

Breakfast

Chocolate Chip Scones

Submitted by Amy Silva, Southport, Connecticut
Parent of Carly Silva

2 cups flour
1/3 cup granulated sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup mini chocolate chips
6 tablespoons COLD unsalted butter, cut in cubes
3/4 cup heavy cream
2 large egg yolks, lightly beaten

For topping:

1 large egg beaten with 1 tablespoon milk
1 teaspoon granulated sugar

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. In a large bowl, mix together the flour, sugar, baking powder, and salt. Add chocolate and toss until evenly mixed. Cut in the butter with a pastry blender and mix until the pieces of butter are about the size of peas.

In a small bowl, stir the cream and egg yolks just to blend. Add this all at once to the flour mixture and stir with a fork to begin combining the wet and dry ingredients. Use your hands to gently knead the mixture together into a moist shaggy ball - do not over knead. Set the rough ball in the middle of the baking sheet and pat gently into a round about 1 inch thick and about 7 inches in diameter.

With a sharp knife, cut the round into eight wedges. Separate the wedges and brush with the egg-milk mixture and sprinkle with sugar. Bake until deep golden brown, about 18 to 22 minutes. Cool on a rack.

Paula Deen's Baked French Toast

Submitted by Pat Traynor, St. Paul, Minnesota
Assistant in Student Affairs Office, Macalester

I have made this many times for brunch and it is always a big hit. Don't need to make the raspberry syrup but it is yummy!!

1 loaf French bread (13-16 oz)
8 large eggs
2 cups half and half
1 cup milk
2 T sugar
1 T vanilla extract
½ tsp cinnamon
½ tsp nutmeg
Dash salt

Slice French bread into 20 slices, 1-inch thick each. (Use any extra bread for garlic toast or bread crumbs). Arrange slices in a generously buttered 9 by 13-inch flat baking dish in 2 rows, overlapping the slices.

In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly. Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight.

The next day, preheat oven to 350 degrees F. Spread Praline Topping evenly over the bread and bake for 45 minutes, until puffed and lightly golden. Serve with Raspberry Syrup.

Praline Topping

½ pound (2 sticks) butter
1 cup packed light brown sugar
1 cup shopped pecans
2 T light corn syrup
½ tsp cinnamon
½ tsp nutmeg

Combine all ingredients in a medium bowl and blend well. Spread over bread as directed above.

Raspberry Syrup

1 cup raspberry preserves
3 T water
2 T raspberry liqueur (recommended Framboise)

Combine ingredients in small saucepan and place over medium heat. Stir until warm and thinned out like syrup.

Saturday Morning Tradition

Submitted by David T. Mackie, Mosinee, Wisconsin
Parent of Aimee Mackie

Since My daughter Aimee and her older sister were toddlers I started making this recipe for pancakes every Saturday morning. The kids always wanted to help with adding ingredients and mixing. As our family grew now totaling 5 girls and 1 boy we had to double the recipe. All of the kids had friends over for sleepovers and their friends all love the pancakes.

2 cups flour
2 T sugar
2 tsp baking powder
1 tsp baking soda
1 tsp salt
2 cups milk,
4 T oil
2 eggs

*Aimee likes to add chocolate chips into batter for special pancakes, quantity is personal preference

Mix all dry ingredients in large mixing bowl. Add milk, oil, and eggs. Mix with hand (Mackie Family Tradition) or electric mixer until batter is smooth. Pour out batter onto seasoned medium heated griddle or fry pan, wait until bubbles start to pop on surface before flipping, top with favorite topping and enjoy!

Appetizers

Artichoke Dip

Submitted by Sandra Hiel, Chicago, Illinois
Parent of Susann Puican

This appetizer has been served at every holiday meal and is both delight and now part of a family tradition!

2 (8oz) pkg. softened cream cheese (regular not low-fat)
1 can quartered artichoke hearts in water, well drained and coarsely chopped
1 cup Hellman's mayonnaise
1 cup grated Parmesan cheese

Preheat oven to 350 degrees. Blend the cream cheese and mayonnaise together, add the parmesan cheese and then blend in artichoke hearts. Tip: I use a hand blender on medium speed-do not overbeat.

Place the blended mixture in a 9-inch pie plate and bake covered with foil for 30 minutes, then remove the foil and back in oven for an additional 5-10 minutes. Best served with fresh vegetables and crackers. Enjoy!

Spanish Class Guacamole

Submitted by Denise Coleman, Westlake Village, California
Parent of Michael Coleman

My office offered lunchtime Spanish classes. We celebrated Cinco de Mayo with a Mexican food potluck. This was the most popular recipe.

4-5 ripe Haas avocados
4 roma tomatoes
1 bunch cilantro
3 green onions
1 med. red onion
1 lemon
1 lime
2 jalapeno peppers
1 Serrano chile pepper
salt & pepper to taste (optional)

Chop the tomatoes, cilantro, onions and chilies, then combine in a med. bowl. (NOTE: for milder flavor remove seeds from the peppers.)

Smash the avocados in another bowl and squeeze the juice of the lemon and lime over them. Combine the salsa with the avocados. Add salt & pepper, if desired. Serve with chips, crackers &/or crudités.

Soups

Vegan Spinach-Rice Soup in a Hurry

Submitted by Carole Sedlak, Pittsburgh, Pennsylvania
Parent of Steve Sedlak

This recipe is a departure of one I found online on Robin Robertson's blog. I like it because the ingredients are likely to be on hand, without driving to the store.

Special thanks to my husband, Emery, for supporting my efforts to cook healthy food, and to my son, Steve (a true beef eater) for graciously eating meatless dishes – without complaint – this summer. (Except for broth.)

1 ½ tablespoons olive oil
1 large white onion, chopped
2 to 3 cloves garlic, finely chopped
2 teaspoons Penzeys Fox Point seasoning
1 10 oz. package frozen spinach
1 15 oz. can vegetarian organic soup beans (beans, barley and lentils), drained & rinsed
1 ½ cups cooked brown rice (2 cups if you like less broth)
4 cups (1 quart) broth or bouillon
Salt, pepper, to taste

Heat oil in large saucepan on medium high heat. Add onions and garlic; stir, then cover and cook for 5 minutes until the onions are soft. Add Fox Point seasoning and stir for 30 seconds to coat. Add remaining 5 ingredients and simmer for 10 to 15 minutes. Serve hot.

(Ray's) Persian Cucumber Soup

Submitted by Ray Tysdal, Rapid City, South Dakota
Parent of Callie Sioux Tysdal

Recipe for cucumber soup, Georgian, Persian Soup. It is a growing, living recipe that has evolved over thousands of years (the last 25 with me). My relationship with this soup started in the early 80's. The origin (for me) was at a barbeque in Spearfish with, family and friends. I had cut a leg of lamb into round steaks for the occasion (much superior to T-bone steaks) and a friend, Misha, offered to make "Persian Soup" to accompany the meal.

What he offered was an idea more than a static recipe. This came from his home in Georgia in the south of Russia and began with a base of plain yogurt OR buttermilk, cucumbers, carrots, onions OR any vegetables that you have and dill or lemon juice (cream cheese, sour cream or other cheese could also be added. It could be made and eaten fresh or made earlier and stored in the fridge. It is best served cold. My adaptation of the recipe has come to this (which will serve about ten people):

1 quart buttermilk
1 8oz. package cream cheese
1 16oz sour cream
1 cup shredded SHARP cheddar cheese
1-2 cups carrots
½ -1 onion (vidala or walla walla -- the sweeter the better)
2-4 large peeled cucumbers
6 large spears of dill pickle with about 1/2 cup dill pickle juice*

Blend, chill. *For a healthier version use lowfat plain yogurt and skip the sour cream and cheeses.

Zucchini Soup

Submitted by Diana Gerbi, Mendota Heights, Minnesota
Parent of Laura Gerbi

This is a favorite recipe for our larger, extended family. During holiday get-togethers, we all pitch in for the preparation of this dish.

3 zucchini (about 1.5 lbs)
1 onion
½ to 1 cup butter
2 cups beef broth
2 cups milk (or adjust to desired thickness)
½ cup crème fraiche or sour cream
1 bouquet garni [parsley, thyme, laurel (bay leaf)]

chopped fresh or dried basil
1 oz dried porcini mushrooms

Soak mushrooms in water or white wine for 30 minutes. Brown the onion in butter, sauté zucchini and other ingredients except for milk and crème fraiche or sour cream. Simmer 20 minutes or so. Remove garni. Puree mixture in portions, adding crème fraiche or sour cream, using milk to achieve desired thickness. Season to taste. Garnish with basil. If reheating, use low heat to avoid separating soup. Serves 4-6.

Oriental Hot and Sour Soup

Submitted by Max Dreher and Family, Kimballton, Iowa
Parents of Max Dreher

2 T cornstarch
32 oz chicken or vegetable broth
12 oz tofu (cubed)
2 cups mushrooms (sliced)
1 small carrot (julienned)
½ can bamboo shoots (julienned)
3 T soy sauce
3 T rice vinegar
1 tsp black pepper
1 tsp sesame oil
1 egg (beaten)
2 scallions (minced)

In small bowl, combine cornstarch and ¼ cup of broth. Set aside. In medium saucepan add carrot, bamboo shoots and remaining broth. Bring to boil. Add all other ingredients (except egg, scallions and cornstarch mixture).

