




the

Philadelphia Chapter of the  
Association of Legal Administrators

cook  
book



The only real stumbling block  
is  
*fear of failure*

In cooking you've got to have  
a what-the-hell attitude.

—Julia Child

Julia had it right, except that not just in cooking but in life—especially life in 2020—we cannot be afraid to fail. And when we are what gives us the strength to move forward is knowing that our family, our friends, our peers, and our *association* are there for us...to guide and support us. It's a wonderful thing.

What better way to celebrate each other than sharing a  
*recipe.*

Thanks to all who participated in making this cookbook such a success.

*Enjoy!*

Kathy, Krista & Maureen

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# BLT Cherry Tomatoes

from Kathy Remetta (from Rachel Ray)

prep time	cook time	serves
30 mins	10 mins	10

## things you need

- 2 pints cherry tomatoes
- 6 slices bacon
- 1/2 c mayonnaise
- 1 chipotle chile in adobo sauce, finely chopped
- 1 c very finely chopped romaine lettuce leaves from the heart

## here's how

- 1 Cut off the stem ends of the tomatoes and discard. Using a paring knife, remove the seeds and discard; place the tomatoes cut side down on paper towels to drain.
- 2 Meanwhile, in a heavy skillet, over medium heat, cook the bacon until crisp. Drain on a paper-towel-lined plate, then finely chop.
- 3 Stir together the mayonnaise and chipotle and spoon into a resealable bag. Cut off the tip of one corner.
- 4 Place the tomatoes cut side up on a platter and press some romaine inside each tomato; sprinkle with salt. Pipe some chipotle mayo over the romaine and top with bacon.

# Bourbon Hot Dogs

from Kathy Remetta

prep time

10 mins

cook time

45 mins

serves

lots

## things you need

2 lbs cocktail hot dogs

Don't use Lil Smokies. You can also use regular hot dogs, but cut them up bite sized

1 1/2 c ketchup

1 med onion finely chopped

1/2 c brown sugar

3/4 c bourbon

1/2 tsp dried rosemary

1/2 tsp dried oregano

## here's how

- 1 Place all ingredients in large saucepan. Stir to combine.
- 2 Bring to a boil, stirring frequently. Reduce heat and let simmer about 45 minutes till sauce is thick and syrupy.
- 3 Serve warm.

## helpful notes

I serve this in a fondue pot to keep it warm. You're supposed to eat them with toothpicks, but people always take a spoonful! I think these are better the longer they sit. I typically make in the morning and then turn them off and back on throughout the day until the party starts. I make extra cause everyone steals them off the stove!

# Cheesy Bacon Dip

from Margie Sigmund

prep time

10 mins

cook time

30 mins

serves

lots

## things you need

2 8 oz bars of cream cheese

1 8 oz bag of shredded cheese

your preference, mozzarella, sharp, cheddar, swiss..

3 - 4 tbsp mayonnaise

bacon bits

## here's how

- 1 Combine all ingredients except bacon bits, then sprinkle bacon bits on top.
- 2 Place in oven uncovered and let bake for 30 minutes at 350 degrees.

# Cheesesteak Dip

from Margie Sigmund

prep time

10 mins

cook time

30 mins

serves

lots

## things you need

2 lbs cheesesteak meat

2 lbs American cheese

10 - 12 oz beef broth

onion powder

## here's how

- 1 Cut up the cheesesteak meat as small as possible and cook it on the stove. Drain grease when finished.
- 2 Put crock pot on high and add beef broth. Start with about 10 oz of beef broth and sprinkle in onion powder (onion powder optional) to cover the top of the broth. You can start with a little and then always add more later if you think it needs it. Layer the cooked meat and cheese in the crock pot. Use about 1 1/4 - 1 1/2 pounds of cheese, but save some until the end.
- 3 Allow it to melt and stir occasionally. Once it melts, add the rest of the cheese gradually and continue stirring until you think it has a good dip consistency.

## helpful notes

If you think it's too thick you can always add more beef broth. Enjoy dip with cut up bread.



# Spinach Balls

from Maureen Austin

prep time

10 mins +

chill 1 hr

cook time

20 mins

serves

lots



## things you need

2 10 oz boxes chopped spinach

cook as directed on box and drain well

2 c Pepperidge Farms crushed bread-crumbs

1 sm onion, grated

4 eggs, beaten

3/4 c melted butter

1/2 c parmesan cheese

1/2 tsp garlic powder

1/4 tsp black pepper

## here's how

- 1 Mix all ingredients together.
- 2 Chill for at least 1 hour.
- 3 Shape into balls.
- 4 Placed on greased cookie sheet and bake for 20 minutes at 350 degrees.

## helpful notes

Can be made ahead of time and frozen.

