2007
DIVERSITY FEST
COOKBOOK

VOLUME 1:
APPETIZERS, BRUNCH, MAIN
DISHES, SALADS & SIDES
### Conversion Scales
and other useful information

#### Liquid Measures Conversion
- 1 gallon = 4 quarts = 3.79 L (Can usually be rounded to 4 L)
- 1 quart = 2 pints = 0.95 L (Can usually be rounded to 1 L)
- 1 pint = 2 cups = 16 fl oz = 450 ml (Can usually round to 500 ml)
- 1 cup = 8 fl oz = 225 ml (Can usually be rounded to 250 ml)
- 1 Tbsp = 1/2 fl oz = 16 ml (Can usually be rounded to 15 ml)
- 1 tsp = 1/3 Tbsp = 5 ml

#### Abbreviations
- gal = gallon
- qt = quart
- pt = pint
- lb = pound
- oz = ounce
- Tbsp = tablespoon
- tsp = teaspoon
- fl oz = fluid ounce

#### DRY or WEIGHT Measurements (approximate)

<table>
<thead>
<tr>
<th>Unit</th>
<th>Equivalent measurement</th>
<th>Decimal equivalent</th>
<th>Metric measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ounce</td>
<td>1/16 pound</td>
<td>.0625 pound</td>
<td>30 grams (28.35 g)</td>
</tr>
<tr>
<td>2 ounces</td>
<td>1/8 pound</td>
<td>.125 pound</td>
<td>55 grams</td>
</tr>
<tr>
<td>3 ounces</td>
<td>3/16 pound</td>
<td>.1875 pound</td>
<td>85 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>1/4 pound</td>
<td>.250 pound</td>
<td>125 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>1/2 pound</td>
<td>.5 pound</td>
<td>240 grams</td>
</tr>
<tr>
<td>12 ounces</td>
<td>3/4 pound</td>
<td>.75 pound</td>
<td>375 grams</td>
</tr>
<tr>
<td>16 ounces</td>
<td>1 pound</td>
<td>1.0 pound</td>
<td>454 grams</td>
</tr>
<tr>
<td>32 ounces</td>
<td>2 pounds</td>
<td>2.0 pounds</td>
<td>907 grams</td>
</tr>
<tr>
<td>1 kilogram</td>
<td>2.2 pounds/</td>
<td>35.2 ounces</td>
<td>1000 grams</td>
</tr>
</tbody>
</table>
**Sweet Potato Loaf**

1-1/2 cups baked and mashed sweet potatoes  
3 ripe bananas, mashed  
1/2 cup raisins  
3 Tbsp sugar  
3/4 tsp salt  
1 cup milk  
1/3 tsp powdered nutmeg  
1/3 tsp cinnamon  
3 eggs, beaten  
1/2 cup chopped nuts (walnuts or pecans)

Combine potatoes, bananas, milk and sugar. Add salt, spices and eggs, mix thoroughly. Pour into an oiled loaf pan. Sprinkle chopped nuts on top. Bake 1-1/2 hours at 350°.

Ann Furman

**Wild Rice Chicken Supreme**

1 pkg (6 oz) Uncle Ben's Original Long Grain & Wild Rice  
1/4 cup butter  
1/3 cup flour  
1 tsp salt  
1/3 cup half & half  
1 cup chicken broth  
2 cups cubed cooked chicken  
1/3 cup diced pimento  
1/3 cup chopped fresh parsley  
1/4 cup chopped slivered almonds  

Instructions: Cook contents of rice and seasoning packets according to package directions. While rice is cooking, melt butter in large saucepan. Add onion and cook over low heat until tender. Stir in flour, salt and pepper. Gradually stir in half & half and chicken broth. Cook, stirring constantly until thickened. Stir in chicken, pimento, parsley, almonds and cooked rice. Pour into a greased 2-quart casserole. Bake, uncovered at 400° for 30 minutes. Can substitute skim milk for half & half.

Teri Fisher
**Refrigerator Bread and Butter Pickles**

~

**Mix together:**
3 quarts unpeeled and sliced cucumbers
2 medium sliced onions
2 red or green peppers, sliced

**Boil:**
1/3 cup salt
3 cups sugar
2 cups white vinegar
1 tsp celery seed

Cool liquid and pour over sliced cucumbers. Store in refrigerator. I keep these pickles in an ice cream pail.

Victoria Peetz

---

**Spanish Rice**

~

6 Tbsp rice
1 cup water
1 cup grated American cheese
3 onions, cut fine (small to medium)

1 Tbsp butter
salt to taste
1/4 tsp red pepper
1 can tomatoes (cubed)

Bake in slow oven 350° for 1 to 1-1/2 hours.

Rosemary Heus

---

**Stuffed Acorn Squash**

~

2 medium acorn squash
1 small onion
1/4 cup catsup

water
1/4 lb Colby shredded cheese
1/2 tsp sugar
1 lb hamburger

Cut each squash in half and discard seeds. Place each squash half cut side up with enough water to cover bottom of pan. Bake at 350° for 1 hour. Meanwhile, cook beef and onion until tender. Stir in cheese, catsup, sugar and 1 Tbsp water, salt and pepper. Cook until cheese is melted over low heat, stir frequently. To serve, place squash, cut side up. Spoon mixture into squash centers.

Joanie Drake
Piragi (Bacon Rolls), continued

Prepare dough, after dough has risen, divide into 30-35g (1.05 - 1.225oz) pieces (crescent size portions), roll into round balls. Press each piece flat, place bacon filling in the center, press together edges of dough above or at the side of filling. Roll with both hands to even out filling; make the shape long with slender ends and bend into a half-moon. Place on a greased baking tray, leave to rise, brush with beaten egg and bake at 350°. Brush with melted butter once removed from the oven. ENJOY!

