberries
- 1 cup sugar
- 3 tablespoons cornstarch

## Preparation Instructions

1. Preheat oven to 375°F.
2. **Crust:** In a mixing bowl, cream butter and sugar. Add egg, flour, vanilla, and salt; mix well. Cover and refrigerate for 2 hours.
3. **Filling:** In saucepan, bring blueberries, sugar, and cornstarch to a boil. Cook and stir for 2 minutes or until thickened.
4. **Assembly:** Roll ⅔ of the dough into a 10x14-inch rectangle. Place in a greased 9x13-inch baking dish. Top with filling. Roll out remaining dough to a ¼-inch thickness. Cut into ½-inch wide strips. Make a lattice over the filling.
5. Bake for 30 to 35 minutes or until top is golden brown. Cool on wire rack. Cut into bars.

**Serving  
Size:**

24



# Chocolate Bread Pudding with Spiced Cream

Submitted by: Lesley Kircher

Author/Source: *Emeril's Creole Christmas* by Emeril Lagasse

This is my favorite dessert to bring to gatherings in the winter.

**Serving Size:**  
8 to 10

**Dietary Classification:**  
Vegetarian

## Ingredient List

- 1 **teaspoon** unsalted butter
- 4 **large** eggs
- 1 **cup** firmly packed light brown sugar
- ½ **teaspoon** ground cinnamon
- 1 **teaspoon** baking soda
- ⅛ **teaspoon** freshly grated nutmeg
- 1 **teaspoon** pure vanilla extract
- 1 **cup** semisweet chocolate chips, melted
- ¼ **cup** Grand Marnier or other orange flavored liqueur
- 2 **cups** half-and-half
- 8 **slices** day-old white bread, crusts removed and cut into ½-inch cubes (about 4 cups)
- 2 **cups** semisweet chocolate chips

## Ingredient List Continued

### Spiced Cream:

- 1 **quart** heavy cream
- ¼ **cup** granulated sugar
- ½ **teaspoon** ground cinnamon
- ¼ **teaspoon** freshly grated nutmeg

## Preparation Instructions

1. Preheat the oven to 350°F. Grease a 6-cup (9x5x3-inch) loaf pan with butter.
2. Whisk the eggs, brown sugar, cinnamon, nutmeg, vanilla, melted chocolate, and Grand Marnier together in a large mixing bowl until very smooth. Add the half-and-half and mix well. Add the bread and let the mixture sit for 30 minutes, stirring occasionally. Pour half of the mixture into the prepared pan. Sprinkle with the unmelted chocolate chips. Pour the remaining bread mixture over the chocolate chips.
3. Bake until the pudding is set in the center, about 55 minutes. Let cool for 5 minutes
4. Serve topped with the Spiced Cream.

### Spiced Cream:

Beat the cream with an electric mixer on high speed in a large mixing bowl for about 2 minutes. Add the sugar, cinnamon, and nutmeg and beat again until the mixture forms stiff peaks, another 1 to 2 minutes.



# Chocolate Guinness Cake

Submitted by: Amy Sabo

Author/Source: Nigella Lawson

## Ingredient List

### Cake:

- **1 cup** Guinness stout
- **1 stick plus 2 tablespoons** unsalted butter
- **¾ cup** unsweetened cocoa
- **2 cups** superfine sugar
- **¾ cup** sour cream
- **2 eggs**
- **1 tablespoon** pure vanilla extract
- **2 cups** all-purpose flour
- **2½ teaspoons** baking soda

### Frosting:

- **8 ounces** cream cheese
- **1¼ cups** confectioners' sugar
- **½ cup** heavy cream

## Preparation Instructions

1. Preheat the oven to 350°F. Butter and line a 9-inch springform pan.
2. **Cake:** Pour the Guinness into a large wide saucepan and add the butter—in spoonfuls or slices—and heat until the butter is melted, at which time you should whisk in the cocoa and sugar. In a separate bowl, beat the sour cream with the eggs and vanilla, and then pour into the pan with the guinness mixture. Whisk in the flour and baking soda.
3. Pour the cake batter into the greased and lined pan and bake for 45 minutes to an hour. Leave to cool completely in the pan on a cooling rack before removing.
4. **Frosting:** Lightly whip the cream cheese until smooth. Sift the confectioner's sugar over the cream cheese and then beat them both together. Add the cream and beat again until the frosting is a spreadable consistency.