# Tortilla Rollups

from Margie Sigmund

prep time

10 mins

cook time

1 hr fridge

serves

lots

## things you need

2 8 oz pkgs softened cream cheese

or 2 containers of whipped cream cheese

2 green peppers, diced

2 - 3 bunches green onions, diced

2 8 oz pkgs grated or shredded cheddar  
or taco cheese

don't use the finely grated

1 or 2 pkgs tortillas

1 package if using larger tortillas;

2 packages if using the smaller

1 jar salsa or picante sauce

optional

## here's how

- 1 Spread cream cheese on tortilla. Top lightly with green peppers, green onions, and cheese.
- 2 Roll up the tortilla (wrap in saran/plastic wrap to help them stay together).
- 3 Refrigerate for at least a few hours (better for slicing if refrigerated for a bit).
- 4 When ready to serve, slice tortillas in one inch strips and serve with salsa or picante sauce for dipping.

## helpful notes

I prefer using the larger tortillas (less tortillas to roll up and wrap).

# Valdalia Onion Dip

from Tracy McFadden

prep time

10 mins

cook time

34 - 45 mins

serves

lots

## things you need

8 oz pkg softened lite cream cheese

3 tsp lite mayonnaise

3/4 c parmesan cheese

2 sm or 1 lg Vidalia onion chopped fine

## here's how

- 1 Mix all ingredients together reserving a little of the parmesan cheese.
- 2 Place in casserole dish and sprinkle remaining parmesan cheese on top.
- 3 Bake at 350 degrees for 35-45 minutes. Serve with crackers.

# cocktails

- 8 Choco-Chello
- 9 Cinnamon Apple Sangria
- 10 Coquito (Puerto Rican Eggnog)
- 11 Cucumber Collins
- 12 Peach Sangria
- 13 Sapphire Gin Collins
- 14 The "Old School" Hemmingway Daiquiri

# Choco-Chello

from Kathy Remetta

prep time

10 mins

cook time

30 mins +

13 hrs inactive

serves

6 - 12

## things you need

6 1/2 c sugar

10 1/2 oz unsweetened cocoa powder

I use 1/2 Hershey's and 1/2 Ghirardelli

1/2 gallon whole milk

1 tsp vanilla extract

17 oz grain alcohol

I use Everclear

12 8.5 oz bottles or 6 16 oz bottles

## here's how

- 1 In a tall pot, combine the cocoa and sugar with a whisk. Add milk a little at a time, stirring as you go. Place the pot over medium heat on the stove, stirring constantly. After a few minutes, foam will form on the surface. (If you still don't see foam, increase the heat a bit.) Continue stirring constantly until the foam disappears. It will take about 25-30 minutes from the time you first placed the pot on the stove. (If the foam hasn't disappeared completely after 30 minutes, you can use a slotted spoon to scrape off the foam and discard it.) The mixture will look like chocolate pudding that hasn't set.
- 2 Turn off the heat and set the pot on a different burner to cool for 30-60 minutes before placing it, covered, in the refrigerator for 12 hours.
- 3 After the chocolate mixture has chilled, stir in the vanilla. Then, after one hour (the pot can stay out during that time) stir in the alcohol.
- 2 To fill each bottle, place a funnel in it and ladle in enough liqueur to fill it almost to the top. Cap or cork your bottles and store them in the refrigerator for up to six months or in the freezer for longer. Thaw frozen liqueur in the refrigerator.

## helpful notes

This makes a great gift. I keep in the freezer and pour straight from there. Delicious on its own or over ice cream. Careful! It's so yummy—it can sneak up on you!

# Cinnamon Apple Sangria (Winter)

from Grace O'Brien

prep time

10 mins

cook time

1 hr

serves

10

## things you need

6 apples

3 pears

750 ml Fireball whiskey

1 750 ml bottle Pinot Grigio

64 oz apple cider

1 liter seltzer water

## here's how

- 1 Chop up the fruit and let it soak for an hour or more in the fridge with the Fireball. Add rest of ingredients and stir.
- 2 Enjoy!

# Coquito

## Puerto Rican Eggnog

from Orlando Quinones (Cort)

prep time

5 mins

cook time

serves

makes 1 gallon

### things you need

6 lg egg yolks

the traditional version of Coquito includes egg yolks but there are versions that omit the eggs

1 tbsp cinnamon

2 oz pure vanilla extract

1 15 oz can cream of coconut

1 can sweetened condensed milk

5 cans unsweetened evaporated milk

1 can unsweetened coconut milk

1.5 liters Puerto Rican Rum (white)

### here's how

- 1 Beat eggs thoroughly, strain into a very large bowl or pot.
- 2 Add cinnamon and vanilla extract, beat well.
- 3 Add cream of coconut, cans of milk and rum, blend well.
- 4 Add more cinnamon, vanilla or rum to taste. Strain again as you pour into bottles. Shake well before serving and serve chilled. Keep refrigerated!