Andrea Zirba

Poppy Seed Noodle Casserole

1 (8 oz) package medium egg noodles
2 Tbsp cooking oil
1/2 cup margarine, chunked
2 Tbsp chopped onion
2 cloves garlic, minced (or 1/4 tsp garlic powder)
12 oz small curd cottage cheese
1 cup non-fat sour cream
1 tsp poppy seeds
shredded parmesan cheese


Phyl Lentfer
**Piragi (Bacon Rolls)**

**Batter:**
- 100g (3.5oz) yeast
- 150g (5.25oz) water or milk
- 25g (0.875oz) flour
- 1 to 2 eggs

Sift flour. This removes any impurities and aerates to assist the growth of the yeast fungus. Mix yeast with warm water and flour and put in a warm place to rise for 15-20 minutes. Dissolve salt and sugar in water or milk that has been heated to 85-95°F, add beaten eggs, yeast, sifted flour (leave approximately 5-6% of flour for kneading and shaping) and stir to form an even dough.

Add melted butter and knead, until the dough springs back from your hands and edges of the bowl. Pat down the dough, sprinkle with flour. Cover the bowl with a lid or clean cloth and put in a warm place to rise. After 1 hour the dough will have nearly doubled in size. Punch down dough to release carbon dioxide, which hinders growth of the yeast fungus, and continue to rise for 1 hour.

The dough is ready when its volume has increased by 2-2.5 times, and if when pressing the dough, the impression slowly fills out, and if the dough has a pleasant smell and taste. If the dough is left to rise for too long, its consistency becomes thinner, and it tastes and smells slightly fermented. The bread often collapses while baking, or can taste sour. Dough that has over-risen can be corrected by adding a little liquid and flour and re-kneading.

**Filling:** Bacon, onion (yellow or white), ground pepper

Bacon filling: Dice bacon, onion, and add pepper, mix well and sauté.

Continued on next page

**Artichoke Dip**

8 oz cream cheese
1 cup mayonnaise
1 garlic clove
14 oz can artichoke hearts
3/4 cup grated parmesan
1/3 cup green onion tops

Mix together and bake in small casserole dish at 350° for 25-30 minutes.

**Hot Cheese Spread**

2 cups grated Swiss cheese
3/4 cup mayonnaise
2 Tbsp minced onion
Assorted crackers or fresh fruit for dipping

Combine first three ingredients. Place mixture in a small casserole dish. Bake at 350° for 15 minutes. Yield: 2 cups.  

**Tasty Corn Dip**

1 cup mayonnaise
1 small onion, chopped
1 cup sour cream
1 Tbsp sugar
1 cup shredded cheese
1 can mexicorn (drained)

Combine all ingredients. Chill until ready to serve. Serve with favorite corn chips. Quick and easy. So tasty.  

Continued on next page
Texas Caviar

1 small can green chilies
1 can white shoe peg corn, drained
1 can black-eyed peas with jalapeños (or plain), drained
1 can pinto beans with jalapeños (or plain), drained
1 small jar pimentos
1 small onion, chopped
1 cup celery, chopped
1 cup red or green pepper, chopped

Mix above ingredients in a bowl.

1 tsp salt
1 Tbsp water
1/2 tsp pepper

3/4 cup cider vinegar
1/2 cup oil
3/4 cup sugar

Mix above ingredients in a pan and bring to a boil. Cool. Pour over the other ingredients and marinate. Drain before serving with tortilla chips.

Catherine A. Rodgers

Veggie Dip

1 cup small curd cottage cheese
1 cup cultured sour cream
1 cup Miracle Whip or mayo
1 package “Good Seasons” Green Goddess Dressing

Mix, chill, and serve.

Catherine A. Rodgers

Four Bean Casseroles

1/2 lb cut bacon
1 large onion
1 cup brown sugar
1/2 cup apple cider vinegar
1/4 cup ketchup
1 can kidney beans, drained
1 can lima beans, drained
1 can pork 'n' beans
1 can butter beans, drained

Fry bacon and onion together until onion is transparent and cooked well. Add remaining ingredients and place in a 3 quart casserole dish. Bake at 350° for 1 hour. Serves 12.

Ann Furman

Grated Tator

2 (24 oz) thawed packages of hash browns
Seasoned salt
butter
3 cartons whipping cream, unwhipped

Preheat oven 350°. Boil potatoes with jackets on. When potatoes are done and cooled, take jackets off. Grate.

Put the potatoes, salt and butter alternately in layers in a buttered cake pan. Put the cream on the top of the layers. Bake for 30 minutes.

Teri Fisher
Elegant Hash Browns

2 cups sour cream
10 oz grated cheddar
1 small onion – minced or grated
10 oz can cream of chicken soup
1-1/2 sticks butter (divided)
2 lb bag frozen hash browns
2 cups crushed corn flakes
Salt and pepper to taste

Preheat oven to 350°. Grease a 9 x 12 inch baking dish. Mix sour cream, cheese, soup, onion and one stick melted butter. Stir in potatoes and salt/pepper. Pour into baking dish and top with crushed corn flakes and 1/2 stick melted butter.

Bake uncovered for 45 minutes to 1 hour.