Stir and return to boil. Reduce heat and simmer 5 minutes. Add cornstarch/broth mixture while stirring. Continue to gently stir while adding the egg. Simmer 1 minutes. Served topped with scallions.

For added flavor substitute crushed red pepper for black pepper.

Salads

Chicken Mango Salad

Submitted by Melissa Lally, Minneapolis, Minnesota
Parent of Willie Gambucci

This recipe comes from a Food Network cookbook that was purchased at Lunds Grocery Store. It's easy to prepare and delicious. Add a loaf of good bread and it doubles as an entrée.

A bunch of mixed greens
2 chicken breasts, pounded for even cooking
1 ripe mango

Dressing:

1 teaspoon of grated fresh ginger
1/4 cup olive oil
1 tbsp honey
1 tbsp fresh squeezed lemon juice

Optional-roasted, salted soy nuts

Season the pounded chicken breasts with salt, pepper and a drizzle of olive oil, then throw on the grill till cooked through and set aside to cool (you can also grill in a frying pan). On second thought, take the easy way out and buy a rotisserie chicken from Kowalski's. Add a few pinches of salt and pepper to the dressing if you take this option.

Peel and cut the mango into cubes

Mix the dressing by grating the ginger, and add it to the honey and lemon. Slowly add the 1/4 cup olive oil in a stream and mix so the dressing emulsifies.

Throw the mixed greens in a bowl, shred the chicken into small pieces and toss in along with the mango. Drizzle on the dressing and you have a delicious and satisfying salad.

For added flair, throw in a couple handfuls of roasted, salted soy nuts.

Plan for about 30 minutes if you cook or grill your own chicken. With prepared chicken, it only takes about 10 minutes to throw it all together. Bon appetite!

Pea Salad

Submitted by Andrea Stewart, Rye, New York
Parent of Andrea Stewart

This recipe is a favorite for summer picnic's, but because it uses frozen peas, it can be made any time of the year.

16 oz frozen peas thawed (preferably petite style)
1 cup chopped raw celery
1 cup chopped raw onion
1 cup (8 oz) sour cream
3 TBS mayo
½ tsp lemon juice
6 strips cooked crispy bacon
2 handfuls of cashew pieces

Mix all ingredients together. Add crumbled bacon and cashews just before serving.

Southwest Layered Salad

Submitted by Renae Baltzer, Bismarck, North Dakota
Parent of Ann Baltzer

Dressing:

1/3 c. cilantro
1/2 c. lime juice
1/2 c. olive oil
1/2 c. sour cream
1 tsp. sugar
Salt and pepper

Additional ingredients:

16 romaine leaves, shredded
3-4 Roma tomatoes, chopped
1 can black beans, drained
1 small purple onion, chopped
1 (8 oz) pkg. shredded Mexican 4 cheeses
1 (15oz) can Mexican corn, drained
1 (16 oz) can black olives, drained and sliced

Mix dressing ingredients and refrigerate 2-3 hours.

Layer remaining ingredients in order. Cover with dressing to edge just before serving. I use a trifle bowl.

Grannymother's String Bean and Carrot Salad

Submitted by Cathy Howard French, Paradise Valley, Arizona
Parent of Will Howard French

This is Will's and my favorite recipe prepared by his Grannymother. We think that there may be a secret ingredient or two that she hasn't shared with us because no matter how many times we make the salad, it is never as good as when Grannymother makes it!

3 lbs. fresh green beans
2/3 cup fresh carrots, grated
1/2 cup scallions, finely chopped
1 cup green peppers, finely chopped
2/3 cup celery, sliced
1 clove garlic, mashed
1/2 cup vinegar
1/4 cup water
1/2 cup sugar
1/2 cup olive oil
salt and pepper to taste

French cut the green beans and cook until barely tender. Drain and set aside. Combine all the vegetables in a bowl. Mix vinegar, water, sugar, garlic, salt, pepper and olive oil. Pour over vegetables and add to beans. Marinate, stirring once a day for two or three days. Served chilled.

Side Dishes

Party Potatoes

Submitted by: Margaret Matzke, DePere, Wisconsin
Parent of Nicholas Matzke

We make this casserole for all our family gatherings – it's a real hit!

2 lb. frozen hash browns
1 c. melted butter
1 tsp. salt
1/4 tsp. pepper
1/2 c. chopped onions
16 oz. sour cream
10 oz. shredded sharp cheddar cheese
1 can cream of mushroom soup

Topping:

2 c. crushed cornflakes
1/4 c. melted butter

Mix main ingredients together. Place in a greased 9x13 inch pan. Then mix cornflakes with butter. Sprinkle over main mixture. Bake at 350 for 60-90 minutes. If it starts to brown too much, cover with foil.

Easy Scalloped Potatoes

Submitted by Linda Radford, Pearl City, Illinois
Parent of Teal Radford

3 large potatoes
1 large onion
1 can cream of celery soup
1 cup grated cheddar cheese

Slice potatoes and onion. Cook till tender. Drain.
In saucepan, mix undiluted soup with grated cheese. Simmer until cheese melts.
Gently stir in the potato and onion slices.
Simmer just til heated through. Enjoy!

Pirogis

Submitted by Joanne Lynn, Mount Vernon, Washington
Parent of Emma Lynn

My grandmother immigrated to the US from Poland in the early 1900's. Although she used to make pirogis often, they take a bit of time; so this has evolved to be a special part of the Christmas Eve meal in our family. The women (and sometimes men) gather some days earlier to make them together. It's one of our favorite traditions

Dough:

4 cups flour
2 eggs
1/2 tsp salt
3/4 cups water

Filling: (amounts approx.)

2 lbs. potatoes, cooked, mashed
6 Tbsp butter
1/2 tsp salt
1/2 lb. grated cheddar cheese

Mix dough ingredients together, adding just enough water to form soft dough. Knead gently until blisters appear.

Mix all filling ingredients together.

Roll out a portion of dough (1/8") Cut into 2" circles or squares. Place filling on one side, fold over dough and pinch edges to seal tightly (like ravioli or pot stickers). Boil 4 qt. water; add pirogis in batches and boil gently until they float - about 10 min. Drain. Can be refrigerated or frozen at this point.

Vegetarian/Vegan

Quick Cheese Enchiladas

Submitted by Mike Trenary, Oak Park, Illinois
Parent of Eleanor Trenary

This is a family favorite that we often have for Sunday dinner. It is simpler and easier version of what is found in many cookbooks.

8 corn tortillas
1 15-oz can of tomato sauce
2 Tbsp finely chopped onion
3 cups shredded Monterey jack cheese
2 Tbsp chili powder
1/2 cup cooking oil

1. Mix tomato sauce, 1 can of water, and chili powder in a saucepan and bring to a slow simmer.
Simmer for about 10 minutes or until thick. It is better to use unsalted chili powder as canned tomato sauce usually already contains enough salt. Add more salt if needed.
2. Heat the oil in a frying pan just hot enough to make a drop of water sizzle. Using tongs, dipped the tortillas one by one into the oil for about 5 seconds, making sure each side is coated, and drain on paper towel. Move the drained tortilla to a baking dish before frying and draining the next one.
3. Thoroughly mix the diced onion with the shredded cheese.
4. Place 1/8 of the cheese/onion mixture on a tortilla and roll tight. Line up the eight enchiladas in the baking dish and pour the sauce over them.
5. Cover the dish with plastic wrap to prevent splattering. Punch a few holes in the wrap and place and place in a preheated convention oven at 350 degrees for 20 minutes.

6. Remove from oven and let cool for a couple of minutes before serving. Serves four.

Pasta with Kale, Mushrooms and Garlic

Submitted by Karen Higgs, Apple Valley, Minnesota
Parent of Rachel Higgs

We belong to a CSA (community supported agriculture) and receive lovely greens throughout the season, any of which can be used in this recipe (beet greens, chard, spinach, etc.). The greens can be steamed, chopped, and frozen for later use, bringing freshness to meals in the cold of winter, too.

pasta
olive (or other) oil
kale (or other greens)
garlic
mushrooms

Steam greens, drain, squeeze out excess moisture, chop (I like to end up with 1 C of chopped greens for a 4 serving batch). Return greens to pan, add sliced or chopped mushrooms (white or baby portabellas work well, amount doesn't matter, but I usually use an 8 oz package for a 4 serving batch), and chopped garlic (I usually use 2 heaping tablespoons) to greens. Cook greens mixture until vegetable are soft, adding olive oil for moisture. Meanwhile cook pasta according to package instructions. Toss hot, cooked, drained, pasta with greens mixture, adding olive oil to desired consistency. Serve immediately. Easy main dish, delicious with crusty bread and sweet corn as a side dish.

Zucchini Lasagna

Submitted by Andrea Loughry and David Opperman, Denver Colorado
Parents of Caitlin Opperman

"50 Ways to Leave Your Zucchini"--A healthy way to share the huge zucchini lurking in the garden.

