The SHP Family Cookbook

a collection of favorite recipes from

SHP FACULTY, STAFF AND STUDENTS

SCHOOL OF HEALTH PROFESSIONS
The University of Alabama at Birmingham
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DRINKS
**April's Recipe**

**Absolute Stress**
*From the kitchen of: Mary Foster*

**SERVINGS:** 1

**INGREDIENTS**
- 1 jigger Vodka
- 1 jigger Malibu Rum
- 1 jigger Peach Snapps
- 2 jiggers orange juice
- 2 jiggers pineapple juice
- 2 jiggers cranberry juice

**DIRECTIONS**
Measure all ingredients and chill. I usually make this in large batches for game day beverages. Adjust the measurements from jigger to cup.

Delicious when frozen and slushy.

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**Copycat Caramel Frappuccino**
*From the kitchen of: Scarlett Naftel*

**SERVINGS:** 2

**INGREDIENTS**
- 2 cups ice
- 1 cup strong brewed coffee, cooled
- 1 cup low-fat milk
- 1/3 cup caramel sauce
- 3 Tbsp white sugar

**DIRECTIONS**
Blend ice, coffee, milk, caramel sauce, and sugar together in a blender on high until smooth. Pour drink into two 16-ounce glasses.
GIN AND TONIC (the British Way)

From the kitchen of: Christy Harris Lemak

SERVINGS: 1 Perfect Cocktail

INGREDIENTS

- Gin - see below
- Tonic - see below
- Garnish (see below):
  - Juniper Berries
  - Herb Sprig (any will do)

DIRECTIONS

1. The Gin should be very good with botanical flavors, my favorites are British: The Botanist & Drumshanbo.
2. Use Fever-Tree tonic water, we like the “Premium Indian”, Elderflower or Cucumber (Do not chill in advance). Open right before mixing for maximum fizziness.
3. Serve in a rounded stem glass with lots of ice, garnish with juniper berries & a sprig of lavender, thyme or rosemary.

“I was fortunate to visit London and Dublin recently and noted that they serve a “gin and tonic” differently, we have been making them at home during the pandemic.”

CHAMPANGO

From the kitchen of: Shafiqul Islam

SERVINGS: 1

INGREDIENTS

- 1.5 oz gin
- 1 oz mango juice
- Champagne
- 4 drops Peychaud's bitters
- 1 strain of cilantro

DIRECTIONS

1. Pour 1.5 oz of gin.
2. Pour 1 oz of mango juice.
3. Shake and strain over fresh ice, then pour into tall glass.
4. Pour champagne to the top of the glass.
5. Add 4 drops of Peychaud's bitters.
6. Add one sliver of cilantro for garnish.
## Peach Smoothie

*From the kitchen of: Courtney Peterson (FRUIT Controlled Feeding Study)*

**SERVINGS:** 1  
**COOK TIME:** 10 min

**INGREDIENTS**
- 2 1/3 cups frozen unsweetened peaches  
- 1 1/4 cups peeled banana  
- 1 cup peeled orange slices  
- Optional:  
  - 1 C spinach  
  - 1 C spring greens  
  - 2 tsp ground flax seed

**DIRECTIONS**
1. Wash and peel bananas and oranges. If using greens, make sure those have been pre-washed or wash yourself.
2. If adding greens and ground flaxseed, first add those to blender. Add 1/2 Cup - 1 Cup of water and blend until greens are pulverized.
3. Add fruits to blender. Blend until smooth. Add additional water depending on how thick you prefer your smoothies.
4. Smoothie ingredients may be prepped ahead of time and stored in a freezer storage bag. Store in freezer. Allow frozen ingredients to thaw for 10-15 minutes prior to blending. Add desired amount of water.

## Special Chai

*From the kitchen of: Harshvardhan Singh*

**SERVINGS:** 1  
**COOK TIME:** 15 min

**INGREDIENTS**
- 1 cup whole milk  
- 1 cup water  
- 1 small cardamom  
- 1-2 gm of ginger root  
- 1 small bayleaf  
- 1 small stick cinnamon  
- 1 clove  
- sugar to taste  
- 50 gm black loose tea leaf

**DIRECTIONS**
1. In a pan, add 1 cup of water and put it on the stove.
2. Add all the ingredients (except milk, sugar and tea leaf) in a mortar and pestle it for about 30 seconds.
3. Add this paste to water in the pan. Now, add tea leaf and sugar. Next, bring this solution to a boil.
4. Add 1 cup of hot milk. Let it boil for a minute.
5. Simmer on stove to medium heat. Let it simmer for 5 - 8 minutes. Turn off your stove and strain the tea with a strainer in your favorite cup. Take your reading book and enjoy your special chai!
STARTERS
**DAD’S LETTUCE SALAD**
From the kitchen of: Christina Isom

**SERVINGS:** 8-10  
**COOK TIME:** 30 min

**INGREDIENTS**
- 1 lg head lettuce, torn
- 6 radishes, sliced
- 1 rib celery, diced
- 1 carrot, diced
- 4 green onions, diced
- 4 hard-boiled eggs, chopped
- 6 slices bacon, cooked & crumbled
- paprika
- 1/2 tsp salt
- 1/2 tsp celery seed (not salt)
- 1 dash seasoned salt
- 1 dash garlic powder
- 2 dashes black pepper
- 1/3 cup canola oil
- Dressing:
  - 1/3 cup sugar
  - 1/3 cup white vinegar

**DIRECTIONS**
1. Combine all salad ingredients in large bowl. Sprinkle with paprika.
2. Combine dressing ingredients (except oil) in mason jar. Shake to dissolve sugar. DO NOT put in a blender. When sugar dissolved, add canola oil, shake. When ready to serve, shake dressing, pour over salad and toss well.

“My dad, John Dilges (1931-2011), made this salad for everything (holidays, funerals, Masonic Lodge Dinners, church events, etc). It holds up well if taking to a picnic.” Enjoy!

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**GREEN SALAD WITH PERSIMMON & GOAT CHEESE**
From the kitchen of: Donna Slovensky

**SERVINGS:** 4  
**COOK TIME:** None

**INGREDIENTS**
- 6 cups mixed greens
- Fuyu persimmon, diced
- 1 small apple, diced
- 3 Tbsp toasted almond slivers
- 1/2 cup goat cheese
- Dressing: 4 Tbsp orange juice; 2 Tbsp olive oil; 1/2 tsp mustard; 1/4 tsp salt; 2 dashes pepper

**DIRECTIONS**
1. Place the greens in a salad bowl and top with the fruits and goat cheese.
2. In a small bowl, whisk orange juice, mustard, salt and pepper. Whisk in olive oil in a small stream. Adjust to taste.
3. Pour dressing over greens and toss. Sprinkle almonds over all.
4. Serve with a well chilled white wine and crusty bread.
### Smashed Chickpea Salad

**From the kitchen of: Walker Cole**

#### Ingredients
- 1 can of chickpeas, drained & rinsed
- 1-2 stalks celery, sliced
- parsley, finely chopped
- half lemon
- 1/2 cup greek yogurt
- olive oil
- 1-2 tbsp feta, crumbled (if desired)

#### Directions
1. After draining and rinsing chickpeas, smash chickpeas roughly using a potato masher or the back of a big spoon. You don't need to smash completely, as you want some texture in there, so it's okay to leave a few whole chickpeas.
2. Add chickpeas to a mixing bowl and combine with celery and parsley.
3. Add greek yogurt, zest of the half lemon, and squeeze juice into bowl. Add a little olive oil to desired preference. I like it for flavor and it brings it together a little. Toss in feta to desired amount, if using. Combine thoroughly with a spoon.
4. Season with salt & pepper or other spices of your choice. Add more lemon juice, if needed.
5. Serve in pita pockets, on toast, or over a salad.

### Spinach Salad

**From the kitchen of: Chris Isom**

#### Ingredients
- 2 (10oz) bags fresh spinach, washed and destemmed
- 1 (16oz) can bean sprouts, drained
- 1 can water chestnuts, chopped
- 4 hard-boiled eggs, chopped
- 6-7 slices of bacon, cooked and crumbled
- 1 small can chow mein noodles

#### Directions
1. In large salad bowl, combine salad ingredients, except chow mein noodles.
2. Blend dressing ingredients until creamy and sugar is dissolved (add oil once sugar dissolved).
3. Pour dressing on salad when ready to serve.
4. Toss well, sprinkle with chow mein noodles.

#### Dressing:
- 1/3 c white vinegar
- 1 Tsp salt
- 3/4 c sugar
- 1 tsp Worcestershire sauce
- 3 slices onion, chopped
- 1 c vegetable or canola oil
# STRAWBERRY POPPYSEED CHICKEN SALAD

**From the kitchen of: Patrick Singer (Panera)**

**SERVINGS:** 4  
**COOK TIME:** 15 min

**INGREDIENTS**
- 8 cups romaine lettuce  
- 3/4 cup Panera Poppyseed Dressing  
- 1 grilled chicken breast, cut into strips  
- 1/2 cup blueberries, fresh  
- 11 oz can Mandarin oranges, drained  
- 3/4 cup pineapple, fresh, cut into chunks  
- 3/4 cup strawberries, fresh, sliced  
- 1/3 cup toasted pecans (optional)

**DIRECTIONS**

1. In large bowl, gently toss lettuce and dressing. Divide among 4 plates.  
2. Top each salad with remaining ingredients and garnish with pecans.


# BLACK BEAN CHICKEN CHILI

**From the kitchen of: Andrew Butler**

**SERVINGS:** 7

**INGREDIENTS**
- 1/2 lb lean ground chicken  
- 1/2 cup chopped onion  
- 1 (28 oz) can no sodium added crushed tomatoes, undrained  
- 1/2 cup brown rice, uncooked  
- 1 (15 oz) can black beans, rinsed and drained  
- 2 tsp chili powder  
- 1 (4 oz) can diced green chilies  
- 2 tsp cocoa powder  
- 1 tsp ground cumin

**DIRECTIONS**

1. Coat a Dutch oven with cooking spray; place over medium heat until hot.  
2. Add chicken and onion; cook until meat is browned, stirring until meat crumbles.  
3. Add tomatoes and remaining ingredients, stirring well.  
4. Bring to a boil; cover, reduce heat, and simmer 30 minutes, stirring occasionally.
**TOMATO BASIL SOUP**
*From the kitchen of: Amanda Sherman*

**SERVINGS:** 4  
**COOK TIME:** 40 min

**INGREDIENTS**
- 2 cans pureed tomatoes
- 4 cups (32oz) tomato juice
- 14 leaves of fresh basil
- 1 cup heavy whipping cream
- 1/2 cup butter (not margarine)
- salt and pepper to taste

**DIRECTIONS**
1. Place canned tomatoes and juice in soup pot and simmer 30 minutes.
2. Puree the tomato mixture with basil leaves (take a ladle full, not the whole pot and place in blender and puree). Place this back into the pot.