Serving  
Size:

12



# Chocolate Tart

Submitted by: Molly Warren

Author/Source: Combination of recipes from *America's Test Kitchen*, *Southern Living* and *Epicurious*

Simple, rich, chocolate tart. No frills.

Serving  
Size:  
12

## Ingredient List

### **Crust:**

- **8 tablespoons** unsalted butter (1 stick), melted
- **3 tablespoons** granulated sugar
- **1** vanilla bean, halved, seeds scraped, bean reserve
- **¼ teaspoon** fine salt
- **1¼ cups** all-purpose flour

### **Filling:**

- **8 ounces** bittersweet chocolate, finely chopped
- **4 ounces** semisweet chocolate, finely chopped
- **4 tablespoons** unsalted butter (½ stick), cut into small pieces
- **1 cup** heavy cream
- **3 tablespoons** granulated sugar
- **¼ teaspoon** fine salt

## Preparation Instructions

1. Preheat oven to 350°F; and arrange a rack in the middle.
2. **Crust:** Combine butter, sugar, vanilla seeds, and salt in a large bowl and stir until evenly incorporated. Add flour and stir until just combined and a soft dough forms. Sprinkle dough over the bottom of a 9-inch tart pan with a removable bottom (also works fine in glass pie plate).
3. Using a measuring cup or your fingers, evenly press the dough into the bottom and up the sides of the pan (flour the cup occasionally to prevent sticking).
4. Cover the tart shell with plastic wrap and let it rest in the refrigerator for 30 minutes. Once chilled, prick it all over with a fork and bake until golden brown, about 20 to 25 minutes. Remove from the oven and cool completely on a wire rack.
5. **Filling:** Place chocolate and butter in a medium bowl; set aside. Combine cream, sugar, and salt in a small saucepan over medium heat and stir until sugar dissolves and liquid is just at a simmer, about 4 minutes. Pour cream mixture over chocolate and butter and let sit until melted, about 4 minutes. Gently stir until smooth. Pour into cooled shell and chill until set, about 2 hours.
6. Serving suggestions: whipped cream and fresh raspberries.

*Make-ahead notes: Make this tart up to 2 days ahead and store, tightly covered, in the fridge. Let it sit out at room temperature about 1 hour before you're ready to serve.*



# Claire's Bars

**Submitted by:** David Spies

**Author/Source:** Longtime friend of the family, Claire B.

This recipe came from David Spies and Diane Drexler's dear friend, Claire, who works in college textbook publishing.

## Ingredient List

- **1 stick** butter
- **1 cup** crushed graham crackers
- **6-ounces** chocolate chips
- **6-ounces** butterscotch chips
- **1 cup** sweetened coconut
- **1 cup** chopped pecans
- **1 10-ounce can** sweetened condensed milk

## Preparation Instructions

1. Preheat oven to 350°F.
2. In a 9×13-inch baking pan, melt 1 stick butter. Mix in 1 cup crushed graham crackers to form crust.
3. Sprinkle the chocolate chips, butterscotch chips, coconut, and pecans over the crust. Pour sweetened condensed milk over top.
4. Bake for 30 minutes. Let cool and slice into bars.

**Serving  
Size:**  
12 to 18





# Devil's Food Cake with Caramel Frosting

**Submitted by:** Mary Modjeski & Mark French  
**Author/Source:** Our mothers

The cake and frosting recipes were given to us separately from our mothers but they work perfectly together and we have made it for both our families.

## Ingredient List

### Cake:

- 4 ounces unsweetened chocolate
- 2 cups milk, divided evenly
- 2 eggs
- 5 tablespoons butter
- 2 cups sugar
- 2 teaspoons baking soda mixed with 2 teaspoons hot water
- ½ teaspoon salt
- 1 teaspoon vanilla
- 2½ cups flour

### Frosting:

- 2 cups brown sugar
- ½ cup butter
- ½ cup evaporated milk
- 1 teaspoon vanilla

## Preparation Instructions

1. Preheat oven to 350°F.
2. **Cake:** Chop chocolate and combine with 1 cup milk in large saucepan. Cook over medium heat, stirring frequently until mixture becomes thick. Remove from heat and add eggs, whisking after each one. Add butter and whisk to combine. Whisk in sugar, baking soda mixed with water, salt, and vanilla. Alternate between adding the flour and remaining 1 cup milk, stirring or whisking after each addition. Pour batter in 9x13-inch greased and floured pan. Bake for 35 to 45 minutes. Let cool.
3. **Frosting:** For frosting, combine brown sugar, butter, and evaporated milk in medium saucepan. Cook over medium-high heat until mixture boils and reaches soft ball stage on candy thermometer. Remove from heat and add vanilla. Let mixture cool for at least a half hour, then stir it vigorously until it cools and thickens to spreading consistency. If you are unsure if you have cooled the frosting enough, drizzle some on the cooled cake, which should very slowly spread over the cake. When cooled enough, pour frosting on cake and spread evenly.