1 24-oz.jar of Marinara sauce
1 medium-large zucchini, cut into thin round slices
1 14-oz. pkg. of firm tofu, drained and mashed
1/2 lb. shredded mozzarella
1/4 cup grated romano cheese
2 cups washed baby spinach
1/2 medium onion, chopped
1 medium red bell pepper, cored and chopped
2 teaspoons olive oil
black pepper, to taste
garlic powder, to taste
dash nutmeg

Saute onion, bell pepper, and spinach in olive oil over low heat about 5 minutes. Add vegetables to mashed tofu. Add black pepper, garlic powder, and nutmeg to mixture; blend well. Spread sauce to cover bottom of 7 x 12 baking pan. Cover with slices of zucchini; spread tofu mixture on top. Spread sauce to cover tofu layer and sprinkle with half of the mozzarella. Top with another layer of zucchini slices, more sauce to cover; sprinkle all the remaining cheeses on top. Cover with foil and bake for 45 minutes at 375 degrees. Uncover for the last 10 minutes. Remove from oven, let stand for 10 minutes before serving.

Cuban Black Beans

Submitted by Monica Rudquist, Minneapolis, Minnesota
Parent of Maars Beltrandy y Rudquist

This recipe is adapted from Maars' Abuela. When he was little he would say that his Mom was 'kinda cuban' probably because I cook a lot of Cuban food.

2 large cans of Black beans or
2 cups dry black beans soaked over night and cooked in water until soft.

½ cup olive oil
4-8 cloves of garlic, chopped finely
(depending on size)
1 large green pepper, chopped finely
1 large onion, chopped finely
1 tablespoon oregano
1 bay leaf
1 tablespoon cumin
1/2c + balsamic vinegar

Approx. 4 cups water If using canned beans add 2 cans of water, if using dry beans, after cooking add 3-4 cups of water so that you have a thick soup consistency.

In a wide bottomed pot place olive oil on a med/high heat, add garlic and onions cook until starting to get soft, don't let them burn. Add green pepper to the mix. Cook until onions, garlic and green peppers are well browned.

Add beans, oregano, cumin, bay leaf and enough water to make a thick soup. Stir well. The amount of water you add may vary and you may need to add more during the cooking. Turn heat to low/med and let the mixture come to a simmer. Stir so that it does not burn. Add balsamic vinegar and salt to taste. Let simmer on low for at least 1 hour. If using dry beans make sure that the beans are thoroughly soft and simmer 2-4 hours.

The beans keep well and will be better the next day. Serve on white rice. Enjoy!

Grilled Eggplant & Tomato Sandwiches w/Roquefort Dressing

Submitted by Cathy Begej, Little, Colorado
Parent of Ana Begej

This dinner is a frequent request year round. If necessary, the grill can be replaced with the oven broiler.

Serve with shelled edamame, garbanzo beans, garlic powder, black pepper, salt, balsamic vinegar and oil.

4 Sourdough rolls
1 pound eggplant
2 tomatoes, sliced
1 c fresh basil or argula lettuce
Sliced red onions (optional)

Dressing

¼ c plain fat free yogurt
3 T crumbled Roquefort or other blue cheese
1 T light mayonnaise
1 minced garlic clove
2 T minced fresh parsley

Prepare grill.

Make dressing in a bowl. This is very good, and you may want to double the recipe.

Trim ends of eggplant(s). Cut Japanese eggplants lengthwise and regular ones as rounds, 1/2 inch thick. Lightly coat eggplant with cooking spray. Place on grill which has been seasoned with cooking spray. Cook 3 minutes per side or until brown and tender. Butter opened rolls and grill until lightly toasted. Spread dressing on rolls. Place eggplant, tomato slides, and basil on the sandwich, and enjoy!

Main Dishes

Cheater Quiche

Submitted by Dena Green Korsgard, Madison, Wisconsin
Parent of Ingrid Korsgard

My husband and I had a New Year's Eve party our first married year. At 2 a.m. he told me he had invited the guests for brunch – 8 hours later! I used the leftover cheese and veggies from the party trays in a “cheater quiche” to have enough food to go around.

Can be vegetarian

1 1/2 cup milk
3/4 cup Bisquick (low-fat can be used)
3 eggs or equivalent Egg Beaters

Seasoning to Taste
Grated Cheese as desired
Vegetables (at least partially cooked) as desired
Cooked Meat as desired

Beat first 4 ingredients together.
Layer cheese, veggies, meat in pie or quiche plate.

Pour liquid ingredients over. Bake at 400 F for 10 minutes. Lower temperature to 350 F and cook until batter is firm.

Yield: 4 servings.

Dijon-Dill Basted Salmon

Submitted by Andrea Goese, Northbrook, Illinois
Parent of Lisa Goese

We cook salmon 2 ways: outdoor on the grill and indoors in the broiler. This recipe is for the broiler and is Lisa's favorite.

Salmon filets, skinless, cut into portion sized pieces
1 to 2 T Dijon mustard
Juice and pulp from 1 small lemon
1 or 2 cloves garlic, pressed
1/4 tsp dried dill, crushed.

Rinse salmon and pat dry. Cover broiler pan with foil and arrange salmon pieces on it. Whisk remaining ingredients in a small bowl. The mixture should not be too thick or too runny. Adjust the consistency with lemon juice or mustard. Spread the mixture on top of the salmon pieces. Broil 4 to 5 inches from source of heat until cooked through and starting to get browned on top, around 10 minutes per inch thickness of fish.

Chicken Noodle Dinner

Submitted by The Hoffa Family, Apple Valley, Minnesota
Family of Bryce Hoffa

This is the Christmas Day tradition we make every year at the Hoffa house. It is a recipe passed down from Nana Betty and everyone loves chipping in to make the homemade noodles!

Noodle Dough

2 Cups Flour
2 Eggs
Add milk to make dough stiff(1/4C)
1 tsp salt

Chicken Fryer Pieces

Carrots - sliced in large chunks
Celery - sliced in large chunks
32oz Chicken Broth Box

Mix all ingredients for dough to make noodles. Roll dough onto floured surface/counter and cut into strips. Dry for 3-4 hours, flipping the noodles half way through drying time.

Brown chicken in skillet with oil. Place in soup pot with 32oz chicken broth, chunked carrots, and celery. Simmer for 1 1/2 hours - place noodles in with the chicken for the last 20 minutes of

cooking time. You may want to remove chicken pieces from stock pot while you cook the noodles and just add the chicken back in when the noodles are almost done.

Bim Bim's Pot Roast

Submitted by Steven Holtz, Oakland, California
Parent of Sarah Holtz

This recipe (along with a big black pot) was brought by Macalester student, Sarah Holtz's great grandmother when she escaped Germany from the Nazi's in 1938 and came to New York City. It has been the star of many special family and holiday meals over four generations.

2 large onions
4 whole cloves of garlic
2 cups of chicken or beef broth
2 Tbsp flour
Olive oil
Salt
Pepper
A large Dutch oven type pot.

Brisket of beef - ~3 lbs for four people.
Coat the brisket with salt and pepper.

Coat the bottom and sides of the pot with olive oil.

Brown meat initially with fatty side down on medium heat. Turn and brown the other side ultimately ending up with fatty part down.

Place the sliced onions and garlic cloves into the pot, adding the brisket on top of them, fatty side down.

Let the onions and garlic brown around and under the meat, drawing water from the onions, about 7-8 minutes on medium heat. At this point the pot should be tightly covered.

Add the chicken or beef broth.

Let simmer 2-3 hours, tightly covered on the stove top or in the oven at 250 degrees F.

Cook until soft to the pierce of a fork.

For Gravy: Independently mix 1/2 cup cold water and two tablespoons of flour to make a paste. Take the meat out and mix the paste with the meat juices, smoothing and, if necessary, removing lumps.

To make the pot roast last, slice up after cooking and refrigerate up to five days. If unused, it can be frozen with gravy and reheated.

Turkey Tacos

Submitted by Juli Ericsson-Hennings, Houston, Texas
Parent of Bryan Ericsson

This is a simple recipe that came about accidentally when everyone wanted tacos and I only had ground turkey. It is one of our healthy family favorites now.

Shells:

12-18 white corn taco shells

Filling:

1 tbsp olive oil

1 garlic clove crushed or minced

1 pound ground turkey breast

1 16 oz can diced tomatoes

1 8 oz can tomato sauce

1 envelope Old El Paso Original taco seasoning

1 T cumin

Toppings:

Chopped lettuce, tomato & jalapeno

Grated white cheddar cheese (reduced fat cheddar can also be used here)

Place taco shells in the oven while it heats to 350 degrees, when it reaches 350, turn it off but leave the shells inside until you need them.

Heat oil and garlic in a large skillet over medium heat

Add ground turkey breast and cook until done

Add diced tomatoes and tomato sauce

Add taco seasoning and cumin

Stir occasionally, cook until liquid is absorbed and sauce has thickened, about 20 minutes.

Spoon turkey filling into taco shells and serve with chopped lettuce, tomato, cheese and jalapenos. Enjoy!

Pastitsio (Classic Greek pasta casserole)

Submitted by Marinela Samourkas
Parent of Margaret Georgitseas

Its name is unquestionably Italian in origin, but the practice of baking pasta with meats reflects a Near Eastern influence. With moussaka, a similar dish but made with eggplant, pastitsio is probably the best known Greek food.

