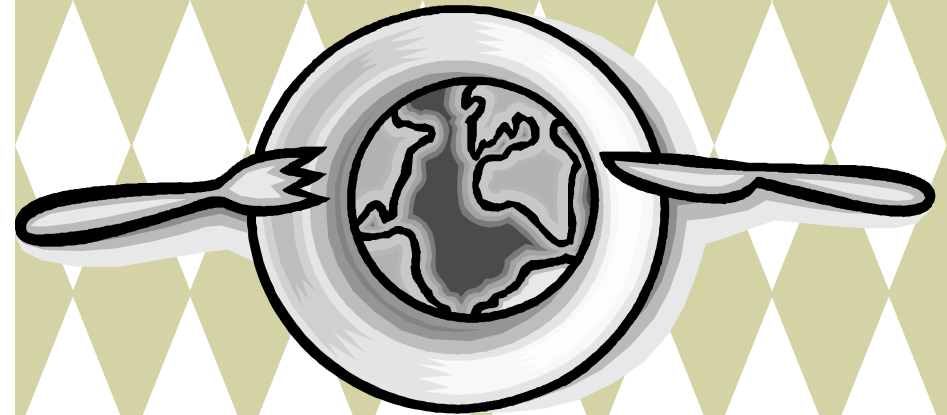




Brought to you by
UW - Madison Waisman Center
Community Training & Consultation Program
Dane County Human Services

2007 DIVERSITY FEST COOKBOOK



VOLUME 1:
APPETIZERS, BRUNCH, MAIN
DISHERS, 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 15ml)
 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)

Unit	Equivalent measurement	Decimal equivalent	Metric measurement
1 ounce	1/16 pound	.0625 pound	30 grams(28.35 g)
2 ounces	1/8 pound	.125 pound	55 grams
3 ounces	3/16 pound	.1875 pound	85 grams
4 ounces	1/4 pound	.250 pound	125 grams
8 ounces	1/2 pound	.5 pound	240 grams
12 ounces	3/4 pound	.75 pound	375 grams
16 ounces	1 pound	1.0 pound	454 grams
32 ounces	2 pounds	2.0 pounds	907 grams
1 kilogram	2.2 pounds/	35.2 ounces	1000 grams

CONTENTS

APPETIZERS	page 6
Artichoke Dip.....	page 7
Hot Cheese Spread	page 7
Tasty Corn Dip.....	page 7
Texas Caviar.....	page 8
Veggie Dip.....	page 8
BRUNCH	page 9
The Crepe: (Latvian Pancakes)	page 10
Flavored Grapes.....	page 11
Strawberry Soup.....	page 11
Spinach & Mushroom Quiche	page 12
SALADS	page 13
Apple Salad.....	page 14
Apple Sauce Salad.....	page 14
Cold Chicken and Rice Salad.....	page 14
Five Cup Salad	page 15
Fresh Pasta Salad	page 15
Grape Broccoli Salad	page 15
Oriental Asparagus Salad	page 16
Pea Salad.....	page 16
Pea Salad.....	page 17
Seven Layer Salad	page 17
Seven Layer Salad with Cauliflower.....	page 18
Shrimp Salad.....	page 18
Taco Salad	page 19
Taffy Apple Salad.....	page 19
Vegetable Salad.....	page 20
Walnut Green Bean Feta Salad	page 20
SOUPS	page 21
Broccoli-Noodle Cheese Soup.....	page 22
Chicken Salsa Soup.....	page 22
Quick Potato Chowder	page 23
Quickie Italian Wedding Soup	page 24
Spicy Chicken Chili.....	page 25
Sweet & Sour Cabbage Soup	page 25

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 tsp salt
1/3 cup flour	dash pepper
1 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
1/3 cup chopped onion	

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 Tbsp butter
1 cup water	salt to taste
1 cup grated American cheese	1/4 tsp red pepper
3 onions, cut fine (small to medium)	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	water
1 small onion	1/4 lb Colby shredded cheese
1/4 cup catsup	1/2 tsp sugar
pepper	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 till 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