Famous Clodius Stuffing

1 (14 oz) pkg Brownsberry sage and onion stuffing
2 ribs celery
1 large onion
1 Tbsp margarine
1 tsp paprika
1 to 2 tsp sage
2-1/2 cups boiling water or very hot, but not boiling skim milk

Dice celery and onion; sauté in margarine until transparent. Add package of stuffing. Sprinkle with paprika. Sprinkle with sage. Add water or milk and mix. Bake in greased and covered casserole at 350° for about 45 minutes. Remove lid for last 10 minutes.

Catherine Clodius
The Crepe: (Latvian Pancakes)

(Makes about 15 pancakes, 8-in diameter)

1-1/2 cups flour
1 tsp salt
2 tsp double-acting baking powder
1 Tbsp sugar
4 eggs
1-1/3 cups milk
2/3 cup water
1/2 tsp vanilla

1) Sift dry ingredients together.
2) Create a moat in the dry mix and add wet ingredients, whisk together getting as many lumps out as possible.
3) Refrigerate at least ½ hour.

Note: If the batter gets too thick to your liking you can thin it down with water.

Cheddar Burger Mashed Potatoes

Preheat oven to 425°.

In skillet, brown beef over medium heat. Drain. Add onion and cook, stirring occasionally for 2 minutes. Stir in Ragu sauce and mustard. Simmer uncovered stirring occasionally 3 minutes or until heated through. Put in baking dish. Evenly top with mashed potatoes. Bake, uncovered, for 25 minutes or until potatoes are lightly golden.

Cheesy Hash Browns

2 lbs thawed hash browns
1/2 cup butter (melted)
1 can cream of mushroom onion as desired
10 oz shredded cheese
1 cup sour cream
corn flakes or Ritz crackers
Salt and pepper

Mix everything together and put into a 9x13 inch dish.

Crush 1 to 2 cups of corn flakes or Ritz crackers on top, then drizzle a touch of melted butter on that.

Bake 1 hour at 350°.
Flavored Grapes

2 lb green grapes
2 lb red grapes
8 oz cream cheese
8 oz sour cream
1/2 cup white sugar
1 tsp vanilla
4 oz chopped pecans
2 Tbsp brown sugar

Wash and dry grapes. Mix cream cheese, sour cream, sugar and vanilla. Add grapes and mix. Pour into a 9x13 inch pan. Sprinkle with brown sugar and nuts.

Note: If grapes are not dried well, the cream cheese mixture will get thin.

Joanie Drake

Strawberry Soup

While it is not an “ethnic dish”, it is delicious and easy to make: put about a pound of berries (blender should be about half full) in the blender, add one cup of half and half, a small container of strawberry yogurt and 1/4 cup of sour cream and blend; let chill in fridge for a couple of hours then eat it all up!

Crystal Kauramaki
**Spinach & Mushroom Quiche**

1 unbaked 9" pie crust*
1 (10 oz) pkg frozen chopped spinach – thawed, drained & squeezed dry
Garlic salt, to taste
3 Tbsp chopped onion
2 oz fresh mushrooms – sliced and lightly salted (I microwave mine a bit to soften)
3/4 cup shredded cheddar cheese
3/4 cup shredded Swiss cheese

Egg Mixture:
4 eggs – slightly beaten
3/4 cup milk
3 Tbsp evaporated milk
1/4 tsp salt
Pinch of pepper

Preheat oven to 375°. Sprinkle garlic salt over spinach. Spread evenly over pie crust. Sprinkle evenly with chopped onion, then mushrooms, then cheddar & Swiss cheeses. Pour egg mixture over all and bake in 375 oven, 35-40 minutes or until knife inserted in center comes out clean.

*Recipe is for 9" pie crust – I made this recipe + 1/2 for the 10" pie pan.

---

**Steve's Cheese and Meat Casserole**

8 oz noodles, cooked 1/2 cup chopped green onion
1 lb ground meat, browned 1 Tbsp chopped green pepper
2 cans (8 oz) tomato sauce 1/4 cup thick sour cream
1 cup cottage cheese 2 Tbsp melted butter
8 oz cream cheese

Mix tomato sauce with browned meat. Place 1/2 of cooked noodles in 2 quart casserole, cover with cheese mixture, 1/2 noodles, pour on butter, pat meat mixture on top. Bake 30 minutes at 350°.

---

**Taco Quiche**

1 pound ground beef
1/4 cup chopped onion
1/4 cup chopped green pepper
1 envelope taco seasoning
1 cup (4 oz) shredded cheddar cheese
1/2 cup biscuit mix
2 eggs, beaten
1 cup milk

In a large skillet, cook the beef, onion, and green pepper until meat is no longer pink; drain. Add taco seasoning. Spread into a 9-in greased pie plate. Sprinkle with cheese.

In a bowl, combine the biscuit mix, eggs and milk; mix well. Pour over the cheese. Bake at 400° for 20-25 minutes or until a knife inserted near the center comes out clean.

Optional: Add chopped tomatoes & shredded lettuce when eating.

---

Lynn Sankey

Teri Fisher
Southwest Chicken Pita

- 2 cooked chicken breasts, chopped
- 1 cup frozen corn, thawed
- 1 cup canned black beans, drained and rinsed
- 1 cup chopped green/red peppers
- 1/2 cup sliced green onions
- 1/2 cup sliced black olives
- 1 cup salsa
- 6 pocket pita breads
- sour cream, if desired
- shredded cheese, if desired

Combine first 7 ingredients. Place in pita bread (halved). Top with sour cream and shredded cheese. Enjoy!