¼ c olive oil
3 medium onions, finely chopped
1-1/2 pounds ground lean beef
1 large garlic clove, minced
3 cups peeled and chopped plum tomatoes
1-1/2 tsps cinnamon
1 tsp ground nutmeg
6-8 whole cloves
1-1/2 tsp allspice
15-20 crushed black peppercorns
Salt, to taste
2-3 eggs, slightly beaten (optional)
1-1/2 pounds thick spaghetti
Grated kefalotyri or Parmesan cheese
6-8 cups medium béchamel

In large skillet, heat 2 tablespoons of olive oil. Add onion and sauté until translucent, 5-7 minutes, stirring frequently with a wooden spoon. Add meat and continue stirring until meat begins to brown. Add garlic, tomatoes, spices, peppercorns and salt. Stir well to combine all ingredients. Lower heat and simmer, covered, for 35-40 minutes, until liquid has been absorbed and meat is cooked (add water if necessary). Remove pan from heat, let meat cool slightly, then add beaten eggs (optional).

While meat is simmering, bring a large pot of water to a boil and cook pasta until it is almost done. (It should be just a little firmer than normal.) Remove and drain. Toss with 1-2 tsps olive oil and grated cheese in a large bowl to keep it from sticking.

Preheat oven to 350°F. With remaining olive oil, lightly grease and 11x15x3 inch baking pan.

Make béchamel, adding 3 well beaten egg yolks, allspice, nutmeg and grated kefalotyri to sauce, beating vigorously with a wire whisk.

Spread half the spaghetti evenly across bottom of baking pan. Pour in meat sauce, spreading evenly over pasta. Sprinkle with 1 to 2 tablespoons grated cheese. Add remaining pasta. Pour béchamel sauce over pasta, making sure it's evenly spread over top of pan. Sprinkle with 2

tablespoons grated cheese. Bake for about 45 minutes, until béchamel thickens and swells and a golden brown crust forms on top.

Yields 8-10 servings.

Quick Pasta with Italian Sausage and Peppers

Submitted by Jeanette Norris, Seattle Washington
Parent of Jonas Buck

After moving to Seattle from New York City, I missed “real” Italian sausage and peppers. So I experimented and came up with this substitute. (My apologies to Italians everywhere.) It is a very quick, end-of-the workday meal that our son now loves to make as well.

Serves 3-4 people (depending on size of appetites):

1 lb pasta
1 lb Italian sausage**, sliced thin (about ¼ - ½ inch thick)
2 green peppers, sliced ½ - ¾ inch thick
1 large onion, sliced ½ - ¾ inch thick
3 cloves of garlic (or to taste), chopped or put through a press
1 tsp oregano (or to taste)
Salt and pepper to taste
Grated cheese
Small amount of olive oil or other cooking oil (approximately 1-2 T)

*Amounts do not have to be exact.

**For ultra-quick cooking, use precooked sausage.

Optional ingredients:

Fresh basil, chopped â add at very end
1-2 cups red pasta sauce â add with peppers and onions
Cut-up fresh tomatoes â add close to end of cooking time
Red pepper flakes â add with peppers and onions

1. Put large pot of water for pasta on to boil, while preparing other ingredients.
2. Heat oil in non-stick (preferable, but not necessary) skillet or wok on medium-high heat. Don't let the oil smoke; turn heat down if it does.
3. Add sausage and brown lightly.
4. Add peppers, onions, garlic, and oregano; stir to mix everything together. Add salt and pepper, and stir a little more.
5. Turn heat down to medium-low and put lid on pan. Let simmer for 10 minutes, or until peppers and onions are soft and cooked to taste.
6. Cook pasta until just barely soft (not mushy).
7. After about 5 minutes, check sausage and peppers. Check for salt level and add more if too little. If too much liquid is accumulating in the pan, leave cover partially off for rest of cooking time. (At the end of the cooking time, there should be a little liquid left to moisten the pasta. If there is still too much to your taste, leave the lid off and turn heat off to boil some off for a couple of minutes.)
8. Drain pasta, and put in serving dish.
9. Put sausage and peppers on top of pasta.

10. Serve with grated cheese.

You can make this whole dish in less than ½ hour.

Oven Roasted Chicken and Carrots with Brown Rice

Submitted by Rita Capriotti, Pittsburgh, Pennsylvania
Parent of Roberto Capriotti

Delicious, easy, minimal and healthy ingredients. Quick: about 1 ½ hours in convection oven!
Leftovers: use for chicken salad and for chicken broth! Organic Amish chicken or Bell and Evans brand works well. Our family enjoys this meal all year round. The aroma from the simple blend of ingredients is enticing. Enjoy when tired of summer grilling and as a comfort food in the cold winter months!!

2 Roaster Chickens, each 3 to 4 lbs., halved
Fresh rosemary-4 to 5 stems
Fresh garlic-about 6 to 8 cloves per each half
3 tsp. of Colavita Extra Virgin olive oil per each half
Merlot wine
salt & pepper
Meat thermometer

Rinse chicken halves well-remove some skin, line roasting pan with foil up to sides of pan, spray foil with cooking spray.

Transfer the 4 halves to the roasting pan. Sprinkle enough salt & pepper to cover the surfaces. Slice 1/4" slits over the surfaces to fit garlic cloves in the chicken. Place olive oil over chicken surfaces. Place rosemary around and on top of chicken. Convection oven: 400F first 1/2 hour, then 350F for an hour. Different ovens may vary.

Baste chicken with 1 to 2 tbsp per half with Merlot wine about every 15 minutes. Surround carrots around chicken about half way through cooking cycle. If carrots cook quickly, remove from oven, wrap in foil to keep warm. Flip chicken halves over during last 1/2 hour of cooking time. Check chicken at thickest point with meat thermometer. Chicken is done at 160F or greater. (Pampered Chef thermometer has worked well for many years!)

Rice: Uncle Bens boil in a bag: Easy & quick, directions are on the package.
Remove and serve. Pan drippings can be mixed with the rice and poured over the chicken. Removing skins is a healthier option and still holds the delicious taste. Ad lib with ingredients and basting-check on the chicken about every 15 min to 1/2 hour.

Tip: Garlic skin is easily removed by first tapping with a meat mallet then removing with a small knife.

BUZZARA (shrimp and mussel)

Submitted by Srecko Felix Korpar, Park Ridge, Illinois
Parent of Dora Korpar

“Buzzara” is one of the most popular delicacies from Croatian coastal region of Dalmatia by the beautiful Adriatic Sea. Recipe’s simplicity suggests that our ancestors were able to utilize their surroundings and live in harmony with nature (sea), creating healthy, simple yet delicate food for generations to come.

2 lb shrimp, (21/25 or 26/30)
2 lb mussels
1 large onion, chopped
4-5 garlic cloves, finely chopped
1 bunch Italian parsley, chopped
5 oz tomato puree or pasta sauce
1 cup dry white wine
1 cup water
5-6 fl oz olive oil
1 fl oz cognac
breadcrumbs, as needed
salt & pepper to taste

Sauté onion and half of garlic in olive oil over medium heat for about 5 minutes (or until they turn golden). Add tomato puree (or pasta sauce), and salt and pepper. Briefly simmer. Add shrimps & mussels and splash them with cognac. After 1 minute add water and cook for 5-10 minutes. Add breadcrumbs and wine. Stir gently and cook covered for another 5-15 minutes over medium heat. Remove from stove, add rest of garlic and garnish with parsley.

If you prefer a soup-style meal add more wine and water. If you prefer the original recipe, be ready to lick your fingers, because you will not need other utensils to eat this dish. Since you're going to dip pieces of fresh bread into it as you eat, we suggest crusty Tuscan or French bread.

Enjoy! - Dobar tek! - U slast!

Jumping Beef “Lomo Saltado”

Submitted by Willy Velarde, Andover, Minnesota
Parent of Alex Velarde

A traditional Peruvian dish. It is an excellent entrée that can be accompanied with a light salad.

2 lb. beef tenderloin
1 hot pepper (Optional â if your guests like hot peppers Great !)
1 clove garlic, chopped
1 tbsp. vinegar
2 lbs. potatoes (or frozen fries)
2 red onions (you can use white onions too)
6 Italian tomatoes or 2 lg. firm reg. tomatoes,
2 tsp of soy sauce
2 cups of rice (Jasmine)

Slice the onions in ¼”to ½” slices

Slice tomatoes into fourths (or if you prefer smaller sizes into eights)

Cut meat into small strips and marinate in soy sauce, garlic and white vinegar for 30 minutes or more. Also add salt and pepper to taste.

Cut potatoes as for French-fries. French fry the potatoes and keep warm. OR (You can use frozen French fries and cook them in the oven)

COOKING

Stir-fry the beef in 4 tablespoons of olive oil until tender (may add hot pepper to taste). Add onion and cook to crisp, NOT soft and mushy! Add tomatoes and cook just until tender, NOT mushy!