### helpful notes

Coquito (Koh-kee-toh) meaning "Little Coconut" in Spanish. Coquito is a traditional Holiday drink that originated in Puerto Rico. The coconut-based alcoholic beverage is similar to eggnog, sometimes being called the Puerto Rican Eggnog. There are many versions of Coquito but the base ingredients of this popular holiday drink would always be coconut milk, sweetened condensed milk, cinnamon and rum. I can't ever remember not having Coquito during the Holidays. It's also not that uncommon to have a few different bottles of Coquito in your fridge given to you as a gift from family and friends and their spin on the recipe.

# Cucumber Collins

from Judy Stouffer

prep time

5 mins

cook time

—

serves

1



## things you need

3 - 5 slices thinly-sliced cucumber

2 - 3 thai basil leaves or 2 - 3 slices  
fresh jalapeño

1.5 tbsp lime juice

1 tbsp lemon juice

1.5 tbsp simple syrup\*

2 oz gin

2 oz club soda/seltzer

## here's how

- 1 Muddle cucumber with basil/jalapeño, lemon-lime juices and simple syrup. Add the gin and club soda/seltzer - shake to combine and pour over ice. Be careful; they seem harmless, but

\* Simple Syrup:

Can be purchased or made by boiling 1 cup of sugar with 1 cup of water until the sugar dissolves completely. This can also be used to make homemade lemonade. Cool before using;



# Peach Sangria (Summer)

from Grace O'Brien

prep time	cook time	serves
10 mins	1 hr	10

## things you need

1 c peaches

I like to use canned and include the juice

1 c chopped strawberries

2 750 ml bottles of Pinot Grigio or  
Moscato

1 c peach brandy

I prefer Jaquins

1 liter white grape juice

## here's how

- 1 Combine all ingredients, stir and enjoy!

# Sapphire Gin Collins

from Kathy Remetta

prep time	cook time	serves
5 mins	—	1

## things you need

- 1 3/4 oz Bombay Sapphire gin
- 1/2 oz freshly squeezed lemon juice
- 1/2 oz homemade simple syrup
- 2 oz club soda
- 1 lemon wedge

## here's how

- 1 Measure all ingredients (except the soda) into a cocktail shaker.
- 2 Shake with ice cubes for 5 seconds, then pour entire contents into a glass.
- 3 Top with club soda, Add lemon wedge. Enjoy!

# The "Old School" Hemingway Daiquiri

from Gil Marquez (recipe was created for or by Papa at El Floridita Bar in Havana)

prep time

3 mins

cook time

serves

1

## things you need

3 parts white rum

2 parts fresh lime juice

1 part simple syrup

optional: 1 part maraschino liqueur like Luxardo

## here's how

- 1 Pour all into a cocktail shaker with ice and shake for 30 seconds.
- 2 Strain in a chilled coupe glass garnished with a lime wheel.
- 3 Repeat, as necessary.

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# Asparagus & Cheese Tart

from Joan Wean

prep time  
20 mins

cook time  
30 min

serves  
6

## things you need

1 lb asparagus, trimmed  
1 sheet frozen puff pastry (1/2 lb)  
thawed, all purpose flour for dusting  
1 c fontina cheese (about 3 oz)  
1 c grated comte or gruyere Cheese  
(about 3 oz)  
1 tbsp minced shallot

2 large egg yolks  
3 tbsp whole milk  
1/8 tsp freshly grated nutmeg  
kosher salt & fresh ground pepper  
2 tsp EVOO  
1/2 tsp finely grated lemon zest

## here's how

- 1 Fill a large bowl with ice water. Bring about 1 inch of water to a boil in a large skillet. Add the asparagus; cook until bright green and crisp-tender, 2 to 5 minutes, depending on the thickness of the asparagus. Drain and transfer to the ice water to stop the cooking; drain and pat dry. Preheat the oven to 400°.
- 2 Roll out the puff pastry into a 10-by-16 inch rectangle on a floured surface. Transfer to a parchment-lined baking sheet and prick all over with a fork. Bake until light golden brown, about 12 minutes. Let cool slightly on the baking sheet.
- 3 Meanwhile, mix the fontina, comte or gruyere, shallot, egg yolks, milk, nutmeg and a pinch each of salt and pepper in a bowl until combined. Spread the cheese mixture evenly over the puff pastry, leaving a 1-inch border on all sides. Toss the asparagus with the olive oil, ¼ teaspoon salt, and pepper to taste. Arrange the asparagus on the tart and bake until the cheese mixture is slightly puffy, 15 to 20 minutes. Sprinkle with the lemon zest. Serve warm or at room temperature.