Rose Mary Belk

Spaghetti Ham Dinner

- 8 oz box spaghetti
- 2 Tbsp chopped onion
- 2 cups milk
- 1 cup chicken broth
- 6 Tbsp butter
- 6 Tbsp flour
- 1 cup half and half
- 1/4 cup cooking sherry
- 3 cups cooked ham
- 1 can peas
- 1/4 cup parmesan cheese
- 1 cup sharp cheddar cheese

Cook spaghetti according to package directions. Sauté onion in butter in large sauté pan. Stir in flour. Take off heat, stir in milk, half and half and broth. Place back on heat, stirring until thickened. Add sherry, ham, peas and spaghetti. Add salt and pepper to taste. Turn half in casserole dish, sprinkle with 1/2 of cheese, add remaining mixture and top with remaining cheese. Bake at 350° for 30 minutes or until bubbly.

Everett DeGroff

SALADS

Apple Salad
Apple Sauce Salad
Cold Chicken and Rice Salad
Five Cup Salad
Fresh Pasta Salad
Grape Broccoli Salad
Oriental Asparagus Salad
Pea Salad
Seven Layer Salad
Seven Layer Salad with Cauliflower
Shrimp Salad
Taco Salad
Taffy Apple Salad
Vegetable Salad
Walnut Green Bean Feta Salad
Apple Salad

6 medium apples
2 cups seedless grapes
2 cups mini marshmallows
2 cups dry roasted peanuts
1/2 cup mayonnaise
1/3 cup sugar

Cut up apples and grapes. Add marshmallows and nuts. Mix mayonnaise and sugar and then add to other ingredients. Chill and serve.

Jayn Wittenmyer

Apple Sauce Salad

Take 1/2 package Red Hots (cinnamon hearts) and dissolve in 3 cups boiling water. Add 2 small packages of lemon Jell-O and 1-1/2 cups strained applesauce.

Dorothy Koch

Cold Chicken and Rice Salad

1 tsp salt
2 Tbsp salad oil
2 Tbsp vinegar
2 Tbsp orange juice
5 cups cooked chopped chicken, marinate in above

3 cups cooked rice
1-1/2 cups green grapes
1-1/2 cup chopped celery
1 can mandarin orange slices
1 (13 oz) can pineapple tidbits
1-1/2 cups mayonnaise

Mix together with chicken and add 1 cup toasted almonds before serving.

Linda Lockwood

Smoked Sausage and Beans

Serves 4 to 6

Here is a recipe from my husband's family that we think originated from his great-great grandparents who emigrated from Bavaria. This is an inexpensive simple dish they made in the summer when green beans are fresh, but we make it all year round as comfort food.

Ingredients
Potatoes - 3 medium - peeled and cubed about 1 inch
Onion - 1 medium-chopped
Green beans - 2 to 3 cups - washed and snapped (canned or frozen beans will work)
Pinto beans, canned, don't drain - 1 or 2 cans depending upon your preference
Smoked sausage - 1 lb cut in large chunks (Turkey Smoked Sausage works well too)
Water - 5 to 6 cups
Salt and pepper

In a large sauce pot, put in potatoes and cover with water sufficient to cover all ingredients (about 5 cups) season with salt and pepper, bring to boil leave it simmering uncovered;

Add onion-simmer 5 minutes;
Green beans-simmer 5 minutes;
Pinto beans simmer 5 minutes,
Add water to cover if needed.

Place chunks of sausage on top and cover pot.
Simmer 20 minutes.
Serve with a chunk of fresh bread on the side.

Cindy Kernan
Prime Roast

(For a large group)

Boneless prime roast (about 12 pounds)

Preheat oven to 450°. Put meat in 9 x 13 inch pan. Roast, uncovered for 15 minutes. Turn oven down to 300°. Roast for 15 minutes per pound. Let rest 15 minutes before slicing. Ends are well done. Middle is medium.

Jayn Wittenmyer

Salmon Loaf

1 large can salmon
2 cups crushed crackers, old bread – cubed, or crushed corn flakes
3/4 cup milk
2 eggs, beaten
1/2 cup onions, diced
1 Tbsp prepared mustard
1 tsp paprika

Mix ingredients (except paprika), place into greased loaf pan. Sprinkle paprika over top. Bake at 350° for 30 minutes.

Florence Schmitt

Five Cup Salad

1 cup mini marshmallows
1 cup pineapple tidbits (drained)
1 cup shredded coconut
1 cup mandarin oranges (drained)
1 cup sour cream

Mix together and chill before serving. Quick and easy. So good.

Jayn Wittenmyer

Fresh Pasta Salad

1 bunch of broccoli cut into bite-sized bits
12 oz grape tomatoes or similar
1/4 lb of thinly sliced carrots
1 lb pasta shells
1/2 lb of sliced fresh mushrooms
1 can artichokes

Cook pasta and chill. Combine all ingredients and toss with 1/2 bottle of Newman’s Italian dressing and 1/2 bottle of Newman’s Oil and Vinegar dressing. Serve.

Jayn Wittenmyer

Grape Broccoli Salad

6 cups fresh broccoli florets
6 green onions, sliced
1 cup diced celery
1 cup green grapes
1 cup seedless red grapes
1 cup mayonnaise

1/3 cup sugar
1 Tbsp cider vinegar
1/2 pound sliced bacon, cooked and crumbled
1 cup slivered almonds, toasted

In a large salad bowl, combine the broccoli, onions, celery and grapes. In another bowl, whisk the mayo, sugar and vinegar; pour over the broccoli mixture and toss to coat. Cover and refrigerate until serving. Stir in the bacon and almonds just before serving.