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**UKRAINIAN BORSCH**
*From the kitchen of: Nataliya Ivankova*

**SERVINGS:** 7-10  
**COOK TIME:** 2 hours

**INGREDIENTS**
- 1 large carrot
- 1 large beet
- 1 mid-size white onion
- 1/3 of mid-size green cabbage
- 2 - 3 large potatoes
- 1/2 cup dried navy beans
- 1 can of diced tomatoes
- 1 red, yellow, or green bell pepper
- some fresh parsley
- 1 teaspoon of salt
- 1 teaspoon of sugar

**DIRECTIONS**
Soak beans in water for several hours, then precook them (don’t cook fully). Grate carrots and beets. Chop the onion. Put carrots, beets, and onions in a frying pan and sauté in a vegetable oil. Peel potatoes and cut in small cubes. Chop cabbage and bell pepper. Put water in the pot. Add potatoes and precooked beans. Cook potatoes for 10 min. and then add cabbage, bell pepper, and sautéed vegetables (carrots, beets, and onions). Cook for 10 min. Add diced tomatoes. Cook for 5 min. Add salt, sugar and chopped parsley. Let it boil for 1 min. Serve with sour cream (and garlic if you like!). You can also add chopped fresh dill to make it taste Ukrainian! Bon appetit!
VALLEY & CHRIS’ CHILI
(SHP People’s Choice Winner)

From the kitchen of: Chris Eidson & Valley McCurry
special thanks to Kenji Lope-Alto

SERVINGS: 6-10
COOK TIME: 6 hours

INGREDIENTS

• 1 pound dried red kidney beans (preferably Camellia brand)
• 3 whole dried pasilla chilies, de-seeded & de-stemmed
• 2 whole dried guajillo chilies, de-seeded & de-stemmed
• 1 cascabel dried chili, de-seeded & de-stemmed
• 5 pounds bone-in beef short ribs
• cooking oil
• salt and pepper

• quart stock, preferably homemade but if not, store bought bone broth - chicken or beef
• 2 anchovies
• 1 tsp marmite
• 2 tsp soy sauce
• 2 tsp tomato paste, preferably double concentrated
• 1.5 tsp cumin
• 1.5 tsp coriander
• 2 whole cloves, ground
• 1 star anise, ground
• 1 tbsp espresso powder
• 1 oz unsweetened chocolate
• 1 large onion, diced
• 3 fresh jalapeno, minced
• 4 cloves garlic, minced
• 1 tbsp Mexican oregano
• 1 28 oz can crushed tomatoes
• 1/4 cup apple cider vinegar
• 1/4 bourbon (preferably rye)
• 2 tbsp brown sugar
• 1 tbsp hot sauce (Salsa Huichol)

DIRECTIONS

Congratulations! If you made it this far, you weren't too deterred from the ingredient list. Yes, it is long, and at times, a little obscure. Yes, it is worth it!

1. Place beans in large pot with 4 tablespoons of kosher salt and 4 quarts of water. Soak at least 8 hours, preferably overnight. Rinse the beans, and set aside.

2. Microwave the dried chilies until fragrant, approximately 30 seconds. Set aside.

3. Salt and pepper the short ribs. Heat a large Dutch oven over medium high heat, add oil to the hot pan, and brown the short ribs in batches small enough to prevent overcrowding of the pan, turning as needed and taking care to brown all sides. Set aside the browned ribs, and continue with the remaining short ribs, adding oil as needed, until all are completely seared. Drain the rendered fat and set it aside.

4. Return the Dutch oven to medium high heat. Add 1 cup of the stock, scraping all of the fond (browned bits) off the bottom and side of the pan. Add dried chilies, cover the pot & simmer until completely soft approx. 10 min.

5. The next step can be done with an immersion blender but is better done in a freestanding blender...

Combine the stock/chilies with the anchovies, marmite, soy sauce, tomato paste, spices, espresso powder and chocolate, and puree in a blender until smooth - approximately 2 minutes. Alternately, add the aforementioned ingredients to the Dutch oven and puree in the pot using an immersion blender. Set chili puree aside.

6. The next step can be done in the Dutch oven, or in an instant pot...

7. Pull the meat from the bones, and coarsely chop. Reserve meat and bones.

Heat the Dutch oven over medium high heat, add rendered fat, followed by the onions. Cook until soft, approximately 6-8 minutes. Add jalapeno, garlic, and oregano, and cook until fragrant, approximately 1-3 minutes. Add chili puree and continue to cook, stirring constantly, approximately 2-4 minutes. Add the remaining stock, meat, bones, and beans. Cover the pot but leave the lid slightly ajar, reduce the heat to a simmer and cook until beans are just soft, adding water or additional stock as necessary to keep the beans just covered. Add tomato, and vinegar, and continue to cook (again, with lid slightly ajar, temperature at a simmer) for another 2-5-3 hours, again, adding liquid as necessary to keep the beans just covered. Alternatively, use the saute feature on the instant pot for the saute steps listed above. Add the meat, bones, and stock and pressure cook high for 20 minutes, using a natural release. Regardless of cooking vessel/technique, when finished through to this step, remove the bones and add the bourbon, hot sauce, brown sugar - add salt to taste.

8. Serve with your favorite chili accouterments.
VEGETARIAN CHILI
(SHP People’s Choice Winner)

From the kitchen of: Ria Hearld

INGREDIENTS

• 1 package Morningstar Farms Burger Crumbles
• 1 (15 ounce) can light kidney beans, drained
• 1 (15 ounce) can black beans, drained
• 1 (15 ounce) can chili beans in sauce
• 2 (28 ounce) cans diced tomatoes with juice
• 1 (6 ounce) can tomato paste
• 1 large yellow onion, chopped
• 3 stalks celery, chopped
• 1 green bell pepper, seeded and chopped
• 1/2 jalapeno pepper, seeded and chopped
• 1 (10 oz) package frozen sweet corn
• 4 cups vegetable broth
• 1/2 cup beer
• 2 tablespoons sauce from chipotle pepper in sauce can
• 1 Tbsp minced garlic
• 1 Tbsp dried oregano
• 1 tsp ground cumin
• few dashes hot sauce
• 1 tsp dried basil
• 1 tsp salt
• 1 tsp paprika
• 1 tsp brown sugar
• shredded cheddar cheese for topping

DIRECTIONS

1. Heat a large stock pot over medium-high heat. Crumble the burger crumbles into the hot pan with a little olive oil, and cook until evenly browned.
2. Pour in the kidney beans, black beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green bell pepper, jalapeno pepper, vegetable broth, and beer. Season with garlic, oregano, cumin, hot sauce, basil, salt, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.
3. After 2 hours, taste, and adjust salt and seasoning if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.
4. To serve, ladle into bowls, and top with shredded Cheddar cheese.
## BLACK BEAN QUESO

*From the kitchen of: Rachel Mars*

**SERVINGS:** 2-4  
**COOK TIME:** 20 min

### INGREDIENTS
- 1 can of black beans (your choice)
- 1.5 cups of sour cream or greek yogurt
- half of a taco seasoning packet
- 1 tsp salt and pepper
- 1 tsp garlic powder or fresh2 cups shredded cheese (taco blend)

### DIRECTIONS
1. Strain black beans then add to 6 qt. sauce pan on med./warm. Once warmed, add taco seasoning.  
2. Using a masher or fork, mash the beans until smooth.  
3. Once mashed, add the cream cheese and half of the sour cream/yogurt. Mix until combined.(It will be light purple).  
4. Add the salt, pepper and garlic, and 1 cup of the shredded cheese. Mix well until combined.  
5. Once melted, put into serving bowl and top with remaining sour cream & shredded cheese. Serve with tortilla chips.  
6. Enjoy with your favorite tacos or as a game-day dish!

## EASY ONION CHEESE APPETIZER

*From the kitchen of: Patty Perez*

### INGREDIENTS
- 1 cup chopped onion
- 1 cup shredded cheddar cheese
- 1 cup light mayonnaise

### DIRECTIONS
1. Combine all ingredients.  
2. Spread evenly in a shallow pie dish/quiche pan.  
3. Bake for 45-50 minutes at 375 degrees (or until top is golden brown).  
4. Serve with wheat thins.

“That’s all there is to it! It’s really is a fan favorite whenever I make it.”
**JC SALSA**
From the kitchen of: Jennifer Christy

**SERVINGS:** 4 cups  
**COOK TIME:** 10 min

**INGREDIENTS**
- 2 containers of cherry or grape tomatoes  
- 1/2 white onion  
- 1 jalapeño pepper (seeds removed for mild spice)  
- Juice of 1 lime  
- 1 large bunch of cilantro  
- Sea salt to taste

**DIRECTIONS**
1. Put tomatoes, onion and pepper in a food processor and process until chunky.
2. Hold cilantro by stems, cut tops into food processor (don't spend time picking leaves from stems) pulse.
3. Add lime juice and salt, pulse until desired consistency.

“I make this all the time and add to so many recipes.”

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**RANCH DIP**
From the kitchen of: Katie Adams

**SERVINGS:** multiple  
**COOK TIME:** 5 min

**INGREDIENTS**
- 1 cup sour cream  
- 1 cup small curd cottage cheese  
- 1 packet ranch dip mix

**DIRECTIONS**
1. Add sour cream, cottage cheese and dip mix into bowl and stir.
2. Refrigerate and serve with your favorite potato chips or raw veggies.

“Always a crowd favorite – even the chef asks for it!”
## AHI POKE

From the kitchen of: Christy Harris Lemak

### INGREDIENTS
- 4 cups (1 lb) ahi tuna, minced
- 1/2 cup scallions, minced
- 1 cup soy sauce
- 2 tbsp sesame oil
- 3 tbsp canola oil
- sesame seeds
- garlic powder
- sweet chili sauce (optional)
- cooked jasmine rice (cold)

### DIRECTIONS
1. Mix all ingredients (except rice) and let sit at least 2 hours in refrigerator.
2. If you like, gather other toppings, including dried fried onions, dried seaweed, chopped carrots, whatever your family likes.

Option 1: serve as appetizer without rice.
Option 2: serve over chilled rice as a main dish.

Mahalo!

## BLACK BEAN AND QUINOA STUFFED BELL PEPPERS

From the kitchen of: Courtney Peterson
(FRUIT Controlled Feeding Study)

### INGREDIENTS
- 4 bell peppers (any colors)
- 1/2 cup diced yellow onion
- 3 cups cooked quinoa
- 2 cups canned, low sodium black beans (drained and rinsed)
- 2 cups pasta sauce
- 2 Tbsp fresh basil
- 1.5 cup chopped spinach
- 4 Tbsp grated Parmesan cheese

### DIRECTIONS
1. Cook quinoa according to package directions.
2. Preheat oven 350F. Line a cooking sheet / baking pan with foil or spray with non-stick spray.
3. Wash all produce and drain and rinse black beans.
4. Finely chop onions, spinach, and basil. Cut tops off bell peppers and remove stems & seeds.
5. In a large bowl, mix together pepper filling: cooked quinoa, onions, spinach, basil, black beans, chopped bell pepper tops, cheese, and pasta sauce.
6. Pack each bell pepper with the filling. Bake for 30-35 min, or until peppers are tender. Peppers should look a bit wilted.
7. You may have left over filling from what did not fit into the bell pepper. This can be baked as well in a baking dish and consumed as a side dish or added back on top of pepper.
BACON WRAPPED SHRIMP
From the kitchen of: Andrew Eaton

SERVINGS: 2-4

INGREDIENTS
• ¼ pound deveined 20/30 shrimp or ¾ point shell on
• 2-3 Tbsp of blackening seasoning – I use Pauls magic red fish
• half the amount of bacon slices to shrimp. EG – 30 shrimp = 15 slices of bacon
• maple syrup – Yes, maple syrup

DIRECTIONS
1. Peel and devein your shrimp if needed. If using frozen shrimp, I like to rinse in cold water to quickly defrost. After a cold water rinse, I give it a quick rinse in lemon juice to draw out some of the fishiness. The fishy flavor we all know and love is partly made by the amines in the fish. Doing a lemon juice rinse removes those amines and makes the flavor fresher. Wash with water again so your lemon doesn’t cook the shrimp like it would in a ceviche. Mix about 1-2 Tbs of the blackening seasoning with the shrimp. Enough to cover them well. Set aside.