# Authentic Cuban Black Beans with a Twist

from Brooks Ryan (Epiq)

prep time

20 mins

cook time

90 min

serves

10

## things you need

1 16 oz bag of dry black beans

2 red peppers

1 red onion

3/4 c EVOO

7 cloves of garlic

1 tbsp cilantro (dry)

1 - 1 1/2 tsp salt to taste

1/2 tsp black pepper

1/4 tsp cumin

1/3 c red wine

1 tbsp sugar

2 bay leaves

## here's how

- 1 Lay the bag of dry beans out on a paper towel to make sure there are no stones mixed in before cooking.
- 2 Fill the pressure cooker with 8 cups of water and cook the dry beans for 18 minutes.
- 3 I prep and chop everything while the beans are cooking. Chop up two red peppers and one red onion. We like them chopped, but you can dice. Put them aside, together.
- 4 With a mortar and pestle crush the garlic, cilantro, salt, pepper, and cumin until you have a nice paste.
- 5 When the beans are done cooking and the pressure is released from the cooker drain the water and put it aside. You can start to sauté the pepper and onion in a pan with the oil.
- 6 When the onions are translucent and the peppers becomes soft, add the paste from the mortar and pestle. These ingredients need to be folded together (I use a large spoon) and thoroughly combined before you pour in the red wine. Let this simmer for 3 minutes before pouring in the drained black beans. After the beans are thoroughly mixed in, we then add the first ladle of the rich black bean water drained after cooking the beans and add the bay leaves.
- 7 The beans and the spices cook for about an hour while I continuously ladle in the bean water as it evaporates. I always want to have an inch or so of water in the bottom of the pan. This process goes on for at least an hour while the rest of your meal and rice are cooking.
- 8 Over time as the beans simmer and you ladle in the reserve black bean water an incredible rich dark bean sauce begins to develop that is almost like a gravy -- this is the key to making the best "batch."

## helpful notes

These black bean are delicious when first cooked, but we have found they are even better a day or two afterwards warmed up with eggs for breakfast or a completely different dinner. Enjoy!!!

This recipe was shared with our family by my wife's sister's mother-in-law. Their family immigrated to the US from Cuba in the 60's and brought with them many of their wonderful recipes and elements of their rich Cuban culture. These are the real deal and are a staple at our house with many of our family favorites for breakfast, lunch or dinner.

# Barbara Bush's Green Beans

from Julie Power (Hilltop Consultants)

prep time

10 mins

cook time

15 min

serves

4 - 6

## things you need

4 tbsp unsalted butter

head of garlic

2 lbs green beans, trimmed

## here's how

- 1 Melt the butter in a large skillet over medium-low heat.
- 2 Add the garlic and sauté until soft.
- 3 Add the green beans.
- 4 Cook on low, covered for 15 minutes, until soft.
- 3 Add salt and pepper.

## helpful notes

This side goes with my favorite Fall 2020 meal (Keto Salisbury steak (see entrees) and mashed cauliflower (see sides)).



# Braised Red Potatoes with Lemon & Chives

from Gil Marquez

prep time

10 mins

cook time

45 min

serves

4 - 6

## things you need

1 1/2 lbs small red potatoes

unpeeled, halved

2 c water

3 tbsp unsalted butter

3 garlic cloves, peeled

3 sprigs fresh thyme

3/4 tsp salt

1 tsp lemon juice

1/4 tsp pepper

2 tbsp minced fresh chives

## here's how

- 1 Arrange potatoes in single layer, cut side down, in 12-inch nonstick skillet. Add water, butter, garlic, thyme, and salt and bring to simmer over medium-high heat. Reduce heat to medium, cover, and simmer until potatoes are just tender, about 15 minutes.
- 2 Remove lid and use slotted spoon to transfer garlic to cutting board; discard thyme. Increase heat to medium-high and vigorously simmer, swirling pan occasionally, until water evaporates, and butter starts to sizzle, 15 to 20 minutes. When cool enough to handle, mince garlic to paste. Transfer paste to bowl and stir in lemon juice and pepper.
- 3 Continue to cook potatoes, swirling pan frequently, until butter browns and cut sides of potatoes turn spotty brown, 4 to 6 minutes longer. Off heat, add garlic mixture and chives and toss to thoroughly coat. Serve immediately.

## helpful notes

I first learned this technique thanks to the America's Test Kitchen deceptively simple recipe for Braised Red Potatoes. I've adapted and applied it to other vegetables (including brussels sprouts, carrots, beets) and found it to be a wonderfully hands-off way of fixing a side dish.

For more savory potatoes, substitute stock (beef, chicken, or vegetable) for the water. For brussels sprouts, substitute finely minced bacon or pancetta for the butter. For carrots, add maple syrup or honey that will glaze the carrots as they finish.

# Brandy Glazed Carrots

from Jack Caulk (MCS)

prep time

10 mins

cook time

30 min

serves

4

## things you need

3 lbs fresh baby carrots

1/2 c butter, cubed

1/2 c honey

1/4 c brandy

1/4 c minced fresh parsley

1/2 tsp salt

1/4 tsp pepper

## here's how

- 1 In a large skillet, bring 1/2 inch of water to a boil. Add carrots. Cover and cook for 5-9 minutes or until crisp-tender. Drain and set aside.
- 2 In the same skillet, cook butter and honey over medium heat until butter is melted. Remove from heat; stir in brandy. Bring to a boil; cook until liquid is reduced to about 1/2 cup. Add the carrots, parsley, salt and pepper; heat through.