# Double Blueberry Pie

Submitted By: Carra Davies

Author/Source: My mom

Family recipe.

## Ingredient List

- **1** graham cracker pie shell, prepared
- **$\frac{3}{4}$  cups** sugar
- **3 tablespoons** cornstarch
- **$\frac{1}{8}$  teaspoon** salt
- **$\frac{1}{4}$  cups** water
- **4 cups** fresh blueberries
- **1 tablespoon** butter
- **1 tablespoon** lemon juice
- Whipped cream

## Preparation Instructions

1. Combine sugar, cornstarch, and salt in saucepan. Add water and 2 cups blueberries.\* Cook over medium heat, stirring until mixture boils and is thick and clear. Remove from heat and stir in butter and lemon juice.
2. Place remainder of berries (uncooked) in prepared pie shell and top with cooked mix (or reverse order). Chill.
3. Serve same day with whipped cream.

*\*Note: Also works well using 1 to 2 fresh peaches.*

**Serving  
Size:**

6 to 8

**Dietary  
Classification:**

Vegetarian



# Flourless Chocolate Cake

Submitted by: Mary Modjeski

I received this recipe when I was in culinary school.

## Ingredient List

- **1 pound** chocolate, semi-sweet or dark
- **1 pound** butter
- **1 cup** strong coffee
- **1 cup** brown sugar
- **8 eggs**

## Preparation Instructions

1. Preheat oven to 350°F.
2. Prepare baking pan by lining the outside of a 9-inch springform pan with aluminum foil and lightly spraying inside of pan with vegetable oil spray.
3. Chop chocolate and place in large mixing bowl. Place butter, coffee and brown sugar in medium saucepan and bring to a boil over medium-high heat. Pour liquid mixture over chocolate and whisk to combine and melt chocolate. Let cool 5 minutes. Add each egg individually, whisking after each addition.
4. Pour into prepared pan and place in larger cake pan. (If you do not have a larger cake pan, a roasting pan or bottom of a broiler pan will work.) Pour water in larger pan until it is about 1 inch up the side of the springform pan. Bake for about 1 hour or until toothpick comes out clean.
5. Let cool for a few hours at room temperature before placing in refrigerator to finish cooling. It is easier to remove the outside of the springform pan after it has completely cooled.
6. Serve with raspberry sauce, if desired.

Serving  
Size:

12



# Fudgy Chocolate Brownies

Submitted by: Holly Storck-Post

Author/Source: My mother

## Ingredient List

- **4 ounces** unsweetened chocolate
- **¾ cup** butter
- **1½ cups** sugar
- **3 eggs**
- **1 teaspoon** vanilla
- **1 cup** flour
- **1 bag** chocolate chips
- sea salt, cinnamon, raspberry jam, orange extract (optional)

## Preparation Instructions

1. Preheat oven to 350°F and grease a 9x13-inch glass baking dish.
2. Melt chocolate and butter on high in the microwave for 2½ minutes and stir to combine until chocolate is melted.
3. Add sugar, and mix in eggs and vanilla. Stir in flour and chocolate chips until well blended.
4. Spread into pan and bake for 20 to 25 minutes until a toothpick inserted in the middle comes out with fudgy crumbs. Do not overbake. Cool in pan.

## Variations:

Substitute orange extract for vanilla, add ¼ cup raspberry jam, or sprinkle cinnamon powder and sea salt on top before baking.

## Serving Size:

24 single or 8  
YS-librarians-  
in-the-middle-  
of-summer-  
reading

## Dietary Classification:

Chocolaterian



# Hazelnut Cheesecake

**Submitted by: Greg Mickells**

This was my entry into another library cookbook from 2002 when I was working in Douglas County, CO. For the hazelnut liqueur, I prefer Frangelico™.