2. Slice your bacon in half. This will give you equal parts bacon and shrimp. I like to do one or two pieces extra of bacon just in case one breaks when trying to wrap the shrimp later. Par cook the bacon in the oven.

3. In general a good way to cook bacon is to put it in a cold oven on a cooking sheet lined with foil. Once in oven, set it to 400F. When I cook, I rarely set a timer unless it’s a long item just to keep a reminder. Bacon is easy to tell when it is cooked so just take a peek every 3 or so minutes. Bacon does cook a bit more after you take it out of the oven so be careful. In this case, cook each piece until it is still malleable but also somewhat cooked. You want a nice balance since you don’t want to overcook the shrimp while you hope to get crispy bacon but you also want to be able to wrap the bacon around the shrimp without it breaking.

4. Let bacon cool for a bit and then wrap each piece of shrimp with a piece of bacon and stick a toothpick through it to make sure it stays tight.

5. Once you have all your shrimp wrapped, get a basting brush and brush each piece with maple syrup. It sounds weird but it really balances out the flavors and leaves a nice glaze on the shrimp when done.

6. Dust the remaining blackening seasoning over the shrimp once coated with syrup. It’s important to do this after the syrup. If you do it before, the syrup just falls right off since the seasoning is dry.

7. Cook until bacon is cooked to your doneness. Shrimp cooks REALLY quickly so do not worry about it being cooked. Most shrimp you will eat is technically overdone. Properly cooked shrimp is still soft on the inside. If it is chewy or gummy, it is overcooked.

8. Let it cool and serve with Risotto.
GRILLED OYSTERS
From the kitchen of: Christy Harris Lemak

INGREDIENTS
• fresh oysters in the shell
• hot sauce
• butter
• parmesan reggiano cheese - finely grated
• crusty bread (optional)
• cold cocktail of your choice (optional)

DIRECTIONS
1. Prepare a hot grill (ours is charcoal).
2. Shuck oysters, leave oyster on half it’s shell, preserve liquid.
3. Top each oyster with: 1/4 T. of butter (1/4 of a “pat” of butter); 1 squirt of hot sauce; a bunch of grated Parmesan cheese.
4. Put oysters directly on the grill grate or removable sheet.
5. Close the lid for a minute or two, watch until cheese is melted and oysters are done. This only takes a few minutes total.
6. Serve immediately with bread to soak up yummy goodness. We have tried fancier recipes, but nothing beats this one!

OLD BAY HOT SAUCE WINGS
From the kitchen of: Patrick Singer & McCormick/Old Bay Seasoning

SERVINGS: 8
COOK TIME: 60 min

INGREDIENTS
• 3 pounds chicken wing pieces
• 1/4 cup (1/2 stick) butter, melted
• 1/2 cup OLD BAY® Hot Sauce

DIRECTIONS
1. Preheat oven to 450°F. Line a large shallow baking pan with foil, place wire rack on pan, spray rack with non-stick cooking spray & arrange wings in single layer. Sprinkle evenly with OLD BAY Seasoning.
2. Bake or grill 55 to 60 min. or until chicken is cooked through and skin is crispy, turning halfway through cooking.
3. Mix butter and OLD BAY Hot Sauce in large bowl. Add cooked wings; toss to coat. Serve with blue cheese dressing and celery sticks, if desired.
ENTREES
# BREAKFAST HASH

From the kitchen of: Andrew Eaton

## INGREDIENTS

Gravy:
- 2 cups milk
- 4 Tbsp butter
- 4 Tbsp flour
- 1 Onion
- 1 tsp Worcestershire sauce

- 1/8 tsp nutmeg
- 1/4 tsp paprika
- salt and pepper to taste

Hash:
- 8-12 oz of bacon
- 1 small onion
- 1 poblano pepper
- 4 eggs

- 12 cups of frozen shredded potatoes

## DIRECTIONS

1. Start your gravy by slicing an onion in half and put the two halves in a small pot.

2. Put the 2 cups of milk in the pot and set the temperature to low-medium heat. Let the milk steep in with the onions until it reaches about 185 degrees. Don't rush this, you want it to take about 10-15 minutes.

3. After milk has steeped for a bit, add in Worcestershire sauce to pot. Stir together. Strain the mixture into a liquid measuring cup through a sieve and set aside.

4. After you have your milk mixture, start your potatoes and bacon. I like to cook my bacon in the oven. Put your bacon on a cookie sheet with foil. Put the bacon in a cold oven and set it to 400. Take out at your preferred doneness. Chop your bacon once done. Remember that bacon looks more cooked than it is so do not burn it!

5. For the potatoes, you will need the largest skillet or saucepan you have. 12 Cups may seem like a ton but it cooks down. You can use the bacon grease from your bacon or use olive oil to coat the potatoes in the skillet. Set the skillet to medium/high to high heat. Stir together about every 5 minutes until they are all golden and crispy. Potatoes are hard to burn so do not worry.

6. Dice your poblano and second onion and throw in a skillet with about 1 lbs of butter on medium high heat until translucent and cooked. Set aside.

7. Melt your 4 lbs of butter in a separate saucepan. Once melted, add the 4 lbs of flour. Once fully combined, slowly add the milk mixture you made before. Add the paprika and nutmeg for added flavor.

8. Once all the separate parts are complete, its time to cook your eggs. Fry 1 egg at a time for each serving. Start with 1/2 lbs butter to coat the skillet. Bring it to medium/high heat and crack the egg slowly on the skillet. You want to minimize spreading of the egg whites. Cook on one side for about 1-2 minutes. Flip the egg over to the other side like you see on tv. Its super easy to do, just give it a shot! Let that side cook for about 15-20 seconds. Flip again to get the right side of the egg on top.

9. Put hash browns in a bowl with chopped bacon, onions and poblano. Add egg to the top. Top with gravy for completion.
### Cheesy Mushroom Quiche

**From the kitchen of: Rachel Mars**

| SERVINGS: 6-8 | COOK TIME: 50-60 min |

**INGREDIENTS**
- 1 rolled premade pie crust
- 1 Tbsp melted butter
- 1 pie pan
- 5 eggs scrambled
- 1 tsp paprika
- 3 tsp onion powder
- 3 tsp garlic powder
- 1 c. shredded cheese (your choice)
- 1/2-1 cup, 2nd shredded cheese &/or veggies OR replace veggies with 8 oz. of sausage

**DIRECTIONS**
1. Preheat oven to 350°F. In a pie pan, roll out dough and coat with melted butter. Crimp edges as desired.
2. Beat eggs together in large bowl, pour half & half into bowl with eggs and beat again until mixed thoroughly.
3. Mix in seasonings and any meat/veggies/cheeses, reserving a few veggies/cheeses for top.
4. Once thoroughly mixed, pour into pie pan and bake 50-60 min.
5. Quiche is done when it has risen and middle is no longer jiggly.

“Saturday mornings are made for quiche, especially cheesy mushroom quiche! If you need a quick, versatile, yummy, & filling brunch item, this does the trick!”

### Chicken and Rice Casserole

**From the kitchen of: Katie McNamara**

| SERVINGS: 8 | COOK TIME: 50 min |

**INGREDIENTS**
- 1 rotisserie chicken (4 cups cooked chopped chicken)
- 1 (10.75 oz) can cream of chicken soup
- 1 (10.75 oz) can cream of mushroom soup
- 1 (10.75 oz) can cream of celery soup
- 1 (10.75 oz) can cream of mushroom soup
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp pepper
- 1 cup water
- 1 cup milk
- 2 cups instant rice, uncooked
- 3/4 cup grated parmesan cheese

**DIRECTIONS**
1. Preheat oven to 400 degrees. Lightly spray 9x13 pan.
2. Remove skin from rotisserie chicken, discard. Remove chicken meat from bones and chop.
3. In a large bowl, combine, chopped chicken, cream of chicken soup, cream of celery soup, cream of mushroom soup, onion powder, garlic powder, pepper, water, milk and instant rice. Pour into prepared dish. Top with the grated Parmesan cheese.
4. Bake uncovered for 40-50 minutes.
CHICKEN AND RICE CASSEROLE
From the kitchen of: Valley McCurry

SERVINGS: 4-6
COOK TIME: 25 min

INGREDIENTS
• 3-4 boneless chicken breasts, cooked and shredded
• 2 cans cream of chicken soup
• 3/4 cup of milk
• 2 cups cooked rice
• 1 cup shredded cheddar cheese
• salt and pepper to taste
• 1 sleeve of Ritz crackers
• 1/2 cup butter or margarine (1 stick)

DIRECTIONS
1. Preheat oven to 375 degrees.
2. Combine cooked chicken, cream of chicken soup, milk and cheese in an 11x9 baking dish.
3. Add rice, salt and pepper, stirring until combined.
4. Melt butter, then crush Ritz crackers and combine in a bowl.
5. Top casserole with the cracker mixture and bake in oven 20-25 minutes until brown on top.

CHICKEN CRESCENT ROLLS
From the kitchen of: Jerry King

SERVINGS: 4-6
COOK TIME: 30 min

INGREDIENTS
• crescent rolls
• cream of mushroom (or chicken) soup
• chicken
• cheese

DIRECTIONS
1. Cook chicken or use can chicken.
2. Roll chicken in crescent rolls and place in casserole dish (spray with non-stick spray).
3. Melt cheese in cream of chicken soup.
4. Pour soup over rolls.
5. Bake at recommended temperature and time on the can of rolls.
**DORITO TACO CASSEROLE**
*From the kitchen of: Edith Castleberry*

**SERVINGS:** 6-8  
**COOK TIME:** 45 min

**INGREDIENTS**
- 1-12 oz box of pasta shells
- 2 tablespoons butter
- 1 1/4-pound ground beef
- 3 ounces cream cheese with chives
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 - 16-oz jar of taco sauce
- 2 cups Mexican blend cheese
- 2 cups crushed Doritos
- 1 bunch chopped green onions for topping

**DIRECTIONS**
Cook pasta shells according to package directions. Drain and toss with 2 tablespoons butter. Brown ground beef stirring to crumble, drain off grease. Stir in cream cheese, chili powder, and salt. Simmer for 5 minutes. Preheat oven to 350 degrees. Mix beef mixture, 1 cup of cheese and taco sauce with shells. Arrange in greased 13”x9” baking dish. Cover and bake for 10 minutes. Uncover, top with remaining cup of cheese and bake for an additional 7 minutes. Sprinkle with crushed Doritos and green onions. Sour cream makes it even better! :) Enjoy!

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**FRIED CHICKEN FLOUTAS**
*From the kitchen of: Andrew Eaton*

**INGREDIENTS**
- 1 lb Chicken breast
- chicken stock/bouillon cubes for cooking
- white corn tortillas
- 2-3 tbsp taco seasoning
- deep fryer with canola oil

**DIRECTIONS**
1. Trim fat off chicken. Boil chicken in 1 cup chicken stock or 1 cube of bouillon. Use just enough water to cover chicken, don’t overcook. Let chicken cool, then shred by hand or pulse a few times in a food processor. Use as much taco seasoning as you want, it will lose flavor when you fry it. Set aside.
2. Get tortillas ready and start deep fryer. Once fryer is hot, dip a corn tortilla in the fryer for 5 seconds (just enough to become soft & malleable). Let it cool for 15-30 seconds then damp with a paper towel.
3. Put chicken in tortilla (not too much, you need it to close/-wrap up). Use toothpicks to keep the edges of the roll together. Fry until golden brown, about 2 minutes.
4. Repeat the steps above. To keep things moving, I throw a tortilla in the fryer to soften, while a flouta is cooking.
5. Serve with queso, I use this from Publix:  
   https://www.publix.com/pd/el-torrifco-white-cheese-dip/RIO-PCI-5442s — it’s the closest to restaurant style.
**GARLIC HERB BAKED SALMON**

**From the kitchen of: Courtney Peterson**
*(FRUIT Controlled Feeding Study)*

**SERVINGS: 4**
**COOK TIME: 30-40 min**

**INGREDIENTS**
- 3.5 boneless, skinless salmon
- 3 1/2 tsp olive oil
- 1/4 cup lemon juice
- 1 tbsp minced garlic
- 1/2 tsp salt
- 1/4 tsp oregano
- 1/6 tsp black pepper
- 2 tsp fresh, chopped parsley
- 2 tbsp sesame seeds

**DIRECTIONS**

1. Preheat oven to 375 degrees F. Spray baking dish with non-stick cooking spray. Measure out thawed salmon into baking dish.
2. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, oregano, parsley, and pepper. Pour directly over salmon and spread to cover. Toss sesame seeds on top to coat.
3. Bake in the preheated oven for 14-20 minutes, or until the salmon flakes easily with a fork. Salmon should be at least 145 degrees F.