CONTENTS

MAIN DISHES	page 26
Broccoli Casserole	page 27
Cheesy Brat Casserole	page 28
Chilaquiles	page 28
Chilies Rellenos.....	page 29
Chow Mein Casserole	page 29
Creamy Chicken Lasagna	page 30
Crock Pot Round Steak.....	page 31
Noodle Bake	page 31
Pasta al Cavolfiore (Pasta w/Cauliflower).....	page 32
Pizza Casserole	page 33
Pork Chop Dinner	page 33
Prime Roast.....	page 34
Salmon Loaf.....	page 34
Smoked Sausage and Beans.....	page 35
Southwest Chicken Pita.....	page 36
Spaghetti Ham Dinner	page 36
Steve's Cheese & Meat Casserole	page 37
Taco Quiche.....	page 37
SIDE DISHES	page 38
Cheddar Burger Mashed Potatoes	page 39
Cheesy Hash Browns.....	page 39
Elegant Hash Browns.....	page 40
Famous Clodius Stuffing	page 40
Four Bean Casserole.....	page 41
Grated Tator.....	page 41
Piragi (Bacon Rolls)	pages 42-43
Poppy Seed Noodle Casserole	page 43
Refrigerator Bread and Butter Pickles.....	page 44
Spanish Rice.....	page 44
Stuffed Acorn Squash	page 44
Sweet Potato Loaf	page 45
Wild Rice Chicken Supreme	page 45

APPETIZERS

Artichoke Dip

Hot Cheese Spread

Tasty Corn Dip

Texas Caviar

Veggie Dip

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

Boil noodles in salted water with oil. Drain. Mix margarine, onion, garlic, cottage cheese, sour cream and poppy seed. Add to noodles. Put in ungreased 9x13 inch dish. Top with Parmesan cheese. Bake at 350° for 45 minutes. Cover last 10-15 minutes if it gets too brown. Can be made a day ahead. Great alternative to potatoes. Serves 8-10.

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.

Brian Sime

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.

Jayn Wittenmyer

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 | 3/4 cup cider vinegar |
| 1 Tbsp water | 1/2 cup oil |
| 1/2 tsp pepper | 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.

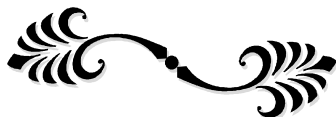
Catherine A. Rodgers

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.



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

BRUNCH

The Crepe: (Latvian Pancakes)

Flavored Grapes

Strawberry Soup

Spinach & Mushroom Quiche

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 1/2 hour.

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

Cook until slightly brown/toasted on both sides.

Add any toppings... my favorite is lightly buttered with cinnamon and sugar.

Try:
Jelly, or PB&J
Syrup
Traditionally they are made with meat, veggies, and sour cream.

My family is from Latvia and this is one of my favorite recipes.

Andrea Zirba

Cheddar Burger Mashed Potatoes

~

2 lbs hamburger
1 medium onion
1 jar (16 oz) Ragu Cheese Creations Double Cheddar Sauce
2 tsp dry mustard
4 cups prepared 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.

Joanie Drake

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°.

SIDE DISHES

Cheddar Burger Mashed Potatoes

Cheesy Hash Browns

Elegant Hash browns

Famous Clodius Stuffing

Four Bean Casserole

Grated Tator

Piragi (Bacon Rolls)

Poppy Seed Noodle Casserole

Refrigerator Bread and Butter Pickles

Spanish Rice

Stuffed Acorn Squash

Sweet Potato Loaf

Wild Rice Chicken Supreme

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.

Lynn Sankey



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°.

Teri Fisher

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.

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	1 cup half and half
2 Tbsp chopped onion	1/4 cup cooking sherry
2 cups milk	3 cups cooked ham
1 cup chicken broth	1 can peas
6 Tbsp butter	1/4 cup parmesan cheese
6 Tbsp flour	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

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	3 cups cooked rice
2 Tbsp salad oil	1-1/2 cups green grapes
2 Tbsp vinegar	1-1/2 cup chopped celery
2 Tbsp orange juice	1 can mandarin orange slices
5 cups cooked chopped chicken, marinate in above	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 x13 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

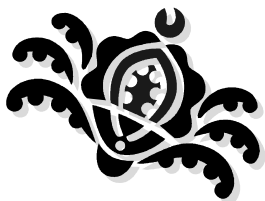
Salmon Loaf

~

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
1 lb pasta shells
1 can artichokes
12 oz grape tomatoes or similar
1/4 lb of thinly sliced carrots
1/2 lb of sliced fresh mushrooms

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.

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

Wash asparagus and snap off tough ends. Cut spears on diagonal into 2 inch lengths. Cook in boiling water, covered, for 1 minute. Drain and rinse under cold water to stop cooking. Combine remaining ingredients in large bowl. Add asparagus and toss. Chill before serving. Makes 4 to 6 servings.