**Serving  
Size:**  
8 to 12

## Ingredient List

- **1 cup** toasted hazelnuts, ground
- **2 tablespoons** butter, melted
- **4 8-ounce** packages cream cheese
- **1¼ cups** sugar
- **2 teaspoons** vanilla
- **½ teaspoon** almond extract
- **5** eggs
- **¼ cup** hazelnut liqueur
- **⅔ cup** chopped toasted hazelnuts
- **1 cup** whipping cream
- **2 tablespoons** hazelnut liqueur

## Preparation Instructions

1. Preheat oven to 350°F.
2. Stir together ground hazelnuts and melted butter. Press the mixture into the bottom of a 9-inch springform pan.
3. In large mixing bowl, combine cream cheese, sugar, vanilla, and almond extract and beat until fluffy. Add eggs and beat on low speed until just combined. Stir in the ¼ cup of liqueur and chopped hazelnuts. Turn into prepared pan.
4. Bake for 1 hour or until center appears nearly set when shaken. Cool for 15 minutes in pan on wire rack.
5. Loosen from sides of pan. Cool for 30 minutes more. Remove sides of the pan and cool. Chill at least 4 hours.
6. Beat whipping cream with the 2 tablespoons of hazelnut liqueur. Serve the flavored whipped cream with the cheesecake.



# Holiday Poke Cake

Submitted by: Beck Buckman

Author/Source: My mom (via Kraft:

<http://www.kraftrecipes.com/recipes/holiday-poke-cake-53185.aspx>)

Growing up in the 80s, my sisters and I looked forward to our mom making this dessert every Christmas. There was absolutely nothing fancy about it—boxed cake mix, Jell-O, and Cool Whip, were the main ingredients—however, we loved it and insisted that she make it every year. As I ate my piece(s), I would try to decide which flavor I liked better (lime, no, cherry, no, lime, definitely cherry, wait I really like the lime!)....My mom stopped making it when we were in high school, so there was a 20-year hiatus before we decided to try it again. This time, I made it for my parents for Christmas 2016. It was just as I remembered, sweet and fruity. And again, I couldn't decide which flavor I liked best. Enjoy!

Serving  
Size:

16

## Ingredient List

- **2** 9-inch round white cakes, baked and cooled
- **2 cups** boiling water, divided in equal 1 cup portions
- **1 3-ounce** package Jell-O®, any red flavor (I use sugar-free cherry)
- **1 3-ounce** package Jell-O Lime Flavor (I use sugar-free lime)
- **1 or 2 (8-ounce)** tubs Cool Whip®

## Preparation Instructions

1. Place cakes, top-sides up, in clean 9-inch round pans; pierce with large fork at ½-inch intervals.
2. Add 1 cup boiling water to each Jell-O flavor and mix in separate small bowls; stir 2 minutes until completely dissolved.
3. Pour red gelatin over 1 cake and lime gelatin over remaining cake. Refrigerate 3 hours.
4. Dip bottoms of cake pans in warm water for 10 seconds; unmold. Top one layer with about ¼ inch of Cool Whip. Place the other layer on top and frost the entire cake with Cool Whip.
5. Refrigerate 1 hour.



# M&M Cookies

Submitted by: Molly Warren

Author/Source: Variation on official recipe from *M&M™* and “Perfect M&M™ Cookies” from Rachel Cooks

I have tested many, many, many M&M™ cookie recipes and this is my favorite.

## Ingredient List

- **2 cups** all-purpose flour
- **1 tablespoon** cornstarch
- **¾ teaspoon** salt
- **1 teaspoon** baking soda
- **¾ cup** unsalted butter, softened
- **¾ cup** brown sugar
- **½ cup** granulated sugar
- **1 large** egg
- **1 tablespoon** vanilla extract
- **1 12-ounce** package M&Ms™  
(I prefer Dark Chocolate M&Ms™)

## Preparation Instructions

1. Preheat oven to 350°F.
2. In a bowl, mix together flour, cornstarch, salt and baking soda. Set aside.
3. In another bowl, cream together butter and both sugars. Add in egg and vanilla. Mix until incorporated. Add dry ingredient mixture gradually until dough forms. Stir in M&Ms™. Refrigerate dough for at least one hour.
4. Line baking sheets with parchment paper or Silpat and set aside. Form balls from approximately 1 tablespoon of dough. Bake for 9 to 11 minutes or until edges are just barely golden.
5. Remove from oven and let cool for a couple of minutes on baking sheet before removing and placing on wire rack to finish cooling.
6. Store in airtight container.

### Serving Size:

Makes about  
30 cookies



# Mom's Apple Crisp

**Submitted by:** David Spies

**Author/Source:** Courtesy of Dave's Mom

Mom preferred this recipe with red-hot cinnamon candies instead of cinnamon. It works either way.