# Brown Butter Brussel Sprouts

from Allison Sponic

prep time

10 mins

cook time

30 min

serves

4

## things you need

2 tbsp salted butter

1 lb brussel sprouts

trimmed and quartered

1/4 c chopped hazelnuts

sea salt

black pepper, freshly ground

## here's how

- 1 Position rack in bottom third of the oven and preheat to 450° degrees.
- 2 Place butter in a rimmed baking sheet (or cake tin) and roast until the butter is melted, browned, and fragrant – about 4 to 5 minutes.
- 3 As it browns, combine brussels sprouts, hazelnuts, salt, and pepper.
- 4 Remove baking sheet from oven and pour over brussels sprout mixture. Stir to combine.
- 5 Spread mixture out on your baking sheet and return to oven for 7 minutes.
- 6 Sprinkle with water, toss and continue roasting until lightly browned, 7-10 minutes.
- 7 Best served straight out of the oven!

# Caesar Salad

from Kathy Remetta

prep time

10 mins

cook time

—

serves

4 - 6

## things you need

1 head romaine lettuce

washed and torn in bite sized pieces

3/4 c EVOO

red wine vinegar

3 cloves garlic, crushed

1 egg

1/3 - 1/2 c grated parmesan reggiano  
cheese

I use Locatelli

Worcestershire sauce

1 lemon, juiced

dry mustard

black pepper, freshly ground

dry oregano

croutons

anchovies

optional

## here's how

- 1 In a blender, add the crushed garlic, 1/3 c Locatelli, the juice from the lemon, a few dashes of the Worcestershire sauce, couple of shakes of dry oregano, about 8 shakes of the dry mustard, and a couple of good turns of the black pepper.
- 2 Boil water, remove from heat and add the egg (in its shell) to the water. Let it sit in the water a few minutes. Remove from the water and crack it into the blender.
- 3 Blend all and slowly drizzle in the EVOO through the top of the lid. Taste and adjust seasonings. I always need more dry mustard and black pepper. If you like it cheesier—add more cheese.
- 4 Toss the dressing with the lettuce. Sprinkle top with more cheese and the croutons.

## helpful notes

If you are leery of the raw egg, there are various ways to pasteurize it first. This is just the way I do it. I shred the anchovies on the side for those who like them.

# Corn Pudding

from Shaun Jones

prep time

10 mins

cook time

25 - 30 mins

serves

4 - 6

## things you need

8 oz sour cream

1 17 oz can whole kernel corn, drained

1 17 oz can cream style corn

2 eggs beaten

1/2 c sugar

1 box Jiffy Corn Muffin Mix

1 stick butter or margarine, melted

1 4 oz can chopped jalapeno  
peppers, drained

Old El Paso

## here's how

- 1 Preheat oven to 425 degrees.
- 2 Mix all ingredients together except the eggs and butter.
- 3 Add melted butter and beaten eggs, folding gently.
- 4 Pour into a 2-quart casserole dish that has been sprayed with a vegetable spray.
- 5 Bake 25 to 30 minutes until light brown and till slightly moving when shaken.
- 6 Serve warm.

## helpful notes

I vary with my corn pudding. Sometimes I add  $\frac{3}{4}$  cups of sugar and no jalapenos. I sometimes mix honey and butter to create a spread for it. The jalapenos give it just a little kick.

# French Onion Soup

from Jen Warren

prep time

15 mins

cook time

60 mins

serves

4 - 6

## things you need

2 - 3 tbsp olive oil

2 tbsp butter

6 lg yellow or Spanish onions - thinly sliced

1 tbsp sugar

1 tsp dried thyme or 5 sprigs fresh - stripped

1 - 3 bay leaves

1/2 tsp salt

1/2 tsp black pepper

1/2 c sherry wine

6 c of beef broth

4 - 8 slices of sourdough baguette bread - 1 inch thick

toasted first if desired

8 slices gruyere or mozzarella cheese or 2 c shredded

## here's how

- 1 Preheat oven to 400 degrees.
- 2 Melt butter and oil together in large stock pot or Dutch oven over medium-high heat. Add onions and cook about 10 minutes, until onions are tender and golden brown. Then add sugar and cook another few minutes to help brown the onions even more. Then add thyme, bay leaf, salt, and pepper and cook a few more minutes. Add sherry wine and simmer until liquid is almost absorbed. Add the broth and bring mixture to a boil. Reduce heat to low, and partially cover and simmer 20 -25 minutes. Now preheat your oven to 400 degrees and preheat the broiler.
- 3 Remove bay leaf and ladle soup into oven-proof crocks. Place on baking sheet to make sure they are sturdy in the oven. Place bread rounds into each bowl and top the bread with the gruyere or mozzarella cheese. Broil 2-3 minutes, until the cheese is golden and bubbly.