Donna Johnson

Pea Salad

~

2 (10 oz) packages frozen tine green peas, thawed
2 cups chopped celery
1 cup cashews
1/2 cup shopped 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	2 (8oz) cans tomato sauce
4 oz diced pepperoni	2-1/2 cups (10oz) shredded Swiss cheese
1 onion, chopped	2 cups (8 oz) mozzarella cheese
1 green pepper, chopped	2 cups (8oz) 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

~

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 crumbles 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

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.



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

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 what ever 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.

Teri Fisher

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 it's 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

~

1 head fresh cauliflower	<u>Dressing:</u>
3 - 4 cups fresh broccoli	1 cup mayonnaise
1-1/2 cup green onions	1/4 cup French dressing
1 green pepper	1/2 cup sour cream
1 cup celery, cut on slant	1/4 cup sugar
1 cucumber	1 Tbsp tarragon vinegar
1 carrot	1 tsp salt

Combine all dressing ingredients and set aside. Wash all vegetables. Break cauliflower and broccoli into flowerets and slice thinly. Slice onions into 1/8 inch slices. Dice green pepper. Peel and dice cucumber. Peel and grate carrot. 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

Walnut Green Bean Feta Salad

~

1-1/2 lb fresh green beans	1/2 tsp minced garlic
3/4 cup olive oil	1 cup toasted walnuts
1/2 cup chopped fresh mint	1/2 to 1 cup diced red onion
1/4 cup white vinegar	1 cup feta cheese, crumbled
3/4 tsp salt	1/2 cup parmesan cheese (optional)
1/4 tsp pepper	

1. Chop onion.
2. Toast walnuts (about 5 minutes at 325°)
3. Blanche beans – don't overcook.
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

Chilies Rellenos

~

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

In a 9x13 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

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	2 tablespoons soy sauce
3/4 cup chopped celery	1 teaspoon butter
3/4 cup chopped onion	1 to 2 small cans of sliced mushrooms
1/2 teaspoon salt	1 can cream of mushroom soup
1 1/4 cups boiling water	Chow mein noodles
1/2 cup rice	

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 chow mein noodles. Makes 8 servings.

Jackie Voight

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 green pepper, chopped
1 cup chopped onion	2 Tbsp chopped hot peppers
2 garlic cloves, minced	1/2 tsp chili powder
2 cups shredded carrots	1/2 cup tomato sauce
1 can black beans, rinsed & drained	1 cup shredded cheddar
1 large tomato, chopped	2 Tbsp minced scallions

corn tortillas, enough to cover a 9x9 baking dish three times

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
6 cups milk
1 (8 oz) pkg noodles
1 (16 oz) pkg cheddar
cheese, grated

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

Melt butter in 3 qt. saucepan. Sauté green pepper, onion, and garlic until tender, about 5 minutes. Stir in flour and seasonings. Gradually stir in broth and salsa. Add bay leaf and chicken. Bring to a boil, stirring constantly. Boil and stir one minute. Stir in corn and beans. Reheat. Remove bay leaf. Serve with chips, cilantro, cheddar cheese and sour cream. Can be made in crock pot. After adding flour and seasoning, transfer to crock pot. Add rest of ingredients and let cook about 4 hours.

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

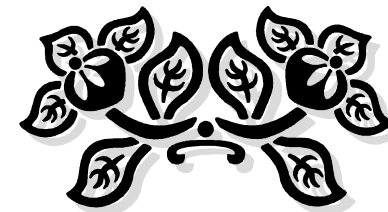
Quick Potato Chowder

~

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.

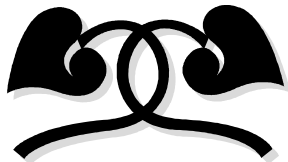
Add: 1 (16 oz) pkg frozen Italian style meatballs (about 30) and spinach, bring to a boil. Reduce heat to medium.

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 tsp dried oregano
1 medium onion, chopped	1 tsp dried thyme
2 stalks celery, chopped	(or 1 Tbsp fresh)
1 green pepper, chopped	1 Tbsp parsley
1 red pepper, chopped	3/4 tsp. salt
2 serrano or jalapeno peppers, seeded and minced	1/4 cup masa harina or
4 garlic cloves, minced	3 Tbsp cornstarch mixed
1 can (4oz) green chilies	with 3 Tbsp water to
2 tsp chili powder	thicken
1 tsp ground cumin	2 cups cooked corn
6 cups cooked beans –	2 cups cooked medium zucchini,
garbanzo, pinto or navy	sliced
4 cups vegetable or chicken	4 cups poached (or cooked)
broth	cubed chicken breast

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