## Ingredient List

- **6 cups** cooking apples, sliced (about 6 medium apples)
- **¾ cup** flour
- **¾ cup** brown sugar
- **½ teaspoon** cinnamon (or red-hot cinnamon candies)
- **¼ teaspoon** ground nutmeg (optional)
- **½ cup** butter or margarine, chilled

## Preparation Instructions

1. Preheat oven to 350°F.
2. Put sliced apples\* in buttered baking dish. Mix flour, sugar, cinnamon, and butter until crumbly. Sprinkle over fruit and bake for 30 to 45 minutes or until apples are tender.
3. Serve with ice cream or whipped cream. (Fresh homemade whipped cream is the absolute best on this!)

*For Rhubarb-Apple Crisp, add 1 cup diced rhubarb and 1 cup white sugar in addition to the apples before adding flour/brown sugar/cinnamon topping.*

**Serving  
Size:**

9

(if you don't  
want seconds!)





# No Bake Cheesecake

Submitted by: Tina Marie Maes

Author/Source: My sister

It's a cake I can make without baking. I love it. Go-to recipe!

## Ingredient List

- **8 ounces** cream cheese, softened
- **½ cup** sugar
- **8 ounces** whipped topping
- **1** pre-made graham cracker pie crust (or 12 individual sizes)
- Pie filling or topping of choice (strawberry, blueberry, mixed berry)

## Preparation Instructions

1. Mix cream cheese and sugar together until smooth. Fold in whipped topping until no chunks remain, scoop into pie crusts.
2. Add topping of choice.

Serving  
Size:

8

Dietary  
Classification:

Vegetarian



# No Bake Cookies

**Submitted by:** Mark French

**Author/Source:** My mother

This recipe is easy enough that I made them for my brothers and sisters when we were kids.

## Ingredient List

- **2 cups** sugar
- **½ cup** cocoa
- **½ cup** milk
- **½ cup** butter
- **½ cup** peanut butter
- **1 teaspoon** vanilla
- **3 cups** rolled oats or quick oats
- **½ cup** chopped nuts (optional)

## Preparation Instructions

1. Combine sugar, cocoa, milk, and butter in large saucepan and cook over medium heat, stirring occasionally. Continue cooking until mixture comes to a boil. Boil for 1 minute.
2. Remove from heat and stir in peanut butter and vanilla. When combined, stir in oats and nuts.
3. Moving quickly, drop by teaspoonful onto wax paper and allow to cool.

**Serving  
Size:**  
4 dozen



# Peanut Butter Fudge Bars

**Submitted by:** Lori Smetana

**Author/Source:** My mom

I got this from my mom, but somehow it got to be “my” recipe in the family, and now it’s the dessert I’m most often asked to bring to family events.

**Serving  
Size:**  
24

## Ingredient List

- **1 2-layer** package yellow cake mix
- **1 cup** peanut butter
- **½ cup** melted butter
- **2** eggs
- **1 14-ounce can** sweetened condensed milk
- **½ teaspoon** salt
- **2 teaspoons** vanilla
- **2 cups** semisweet chocolate chips.

*(Original recipe called for 1 cup each coconut and chopped nuts, which I omit).*

## Preparation Instructions

1. Preheat oven to 350°F.
2. Combine dry cake mix, peanut butter, melted butter and eggs. Mix until dough clings together.
3. Press  $\frac{2}{3}$  of mixture in the bottom of a greased 9x13-inch pan, reserving remaining dough for the topping.
4. Combine remaining ingredients. Spread/pour milk mixture evenly over pressed dough. Drop clumps of the reserved dough evenly over the filling, covering as much of the top as possible (does not have to cover completely).
5. Bake for 20 to 25 minutes until top starts to brown and center doesn’t jiggle (I sometimes bake for up to 30 minutes); check every 5 minutes after the 20-minute mark.



# Pecan Bars

Submitted by: Jenny Maue

## Ingredient List

- **1 2-layer** package yellow cake mix
- **1** egg
- **½ cup** butter
- **1 14-ounce can** sweetened condensed milk
- **1** egg
- **1 teaspoon** vanilla
- **1 8-ounce** bag toffee pieces
- **1 cup** chopped pecans

## Preparation Instructions

1. Preheat oven to 350°F.
2. Mix together yellow cake mix, egg, and butter and pat into ungreased 9x13-inch pan.
3. In a separate bowl, stir together condensed milk, egg, vanilla, toffee pieces and pecans.
4. Pour over the top of cake mixture and bake for 30 to 35 minutes.