Add the French-fried potatoes and toss. Serve with cooked rice (I prefer the jasmine rice but any rice will do)

Brazilian Chicken

Submitted by Christine Markle, Berwyn, Pennsylvania
Parent of Alyssa Markle

1 lb skinless, boneless chicken - cut into 1/2 inch strips
1/4 cup olive oil
4 cloves garlic minced
1 tsp grated orange peel
1 cup water
1/2 cup orange juice
1 8 ounce box yellow rice
1/2 cup pimiento-stuffed Spanish olives, cut in half
1 cup chopped cilantro

1. Sprinkle Chicken lightly with salt and generously with ground black pepper.
2. Heat oil in heavy skillet on medium-high heat.
3. Add chicken, garlic, and orange peel to skillet.
4. Sauté until chicken is lightly browned; about 3 minutes.
5. Add water and juice. Bring to a boil.
6. Mix in uncooked rice and olives.
7. Return to boil.
8. Reduce heat to medium-low, cover, and cook until liquid is absorbed and rice tender; about 20 minutes.
9. Remove from heat and let stand covered for 10 minutes. Stir in cilantro and serve.

Makes 4 servings

Parmesan-Encrusted Salmon

Submitted by Jeff French, Omaha, Nebraska
Parent of Anna French

This is best done on an outdoor grill. My current favorite is the Big Green Egg, a completely ceramic grill inspired by clay charcoal ovens from Asia.

Salmon filets as appropriate for your group
Virgin olive oil (~1 cup)
1 cup freshly grated Parmesan cheese, or "store-bought" Parmesan cheese in a shaker works, too
Lemon or lime pepper (1 tsp)
Freshly minced garlic (1 Tbs)

Rinse salmon filets in cold water, pat dry with paper towels. Place skin-side down on plate or pan with thin layer of olive oil. Mix Parmesan cheese with garlic and lemon pepper. Add to the Parmesan-spice

enough olive oil to make the mixture paste-like. Spread the cheese on the fleshy side of the salmon filets, evenly covering the fish.

Cook on 400 F grill for about 12 minutes, or until the Parmesan cheese begins to brown at the edge. Serve immediately, garnish with rosemary sprig, lime wedge, etc.

Game Day Chili

Submitted by Darlene Mackenzie Snyder, Versailles, Kentucky
Parent of Patrick Snyder

This recipe won the Woodford County High School chili cook-off in 2006.

2 pounds ground chuck
2 Tablespoons olive oil
1 medium onion, chopped
3 garlic cloves, minced
1 can pinto beans, rinsed, drained
3 (8 oz) cans tomato sauce
1 (15 oz) can beef broth
1 (6 oz) can tomato paste
1 (12 oz) bottle dark beer
2 Tablespoons chili powder
1 Tablespoon Worcestershire sauce
2 teaspoons ground cumin
1 - 2 teaspoons ground red pepper
1 teaspoon paprika
1 teaspoon Tabasco
Garnish with sour cream and shredded cheddar cheese

Cook ground chuck over medium heat stirring until meat crumbles and is no longer pink. Drain well and set aside. Sauté onions in olive oil until softened. Add Garlic and all spices and sauté about 2 minutes. Add the cooked beef and liquid ingredients and bring to a boil. Reduce heat and simmer 1 hour. Serve in bowls with garnish and enjoy! Yield 12 cups

Thai Chick Peas

Submitted by Jean Hennessey, Geneseo, New York
Parent of Joe Macula

This is an easy, quick recipe that's a true "crowd pleaser." I've made it for dinners of 120, as well as for dinners for 2. It can be enhanced with the addition of vegetables, chicken or shrimp and can be served over rice, rice noodles or pasta--it's good any way it's made.

1 can coconut milk
1 can garbanzo beans
1 onion
1 t olive oil
2 T soy sauce
2 t sugar
1-2 T curry paste, depending on how spicy you like it
chopped scallions
chopped peanuts

Chop onion and saute in olive oil

Add curry paste

Add coconut milk and simmer for 5 minutes

Add garbanzo beans, soy sauce and sugar; simmer for 10 minutes

At this point, add whatever sounds good: steamed broccoli, frozen peas, chopped red pepper, diced and cooked potatoes, cooked chicken, shrimp--whatever!

Serve over rice, rice noodles, or pasta

Top with scallions and peanuts

Noyo Harbor Barbequed Salmon

Submitted by Catherine Covey, San Francisco, California
Parent of David Ports

Each year the town of Fort Bragg, CA hosts the "World's Largest Salmon Barbeque." This is the world's smallest version of their recipe because our children (sons of a cardiologist) don't like salmon.

I like this recipe so much I keep a basil plant growing in my kitchen. In winter, I just cut off the bottom stems and root fresh basil from the supermarket in water.

For 2-3 servings

1 clove garlic
pinch salt
1/8 cup lemon juice
1/2 tsp soy sauce
1/2 tsp Worcestershire sauce
1 tbsp minced fresh parsley
1 tbsp minced fresh basil
1/4 tsp dried oregano
salt and pepper to taste
12-16 oz salmon filet with skin on

Chop garlic, sprinkle with salt, mash with the side of a knife blade until like paste. Scrape garlic paste into a small bowl. Add remaining ingredients except salmon. Mix well with a wire whisk.

Marinate salmon in the mixture for at least one hour.

Grill on the barbeque, 2-3 minutes per side for a 1/2 inch thick filet. Baste with the marinade.

Chinese Barbecued Chicken

Submitted by Margaret Lowry, Winchester, Massachusetts
Parent of Peter Steele

We have enjoyed this recipe since it was featured in The Boston Globe in 1993. The recipe is from the book, "China Express" by Nina Simonds. When my children were small and I planned to attend the Boston Symphony on Friday afternoon, I would do the initial preparations in the morning, and bake the chicken when I returned. The house filled with a wonderful aroma, which is probably why it was a favorite dish, and so easy!

1-3 1/2 chicken split in half lengthwise

Barbecue Sauce:

1/2 cup hoisin sauce
3 T. soy sauce
3 T. rice wine or sake
2 T. sugar
2 T. ketchup
2 T. minced garlic

Rinse the chicken and drain thoroughly. Remove any fat deposits and place the chicken halves in a bowl. Combine the barbecue sauce ingredients and spread the mixture all over the outside and inside of the chicken. Cover with plastic wrap and refrigerate for at least 1 hour, or overnight if possible.

Preheat the oven to 375 degrees. Arrange the chicken halves skin side down on a baking sheet lined with foil sprayed lightly with cooking spray. Bake for 30 minutes, turn the chicken over, and bake for another 30 minutes until skin is crisp and brown. Let the chicken cool slightly, and remove to a cutting board.

Using a sharp knife, cut away the wings. Cut off the legs and thighs and split them in half at the joint. Cut the thighs into 2 - 3 pieces. Slice the breast and arrange all on a serving platter. Serve with fries and broccoli.

Desserts/Breads

Apple Crisp

Submitted by Rose Wernicke, Indianapolis, Indiana
Parent of Laura Appelt

This is a favorite at Thanksgiving in our household. I have a gluten allergy, so use gluten free gingersnaps. The apples usually come from my parent's farm in Illinois.

6 cups peeled, cored, sliced apples or ripe pears (2-3 pounds)
1 tsp cinnamon, or more to taste
1/2 cup sugar, plus 2 tablespoons
5 tablespoons butter, plus more for greasing pan
3/4 cup GF gingersnap cookies
1/2 cup walnuts or pecans

Filling

Prepare the apples. Toss the slices with half of the cinnamon and 2 tablespoons of sugar. Butter an 8-inch square or 9-inch round baking pan. Spread fruit evenly in lightly buttered baking pan.

Topping

Combine remaining cinnamon and 1/2 cup sugar in food processor with butter, crumbs and nuts. Pulse a few times just until ingredients are combined. To mix by hand, chop nuts then toss them with cinnamon, sugar, and crumbs to combine. Work butter in with fingertips, fork or pastry blender. Spread topping over apples and bake in a preheated 375 F oven about 40 minutes, until topping is browned and apples are tender. Serve hot, warm or at room temperature.

Mexican Wedding Cookies

Submitted by Ada C Marotta, Farmingdale, New York
Grandparent of Nicolas Marotta

I usually bake the dessert dishes for our family Christmas Eve buffet. These cookies are always one of the favorites among the guests. They also freeze very well.

1 cup unsalted butter at room temperature
1/2 cup confectioners' sugar, plus more for coating baked cookies
1 tsp. vanilla extract
1 3/4 cups all-purpose flour, plus more for dusting hands
1 cup pecans, chopped into very small pieces

Preheat oven to 275 degrees F. Line cookie sheet with parchment paper. Using an electric mixer, cream the butter and sugar at low speed until it is smooth. Beat in the vanilla. At low speed

gradually add the flour. Mix in the pecans with spatula. With floured hands, take out about 1 tablespoon of dough and shape into a crescent. Continue to dust hands with flour as you make the cookies. Place onto prepared cookie sheets. Bake for 40 minutes. When just cool enough to handle, but still warm, roll in additional confectioners' sugar. Cool on wire racks. After cooling, I often dip one end in melted dark chocolate and place on parchment paper to harden. Delicious!