Joan Frantz
Oriental Asparagus Salad

2 pounds fresh asparagus
1/4 cup soy sauce
1/2 tsp sugar
1/2 tsp cider vinegar
1/2 tsp salt (optional)
2 tsp sesame oil


Donna Johnson

Pea Salad

2 (10 oz) packages frozen tine green peas, thawed
2 cups chopped celery
1 cup cashews
1/2 cup chopped green onions
12 slices bacon, cooked and crumbled
1 cup sour cream
1/4 tsp salt
1/4 tsp pepper

Combine peas, celery, cashews, green onions, and bacon in a large bowl. Add sour cream, salt, and pepper. Toss lightly to coat. Cover and chill thoroughly. Yield: 8 to 10 servings.

(I add the cashews just before serving to keep them from getting soft.)

Marsha Hamer

Pizza Casserole

3/4 lb hamburger
1/3 cup butter, melted
3/4 lb Italian sausage
3 (8oz) cans tomato sauce
4 oz sliced pepperoni
2-1/2 cups (10oz) shredded Swiss cheese
1 onion, chopped
1 cup (8 oz) mozzarella cheese
1 green pepper, chopped
2 cups (8 oz) cheddar cheese
1 (8oz) can sliced mushrooms
1/2 tsp oregano
7 oz vermicelli noodles, cooked

In skillet, cook meats, onion and green pepper until done. Stir in mushrooms. Combine vermicelli and butter, toss to cover. Layer vermicelli in bottom of greased 9x13 inch pan. Top with 1 can tomato sauce, 1/2 meat mixture. Combine cheese and layer half on meat. Sprinkle with oregano. Repeat. Bake uncovered at 350° for 25-30 minutes.

Joanie Drake

Pork Chop Dinner

6 pork chops
1 (8 oz) can tomato sauce
1 Tbsp vegetable oil
1 Tbsp brown sugar
1 large onion, sliced
2 tsp Worcestershire sauce
1 green pepper, chopped
1-1/2 tsp cider vinegar
1 can mushrooms, drained

In skillet, brown chops on both sides in oil. Place shops in slow cooker. Add onion, green pepper and mushrooms. In bowl, combine tomato sauce, brown sugar, Worcestershire sauce and vinegar. Pour over meat and veggies. Cover and cook on low for 4 to 5 hours or until meat is tender.

Joanie Drake
Pasta al Cavolfiore
(Pasta with Cauliflower)

Ingredients
1/4 cup olive oil
1 medium sized head cauliflower, broken into medium sized flowerets
3 medium cloves garlic, minced
2 tsp dried basil, or 1 Tbsp fresh basil, minced
1/4 tsp fennel seed
salt, pepper to taste
1 (28 oz) can whole or diced tomatoes in juice OR use fresh plum (roma) tomatoes – about 2 cups of chopped tomatoes
1 pound of pasta – recommended: fettuccine, linguini OR penne
grated parmesan – (if you usually use the canned grated parmesan, I highly recommend getting a chunk of parmesan and grating it yourself, OR getting some already grated parmesan in a container – you’ll never go back to the canned stuff again!) You could also try using asiago cheese, or a mixture of parmesan and asiago.

How to prepare
Sauté the garlic with the cauliflower and fennel in 2 to 3 Tbsp of the olive oil, cook the cauliflower until it is tender. You may want to add a bit of water and cover the pan to allow the cauliflower to steam. Add the tomatoes. If using whole canned tomatoes, break the tomatoes up into smaller chunks. Simmer for at least 15 minutes. While simmering, add the basil, salt, and pepper. If you are using fresh (rather than canned) tomatoes, you may need to simmer the sauce longer to get it to the desired thickness. Cook the pasta until al dente – that is, it should be cooked through but still be chewy, not mushy - be sure not to overcook it! Drain, toss with some olive oil and parmesan. Spread pasta on a platter or place in a serving bowl, pour the sauce over it.

Serve immediately, and pass the parmesan!

4 servings

Mary Sykes
Adapted from Moosewood Cookbook by Mollie Katzen

Pea Salad

Ingredients
2 cups peas, cooked in boiling water
2 hard boiled eggs, chopped
1 cup cheddar cheese, cubed in 1/4 inch pieces
1/4 cup celery, chopped small
2 Tbsp chopped onions
2 Tbsp pimento, chopped
1/3 cup mayonnaise
1/2 tsp salt
1/4 tsp hot pepper or cayenne pepper
1/8 tsp black pepper

Drain peas and cool. Combine peas, eggs, cheese, celery, onion and pimento. Combine mayonnaise, salt and pepper, add to pea mixture and toss. Cover and refrigerate overnight. Stir well before serving. Serves 6.

Ann Furman

Seven Layer Salad

Place in layers in a glass bowl or pan:

Lettuce on the bottom, then sprinkling of chopped green peppers, then chopped celery, then shredded cheddar cheese, chopped green onions, frozen peas.

Mix one pint of Hellmann’s salad dressing with 2 tablespoons sugar. Spread this over the top of the salad, and sprinkle crumbled bacon on top.

Cover with plastic wrap and refrigerate for up to 24 hours before serving.
Seven Layer Salad with Cauliflower

1/2 head lettuce, cut into bite sized pieces
1 head cauliflower, broken into flowerets
onion to taste, shaved paper thin
2 cups Hellmann’s mayonnaise (do not substitute)
1/3 cup parmesan cheese (fresh shredded)
2 Tbsp sugar
1 lb bacon (full lb) cooked and crumbled

Crisp lettuce, tear into pieces into large bowl. Layer cauliflower and onion. Spread mayonnaise over layers, sprinkle with sugar, bacon crumbs and parmesan. Cover with plastic wrap and refrigerate overnight or a minimum of 6 hours. Toss just before serving. Once salad is tossed, it will not keep long.