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**GOAT CHEESE CHICKEN**

**From the kitchen of: Scarlett Naftel**

**SERVINGS: 2-4**
**COOK TIME: 20-30 min**

**INGREDIENTS**
- 2-4 boneless, skinless chicken breasts* 
- 1/2 - 1 cup crumbled goat cheese
- 1-4 tbsp olive oil

**DIRECTIONS**

1. Preheat oven to 425 degrees.
2. Place chicken in a baking dish (I use a glass, pyrex baking dish).
3. Pour a half tablespoon of oil on each chicken breast.
4. Put 1/4 cup of goat cheese on each chicken breast (place under skin, if applicable).
5. Cook the breasts. Check the middle of meat after 20 minutes to see if done. It may take up to 45 minutes, especially if you started with frozen chicken. (Cooking time varies). You may need to tent aluminum foil over the baking dish, if the oil splatters excessively.

*You can use chicken with skin, if you prefer.*
GRape leaves pork dolmaDES
From the kitchen of: Nataliya Ivankova

INGREDIENTS

- A jar of vine leaves, drained and rinsed
- 2 pounds of ground pork
- 1 cup of white rice
- 2 onions, finely chopped
- salt and pepper
- 1 lemon
- low-fat sour cream

DIRECTIONS

1. Chop onions and sauté in a vegetable oil.

2. Pre-cook rice (don’t cook completely).

3. Mix the onions and rice with the ground pork. Add salt and pepper.

4. Spread a grape leaf on a flat surface (shiny side down) and put some pork filling in the center.

5. Fold the lower section of the leaf over the filling towards the center; bring two sides in to the center and roll them up tightly.

6. Place the stuffed vine leaves (fold side down) on the bottom of the pot and top in snugly layers. Be careful not to leave any gaps between the dolmades to prevent them from cracking open when cooking. When all dolmades are in the pot cover them with water.

7. Place the lid on and simmer the dolmades for about 60 minutes.

Serve with low-fat sour cream for better taste. You can also squeeze some lemon if you like. Makes a great party food. Enjoy!
GreeK ChIcken BuRGeRs
From the kitchen of: Ally Cound

iNGrEDiEntS
• 1 lb. ground chicken
• 1 cup crumbled feta cheese
• 2 cups chopped spinach
• 1 cup chopped red onion
• garlic powder or minced garlic to taste
• salt & pepper to taste
• Mrs. Dash or any preferred mixed seasoning to taste

DiReCTiOnS
1. Chop onion and spinach finely.
2. Add chicken, crumbled feta, spinach, onion, and seasonings to medium bowl.
3. Combine ingredients with hands until well combined.
4. Form patties.
5. Cook on medium/high heat on stove or grill for 10-15 minutes or until cooked through.
6. Top with desired toppings! (My favorites are lettuce and sriracha mayo).

JALaPENO PIMENTO CHEESE WRAP
From the kitchen of: Norman Bolus

iNGrEDiEntS
• jalapeno pimento cheese from Aldi
• any tortilla or pita bread wrap
• salt & pepper to taste

DiReCTiOnS
1. Smear jalapeno pimento cheese on wrap or bread. Roll up and enjoy.
2. If bread is frozen, thaw in microwave on high setting for 35 seconds then smear Jalapeno Pimento Cheese on bread, roll up and enjoy!
JAMBALAYA
From the kitchen of: Rachelle Lawhorn

INGREDIENTS
- 2 lbs boneless, skinless chicken thighs, cut into pieces
- 1 lb Andouille sausage, sliced
- 1 white onion
- 2 tsp minced garlic
- 2 cups beef broth
- 1 tsp Creole seasoning
- 1 tsp Worcestershire sauce
- 1/2 tsp thyme
- 2 cups of rice

DIRECTIONS
1. Combine all ingredients, except for rice, in the slow cooker.
2. Cook on low for 7-8 hours.
3. Add cooked rice to slow cooker 30 minutes before serving and mix.

JAPANESE STYLE CHICKEN THIGHS
From the kitchen of: Ashleigh Allgood

INGREDIENTS
- 1/3 cup tamari
- 1/4 cup sake
- 3 tbsp mirin
- 2 tbsp dark brown sugar
- 2 tbsp honey
- 1 tbsp finely grated fresh ginger
- 1 tsp toasted sesame seeds
- 1 1/2 lb boneless, skinless chicken thighs
- Avocado (or Vegetable) oil, as needed

DIRECTIONS
1. Combine tamari, sake, mirin, sugar, honey, and ginger in a 1-quart saucepan; bring to a boil over medium heat, whisk until sugar dissolves. Remove from the heat and cool completely.
2. In a medium bowl, toss the chicken with the marinade. Cover and let sit for 30 minutes.
3. Prepare a medium (350°F to 375°F) grill fire for direct grilling.
4. Remove chicken from marinade. Return marinade to saucepan, bring to a boil, and turn heat to low, simmer until slightly thickened, 5 to 7 minutes. Remove from the heat and set aside.
5. Oil the grill grate. Grill the chicken until grill marks form, 2 to 3 minutes. Turn, baste the cooked side with the sauce, and continue to grill, turning and basting, until the chicken is cooked through, 5 to 6 minutes more.
6. Serve sprinkled with the sesame seeds.
**LEMON GARLIC TROUT**

**From the kitchen of: Courtney Peterson**
(FRUIT Controlled Feeding Study)

**INGREDIENTS**
- 4 - 4 oz raw, (skinned) rainbow trout
- 1 tbsp minced garlic
- 4 tsp lemon juice
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 cup heavy whipping cream
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 tsp salt
- 2 lbs fresh/frozen shrimp, peeled

**DIRECTIONS**
1. Pre-heat oven to 400°F. Line a baking sheet with foil & spray with non-stick cooking spray.
2. If preferred, de-skin thawed trout. Place trout on to baking sheet.
3. Measure out all other ingredients and add into a small mixing bowl and combine well.
4. To the baking sheet with the trout, top trout with seasoning blend and evenly coat fish.
5. Bake trout for 15-20 minutes until trout is cooked to at least 145 degrees F.
MEDITERRANEAN CHICKEN BREAST

From the kitchen of: Courtney Peterson
(FRUIT Controlled Feeding Study)

SERVINGS: 4
COOK TIME: 35 min

INGREDIENTS
- 4 boneless, skinless chicken breasts
- 1/4 cup lemon juice
- 1.5 tbsp olive oil
- 1 tbsp dried parsley
- 3 tbsp minced garlic
- 1 tsp paprika
- 1/2 tsp oregano
- 1/4 tsp salt (optional)
- 1/2 tsp black pepper

DIRECTIONS
1. Preheat oven to 365 degrees.
2. Combine lemon juice, olive oil
3. Place thawed chicken breast onto baking dish lined with foil. Spray foil with non-stick spray.
4. In small mixing bowl, combine dried parsley, minced garlic, paprika, oregano, salt & pepper.
5. In another small mixing bowl, whisk together olive oil and lemon juice.
6. Evenly coat the raw chicken with oil and lemon juice.
7. Add one tsp of spice mixture to each portion of chicken.
8. Bake on 365 for 20-25 minutes until chicken reaches 165 degrees F.

*Chicken breast can be marinated in oil, lemon juice and spice blend for 2-3 hours prior cooking*

LOADED BBQ CHICKEN POTATO HASH

From the kitchen of: Rachel Lomax

SERVINGS: 2
COOK TIME: 20 min

INGREDIENTS
- 3-4 medium size yukon gold potatoes
- 1 poblano pepper
- 1/2 yellow onion
- 2 Tbsp olive oil
- 1/2-1 tsp Berbere Spice

Toppings: Rotisserie chicken, BBQ sauce, cheese, sour cream, green onion

DIRECTIONS
1. Dice potatoes, poblano pepper & onion. Sautee over med. heat with 2 TB olive oil and 1/2 -1 tsp Berbere seasoning until potatoes are tender (10-15 min.) Cover occasionally for moisture.
2. Mix 3-4 oz rotisserie chicken per person with BBQ sauce of choice. Top hash with sour cream, shredded cheese, and green onion for best flavor!

*Berbere Ethiopian Spice (can be found for $2.99 bag at World Market): 1 cup red chili powder, 1/2 cup paprika, 1 tbsp salt, 1 tsp ground fenugreek, 1 tsp ground ginger, 1 tsp onion powder, 1 tsp ground coriander, 1 tsp ground cardamom, 1/2 tsp garlic powder, 1/4 tsp ground cloves, 1/4 tsp ground cinnamon.
PALEO TEX-MEX CASSEROLE
From the kitchen of: Mary Foster

INGREDIENTS
• 1-1.5 pounds grass-fed ground beef
• 2 cups spinach
• 2-3 diced carrots
• 1 diced parsnip
• 1 diced zucchini
• 3-4 minced garlic gloves
• 2 cups diced green peppers
• 3-4 minced garlic gloves
• 14.5 oz can organic diced tomatoes
• 3 Tbsp Paleo-friendly fat - bacon grease or lard
• 1/3 cup taco seasoning
• 1/4 teaspoon sea salt
• 5 cups shredded sweet potatoes
• 1/2 cup coconut oil, melted
• 1/2 tsp onion powder
• 1/2 tsp chili powder
• 1/2 tsp ground coriander
• Optional garnish: fresh cilantro, sliced scallions; avocado and hot sauce

DIRECTIONS
This is a labor intensive recipe but oh so worth it! The most time consuming is cutting and dicing everything. Be sure to allow plenty of time.

1. Pre-heat the oven to 375 degrees.
2. Chop, dice and mince all the vegetables and garlic
3. Melt half of your fat of choice in a very large skillet or heavy-bottomed pan and add all the veggies.
4. Season with the 1/2 tsp. of sea salt, toss together and cook these down until they are fork tender. Remove from the pan and set aside for later.
5. In the same pan, add in the other half of your fat and bring up the temperature.
6. Crumble in the ground beef, top with taco seasoning (purchased or your own blend), mix and brown.
7. While the ground beef browns, peel enough sweet potatoes to get about 5 cups worth - usually takes about 3 fairly large ones. Grate the sweet potatoes and set in a large mixing bowl.
8. Melt 1/2 cup of coconut oil and pour over the shredded sweet potatoes while warm, toss immediately. The coconut oil will start to solidify again as it cools, so work efficiently.
9. Once the coconut oil and sweet potatoes are mixed well, sprinkle the sweet potatoes with onion powder, chili powder and ground coriander. Mix together.
10. Add the cooked vegetables and dice tomatoes back into the pan with the beef, mix carefully to bring everything together and cook for another 3 to 5 minutes.
11. Transfer all of the veggie-meat goodness to a large casserole dish (9" x 13"). Top with the seasoned sweet potatoes, cover with foil and put this in the oven.
12. Bake at 375 degrees for 20-30 minutes, then remove the foil and broil on low for 5 minutes or until the sweet potatoes have browned and crisped up a bit.
13. To serve, top with fresh cilantro and sliced scallions with some avocado and hot sauce on the side!
PERFECT FETTUCCINE ALFREDO

From the kitchen of: Samantha Giordano-Mooga

SERVINGS: 4-6
COOK TIME: 25 min

INGREDIENTS

- 1 lb of fettuccine
- 1/2 cup of butter (1 stick)
- 1 cup of heavy cream
- 2 cups of cheese (I use 1 cup of Parmesan and 1 cup of Romano)
- 2 tsp of garlic
- salt and pepper to taste
- 1 tbsp olive oil
- 1 tbsp of parsley chopped (can use dried parsley)

Optional Toppings

- 1 package of mushrooms
- 1 red onion
- 2 tbsp of balsamic vinegar
- 1-3 chicken breasts

DIRECTIONS

The sauce & pasta take 15-20 min to make. Toppings help make this more than just a "pasta dish."