Shaker Apple Pie

Submitted by Maureen Feeney, Voorheesville, New York
Parent of Tara Feeney

This is a fall favorite in our family. With no crust on the bottom and a delicious almond/butter cookie top it's simple to make and delicious to eat!

4 to 5 apples
1T. sugar
1T. cinnamon

3/4 c. softened butter
1 egg, beaten
1 c. flour
1 c. sugar
1 t. almond extract
1/2 c. chopped walnuts (optional)

Cut, peel and core apples to fill a pie plate 3/4 full. Stir 1T. of sugar and 1T. cinnamon together and mix into apples. Mix remaining ingredients together in a separate bowl to make the topping. Scoop batter onto apples and spread to cover. Bake at 350 degrees for 35 minutes. Serve and enjoy!

Mom's Banana Bread

Submitted by Jann Reed, Chico, California
Parent of Oliver Wong

This is the BEST banana bread. We let the bananas get good and black before using in this recipe. All my kids and their friends love this special treat! This is Oliver's request for a recipe submission.

2 cups sugar
1 cup softened butter
6 really ripe bananas, smashed
4 eggs, well beaten
2 1/2 cups cake flour
2 tsp baking soda
1/2 tsp salt

Mix sugar and butter until light and fluffy. Add bananas and eggs. Mix well. Sift cake flour, baking soda and salt. Blend into banana mixture do NOT over mix.

Separate into 2 greased loaf pans and bake at 350 degrees for 45-60 minutes. Test with tooth pick-should come out clean when done.

Whole Wheat Flax Honey Oatmeal Bread

Submitted by: Chris and Grace Walquist, Illinois
Parents of Tabbey Walquist

Our Family is adopting a cancer-resistant diet for healthier living. This modified bread machine recipe for a 1-1/2 pound loaf has no added sugar. My family loves it!

11 oz skim milk at 80F (1 min. in microwave out of the fridge will do it)
1 Tbsp honey
1 Tbsp molasses
2 Tbsp butter

1 1/2 cup whole wheat flour
3/4 cup white flour
1 cup oatmeal
1/2 cup ground flaxseed
1/2 cup coarsely chopped walnuts
2 Tbsp dried wild blueberries)
1 1/2 tsp sea salt
1 3/4 tsp bread machine yeast

First, place the wet ingredients into the bread machine, then the dry. Start the bread maker.

Babysit the loaf through the first kneading cycle to check consistency. The surface should be moist but not glistening; a little wetter than if you were kneading it by hand, but with enough body that the machine can work it. Once thoroughly mixed, the bread should not stick to the pan. If it's too wet, add more flour, 1/8 cup at a time. Enjoy!

German Berry Cake

Submitted by The Hutchison-Traina Family, Evanston, Illinois
Parent of Maggie Hutchison

Maggie's great-grandmother inherited this summer recipe from her mother. It's best with strong-flavored wild or organic berries like blueberries, raspberries or blackberries. Serve with a little vanilla ice cream.

1 1/2 c. all-purpose flour
1 c. sugar, divided
2 tsp baking powder
1/4 tsp. salt
1 egg plus milk to fill 1-cup measure
2 Tbs. oil
1 c. (or more) berries, rinsed and drained well
Optional: cinnamon, orange or lemon rind, or vanilla

Sift flour, 1/2 c. sugar, baking powder, and salt twice. Beat egg, milk, and oil together briefly and stir into dry ingredients with optional ingredients, if any. Place batter in greased 9x9 inch pan. Strew berries over the top. Sprinkle evenly with remaining 1/2 c. sugar. Bake at 375 F about 40 minutes (or less) or until top is golden, berries are sizzling, and sugar has formed a light crust.

Florence's Peach Cobbler

Submitted by: Christina Spence, Oakland, California
Parent of Hannah Smith

I grew up in the land of peaches and my mom made this cobbler often in the summer – usually with peaches but also with other fruits. Very simple and fast...

Preheat oven to 350°

1/2 stick butter (4 Tablespoons)

1 cup flour

1/2 cup sugar

1 teaspoon salt

2 teaspoons baking powder

2/3 cup milk

2 cups chopped fruit (blueberries, blackberries, peaches, etc.)

1/2 cup sugar

Melt butter in pan cobbler will bake in.

Sift together dry ingredients.

Add milk to dry ingredients and stir.

Pour batter over melted butter, add fruit to batter (I stir it in only slightly).

Sprinkle 1/2 cup sugar over top.

Bake for 30 minutes (or until middle appears to be done).

Top with vanilla ice cream.

Chocolate Oaties

Submitted by Ann Lowrey, Whitefish Bay, Wisconsin
Parents of Erin Lowrey

I've loved these cookies since I was in high school. They have been a favorite of my daughter and her cross country and track teams in high school and in college.

1/2 c. soft butter

1 c. packed brown sugar

1 egg

1 c. sifted flour

1 tsp. baking powder

1/2 tsp. salt

2 tsp. vanilla

2 sq. melted chocolate

1 c. quick cooking oats

3/4 c. chopped walnuts

Cream butter and sugar. Add next 6 ingredients, blending well. Stir in oats and nuts. Drop by teaspoons on to ungreased cookie sheets.

Bake at 375 for 9 to 10 minutes.

Brownie-Fruit Dessert Pizza

Submitted by: Debbie Murphy, Little Rock, Arkansas
Parent of Emily Murphy

This is a nice summer dessert that we occasionally fix for the 4th of July. I like to get creative with the fruit and arrange it in an alternating, circular fashion so each slice includes some of the different fruits!

Preheat oven to 350°

2 (1-ounce) squares unsweetened chocolate
1/2 cup butter or margarine, softened
2/3 cup sugar
1 egg
1 2/3 cups all-purpose flour
1/4 teaspoon salt
2 (3-ounce) packages cream cheese, softened
1/4 cup sifted powdered sugar
1 tablespoon whipping cream
1 teaspoon vanilla extract
1 (8-1/4-ounce) can pineapple chunks, drained
1 cup sliced fresh strawberries
1/2 cup fresh blueberries
1/2 cup mandarin orange segments, drained
1 to 2 kiwifruit, peeled and thinly sliced
2 tablespoons apple jelly
Fresh mint sprig (optional)

Place chocolate in top of a double boiler: bring water to a boil. Reduce heat to low; cook until chocolate melts. Remove from heat, and let cool.

Cream butter; gradually add sugar, beating well. Add egg, beating well. Combine flour and salt; gradually add to creamed mixture. Stir in melted chocolate. Shape dough into a ball; wrap in heavy plastic wrap, and chill thoroughly.

Roll or pat dough onto a lightly greased 12-inch pizza pan, forming a rim around outer edges. Flute edges, if desired. Bake at 350 degrees for 12 to 14 minutes or until done. Let cool completely.

Beat cream cheese until smooth. Add powdered sugar, whipping cream and vanilla; beat well. Spread over brownie crust. Arrange fruit over cream cheese mixture. Melt apple jelly in a small saucepan over low heat. Let cool slightly. Brush melted jelly lightly over fruit. Garnish with mint sprig, if desired. Refrigerate until ready to serve. Slice pizza into wedges to serve.
Yield: one 12-inch pizza.

Krunz

Submitted by Colleen Gename, Racine Wisconsin
Parent of Kyle Gename

I received this recipe from my mother-in-law, Dolores. This was a recipe made at special times like Christmas and was handed down from Dolores' mother to her. The recipe is German and is a sweet bread filled with nuts, raisins and brown sugar. Every Christmas Dolores would make one with nuts and one with raisins and many of us would spread peanut butter on top. I had the wonderful opportunity of learning how to make this from Dolores. I then taught Kyle, our son. This will remain a tradition for years to come. Enjoy!!

1 Red Star dry yeast packet (Can use fast rising)
1/4 Cup WARM water
3/4 Cup Evaporated Milk
1/4 Cup water
1 teaspoon salt
7 Tablespoons sugar (Just shy of 1/2 Cup)
1/2 Cup Corn oil margarine
2 Tablespoons butter
2 Tablespoons Vegetable oil

Filling for Krunz

1 Cup vanilla wafers (grind in food processor)
1 Cup Brown Sugar
1 Cup Muskrat raisins or baking raisins
1/2 Cup brown Karo syrup
1 Cup of chopped walnuts
1/2 soft butter (to sprinkle over filling before rolling up dough)

4 1/2 Cups Flour (1/2 is used for kneading)
2 large eggs
1 1/2 teaspoons vanilla

Heat on low evaporated milk, water, sugar, margarine, butter, and vegetable oil. Then remove from heat and set aside. Now prepare the yeast and warm water, allow to rise then add to mixture. Make sure both mixtures are warm not hot before adding. Now add flour and eggs alternating and beating with each egg. Mix till bread dough consistency. Knead for 5 minutes. Butter pan put dough in pan then flip over and cover with wax paper or towel. Let rise for 1 hour or when dough doubles in size. Now take out of pan and roll dough out. Roll dough into rectangle, 15x 9 inches on lightly floured surface; add brown sugar, vanilla wafers, Karo syrup, raisins and walnuts and butter. Allow 1/2 inch on 3 sides with no filling before rolling up dough, apply dots of water to 3 sides with no filling. Roll up tightly, beginning at 15 inch side with filling to edge. Pinch edge of dough into dough and seal well. Place dough into greased Angel food pan. Let rise approximately 1 hr. Bake at 400 degrees for 10 minutes then reduce heat to 350 degrees for 30 minutes or till golden brown. Enjoy

Skagit Strawberry Pie

Submitted by Joanne Lynn, Mount Vernon, Washington
Parent of Emma Lynn

The Skagit Valley, where we live, is known for its agricultural richness. Berry crops, including strawberries, raspberries and blueberries grow in abundance. This recipe showcases the beauty and simple deliciousness of these fruits and is a summer favorite in the Lynn household.