Jean Cullen

Crock Pot Round Steak

2 lbs round steak
1 tsp salt
1/4 tsp pepper
1 thinly sliced onion
3 to 4 potatoes, quartered
1 can French style green beans, drained
1 clove garlic, minced
1 can tomato soup
1 can (14.5 oz) tomatoes
1 can (4 oz) mushrooms

Season round steak with salt and pepper. Cut into serving pieces. Place in crock pot with sliced onions. Add potatoes, beans and garlic, top with soup and tomatoes. Cover and cook on low for 8-10 hours or high for 4-5 hours. Remove cover during last half hour if too much liquid has collected. Garnish with mushrooms during last half hour. Serves 8-10.

Colleen Meyers

Shrimp Salad

3 cans of shrimp
one medium onion
celery to taste
4 hard boiled eggs
cooked shell macaroni
salt and pepper
Miracle Whip or mayonnaise to taste

Cook macaroni and cool. Mix in chopped onion, chopped eggs, chopped celery, and shrimp. Add Miracle Whip or mayo, then salt and pepper to taste.

Jean Cullen

Noodle Bake

16 oz Kosher Manischewitz wide noodles, cooked
Brown 2 lb ground beef, 1 onion, 2/3 cup green pepper.

Add: 1/3 cup stuffed olives
28 oz tomato sauce
1 cup sharp cheddar cheese
1/2 cup kernel corn.

Bake at 350° for one hour.
6-8 servings.

Natalie Yelinek
Creamy Chicken Lasagna

1 Tbsp butter
1/2 large onion, diced
1 cup mushrooms, sliced (I used canned)
1 (10 oz) can cream of chicken soup
1 (16 oz) jar alfredo sauce
1 (4 oz) jar diced pimientos, drained
1/3 cup dry white wine (I use whatever white wine is open in the fridge)
1/2 tsp dried basil
10 oz frozen chopped spinach, thawed
15 oz ricotta cheese
1/2 cup parmesan, grated
1 large egg, lightly beaten
9 lasagna noodles, cooked
2 1/2 cup cooked chicken, shredded
3 cups sharp cheddar cheese, shredded

Melt butter in skillet over medium high heat. Add onion and mushrooms and sauté until tender. Stir in soup, alfredo sauce, pimientos, wine and basil. Reserve 1/3 of sauce for top of lasagna.

Drain thawed spinach well by pressing between layers of paper towels. Stir spinach, ricotta, parmesan and egg together. Place 3 noodles in a lightly greased 13” x 9” baking dish. Layer with half each of the remaining sauce, ricotta mixture and chicken. Sprinkle with 1 cup of the cheddar. Repeat procedure. Top with the last 3 noodles and reserved sauce.

Bake at 350° for 45 min. Sprinkle with remaining cheddar and bake for approximately 5 min or until cheese is melted. Let stand 10 min before serving.

Taco Salad

1 bag of Taco Doritos
1/2 lb of hamburger, browned and drained
1 chopped medium onion
2 cubed tomatoes
1 oz green olives, sliced
1/4 lb American shredded cheese
1/4 head of iceberg lettuce
Small bottle of Thousand Island dressing

Combine all the ingredients in a bowl, except for the chips and dressing...crush the chips up in its bag and mix in with the dressing just before serving, so things don’t get too soggy.

Taffy Apple Salad

1 (20 oz) can crushed pineapple, drained but reserve liquid
2 Tbsp flour
1 Tbsp vinegar
4 cups unpeeled firm apples, chopped
2 cups salted Spanish peanuts
1 (8 oz) carton Cool Whip

In a small saucepan over low heat, heat pineapple juice; add flour and vinegar and stir to blend. Cook until mixture thickens. Remove from heat and let cool.

Combine apples with vinegar mixture, add pineapple and nuts. Fold in Cool Whip and chill.

Teri Fisher
Vegetable Salad

Dressing:
1 cup mayonnaise
1/4 cup French dressing
1/2 cup sour cream
1/4 cup sugar
1 Tbsp tarragon vinegar
1 tsp salt

Combine all dressing ingredients and set aside. Wash all vegetables. Break cauliflower and broccoli into florets and slice thinly. Slice onions into 1/8 inch slices. Dice green pepper. Peel and dice cucumber. Place all vegetables in a bowl. Pour dressing over them and mix lightly. Cool and chill. Good if prepared the day before serving.

Teri Fisher

Chilies Rellenos

3 small cans chilies
2 lbs Monterey Jack cheese, shredded
10 eggs
5 oz evaporated milk

In a 9 x 13 inch baking dish, layer 1/2 chilies, 1/2 cheese. Repeat. Dot with butter. Beat eggs and milk, pour over cheese. Bake at 300° or until knife inserted into center comes out clean. Let stand for 10 minutes before cutting.

Brian Sime

Walnut Green Bean Feta Salad

1-1/2 lb fresh green beans
3/4 cup olive oil
1/2 tsp minced garlic
1 cup toasted walnuts
1/2 cup white vinegar
1 cup feta cheese, crumbled
3/4 tsp salt
1/4 tsp pepper

1/2 tsp minced garlic
1 cup toasted walnuts
1/2 cup white vinegar
1 cup feta cheese, crumbled
3/4 tsp salt
1/4 tsp pepper

1. Chop onion.
2. Toast walnuts (about 5 minutes at 325°)
4. Combine: oil, mint, vinegar, salt, garlic, pepper in blender.
5. Arrange beans in bowl and add walnuts, feta and onion.
6. Pour dressing over and gently mix.