Alfredo Sauce: (15-20 min)
1. Saute garlic in butter until garlic is browned.
2. Add in 1 cup of heavy cream, cook for 5 min.
3. Add cheese and stir until cheese melts into the sauce (5-10 min).
** You can also refrigerate or freeze the sauce if you make a big batch and it comes right back to life after thawing and cooking.

Pasta: (20-25 min)
1. Put a pot of water on the stove to boil, add salt.
2. Cook fettuccine according to directions on the box.
3. Strain pasta and immediately top with sauce.
4. Garnish with parsley (and any toppings you want to add).

Optional Toppings: Mushrooms and Onions (10 min).
1. Cut up onions and mushrooms into slices.
2. In a small pan saute onions and mushrooms in olive oil until onions are clear.
3. Add in balsamic vinegar and saute for 3-5 more min.
4. Place on top of cooked pasta covered with sauce.

Optional Toppings: Chicken (15 min)
1. Slice chicken into thin pieces.
2. Grill it or saute it in a pan (whichever you prefer).
3. Slice into bite sized pieces and place on top of cooked pasta covered with sauce.
** I have made the chicken (or used leftover grilled chicken) to go on top of this pasta.
PORK RIBS BRAISED IN SOY SAUCE

From the kitchen of: Haiyan Qu

**COOK TIME:** 70 min

**INGREDIENTS**

- 1 lb pork ribs
- 1 tbsp ginger root, sliced
- 1/4 low sodium soy sauce
- 1 tsp dark soy sauce
- 1 tbsp cane sugar
- 2 tbsp cooking wine
- 2 star anises
- 2 cloves
- 2 bay leaves
- boiling water
- 2 tsp salt

**DIRECTIONS**

1. With a sharp kitchen knife, cut the ribs into one by one inch pieces. Soak in cold water for 4 to 5 hours. Change the water a few times in between.

2. Heat a cast iron wok over medium heat. Add ribs, with the fatty side down. Flip over when they are golden brown.

3. Add cane sugar. Sauté the sugar with ribs together. The sugar will melt quickly and coat the ribs with amber color syrup.

4. Add boiling water, soy sauce, dark soy sauce, rice cooking wine, sliced ginger root, star anises, cloves and bay leaves.

5. Cook over high heat until the broth boils. Cover with lid and reduce the heat to simmer for about 40 minutes. Turn the heat back to high. Add salt to taste.

6. As the broth evaporates, the ribs are getting more and more beautifully golden brown.

7. Remove from the heat when there is no extra liquid in the wok.

8. The ribs have been simmered and braised for almost an hour. So they are tender and juicy; sweet and savory all at the same time.

9. It is full of comfort food flavors. Enjoy!
RATATOUILLE
From the kitchen of: Kristin Chapleau

INGREDIENTS

• 2 pounds ripe red tomatoes
• 1 pound eggplant, diced into 1/2-inch cubes
• 1 large red, orange, or yellow bell pepper, cut into 3/4-inch squares
• 1 large zucchini, diced into 1/2-inch cubes
• 1 large yellow squash, diced into 1/2-inch cubes
• 5 Tbsp + 1 tsp extra-virgin olive oil, divided
• 4 cloves garlic, minced
• 3/4 tsp salt, divided, more to taste
• 1 medium yellow onion, chopped
• 1/4 cup chopped fresh basil
• 1/4 tsp red pepper flakes
• 1/4 tsp dried oregano
• freshly ground black pepper

DIRECTIONS

1. Preheat oven to 425°F. Place 1 rack in the middle of the oven and 1 in the upper third. Line two large, rimmed baking sheets with parchment paper for easy clean-up.
2. To prepare tomatoes, remove cores with a paring knife or use Romas. Grate them on the large holes of a box grater or blend lightly in a food processor until they are broken into a frothy pulp. Set aside.
3. On one baking sheet, toss the diced eggplant with 2 tbs of the olive oil until lightly coated. Arrange the eggplant in a single layer across the pan, sprinkle with 1/4 tsp salt, and set aside.
4. On the other baking sheet, toss the bell pepper, zucchini and yellow squash with 1 tbs of olive oil and 1/4 tsp salt. Arrange the vegetables in a single layer. Place the eggplant pan on the middle rack and the other vegetables on the top rack. Set the timer for 15 min.
5. Meanwhile, warm 2 tbs of the olive oil in a large Dutch oven or soup pot over medium heat. Add the onion and 1/4 tsp salt. Cook, stirring occasionally, until the onion is tender and caramelizing on the edges, about 8-10 min.
6. Add the garlic, stir, and cook until fragrant (about 30 seconds). Add the tomatoes, and use a wooden spoon or silicone spatula to stir any browned bits stuck to the bottom of the pan into the mixture. Reduce the heat to medium-low to maintain a gentle simmer.
7. After 15 min, remove both pans from the oven, stir, and redistribute contents evenly. This time, place the eggplant on the top rack and other vegetables on the middle rack.
8. Bake until the eggplant is golden on the edges (about 10 min, eggplant will be done sooner). Remove the eggplant from the oven, and carefully stir the eggplant into the simmering tomato sauce.
9. Let squash & bell pepper continue to bake 5-10 min (until peppers are caramelized). Then transfer into the simmering sauce. Continue simmering for 5 min to give the flavors time to meld.
10. Remove the pot from the heat. Stir in 1 teaspoon olive oil, the fresh basil and red pepper flakes. Crumble the dried oregano between your fingers as you drop it into the pot. Season to taste with additional salt and black pepper.

Can serve with a little drizzle of olive oil, additional chopped basil, black pepper, or a sprinkle of parmesan; alone, with crusty bread or on pasta. The ratatouille’s flavor improves as it cools. It’s even better reheated the next day.
REVERSE SEARED STEAK
From the kitchen of: Andrew Eaton

INGREDIENTS
• 1 ribeye steak – You can buy prime quality meat at Piggly Wiggly for a decent price
• 4 Tbsp butter sliced into 4 pieces
• 2-3 garlic cloves
• lots of salt and pepper

DIRECTIONS
1. Start by salting your steak (works similarly to a brine). Add about 2 tsp of salt to each side of the steak (I use diamond kosher salt). Pepper both sides to your liking. Let this set in the fridge for 3-4 hours.
2. Take out of fridge an hour or two before cooking to let it come to room temp. Put a constant read meat thermometer in the steak. Put the steak in the oven at 200°F. Let the steak slowly cook to 105-110°F. This par cooks the steak to where we then sear it and it comes out medium rare every time.
3. Put an iron skillet on the stove and set it to almost high (you want it to get really hot). Once the steak reaches 105-110°F, take it out for a second to cool. Lather both sides of the steak with a light olive oil. Put the steak on the skillet and count to 45. Flip once and count to 45 seconds again. Once the steak is done, quickly add 4 lbs of butter slices, and crushed garlic cloves. Baste your steak with butter a few times. Move steak to cutting board and let it cool for 4 minutes before you cut into it.

MOM’S ROASTED CHICKEN
From the kitchen of: Yarbi Cound

SERVINGS: 4-6
COOK TIME: 1-1.5 hours

INGREDIENTS
• 1 whole chicken
• 1/2 yellow onion
• 1/2 lemon
• 1 clementine orange
• 2-4 rosemary sprigs
• 3 lbs butter or 6 “pats”
• 6 cloves of garlic
• any rub seasoning to taste
• salt and pepper to taste (if not in rub)

DIRECTIONS
2. Place chicken, breast side up on foil covered baking tray, stuff butter between breast and skin.
3. Stuff 3-4 cloves of garlic under skin near the butter pats.
4. Thoroughly season cavity with preferred rub/seasonings. Stuff cavity with remaining garlic, onion, lemon, orange, and rosemary sprigs.
5. Coat chicken with olive oil. Season breast side with rub and other preferred seasonings, spray with olive oil cooking spray.
6. Once breast side is prepared, flip chicken and repeat seasoning process.
7. Grill chicken on foil/grill mat at medium/low-medium heat for 1 hr or until 165 degrees F (grill temperature should be between 350-400 degrees F).
ROASTED CHICKEN & POTATOES
From the kitchen of: Rachel Mars

SERVINGS: 6
COOK TIME: 4 hours

INGREDIENTS
• 1 whole chicken
• 2 sticks or 1 cup of butter
• 3 teaspoons of pepper and salt mixed together
• 3 teaspoons of salt for step 2
• 1 clove of fresh garlic or 1 teaspoon of garlic powder
• 2-3 lbs of red potatoes
• 2 tbsp of olive oil
• 1 tbsp of Italian Seasoning
• 1 tsp of salt

DIRECTIONS
1. Preheat oven to 425°F.
2. Pat dry the chicken. For the crispiest skin- see step 2 or for quickest preparation proceed to next step.
3. Sprinkle salt over all surfaces of chicken. Set on a plate, place in fridge and allow to air dry for at least 2 hours and up to overnight.
4. Remove from fridge and pat dry water that had come to skin surface.
5. Oil or rub melted butter mixture over chicken. Season chicken with salt, pepper and garlic. Truss chicken, if desired (for even cooking, I also tuck the wings into the thighs to prevent over browning).
6. Place in a baking dish and Roast for 1 hour 15 minutes or until juices run clear when you cut between the leg and the thigh or the temperature in the thickest part of the thigh reads 165°F when probed with an instant read thermometer. Make sure to baste your chicken halfway through!
7. During the first 45 min of the chicken cooking, chop, season and oil the potatoes (about 1.5 lbs) and then spread in a single layer on a baking sheet. Bake in the oven for last 30 min of cook time.
8. Remove from oven and allow to rest for at least 10 minutes. Carve and serve.
9. Enjoy!

I find the best and most cost effective chickens come from Sprouts or Aldi. I also use the pre-minced garlic from Aldi or Costco because it’s a better buy and storage option for garlic.

You can also adapt the seasoning to your choice of rub, the key here is patting the chicken dry and then rubbing it down with butter and then basting the chicken to keep it moist.
SHRIMP ALFREDO
From the kitchen of: Whitney Hunt

SERVINGS: 4-6
COOK TIME: 35-40 min

INGREDIENTS
- 8 oz penne pasta
- 2 cups heavy cream
- 1/2 softened butter
- 2 tsp Cajun seasoning
- 1 cup Parmesan cheese
- 1/2 package of cream cheese
- 1 lb peeled shrimp
- 1 vidalia onion
- 8 oz bag of spinach
- 2 tsp garlic salt
- salt and pepper to taste

DIRECTIONS
Cook pasta according to package. Chop onion and saute in butter until soft in a skillet. Add heavy cream, cream cheese and seasonings and boil. Reduce to a simmer until thickened. Add spinach and cooked seasoned shrimp into skillet. Stir in Parmesan cheese. Add pasta and toss.