# Maple Roasted Carrot Salad

from Kathleen Garrity (taken from Barefoot Contessa's book, *Cooking for Jeffrey*)

prep time	cook time	serves
20 mins	45 mins	4 - 6

## things you need

2 lbs carrots, preferably with leafy tops	3 tbsp sherry wine vinegar
good olive oil	2 garlic cloves, grated on microplane
kosher salt & fresh ground black pepper	6 oz baby arugula
1/4 c pure grade A maple syrup	6 oz goat cheese
2/3 c dried cranberries	such a Montrachet, medium-diced
2/3 c freshly squeezed orange juice	2/3 c roasted, salted Marcona almonds
2 oranges	

## here's how

- 1 Preheat oven to 425 degrees.
- 2 Trim and scrub the carrots. If the carrots are more than 1 inch in diameter, cut them in half lengthwise. Cut the carrots in large diagonal slices 1 inch wide x 2 inches long (they will shrink when they roast) and place in a medium bowl with 1/4 cup of olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Toss well and transfer to two sheet pans. (If you use just one, they'll steam instead of roasting.) Roast for 20 minutes, tossing once, until the carrots are tender. Transfer all the carrots to one of the sheet pans, add the maple syrup, toss, and roast for 10 to 15 minutes, until the edges are caramelized. Watch them carefully! Toss with a metal spatula and set aside for 10 minutes.
- 3 Meanwhile, combine the cranberries and orange juice in a small saucepan, bring to a simmer, then set aside for 10 minutes.
- 4 In a small bowl, combine the vinegar, garlic, and 1/2 teaspoon salt. Whisk in 3 tablespoons of olive oil. Place the arugula in a large bowl and add the carrots, cranberries (with their liquid), goat cheese, almonds, and the vinaigrette. Toss with large spoons, sprinkle with salt, and serve at room temperature.

## helpful notes

My changes – used dried cherries instead of dried cranberries, feta cheese instead of goat cheese, and half spinach, half arugula, rather than all arugula. I also did not have the fancy almonds, so just used the almond slivers.

# Mashed Cauliflower

from Julie Power (Hilltop Consultants) (from thatlowcarbife.com)

prep time	cook time	serves
5 mins	20 mins	4

## things you need

2 tsp avocado oil	1 tsp salt
2 cloves garlic, minced	1/2 tsp cracked pepper
24 oz fresh cauliflower, riced	
2 c chicken broth	
3 tbsp butter	



## here's how

- 1 Add the oil to a deep 12 inch skillet and heat over medium heat. Add the garlic and cook 1 minute.
- 2 Add the cauliflower rice and stir to combine.
- 3 Add the chicken broth and bring to a boil. Reduce to a simmer and cover the pot. Let cook for 10 minutes.
- 4 Remove the lid and stir. Continue cooking until nearly all of the liquid has evaporated, about 10 more minutes, stirring as needed.
- 5 Use an immersion blender to puree the cauliflower. Alternately, transfer the mixture to a blender or use a potato masher. Using a potato masher will result in a less smooth texture.
- 6 Add the butter, salt, and pepper and stir to melt the butter. Serve hot.

## helpful notes

This side goes with my favorite Fall 2020 meal (Keto Salisbury steak (see entrees) and Barbara Bush's green beans (see sides)).



# Pineapple Stuffing

from Maureen Austin

prep time

5 mins

cook time

45 mins

serves

4 - 6

## things you need

1/2 c of butter, softened

1/2 c of sugar

1 20 oz can of crushed pineapple

don't drain the juice

4 eggs

6 - 8 slices of white bread cubed

let the bread sit out for a few hours to harden

## here's how

- 1 Cream together butter and sugar. Beat in one egg at a time. Stir in pineapple. Fold in cubed bread.
- 2 Put in 9 x 12 greased glass dish.
- 3 Bake @ 350 for about 45 minutes. Top will become golden brown. Serve warm.

## helpful notes

This recipe can be doubled.

# Sausage Stuffing

from Margie Sigmund

prep time

15 mins

cook time

45 min

serves

4

## things you need

1 lb bulk sausage

I usually use Jimmy Deans

1 12 oz package of (soft) bread cubes

1 egg

1 c celery, diced

1/4 - 1/3 c onion, diced

2 tsp poultry seasoning

1 tsp salt

1/2 tsp pepper

milk

I also add a little bit of turkey or chicken broth, but you can just use the milk if you prefer

## here's how

- 1 Preheat oven to 350 degrees.
- 2 Brown sausage and onions in large frying pan (breaking sausage up into small pieces). In large bowl add remaining ingredients except for milk/broth.
- 3 Pour the browned sausage and onions on top of mixture. Add a little milk (and a little broth if you'd like) but don't make it too moist. (You can add in more while mixing.)
- 4 Stir ingredients together and mix well (I usually use my hands after initial stirring).
- 5 Place into lasagna pan or 8 X 8 baking dish. (You can drizzle a little more broth on top if you'd like but again, don't make it too moist.)
- 6 Cover with foil and bake in oven at 350 for about 40/45 minutes. (You can remove foil for the last 10 or 15 minutes so that the top browns.)