Natalie Yelinek

Chow Mein Casserole

My sister, Kathy Lyans, was involved in many of your activities and was supported by the wonderful people at Options in Community Living. Kathy passed away on May 22, 2007. Attached is the recipe for one of her favorite dishes. I would like to submit this in memory of Kathy.

1 to 1 1/2 pounds ground beef
3/4 cup chopped celery
1/4 cup chopped onion
1/2 cup rice
1 cup cream of mushroom soup
1/4 cup soy sauce
1 to 2 small cans of sliced mushrooms
1 tsp salt
1/4 cup boiling water
1/2 cup chop mein noodles

In a skillet, brown ground beef. Add celery and onion. Cook until brown and celery and onion are tender. Drain. In a greased 9 inch baking dish, pour boiling water on rice, stirring in salt. Stir in the ground beef mixture, cream of mushroom soup, sliced mushrooms, soy sauce and butter. Cover and bake at 350° for 30 minutes; stirring occasionally. Bake, uncovered for 30 additional minutes. Sprinkle individual servings with chop mein noodles. Makes 8 servings.

Natalie Yelinek

Chow Mein Casserole

1 to 1 1/2 pounds ground beef
3/4 cup chopped celery
1/4 cup chopped onion
1/2 cup rice
1 cup cream of mushroom soup
1/4 cup soy sauce
1 to 2 small cans of sliced mushrooms
1 tsp salt
1/4 cup boiling water
1/2 cup chop mein noodles

In a skillet, brown ground beef. Add celery and onion. Cook until brown and celery and onion are tender. Drain. In a greased 9 inch baking dish, pour boiling water on rice, stirring in salt. Stir in the ground beef mixture, cream of mushroom soup, sliced mushrooms, soy sauce and butter. Cover and bake at 350° for 30 minutes; stirring occasionally. Bake, uncovered for 30 additional minutes. Sprinkle individual servings with chop mein noodles. Makes 8 servings.

Chow Mein Casserole

My sister, Kathy Lyans, was involved in many of your activities and was supported by the wonderful people at Options in Community Living. Kathy passed away on May 22, 2007. Attached is the recipe for one of her favorite dishes. I would like to submit this in memory of Kathy.

1 to 1 1/2 pounds ground beef
3/4 cup chopped celery
1/4 cup chopped onion
1/2 cup rice
1 cup cream of mushroom soup
1/4 cup soy sauce
1 to 2 small cans of sliced mushrooms
1 tsp salt
1/4 cup boiling water
1/2 cup chop mein noodles

In a skillet, brown ground beef. Add celery and onion. Cook until brown and celery and onion are tender. Drain. In a greased 9 inch baking dish, pour boiling water on rice, stirring in salt. Stir in the ground beef mixture, cream of mushroom soup, sliced mushrooms, soy sauce and butter. Cover and bake at 350° for 30 minutes; stirring occasionally. Bake, uncovered for 30 additional minutes. Sprinkle individual servings with chop mein noodles. Makes 8 servings.

Natalie Yelinek

Chow Mein Casserole

My sister, Kathy Lyans, was involved in many of your activities and was supported by the wonderful people at Options in Community Living. Kathy passed away on May 22, 2007. Attached is the recipe for one of her favorite dishes. I would like to submit this in memory of Kathy.

1 to 1 1/2 pounds ground beef
3/4 cup chopped celery
1/4 cup chopped onion
1/2 cup rice
1 cup cream of mushroom soup
1/4 cup soy sauce
1 to 2 small cans of sliced mushrooms
1 tsp salt
1/4 cup boiling water
1/2 cup chop mein noodles

In a skillet, brown ground beef. Add celery and onion. Cook until brown and celery and onion are tender. Drain. In a greased 9 inch baking dish, pour boiling water on rice, stirring in salt. Stir in the ground beef mixture, cream of mushroom soup, sliced mushrooms, soy sauce and butter. Cover and bake at 350° for 30 minutes; stirring occasionally. Bake, uncovered for 30 additional minutes. Sprinkle individual servings with chop mein noodles. Makes 8 servings.

Natalie Yelinek
Cheesy Brat Casserole

~

6 cooked brats, cut into 1/2 inch pieces
4 medium potatoes, peeled, cooked, cubed
1 (16 oz) can green beans, drained
1 lb fresh mushrooms, sliced and sautéed
1 (10-3/4 oz) can cream of chicken soup
2 cups shredded sharp cheddar cheese
1 small onion, chopped and sautéed (optional)

In a 3 qt casserole, stir together brats, cooked cubed potatoes, sautéed mushrooms, onions and condensed soup. Layer green beans and cheese. Bake, covered, in a 350° oven for about 45 minutes or until heated through. Serves 4-6 people.

Jean Cullen

Chilaquiles

~

1 Tbsp olive oil
1 cup chopped onion
2 garlic cloves, minced
2 cups shredded carrots
1 can black beans, rinsed & drained
1 large tomato, chopped
corn tortillas, enough to cover a 9x9 baking dish three times

1 green pepper, chopped
2 Tbsp chopped hot peppers
1/2 tsp chili powder
1/2 cup tomato sauce
1 cup shredded cheddar
2 Tbsp minced scallions

Preheat oven to 400° F. Grease a 9”x9” baking dish. Prep the carrots, onions, garlic, hot peppers, and green pepper. In a large skillet over medium heat, warm the oil. Add the onions and garlic. Cook until tender. Add the carrots and cook for 2 min. Stir in the beans, tomatoes, green peppers, hot peppers, and chili powder and tomato sauce. Bring to a boil. Cook for 5 min.