Serve with garlic bread. Enjoy :)
SLOW-COOKER LASAGNA

From the kitchen of: Rachel Mars

SERVINGS: 8-10
COOK TIME: 4.5 hours

INGREDIENTS

- 1 lb of ground beef
- 0.5 lb of Italian sausage
- 1 22 ounce jar of alfredo sauce
- 1 24 ounce jar of marinara sauce
- 8 ounces of mushrooms
- 12 ounces of cottage cheese
- 16 ounces of mozzarella
- package of oven ready lasagna noodles
- 1 tsp of oregano, garlic and salt
- 2 tsp of onion (fresh or powder)
- 4 Tbsp of butter (to cook mushrooms in)

DIRECTIONS

Step 1:
In a large skillet over medium heat, place 2 Tbsp butter and mushrooms. Cook until butter is absorbed. Remove mushrooms from the pan, and add the remaining 2 Tbsp of butter and then cook the ground beef and sausage onion, and garlic until browned. Add the tomato sauce, salt, and oregano and stir until well incorporated. Cook until heated through. Add the mushrooms to the sauce after all meat is browned.

Step 2:
In a large bowl, mix together the cottage cheese, grated Parmesan cheese, and 3/4 of the shredded mozzarella cheese. It will be clumpy but oh so yummy once cooked!

Step 3:
Spray the slow-cooker with cooking spray and then begin layering.

Step 4:
Spoon a layer of the meat/mushroom sauce mixture onto the bottom of the slow cooker. Add a double layer of the uncooked lasagna noodles. Break to fit noodles into slow cooker. Top noodles with a portion of the cheese mixture and then put a layer of the Alfredo sauce. Repeat the layering of sauce, noodles, cheese, and Alfredo until all the ingredients are used. Your slow-cooker will be very full.

Step 5:
Cover, and cook on LOW setting for 4 to 6 hours. NOTE: I have done this recipe in both a Crockpot and Instant pot and the cooking is slightly faster in the Instant Pot so just check it periodically.

Step 6:
Enjoy with your favorite garlic bread or salad and make sure you have some containers for leftovers.

This was adapted from this website: https://www.allrecipes.com/recipe/11959/slow-cooker-lasagna/
You can sub the ground beef for any meat you want or just do the mushrooms or even layer spinach instead of meat (do this layer before you put the cheese sauce down). My preferred jar sauces are from Aldi USA--Priano Four Cheese Pasta Sauce or Marinara and Priano Roasted Garlic & Mushroom Alfredo.
SPAGHETTI SQUASH CHICKEN AND SPINACH ALFREDO
From the kitchen of: Tawny Fowler

**SERVINGS:** Who’s Counting
**COOK TIME:** 1 hour

**INGREDIENTS**
- 1 spaghetti squash
- shredded Parmesan cheese
- shredded Mozzarella cheese
- garlic
- spinach
- 1pt heavy whipping cream
- olive oil
- salt and pepper

**DIRECTIONS**
2. Take a fork and scrape insides, the "noodles" into a dish.
3. While spaghetti squash is baking, cook the chicken however you’d like. Set chicken aside.
4. Oil a large skillet and cook fresh spinach until wilted. Add garlic & heavy cream. Heat cream for a few minutes and add shredded Parmesan. Med. heat until bubbly & Parmesan is blended smoothly (amount can vary, I use 1.5 - 2 cups for medium).
5. Mix the chicken into the mixture, and then mix into the spaghetti squash noodles. You can either put back into the shells (as spaghetti squash alfredo boats!), or into another baking dish.
6. Top with mozzarella cheese and bake until cheese melts and browns.

TEMPEH STIR-FRY
From the kitchen of: Walker Cole

**SERVINGS:** 3-4
**COOK TIME:** 20-30 min

**INGREDIENTS**
- 1 yellow onion, sliced
- 2 - 3 scallions, thinly sliced
- 1 garlic glove, sliced
- 1 packet tempeh, sliced
- 2 tbsp soy sauce
- 1 tbsp mirin (or sugar)
- 1 tbsp rice wine vinegar
- red pepper flake (if desired)
- rice/cauliflower rice to serve

**DIRECTIONS**
1. Prep all your ingredients beforehand, separate into bowls for easy access. Stir-fries move quickly!
2. Combine soy sauce, mirin, rice wine vinegar and red pepper flake (if using) in a bowl. Whisk to combine.
3. Preheat a skillet over medium-high heat.
4. Add a tablespoon of olive oil, or preferred oil, and heat.
5. Once oil is shimmering, add onions and a pinch of salt. Cook until translucent and slightly brown, stirring occasionally 4-5 minutes.
6. Add garlic & scallions (save some scallions for serving). Toss to combine, cook 2-3 min or until fragrant.
7. Add tempeh and toss, cooking for about 3-4 minutes until tempeh takes on a little color.
8. Once tempeh has your desired color, add in marinade and toss to combine. Marinade should bubble rapidly. Cook down for 2-3 minutes until it has thickened slightly and coated everything.
9. Serve stirfy over rice or cauliflower rice, top with scallions. Add sriracha if desired.
THAI-STYLE HALIBUT WITH COCONUT-CURRY BROTH

From the kitchen of: Carleton Rivers

COOK TIME: 20 min

SERVINGS: 4

INGREDIENTS

- 2 tsp. vegetable oil
- 4 shallots, finely chopped
- 2.5 tsp red curry paste
- 2 cups low-sodium chicken broth
- 1/2 cup light coconut milk
- 4 (6 oz) pieces of halibut fillet (or swordfish)
- 5 cups fresh baby spinach
- 1/2 cup coarsely chopped fresh cilantro leaves
- 2 scallions, thinly sliced (green parts only)
- 2 Tbsp fresh lime juice
- 1/2 tsp salt + 1/4 tsp salt
- ground pepper
- 2 cups cooked brown rice

DIRECTIONS

1. Steam 5 cups of washed baby spinach for 2 minutes.
2. In a large saute pan, heat oil over med heat. Add shallots, cook 3-5 min (begins to brown).
3. Add curry paste and cook, stirring until fragrant (about 30 seconds).
4. Add chicken broth, coconut milk, 1/2 tsp of salt and simmer until reduced to 2 cups (5 min).
5. Season halibut with 1/4 tsp salt. Place fish in pan & shake gently so fish is coated in sauce.
6. Cover and cook until fish flakes easily with fork (about 7 minutes).
7. Place spinach in bottom of bowl and top with fish fillets (keep sauce in pan). Stir cilantro, scallions and lime juice into the sauce & season. Ladle the sauce over the fish, serve with rice.
SIDES
**ASIAGO RISOTTO**

*From the kitchen of: Andrew Eaton*

**INGREDIENTS**
- 1 Cup Arborio Rice
- Half a sweet onion (if using Vidalia, use like a quarter of the onion)
- 3-4 cups of chicken broth
- 3-4 Tbsp of asiago cheese
- salt/pepper to taste
- 2 lbs unsalted butter – Kerrygold is the best
- ½ cup of heavy cream

**DIRECTIONS**
1. Chop onion and cook it in 1 lbs of butter. Cook in deep sauce pan or wide pot for about 5-7 min on med until soft and translucent. Once done, add Arborio rice & turn heat to medium/high. Toast rice for 2-3 min.
2. Stir often so all grains get toasted. Once toasted, add 1 cup of broth & stir - at this point, you will be stirring almost constantly to get that creamy texture of risotto. Add ½ a cup of broth every few minutes.
3. The rolling simmer will quickly lose water so you want to make sure it has a enough to barely cover. This goes on for about 15-20 min. Once risotto has softened up but still has a bite to it, its done.
4. Once the risotto is done, add remaining butter, heavy cream and cheese. Stir until melted and creamy. Serve.

“Risotto is a great dish that goes well with many things. Often people shy away from it but its super easy to make.”

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**BUCKWHEAT WITH PEAS AND MUSHROOMS**

*From the kitchen of: Courtney Peterson (FRUIT Controlled Feeding Study)*

**SERVINGS: 4**

**COOK TIME: 45 min**

**INGREDIENTS**
- 2 1/4 cups cooked buckwheat
- vegetable broth, low sodium
- 1/2 cup chopped yellow onion
- 2 tbsp avocado oil
- 1/2 cup green peas
- 1 cup and 2 tbsp Italian mushrooms
- 1 tsp dried parsley
- 1/2 cup bok choy

**DIRECTIONS**
1. Bulk cook buckwheat according to package with vegetable broth.
2. If using frozen peas, take out frozen peas to thaw. While buckwheat is cooking, clean and mise en place all ingredients.
3. Dice onions and bok choy. Chop mushrooms to desired size.
4. Over medium heat, add avocado oil, onions, and bok choy to a sautee pan and sautee until onions and bok choy are translucent.
5. Once translucent, add in the mushrooms, peas, and dried parsley; continue cooking until mushrooms release their juices and the juices then evaporate, this will take about 5-7 minutes.
6. Add the portioned buckwheat to the pan and stir well to mix. Serve hot as a side or entree.
7. Additional veggies or seasonings may be added as desired.
CARROT & APPLE CUTLETS
From the kitchen of: Nataliya Ivankova

INGREDIENTS
• 1-2 large carrots
• 1 large apple
• 1 large egg
• 1 tsp of sugar
• 1-2 tbsp of flour
• 1-2 tbsp of milk
• 1 tbsp of margarine or vegetable oil

DIRECTIONS
1. Grate carrots and apples. Put them in a pot and cook with some butter and milk. Let it cool.
2. Add flour, sugar and an egg. Mix all and then shape into cutlets.
3. Coat the cutlets with flour or plain breadcrumbs.
4. Roast or bake the cutlets until they are roasty and caramelized. Serve with sour cream for better taste.

“Makes a great healthy meal for kids & you’ll like them too!”

CHRISTY’S BAKED BEANS
From the kitchen of: Christy Harris Lemak

INGREDIENTS
• 1 cup brown sugar
• 1/2 cup cider vinegar
• 1/2 tsp dry mustard
• 1/2 tsp garlic powder
• 2 medium sweet onions
• 16 oz lima beans, drained
• 16 oz red kidney beans, drained
• 16 oz giant butter beans, drained
• 32 oz baked beans, not drained

DIRECTIONS
1. Mix first column ingredients and simmer over low heat for 20 minutes.
2. Slice onions very thinly and saute in butter or oil until soft but not brown.
3. Mix beans, onions, and sauce mix in greased 3-quart casserole or crockpot.
4. Casserole: bake at 350 for 1 hour; Crockpot: cook on low until hot (sometimes I put on high at first if I am in a hurry); roughly 4 hours on low. You can turn to high at end to thicken sauce.
Hints: You can add cooked bacon if you wish (not needed). Best with dark brown sugar and buy the highest quality beans you can find.

“I have given this recipe out almost every time I bring this dish to a potluck.”
CHEESY SQUASH CASSEROLE

INgredients
- 2 lbs yellow squash
- 1 large onion
- 1 tsp salt
- 1 1/2 cups grated sharp cheddar cheese
- green onions/scallions
- 1 egg
- 1/2 stick of butter
- French fried onion rings

Directions
1. Slice and boil the squash and onions until tender.
2. Drain and mix in the butter, salt, cheese, chopped green onions and mash together.
3. Once blended, add the egg and mix well.
4. Pour into a large casserole dish and bake at 350 degrees for 30 minutes or until it looks done around the edges.
5. After 15 minutes, add the french fried onion rings on top and continue baking.