Crust:

1 1/3 cup flour
3 Tbsp. sugar
1/2 cup butter
1 egg yolk

Filling:

6 oz. cream cheese, softened (low fat is fine)
1/2 c. vanilla yogurt (non-fat ok)
1/2 tsp almond extract (opt)
5-6 cups fresh strawberries, sliced
3/4 c. sugar
3 Tbsp. cornstarch
3/4 c. water

Crust: Mix flour and sugar; cut in butter. Blend in egg yolk. Press into 10 inch tart pan. Bake in 300F oven until golden (approx. 30 min.)

Combine cream cheese and yogurt (and extract if using). Spread gently over warm crust. Arrange 4-5 cups berries over.

Mash remaining cup of berries. Combine in saucepan with sugar and cornstarch; blend in water. Stirring, bring to boil and cook until glaze is thick and clear, about one minute. Spoon glaze over berries. Chill two hours or more before serving.

(Any fresh berries or a combination can be substituted for strawberries.)

“No One Will Notice” Gluten-Free Brownies

Submitted by Kathryn Sleeper, Deland, Florida
Parent of Morgan Sleeper

I can suddenly eat very little due to allergies and other fun reasons. Chocolate and turbinado sugar are still okay which is a lifesaver on so many levels; not just for me, but also for my children who do love the occasional sweet thing. I revised my regular brownie recipe and this is one of those “food” items I can now make for all of us to have at the very same time and no one complains about weirdness or texture issues. This is also very easy and quick. The ingredients seem always to be on hand.

6 T Cocoa
2 T Oil (Safflower, or similar light flavor)
1/2 C Butter
1 C Turbinado sugar
2 eggs
2+ tsp vanilla (I use closer to a Tablespoon)
1/2 cup Namaste Perfect Flour blend (or other Gluten Free flour)
1/4 tsp salt

Preheat oven to 350 degrees. Grease a 9x9x2 pan (glass works best for me)

In a small saucepan, over lowest heat, melt butter with the cocoa and oil, stirring frequently. You can stir constantly if you wish. (The professionals recommend that but I cannot stand it. It works fine if you don't.)

As soon as the butter melts and the mixture is smooth, remove from heat and add eggs, sugar and vanilla. Mix until very well blended. Add flour and salt, mix well.

Spread into pan and bake for about 25 minutes. Let cool before slicing.

Cover any leftovers and store in the refrigerator.

Grandma's Apple Crumb Pie

Submitted by Steve and Kathy Michelson, Kendall, Wisconsin
Parents of Anna Michelson

Grandma Michelson, 92, still lives on the Michelson family farm where she has resided since becoming a bride sixty-seven years ago. The best pies are made with apples off an old McIntosh tree on the farm, which every grandchild eventually climbed as a right of passage.

5 to 7 tart apples (to fill crust)
1/2 c. sugar
1 t. cinnamon
1 c. sugar
3/4 c. flour
6 T. butter
1 unbaked pie shell

Preheat oven to 400 degrees.

Peel and slice apples, filling unbaked pie shell. Mix 1/2 c. sugar and cinnamon and pour over apples. Combine 1/2 c. sugar and flour. Cut in butter until crumbly. Pour over apple mixture in pie shell. Bake for 35 - 40 minutes or until topping is browned and apples are tender.

Ooey Goey Chocolate Peanut Butter Brownies

Submitted by Mary Thompson, Chanhassen, Minnesota
Parent of Lincoln Thompson

These are absolutely Lincoln's favorite brownies. He requested that these be served at his high school graduation party, and they were a hit!! Chocolate, peanut butter, marshmallows – what's not to like?!

3/4 C Fat-free sweetened condensed milk - divided.
1/4 C butter or stick margarine, melted and cooled.
1/4 C fat-free milk
1 (18.25 oz.) package Devil's food cake mix.
1 large egg white, lightly beaten.
cooking spray.
1 (7-oz.) jar marshmallow crème.
1/2 C peanut butter chips.

1. Preheat oven to 350 degrees.
2. Combine 1/4 C condensed milk, butter and the next 3 ingredients (butter through egg white) in a bowl. Batter will be very stiff. Coat bottom of a 13x9 inch baking pan with cooking spray. Press 2/3 of the batter into prepared pan using floured hands. Pat evenly. Layer will be thin.

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3. Bake at 350 degrees for 10 minutes. Combine 1/2 condensed milk and marshmallow crème in a bowl. Stir in chips. Spread marshmallow mixture evenly over brownie layer. Carefully drop remaining batter by spoonfuls over marshmallow mixture. Bake at 350 degrees for 30 minutes. Cool completely in pan on a wire rack. Note: Do not substitute marshmallow fluff for marshmallow crème.

Lammingtons

Submitted by Ellen Ingram, Chicago, Illinois

Parent of Alex Ingram

Since our son, Alex, is studying abroad this semester in Australia, I am submitting a recipe for a traditional Australian dessert. We served this at a little family going away party. The Lammingtons are an Aussie icon and very delicious.

Cake:

4 oz butter
1 tsp baking powder
3/4 C granulated sugar
1/2 tsp baking soda
1 tsp vanilla
pinch salt
2 eggs
1/2 C milk
2 Cups flour

Chocolate Icing:

1 lb confectioners sugar
4 Tbs unsweetened cocoa powder
1 Tbs melted butter
1 C warm milk

1 bag of sweetened coconut

Preheat oven to 350F.

Cream butter and sugar, add vanilla, beat in eggs. Fold in dry ingredients alternately with milk. Spoon into greased pan (approximately 8"x11") and bake at 350F for 40-45 minutes. Cool and store for a day. Cut into small squares, dip into chocolate icing, then roll in coconut.

To make Chocolate Icing: Sift 1 lb confectioners sugar and cocoa into bowl. Add melted butter to warmed milk. Blend to make a smooth consistency.

Zucchini-Carrot Bread

Submitted by Barbara Regan, San Diego, California
Parent of Samuel Regan Brier

When my sons were little, I needed to find a way to get them to eat their vegetables. This bread was a big hit. Now, Sam (who's not so little any more), still counts it as one of his favorite snacks!

1 1/2 Cups Whole Wheat Flour
1 1/2 Cups Unbleached All-Purpose Flour
1 tsp. Salt
1 tsp. Baking Soda
1/2 tsp. Baking Powder
1/2 tsp. Ground Cinnamon
1/4 Cup Ground Flax Seed, (optional)
4 Medium Zucchini
2 Large Carrots
2 Large Eggs
1 3/4 Cups Granulated Sugar
3/4 Cup Canola Oil
1 tsp. Vanilla Extract

1. Preheat oven to 350 F. Spray with "No Stick Bakery Spray," bottom of 4 Mini-Loaf pans or one 9"X5" Loaf pan
2. In food processor, grate zucchini & carrots til shredded. (You should have about 4 cups shredded vegetables. Set aside.
3. In medium bowl, combine dry ingredients.
4. In large mixing bowl, (I use my Kitchenaid) combine eggs, sugar, oil, & vanilla until blended.
5. Gently fold in dry ingredients, stirring until combined. (Batter will be thick.)
6. Add zucchini carrot mixture. Stir until just combined.
7. Turn batter into prepared pan(s). Bake larger pan 1 hour, 20 min. or until toothpick comes out w/ a few moist crumbs. Bake Mini loaves ~ 50 min. (Turn pan 180° after half the time.)
8. Transfer pan(s) to wire rack to cool for 10 min.

Remove bread from pan(s) to cool completely before slicing, (about 20 min.)

Applesauce Bars

Submitted by Karen Verkuilen, Green Bay, Wisconsin
Parent of John Verkuilen

This is one of John's favorite desserts. John is a freshman at Mac and the first time our family came to visit, this is what he requested from home.

2 cups flour
1 1/2 cups sugar
3 eggs
3/4 cup oil
1 cup applesauce
1 teaspoon cinnamon
2 teaspoons baking soda
1 teaspoon vanilla
1 teaspoon salt

Frosting:

8 ounces of cream cheese
1 teaspoon vanilla
2 cups powdered sugar
1 stick soft butter.

Mix all ingredients for Applesauce Bars together. I usually mix them in the order they are listed. Bake in a sprayed jelly roll pan at 350 degrees for 25 - 30 minutes. The bars need to cool, so while they are cooling, you can mix the frosting. If I am running short of time, I use a can of cream cheese frosting. It works great.