Serving  
Size:

24

# Pumpkin Bread

Submitted by: Lynn Fry

Author/Source: My grandma

My grandma made this bread for us every time we visited.

## Ingredient List

- 4 eggs
- 2 cups sugar
- 1½ cups oil
- 2 tablespoons honey
- 3 cups flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 3 teaspoons cinnamon
- 1 teaspoon salt
- 4 tablespoons wheat germ
- 2 cups canned pumpkin

## Preparation Instructions

1. Preheat oven to 350°F. Grease two 9x5x3-inch loaf pans.
2. Cream together eggs, sugar, oil and honey.
3. Sift together flour, baking soda, baking powder, cinnamon, and salt and add to creamed ingredients. Add wheat germ and pumpkin.
4. Pour into greased loaf pans and bake for 1 hour.

**Serving  
Size:**

2 loaves



# Salted Nut Roll Bars

**Submitted by:** Barb Rex

**Author/Source:** Rose Helmberger, retired MPL librarian

This recipe, originally made by Rose, was such a favorite that two other people, besides me, submitted it to the last MPL cookbook, *Words of Mouth*, c. 2004. I think it's worth submitting again.

## Ingredient List

- **24 ounces** dry roasted peanuts (16 ounce/ weight)
- **1 10-ounce** package Reese's<sup>TM</sup> peanut butter chips
- **½ cup** creamy peanut butter
- **1 14-ounce can** sweetened condensed milk
- **1 10-ounce** package mini-marshmallows
- **½ cup (1 stick)** butter

## Preparation Instructions

1. Line a 9x13-inch pan with aluminum foil. Spray with cooking spray.
2. Pour ½ of the peanuts onto the foil.
3. Melt butter and marshmallows over low heat, stirring frequently. Add peanut butter and Reese's<sup>TM</sup> chips and stir until melted.
4. Remove from heat and add sweetened condensed milk. Pour over peanuts.
5. Pour remaining peanuts over mixture and pat down.
6. Cool in refrigerator.

**Serving  
Size:**

48



# Spanish Flan

Submitted by: Lesley Kircher

Author/Source: *Allrecipes.com*

My son, Oliver, is always seeking out the best flan. I found this favorite flan recipe recently.

## Ingredient List

- **1 cup** white sugar
- **3** eggs
- **1 14-ounce can** sweetened condensed milk
- **1 12-fluid ounce can** evaporated milk
- **1 tablespoon** vanilla extract

## Preparation Instructions

1. Preheat oven to 350°F.
2. In a medium saucepan over medium-low heat, melt sugar until liquefied and golden in color.\* Carefully pour hot syrup into 9-inch round glass baking dish, turning the dish to evenly coat the bottom and sides. Set aside.
3. In a large bowl, beat eggs. Beat in condensed milk, evaporated milk and vanilla until smooth. Pour egg mixture into baking dish.
4. Cover with aluminum foil. Bake in preheated oven 60 minutes. Let cool completely.
5. To serve, carefully invert on serving plate with edges when completely cool.

*\*Tip: I mix a little bit of water with the sugar to help it liquefy.*

**Serving  
Size:**

8

**Dietary  
Classification:**

Vegetarian



# Texas Brownies

Submitted by: Dennis Reynolds

## Ingredient List

### Brownies:

- 2 cups sugar
- 2 cups flour
- 1 teaspoon baking soda
- 2 sticks butter
- 4 tablespoons cocoa
- 1 cup water
- ½ cup buttermilk
- 2 eggs (beaten)
- 1 teaspoon vanilla

### Icing:

- 1 stick butter
- 4 tablespoons cocoa
- 6 tablespoons buttermilk
- 1 pound powdered sugar
- 1 teaspoon vanilla extract
- 1 cup chopped nuts

## Preparation Instructions

1. Preheat oven to 400°F.
2. **Brownies:** Sift together sugar, flour, and baking soda.
3. In saucepan, melt butter, cocoa, and water and bring to a rapid boil. Pour over sifted dry ingredients.
4. Add buttermilk, eggs, and vanilla. Mix and pour into greased 11½ x17½-inch pan. Bake 15 minutes.
5. **Icing:** In a saucepan, melt butter and add cocoa and buttermilk. Bring to a boil. Add powdered sugar, vanilla extract, and nuts, and stir everything together.
6. Spread icing on the brownies when just out of the oven. Let sit for at least an hour, until frosting firms up a bit.