KIDNEY BEAN COUSCOUS WITH VEGETABLES

INgredients
- 1 tbsp avocado oil
- vegetable broth
- 2 cups cooked couscous
- 3/4 cup canned red kidney beans (drained and rinsed)
- 1 tbsp minced garlic
- 1/3 heaping C yellow onion
- 1/3 cup chopped carrots
- 2/3 cup green peas
- 2 tsp fresh, chopped parsley
- 2 tsp lemon juice
- 1/3 cup pumpkin seed kernels
- 2/3 cup sweet, white corn
- 1/4 tsp black pepper
- 1/2 tsp salt

Directions
1. Batch cook couscous: Make according to package with low sodium vegetable broth or water.
2. In a large skillet, heat avocado oil over medium heat. Add garlic, onion and carrots; cook until onions become translucent and carrots are starting to become fork tender (5-6 min).
3. Add corn, peas, parsley, salt and pepper. Continue to cook for 4-5 min.
5. Remove from heat; add lemon juice, mix all ingredients together in skillet or large serving bowl.
6. Garnish with pumpkin seeds or mix in within step 4.
**OKRA RICE CASSEROLE**

From the kitchen of: Katie Ellison

**INGREDIENTS**

- 3 lbs canola oil
- 2 lbs all purpose flour
- 1/2 c. chopped yellow onion
- 1/2 c. chopped red and green bell peppers
- 1/2 c. celery
- 2 tsp minced garlic
- 1 (14.5 oz) can dived tomatoes
- 3 cups vegetable broth
- 1 1/2 lbs okra, chopped
- 1 c. corn
- 2 tsp Cajun seasoning
- salt and pepper to taste
- 2 garlic cloves, pressed
- 8 French bread slices
- 2 c.s basmati rice

**DIRECTIONS**

1. Preheat oven to 350°F. Lightly grease baking dish. Cook rice as directed. Whisk oil & flour together in Dutch oven; cook on med-high, whisk until golden brown, 5-7 min. Stir in onion, celery, bell pepper & garlic, cook 3 min (until vegetables soften). Stir in tomatoes, broth, okra, corn, Cajun seasoning & pepper, bring to a boil. Reduce heat, cook until thickened 10 min.
3. Spoon basmati rice into prepared baking dish. Top with okra mixture and breadcrumbs.
4. Bake in preheated oven until golden brown, about 30 min.

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**PATATAS SHELBURNE**

From the kitchen of: Kevin Storr

**COOK TIME: 75 min**

**INGREDIENTS**

- 2.5 lbs red potatoes, unpeeled, thin sliced
- 1 garlic clove, minced
- 1 shallot, chopped
- .5 tsp dried crushed red pepper
- 3 TBSP melted butter
- 1.25 c milk
- Salt and pepper to taste
- 1.5 c Gruyere cheese, grated
- .5 c Parmesan cheese, grated
- Flour to coat potatoes

**DIRECTIONS**

1. Preheat oven to 350°F and lightly grease a 3-quart baking dish.
2. Toss sliced potatoes with flour in a large bowl until fully coated.
3. Saute garlic and shallot with crushed red pepper in butter for 2 min.
4. Add coated potatoes, milk, whipping cream, salt and pepper, mix well.
5. Bring mixture to a boil, reduce heat, and simmer until thickened.
6. Spoon half of potato mixture into lightly greased 3-quart baking dish.
7. Sprinkle half the Gruyere cheese on top. Repeat with second half of mixture & rest of Gruyere.
8. Top with Parmesan cheese. Cover & bake at 350°F for 30 min., uncover & bake for 35-40 min.
## YORKSHIRE PUDDINGS

From the kitchen of: Gavin Jenkins

<table>
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<tbody>
<tr>
<td>COOK TIME: 30-35 min</td>
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### INGREDIENTS

- 3 oz plain flour
- 1 egg
- 2 fl oz water
- 3 fl oz milk
- salt and fresh pepper

### DIRECTIONS

Yorkshire puddings are the accompaniment to the “British Sunday Roast.” Pre-heat oven to 425. Use an electric hand whisk or food mixer to mix milk, water & egg. Then incorporate sifted flour (nothing fancy), add together & thoroughly mix. These take about 25-30 minutes in the oven so you need to time this with when you plan to serve dinner. Use a non-stick metal muffin tin or similar & add a small amount of olive oil or other fat to each cup and place in the oven to heat through. Traditional recipes call for beef dripping but olive oil works. A perfect Yorkshire Pudding mixture needs to be light and airy, with the fat in the bottom of the cooking dish as hot as possible (in order to rise). Remove tin from oven & place over direct heat on the stove while you pour the yorkshire pudding batter into the sizzling hot oil/fat. Then return the tin to the oven on the highest shelf. They will take 25-30 min. to rise and become crisp and brown - try not to keep opening the oven to check on them, they need constant heat to do their magic. Serve immediately.
**Cheese Sauce for Chicken Fingers**

*From the kitchen of: Andrew Eaton*

**Ingredients**
- 2 cups heavy cream
- 2 Tbsp or more Asiago cheese
- 1 chicken bouillon cube

**Directions**
1. Heat your heavy cream in a saucepan on medium low heat to thicken it up a bit. While you do this, go ahead and throw in the bouillon cube.
2. Once reduced a bit, add asiago cheese. You can always add more to taste but 2 tbs is a good start.
3. Serve with fried chicken.

“This goes REALLY well with Publix fried chicken fingers. Believe it or not, their hot bar fried chicken is some of the best in the city.”

**Greek Yogurt Tartar Sauce**

*From the kitchen of: Courtney Peterson (FRUIT Controlled Feeding Study)*

**Ingredients**
- 1 cup and 2 tbsp Greek, nonfat, plain yogurt
- 2 tsp Dijon mustard
- 1/4 tsp dried dill
- 1/4 tsp black pepper
- 2 tsp and 1/2 tsp dill relish
- 2.5 tsp capers - whole

**Directions**
1. Finely chop or mince capers.
2. Mix all ingredients together in a bowl.
3. Chill and serve with favorite fish.
DESSERTS
BLUE RIBBON ZUCCHINI BREAD
From the kitchen of: Leann Pelliccio

SERVINGS: 2 loaves
COOK TIME: 1 hour

INGREDIENTS
• 3 eggs
• 1 cup oil
• 2 cups grated zucchini
• 2¼ cups sugar
• 1 tsp baking soda
• 3 tsp cinnamon
• 1 cup chopped walnuts
• 4 oz cream cheese
• 3 tsp vanilla
• 2 cups all-purpose flour
• 1 tsp salt
• ¼ tsp baking powder
• 3 tps erythritol
• 2 tsp vanilla extract
• 3 cups chopped walnuts
• 3 cups all-purpose flour
• 2 cups sugar
• 2 eggs

DIRECTIONS
1. Preheat oven to 350 degrees.
2. Beat eggs until foamy.
3. Add oil, sugar, zucchini, and vanilla. Mix well.
4. Sift dry ingredients into mix, add nuts and blend well.
5. Spray baking pans with cooking spray and flour.
6. Pour mix into pans and bake for 1 hour.

“I won first prize with this recipe in my hometown’s annual bake-off!”

CHEESECAKE BOMBS (Keto Friendly)
From the kitchen of: Rachelle Lawhorn

SERVINGS: 24
COOK TIME: 30 min

INGREDIENTS
• 8 oz cream cheese
• 4 oz butter
• 4 oz heavy cream
• 2-3 tablespoons erythritol
• 2 tsp vanilla extract
• baking dark chocolate

DIRECTIONS
1. Add all ingredients to a mixing bowl, beat with an electric mixer until mix through or creamy.
2. Scoop batter into mini cupcake pan or silicone mold (Amazon: silicone chocolate candy mold).
3. Place in freezer for 30 minutes.
4. Remove from molds/pan and place in an air tight container in the freezer.
5. Best served after sitting out for 2-3 minutes.
CHERRY CHEESECAKE PIE
From the kitchen of: Tawny Fowler

INGREDIENTS
• 8 oz cream cheese
• 14 oz sweetened condensed milk
• 1/3 cup lemon juice
• 1 tsp vanilla extract
• 1 can of cherry pie filling
• 1 graham cracker pie crust

DIRECTIONS
1. I use a handheld mixer to stir up 8 oz cream cheese (room temp is better to work with).
2. Add the sweetened condensed milk, stir to mix together.
3. Add the lemon juice and vanilla extract, mix together.
4. Make sure to blend the mixture until mostly smooth.
5. Pour the mixture into the graham cracker pie crust. Refrigerate for at least 4 hours.
6. Once ready, pour the cherry pie filling on top and enjoy!

CHERRY PIE DELIGHT
From the kitchen of: Patrick Grusenmeyer

SERVINGS: 6-8

INGREDIENTS
• 1 pkg Dream Whip
• 1 - 8 oz pkg Philadelphia Cream Cheese
• 1 cup confectioner (powered) sugar
• 1/4 lb butter
• 11 whole graham crackers
• 1 can Thank You cherry pie filling

DIRECTIONS
Graham cracker crust: Mash graham crackers. Add melted butter. Pat in 9x9 cake pan.

Mix Dream Whip according to package. Add powered sugar slowly. Add room temperature cream cheese in small chunks. Mix until smooth.

Pour mixture into pan. Add cherry pie filling.
# CHEWY REDUX

From the kitchen of: Chris Eidson (based on a recipe from Alton Brown)

## INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>8 oz unsalted butter</td>
<td>1.5 tsp kosher salt</td>
<td>1 egg yolk, room temperature</td>
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<tr>
<td>(preferably Kerrygold)</td>
<td>1 tsp baking soda</td>
<td>1 oz buttermilk</td>
</tr>
<tr>
<td>Coconut oil (amount varies - see below)</td>
<td>2 oz white sugar</td>
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<tr>
<td>12 oz bread flour (preferably King Arthur)</td>
<td>8 oz brown sugar</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 large egg, room</td>
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## DIRECTIONS

1. Melt butter in saucepan over medium heat. Stir frequently, scraping the bottom and sides of the pan. Continue to cook until light brown specks begin to form. This will take a few minutes. It should have a pleasantly nutty aroma. Once you reach this point, remove the pan from the heat, and continue to stir for another minute or so, scraping up all of the browned milk solids.

2. Place a large pyrex measuring cup on a scale, and tare or zero out the weight. Pour the brown butter in the cup. Add coconut oil to the brown butter to bring the total weigh up to 8oz.

3. Put the butter/coconut oil in the refrigerator and chill until solid.

4. Add the solidified butter/oil mixture to a stand mixer (or use a handheld mixer) and beat the butter with both sugars until lightened in color, and creamy in appearance. This will take a few minutes.

5. Add the egg, and mix until fully incorporated. Add the egg yolk, and again, mix until fully incorporated.

6. In a separate container, combine the buttermilk and espresso powder, and mix until combined. Add this mixture to the creamed butter/sugar/egg mixture, and combine until fully incorporated.

7. Add the vanilla extract and bourbon, and mix until fully incorporated.

8. In a separate bowl, combine the flour, salt, and baking soda. Mix until fully incorporated. Slowly add the dry ingredients to the wet, mixing while you do so, until fully incorporated. Add the chocolate chips and/or chopped chocolate, and mix until evenly distributed.

9. Ideally, cover cookie dough and refrigerator overnight (you can also bake it right away from this point).

10. Preheat the oven to 375. Line a baking sheet with parchment paper. Scoop the cookies out in 1.5 tablespoon portions (a #40 dish). Bake until lightly brown, although not quite set in the middle (8-12 minutes). Remove from oven and cool in the pan for 5-10, move to a cooling rack until fully set.