Make a layer of tortillas on the bottom of the baking dish. Add 40% of the mix. Add 1/3 of the cheese. Repeat. Then add a third tortilla layer, the rest of the veggies and the rest of the cheese. Sprinkle with chopped scallions. Bake 15-20 min.

Matt Jahnke

SOUPS

Broccoli-Noodle Cheese Soup
Chicken Salsa Soup
Quick Potato Chowder
Quickie Italian Wedding Soup
Spicy Chicken Chili
Sweet & Sour Cabbage Soup
**Broccoli-Noodle Cheese Soup**

3/4 cup diced onion  
6 cups water  
6 to 9 chicken bouillon cubes  
2 (10 oz) pkg frozen broccoli  
2 Tbsp oil

Brown onion in oil. Add water and bullion cubes. Bring to a boil and add noodles, cook until noodles are soft, about 10 minutes. Add broccoli and cook 5 minutes more. Add milk. After mixture is heated through, add cheese and stir until melted. Do not boil.

Helen Hoepker

**Chicken Salsa Soup**

1 Tbsp butter  
1 cup green pepper  
1 cup green onion  
1 large garlic clove  
5 Tbsp flour  
1 tsp oregano  
1 tsp pepper  
3 drops red pepper sauce  
3 cups chicken broth  
1 cup salsa  
1 bay leaf  
2 cups cooked chicken  
1 can corn, drained  
fresh cilantro  
1 can beans (chili or pinto)  
Tortilla chips


Kathy Brechler

**Bar-B-Que**

1 lb hamburger  
1/2 cup diced onion  
1 can chicken gumbo soup  
2 tsp mustard  
1/4 cup catsup

Brown hamburger and onion. Add soup, catsup and mustard. Serve on hamburger buns. Recipe can be doubled or tripled. For a large group, I put in crock pot. Great crowd pleaser.

Jayn Wittenmyer

**Broccoli Casserole**

1 pkg Pepperidge Farm Dressing Bread Crumbs, crumbled  
1 pkg chopped frozen broccoli  
1 (15 oz) can cream style corn  
1 small can whole kernel corn  
1 tsp minced fresh onion  
1 Tbsp butter, melted  
2 eggs, well beaten

Thaw broccoli, mix all ingredients in a greased casserole dish, using 1/2 package of crumbled bread dressing. After mixing, sprinkle the remaining bread crumbs over casserole. Bake 30 to 45 minutes in a 350° oven.

Ann Furman
Main Dishes

Bar-B-Que
Broccoli Casserole
Cheesy Brat Casserole
Chilaquiles
Chilies Rellenos
Chow Mein Casserole
Creamy Chicken Lasagna
Crock Pot Round Steak
Noodle Bake
Pizza Casserole
Pork Chop Dinner
Pasta al Cavolfiore (Pasta with Cauliflower)
Prime Roast
Salmon Loaf
Smoked Sausage and Beans
Southwest Chicken Pita
Spaghetti Ham Dinner
Steve’s Cheese & Meat Casserole
Taco Quiche

Quick Potato Chowder

2 cups potatoes, peeled and chopped
1/2 cup onion, chopped
1 cup water
1/2 tsp garlic, minced
1/2 tsp crushed oregano
1/4 tsp pepper
1/8 tsp cayenne pepper (optional)
1-1/2 cups skim milk
1 (16 oz) can whole kernel corn, drained
1 (10-1/2 oz) can cream of chicken soup

Combine potatoes, onion, water, garlic, oregano, and peppers into a 4 qt saucepan. Cook for 10 minutes or until potatoes are tender but not mushy. Add milk, corn and soup. Simmer 15 minutes. Serves 5 – 1-1/2 cup servings.

Kathy Maxwell
Quickie Italian Wedding Soup

1 (10oz) pkg frozen spinach, thawed and drained well
1 tsp oil: heat in large pan
1 med. onion, (3/4 cup) chopped, add as chopping
8 to 10 baby carrots (3/4 cup) chopped, add as chopping
2 stalks celery (3/4 cup) chopped, add as chopping
1 tsp minced garlic, stir into vegetables, along with:
1 tsp Italian seasoning

Cook until onion is tender.

Add:
2 cups water
2 cans (14 oz) chicken broth

Bring to a boil.

Add: 1 (16 oz) pkg frozen Italian style meatballs (about 30) and spinach, bring to a boil. Reduce heat to medium.

Add:
1 can cannelloni beans, rinsed and drained

Heat until meatballs are hot. Salt and pepper to taste, sprinkle with shredded parmesan cheese.

Nancy Johns

Spicy Chicken Chili

2 Tbsp vegetable oil
1 medium onion, chopped
2 stalks celery, chopped
1 green pepper, chopped
1 red pepper, chopped
2 serrano or jalapeno peppers, seeded and minced
4 garlic cloves, minced
1 can (4oz) green chilies
2 tsp chili powder
1 tsp ground cumin
6 cups cooked beans – garbanzo, pinto or navy
4 cups vegetable or chicken broth

Garnish, if desired, with 3/4 cup grated Monterey jack or cheddar cheese, tortilla chips, chopped tomatoes, sliced green onions, chopped cilantro.

Jean Hazell

Sweet & Sour Cabbage Soup

2 lbs ground beef browned and drained
2 quarts tomato juice
brown sugar to taste
1 head cabbage
pepper to taste

Combine all except sugar and pepper. Cook until cabbage is soft. Add sugar and pepper to taste. Simmer.

Wendy Kaplan