## helpful notes

I usually make two batches. I can usually stuff about  $\frac{3}{4}$  of one batch into the turkey and then just bake the rest.

# Turkey Sausage Soup

from Tracy McFadden

prep time	cook time	serves
10 mins	30 min	4

## things you need

10 oz Italian turkey sausage

1/2 c chopped onion

2 tsp minced garlic

baby spinach

1 can stewed tomatoes

1 can cannelli beans

## here's how

- 1 Take sausage out of casings, breakup and brown sausage.
- 2 Add garlic and onion and sauté for two minutes.
- 3 Add the rest of the ingredients, bring to a boil, then simmer 20 minutes.
- 4 Place in bowl and sprinkle romano cheese on top.

## helpful notes

If you want, you can add ditalini pasta!

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# Baked Denver Omelet

from Jenelle McAdams

prep time

10 mins

cook time

35 mins

serves

4



## things you need

2 tbsp butter

or non-dairy butter alternative

1/2 onion (red or white), chopped

1/2 green bell pepper, chopped

1 c chopped cooked ham or pancetta

8 eggs

1/4 c milk

or non-dairy almond milk

1/2 c shredded cheddar cheese

or non-dairy shredded cheese

Italian seasoning, garlic salt, paprika,  
& black pepper to taste

## here's how

- 1 Preheat oven to 400 degrees. Grease a 10-inch round baking dish.
- 2 Melt butter in a large skillet over medium heat; cook and stir onion and bell pepper until softened, about 5 minutes. Stir in ham and continue cooking until heated through, about 5 minutes more.
- 3 Beat eggs and milk in a large bowl. Stir in cheese and add the ham mixture; season with Italian spices, garlic salt, paprika, and black pepper. Pour mixture into prepared baking dish.
- 4 Bake in preheated oven until eggs are browned and puffy, about 25 minutes. Serve warm.

## helpful notes

The ham naturally incorporates a lot of salt, so be cautious with adding extra salt. I baked this omelet as a dinner entrée and paired with roasted fingerling potatoes and cherry tomatoes. This omelet was made Denver style (and dairy free!) but you can take the basic premise and use only veggies or all meats or whatever type of omelet you are craving.

# Easy Beef Stroganoff

from Theresa Meyer

prep time

5 mins

cook time

4 hrs

serves

4

## things you need

1.5 lbs cubed stew meat

1 10.5 oz can cream of mushroom soup

1 c milk

I use whole milk & use the soup can to measure it out

1 pkg dry onion soup mix

I use Lipton

1 bag of egg noodles

I normally use half of a 12 oz bag

## here's how

- 1 Mix the stew meat, cream of mushroom, milk, and onion soup mix in the crockpot and cook on high for 4 hours. I stir occasionally, but it's not necessary.
- 2 Boil and prepare the egg noodles to your choice of density and mix into the meat mixture when ready to serve.

## helpful notes

Enjoy a stress-free and hearty dinner! My kids, ages 1 and 2, even enjoy this meal!

# Easy Chicken Divan

from Rose O'Drain

prep time	cook time	serves
15 mins	25 mins	6

## things you need

4 c cubed or shredded chicken, cooked	2 tsp chicken bouillon
24 - 32 oz frozen broccoli florets, thawed	I prefer "Better than Bouillon" or 2 cubes
1 c sour cream	1 tsp fresh ground pepper
1/2 c mayonnaise	1 c grated cheddar cheese
1/4 c heavy cream	2 tbsp butter, melted
1/4 c chicken broth	1/4 tsp kosher salt
	3/4 c plain breadcrumbs

## here's how

- 1 Preheat oven to 350 degrees. Coat a 9x13 baking dish with nonstick spray and set aside.
- 2 In a large bowl combine the chicken and broccoli evenly. Place the mixture into the prepared pan.
- 3 In a medium bowl whisk together the sour cream, mayonnaise, heavy cream, chicken broth, bouillon, and pepper. Pour the sour cream mixture evenly on top of the chicken and broccoli.
- 4 In a medium bowl combine the butter, salt and breadcrumbs. Evenly sprinkle the breadcrumbs on top of the cheese layer.
- 5 Bake for 25-30 minutes until warmed through and toasted on top. Serve warm.

## helpful notes

You can serve this over rice, pasta or on its own. You can even stuff the mixture into a baked potato! Store airtight in the refrigerator for up to 3 days.