I know it looks complicated, but it really isn’t that bad and is completely worth it. It will be the best chocolate chip cookie you will have ever baked!
CROWD PLEASING CHOCOLATE CHIP COOKIES

From the kitchen of: Chris Isom

SERVINGS: 4-5 Dozen
COOK TIME: 9-10 min

INGREDIENTS
• 1 cup butter (salted), soft
• 1/2 cup sugar
• 3/4 cup light brown sugar
• 2 large eggs, room temp
• 1 cup cake flour
• 1 1/2 cup all-purpose flour
• 1 tsp baking powder
• 1 tsp baking soda
• 1/2 tsp sea salt (I use pink fine)
• 2 cup semi-sweet choc chips

DIRECTIONS
1. Heat oven to 400 degrees.
2. Mix butter and sugars until light and fluffy (about 3 min). Add eggs one at a time, mixing well.
3. In separate bowl, mix the cake flour, all-purpose flour, baking powder, baking soda, and salt. Pour dry ingredients into butter/sugar/egg mix, mixing until just combined. Stir in the chips.
5. Bake cookies 5 minutes, then swap rows in oven (putting top on the bottom for last part). Bake 4 - 5 more minutes, until done for your liking. My crew likes them chewy (9 minutes), but leave in a bit longer for a crispy edge!
6. Cool the cookies 15-20 minutes before removing from baking sheet. Enjoy!

KOLACKY (CZECH OR SLOVAK FILLED PASTRIES)

From the kitchen of: Christy Harris Lemak

SERVINGS: 3-4 Dozen

INGREDIENTS
For the Dough:
• 2 cups flour
• 2 tsp white sugar
• 1/2 lb softened cream cheese
• 1 egg yolk
• 1/2 lb butter

For the Nut Filling:
• 1/2 lb ground nuts (walnuts or pecans)
• 3/4 c. white sugar
• 1/2 t. lemon juice
• 1/2 tsp. vanilla
• 1 beaten egg white

DIRECTIONS
1. Mix flour and sugar.
2. Work in cream cheese, butter and egg yolk.
3. Knead & form into a ball. Cover with plastic wrap & refrigerate over night.
   Next day: combine filling ingredients in small bowl. Roll dough on powdered sugar until thin.
4. Cut into squares and fill (pull up corners and seal). Or use "forms" that seal (like dumplings).
5. Bake in 375 oven on baking paper (or greased cooking sheet). 15-20 minutes.
   Option: Fill with apricot or other fruit jam.
NIGHTY NIGHT COOKIES
From the kitchen of: Jane Moore

INGREDIENTS
- 3 large eggs - whites only, room temp (separate while cold)
- 1/4 tsp cream of tartar (or a pinch of salt)
- 3/4 cup of super fine sugar (process granulated sugar in food processor until powdery)
- 1/4 tsp pure vanilla extract
- 1 (16 oz) pkg of semi-sweet chocolate chips
- 1 cup finely chopped pecans

DIRECTIONS
1. Preheat oven to 350 degrees. While the oven is preheating, do the following:
2. Make certain egg whites are at room temperature and that they are free of any yolk and that the bowl and whisk are not wet or greasy. I use an aluminum bowl. The passed down recipe states to use a copper bowl.
3. Mix the egg whites a few minutes until foamy and then add the cream of tartar. Mix the egg whites until they form soft peaks. Gradually add the sugar a little at a time until you have stiff and shiny peaks and the sugar is dissolved. Mixture should be smooth with no grit when rubbed between you fingers.
4. Add vanilla and gradually fold in the chocolate chips & pecans. Don't stir. Drop the cookies by teaspoonful onto a baking sheet lined with heavy brown or Parchment paper. Best if they are kept bite-sized. Leave cookies overnight. Don’t peek.
5. Helpful hint: Don't make on a humid day. Meringue attracts moisture and the result will be sticky and chewy.

NO-BAKE ENERGY BALLS
From the kitchen of: Sarah Peek

SERVINGS: 1

INGREDIENTS
- 1 cup coconut, shredded unsweetened
- 1/2 cup dark choc. chips
- 1/3 cup flaxseed meal (ground)
- 1/3 cup maple syrup
- 1/2 cup peanut butter, natural or other nut butter, tahini, pumpkin
- 1 cup rolled oats, dry

DIRECTIONS
1. In a bowl mix together oats, coconut and ground flax.
2. Combine with nut or seed butter and maple syrup.
3. Add the chocolate chips and roll into balls, store in the fridge.
4. Enjoy!

Nutrition Facts
Calories 149
**NOT YO' MAMA'S BANANA PUDDING**

*From the kitchen of: Jane Moore*

**INGREDIENTS**
- 1 - 2 boxes Nilla Wafers
- 6 - 8 bananas, sliced
- 2 cups milk
- 1 (5 oz) box instant French vanilla pudding
- 1 (8 oz) package cream cheese, softened
- 1 (14 oz) can sweetened condensed milk
- 1 (12 oz) container frozen whipped topping thawed or equal amount sweetened whipped cream

**DIRECTIONS**
1. Line the bottom of a 13 by 9 by 2-inch dish with wafers and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture. Add the cream cheese mixture to the pudding mixture and stir until well blended. Pour the mixture over the wafers and bananas and over with the remaining wafers. Refrigerate until ready to serve.

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**ONE CUP COBBLER**

*From the kitchen of: Wendy Scripps*

**INGREDIENTS**
- 1 cup self-rising flour
- 1 cup sugar
- 1 cup milk
- 1 cup melted butter
- 1 cup fruit of choice

**DIRECTIONS**
1. Preheat oven to 350 degrees.
2. Combine flour, sugar, milk in a bowl.
3. Pour melted butter into a small glass baking dish.
4. Pour fruit over butter. *blackberries are my favorite*
5. Pour mixed flour, sugar, milk over fruit.
6. Do NOT stir!
7. Bake at 350 degrees for 30-45 min until golden brown.
8. Allow to cool at least 20 minutes! Also good with vanilla ice cream over the top.
OREO TRUFFLES
From the kitchen of: Amanda Sherman
(thanks to Julie Borden)

INGREDIENTS
• 1 package Oreo cookies (regular or mint)
• 1 package cream cheese
• 1 package chocolate or vanilla almond bark

DIRECTIONS
1. Crush entire package of Oreo cookies, then place in food processor. Grind until cookies are a fine powder. Dump into large bowl.
2. Add package of cream cheese into the bowl and massage until the mixture is consistent throughout.
3. Roll the mixture into truffle-sized balls (I make mine a little less than an inch in diameter, but it's really up to you). If the mixture is too sticky, cool in refrigerator for a few minutes.
4. Follow instructions on package to melt almond bark. Using a spoon, dip Oreo balls into the melted almond bark until entirely covered. Place truffle on waxed paper to cool. I like to drizzle vanilla coating onto the chocolate truffles and vice versa for decoration. They’ll all be cool enough to eat within a few minutes.

POUND CAKE
From the kitchen of: Jessica Williams

SERVINGS: 12
COOK TIME: 60 min

INGREDIENTS
• 3 cups sugar
• 1.5 cups Crisco
• 1 tsp vanilla extract
• 9 jumbo eggs
• 3 cups Swans Down flour (sifted)

DIRECTIONS
1. Using mixer, cream together sugar and Crisco until creamy.
2. Add eggs one at a time, beating well after each.
3. Add flour slowly, blending well until batter is smooth.
4. Add vanilla extract.
5. Bake at 350 degrees in large tube pan for approximately one hour or until done. Turn out onto cook plate while hot.
**SHORTBREAD BISCUITS**

From the kitchen of: Gavin Jenkins

**SERVINGS:**
Never Enough

**COOK TIME:** 30 min

**INGREDIENTS**

- 6 oz plain flour
- 4 oz butter, at room temperature
- 2 oz sugar and extra sugar for dusting

**DIRECTIONS**

1. Set oven at 300°F.
2. Beat butter to a soft consistency, then beat in the sugar and then the flour. The mixture will come together into a soft paste. Transfer to a board or surface, lightly dusted with caster sugar and quickly and lightly roll it out to about 1/8" thick - you may have to dust your rolling pin as you go. Two options now: you can be fancy and cut out shapes using a cookie cutter, or simply transfer the rolled paste onto a parchment paper covered baking sheet.
3. Bake for 30 minutes. Remove & dust with sugar while still warm - very lightly and then if you opted to bake a sheet of shortbread simply cut into approximate squares the size you need!

“Simple ingredients.... Delicious!!!”

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**SWEDISH CREAM WITH FRESH BERRIES AND SAUCE**

From the kitchen of: Christy Harris Lemak

**SERVINGS:** 6-8

**Prep day in advance**

**INGREDIENTS**

- 2 1/3 cups heavy cream
- 1 cup white sugar
- 1 envelope gelatin
- 1/4 cup cold water
- 1 cup sour cream
- 1 tsp vanilla extract
- 2 cups fresh berries of your choice
- 1 - 10 oz package frozen strawberries, thawed
- 1/2 cup red jelly (any flavor)

**DIRECTIONS**

1. Mix gelatin with cold water. Then mix with cream and sugar in medium sauce pan. Stir over medium heat until gelatin is dissolved. Cool until slightly thickened.
2. Fold in sour cream and vanilla extract.
3. Chill in refrigerator until firm (overnight). You can use a Bundt pan, a tupperware container or individual dishes.
4. Make strawberry sauce by mixing or blending frozen strawberries, red jelly (currant is best flavor).
5. Serve. I have had the best luck putting some strawberry sauce on a plate or bowl, followed by a scoop of the Swedish cream and then the berries, but you can get creative. This is the perfect summer dessert when berries are fresh (especially good with blueberries and raspberries).
**TOLLHOUSE COOKIE PIE**  
From the kitchen of: Whitney Hunt  
SERVINGS: 6  
COOK TIME: 50-60 min

**INGREDIENTS**  
- 2 eggs  
- 1 oz chocolate chips (semi-sweet)  
- 1/2 cup brown sugar  
- 1/2 cup regular sugar  
- 1/2 cup flour  
- 1 1/2 sticks of softened butter  
- Pie crust

**DIRECTIONS**  
1. Beat eggs for 3 minutes. ***important step***  
2. Combine flour, brown sugar, regular sugar, butter, and eggs together.  
3. Fold in chocolate chips after ingredients are well combined and pour in pie crust.  
4. Bake for 325 degrees for 50 to 60 minutes.  
5. Best served with vanilla ice cream. Enjoy.

**BARKIES - DOG COOKIES**  
From the kitchen of: Chris Isom  
SERVINGS: 20  
COOK TIME: 15 min

**INGREDIENTS**  
- 1 3/4 cup old fashioned rolled oats (divided)  
- 1/2 banana (cut in 4 chunks)  
- 1 egg  
- 1/4 cup peanut butter* (no artificial sweetener, Xylitol is dangerous for dogs).

**DIRECTIONS**  
1. Preheat oven to 350°F. Line a baking sheet with parchment paper.  
2. Place 1 1/2 c oats in chopper/small food processor. Process until ground to a flour texture. Pour into medium-sized mixing bowl.  
3. Place banana, peanut butter* and egg in chopper or food processor. Process until well combined, scrape down bowl and process more if needed.  
4. Pour mixture into bowl with oat flour. Add the remaining 1/4 cup of unground oats.  
5. Stir together. Scoop 1TBSP portions and roll into balls. Flatten with fork in criss-cross pattern.  
6. Bake for about 15 minutes for a softer center.  
7. Let cool on baking sheet.  
8. Store in air-tight container for a few days or in the refrigerator for longer.