Finger Cheesecake Squares

Submitted by the Davis Family, Palo Alto, California
Family of Shaina Davis

2/3 cup butter
1 cup firmly packed brown sugar
2 cups all-purpose flour
1 cup chopped walnuts
2 (8 oz) pkgs. Cream cheese, at room temperature
1 cup white sugar
1/4 cup milk
1/2 tsp grated lemon peel
4 tsp lemon juice
1 tsp vanilla
2 eggs

Mix together butter, brown sugar and flour with a fork or pastry blender until crumbly. Stir in chopped nuts. Set aside 2 cups of this mixture. Lightly press remainder of crumbs into a 9 x 13" pan. Bake at 325° oven for 15 minutes. In a bowl beat together cream cheese and white sugar until blended. Stir in milk, lemon peel, lemon juice, vanilla and eggs. Beat until smooth. Pour over crust. Sprinkle remaining nut mixture over the top. Bake in 325° oven for 30-35 minutes or until set. Let cool and chill. Then cut into bars. Makes about 3 dozen pieces.

Cross Country Apple Crisp

Submitted by Nancy Lindman, East Lansing, Michigan
Parent of Tom Lindman

How many apples does it take to feed a 70-person cross country team apple crisp? Just over a half bushel! Throughout Tom's four years of running cross country, the team dinner hosted by the Lindman family was topped off with plenty of home-made apple crisp (apples courtesy of his Uncle's fruit farm). We've scaled down the batch size, but hope that you enjoy this recipe as much as the East Lansing Cross County runners did. Tips for success: combine varieties of apples in a single batch and use Michigan apples.

4 cups peeled apples
2/3 cup white sugar
1 ½ teaspoon cinnamon

Topping:

½ cup butter
½ cup brown sugar
½ cup flour
½ cup rolled oats

Heat oven to 350 degrees. Peel and slice apples, mix with white sugar and cinnamon in a baking dish. Cut chilled butter into remaining topping ingredients and sprinkle over apples. Bake for 50 minutes. Serve warm with vanilla ice cream.

Monster Cookies

Submitted by Brenda & Peter Boever, Morris, Minnesota
Parents of Bess Boever

This cookie is a family favorite and was served as dessert at Bess' commencement celebration. This recipe is used by a local coffee shop where Bess worked while in high school.

1/2 c butter
1 1/4 c brown sugar
1 c white sugar
3/4 tsp corn syrup
3 eggs
1 1/2 c peanut butter

3/4 tsp vanilla
4 1/2 c oatmeal
2 tsp baking soda
3/4 c chocolate chips
3/4 c mini M&Ms

Cream sugars and butter together in a large bowl. Add eggs and mix well. Add vanilla, corn syrup and peanut butter - mix very well. Stir in oatmeal, baking soda, chocolate chips and M&Ms (regular M&Ms are fine, too). Drop tablespoonfuls on baking sheet. Bake at 325 degrees for 12-15 minutes or until lightly browned. Allow to cool on sheet for 3-4 minutes until set before removing. Makes approx. 5 dozen 4 inch cookies.

Gracie O'Neill's Chocolate and Guinness Brownies

Submitted by John Olson and Mary L. Dzvonic-Olson, MD, Escondido, California
Parent of Anna Olson

If you like chocolate, this is the recipe for you, from the book *The New Irish Table*, by Margaret M. Johnson. At our suggestion, it was recently the featured dessert on the St. Patrick's Day menu at one of our town's good restaurants.

4 eggs
3/4 C. superfine sugar
8 oz. bittersweet chocolate, chopped
4 oz. white chocolate, chopped
6 Tbsp. unsalted butter
3/4 C. all purpose flour
3/4 C. unsweetened cocoa powder
1 1/4 C. Guinness Stout
Confectioner's sugar, for dusting

Preheat oven to 375 degrees F.

Butter an 8x8 or 9x12 inch pan.*

In the bowl of an electric mixer, combine the eggs and sugar and beat until fluffy.

In a medium pan on medium heat, melt both chocolates and butter. Stir until smooth. Remove from heat, and beat into the egg mixture. Stir the flour and cocoa together, and then beat into the chocolate mixture. Whisk in the Guinness.

Pour into the pan, and bake for 20 - 35 minutes, until an inserted fork comes out clean. Dust with confectioner's sugar, and cut into squares.

*(In an 8x8 the brownies will rise high but split and fissure. In a 9x12 they bake with a smoother surface. It depends if you want them tall or short, with a rough or smooth surface.)

Great-Great-Grandma Burky's Pumpkin Pie

SubmittedByFullName: Sue Korb, Evansville, Indiana
Parent of Andrew Korb

29-ounce can of pure pumpkin (Be sure the can says a pure pumpkin and not pumpkin mix)
3 eggs (use 4 if small.)
1-1/3 cups dark brown sugar
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ground ginger
1/2 teaspoon ground cloves
3 tablespoons melted butter (Melt 1 minute on medium high in microwave.)
1 cup hot Milnot (or other brand of evaporated milk) plus 3/4 cup hot milk (Mix milk together and microwave for 2 minutes.)

Beat eggs well. Add pumpkin. Stir. Then add remainder of ingredients, the milk last after stirring spices into the pumpkin mixture. Note: Add milk a little at a time, stirring constantly, after all the other ingredients have been thoroughly mixed.

Pour into two unbaked pie crusts. (The recipe says this makes one 9-inch pie and one 8-inch pie. However, I usually use two 9-inch pie crusts.)

Bake at 425 degrees for 15 minutes and at 350 degrees for the remainder of the time, about 40 minutes (for a total of 55 minutes). Pie is baked when knife inserted in center comes out clean. Place on wire racks to cool.

If desired, serve with whipped cream.

Real Divinity

Submitted by Cindy Kirk Bruss Purdham, Fridley, Minnesota
Parent of Kathryn Elise Purdham

This delicious candy recipe dates back to my great-great grandmother. It has been passed on from mother to daughter along with the "secret" of how to make perfect divinity. Are you ready? The "secret" is that at the end you need to continue mixing it until the sheen leaves and it becomes somewhat dull in appearance. Add nuts or cherries, mix, and as quickly as you can spoon onto a sheet of wax paper. ENJOY!

1/2 cup light corn syrup
2 1/2 cup sugar
1/4 teaspoon salt
1/2 cup water
2 egg whites
1 teaspoon vanilla
1 cup coarse chopped walnuts or candied cherries

Combine corn syrup, sugar, salt, and water in a pan. Cook over medium heat, stirring constantly until sugar is dissolved. Cook without stirring until firm stage (248 degrees). Meanwhile, beat egg whites until stiff (makes peaks), but not dry. Pour 1/2 of the syrup slowly over the egg whites, beating constantly. Cook the rest of the syrup until soft crack stage (272 degrees). Add slowly the remainder of the syrup and beat until appearance is dull. Add vanilla, nuts or cherries, and mix. Drop from a teaspoon onto wax paper. Let cool.

Other

Regina's Christmas Pasta

Submitted by Regina Marotta, New York, New York
Parent of Nick Marotta

Christmas Eve Dinner has been our family tradition for generations. Everyone is invited! All neighbors, friends, religions etc. By tradition no meat dishes are served! One Christmas Eve as the numbers of guests increased this dish was created! It has become a favorite with our guests ever since!

1/2 cup extra virgin olive oil
3 heads of garlic, cloves sliced
2 bunches of fresh Basil, sliced
2 cups fresh kalamata olives, pitted and sliced
1 cup Pignoli nuts
2 cups sliced sundried tomatoes (restored if using the dried sundried tomatoes which is recommended)
1 cup fresh miniature mozzarella balls, sliced
2 lbs fresh spinach linguini or fettucini

In a large frying pan saute sliced garlic cloves in olive oil. When garlic begins turning yellow add 1/2 the basil and lightly saute. Approx 3 minutes, then put frying pan aside.

Cook the pasta in a large pot of salted water, being careful not to overcook (approximately 3-5 minutes). Strain and rinse immediately in cold water, making sure that it doesn't stick together. In a large serving bowl, mix together all of the ingredients including the cooked pasta, sauteed garlic and basil, as well as the remainder of fresh basil, sundried tomatoes, kalamata olives, pignoli nuts, and mozzarella balls.

Toss gently mixing all the ingredients well and adding more olive oil if needed.

This dish should be served at room temperature and can be refrigerated overnight. If refrigerating overnight, the ingredients will settle to the bottom so it should be tossed again and I suggest transferring to a new bowl.

It is a festive colorful and tasty dish best enjoyed sharing with others!

Black Bean Salsa

Submitted by Marylka Jakubczak, Brookings, North Dakota
Parent of Adam Van der Sluis

1 can Del Monte diced tomatoes with garlic, basil, oregano; drained
1 can ROTEL tomatoes & green chilies, Milder; drained
1 can white corn; rinsed
1 can black beans; rinsed
1 can black olives; rinsed & chopped
2-3 green onions; chopped, using tops too
1-2 nice size garlic clove; minced
1 T of cilantro; fresh chopped or dried
1 T of parsley; fresh chopped or dried
2 medium tomatoes; diced
1 bottle of Zesty I Italian or House Italian dressing/using amount that suits you

1. Put all ingredients in a bowl
2. Mix all together
3. Add salad dressing
4. Mix well
5. Cool in refrigerator