# Chicken Fried Rice

from Jason Schmidt

prep time

15 mins

cook time

25 mins

serves

6

## things you need

3/4 lb boneless skinless chicken thighs

1 tsp salt, divided

3 tbsp canola oil (or any high heat oil), divided

3 lg eggs, whisked

2/3 c yellow onions, diced

2 cloves garlic, minced

2 tsp minced ginger

1 lg carrot, peeled and diced

2/3 c frozen peas, rinsed under warm tap water for a few seconds to thaw

4 c cooked jasmine rice

preferably leftover from at least a day before

2 scallions, sliced

separate the white and light green parts from the dark green part

1/2 tsp Chinese five-spice powder  
optional

2 1/2 tbsp soy sauce or tamari

1 tsp sesame oil

## here's how

- 1 Chop the chicken into small 1/4-inch to 1/2-inch cubes. Sprinkle 1/2 teaspoon of salt over the chicken and mix to combine. Set the chicken aside for about 10 minutes (I usually use this time to chop all the vegetables).
- 2 Heat a wok or large sauté pan over medium-high heat. Swirl in a tablespoon of oil and add the whisked eggs. Use a spatula to quickly scramble the eggs, breaking the curds into smaller pieces as they come together. Transfer the eggs to a plate.
- 3 Add another tablespoon of oil in the wok or pan. Add the chicken and cook for 4 to 5 minutes, stirring occasionally. Turn off the heat and transfer the cooked chicken to a plate. Using your spatula, scrape off any chicken bits that are still stuck to the wok so they don't burn during the next step. You can also use paper towels to wipe down your wok or pan.
- 4 Swirl 1 tablespoon of oil into the wok over medium-high heat. Add the diced onions and cook them for 1 minute, until they start to soften. Mix in the minced garlic and ginger and cook until fragrant, about 30 seconds. Add the diced carrots and cook for 2 minutes, stirring frequently. Add 1/2 teaspoon salt and the peas, and stir to incorporate.
- 5 Add the rice to the wok or pan on top of the vegetables and stir to combine. Using the back of your spatula, smash any large chunks of rice to break them apart. Add the white and green parts of the sliced scallions (save the dark green parts) and five-spice powder. Stir to incorporate. If the rice starts to stick to the pan, stir in a little more oil.
- 6 Drizzle the soy sauce and sesame oil over the rice and stir to incorporate. Stir in the cooked chicken, scrambled eggs, and the dark parts of the scallions. Stir briefly to bring it together, and cook for another 1 to 2 minutes. Taste, and add more soy sauce if necessary.

# Chicken & Wild Rice Casserole

from Emily Allen (Allsteel | Gunlocke)

prep time

15 mins

cook time

45 mins

serves

6



## things you need

1 box Uncle Ben's Long Grain Wild Rice (6 oz)

1/4 c (4 tbsp) butter

1/3 c chopped onion

1/3 c all-purpose flour

1 tsp salt

1 tsp pepper

1 c half-and-half

2 c chicken or vegetable broth

2 c cubed cooked chicken

1/3 c chopped fresh parsley

1/4 c chopped slivered almonds

## here's how

- 1 Cook rice as directed, set aside.
- 2 In saucepan, melt butter, add onion and sauté. Stir in flour slowly, add salt & pepper to taste. Add chicken broth and half-and-half with a whisk. Cook mixture until thick, keep stirring with whisk.
- 3 Add cubed chicken, rice, almonds, parsley.
- 4 Pour into a greased casserole dish. Bake uncovered @ 350° for 35 minutes.

## helpful notes

My Mom has made this for my family every Christmas Eve for as long as I can remember. We won't let her make anything else! Serve along with a tossed salad, including green apple/ sliced grapes/ walnuts, a cranberry relish and French dinner rolls. Perfection!

# Garlic Chicken & Spaghetti

from Tracy McFadden

prep time

15 mins

cook time

45 mins

serves

4

## things you need

2 sticks butter

1 - 1 1/2 lbs boneless chicken breast

bread crumbs

garlic powder

grated cheese

salt & pepper

1/2 lb spaghetti

## here's how

- 1 Put 2 sticks of butter in pan and melt (on stove). Add chicken breasts and a little salt and pepper. Sprinkle some garlic powder, bread crumbs and grated cheese over the chicken breasts and brown chicken on one side.
- 2 Turn chicken over and repeat.
- 3 Cook the spaghetti, drain, put in large bowl. Add chicken breasts, butter and sauce to spaghetti in same bowl.
- 4 Enjoy!

# Gummy Eggs

from Val Brauckman (TelcoWorks)

prep time

5 mins

cook time

12 mins

serves

1-2

## things you need

4 or 5 jumbo eggs (use only jumbo eggs)



## here's how

- 1 With no more than 4 or 5 eggs, fill the pot with cold water until the eggs are barely covered, turn the heat to high and bring the water to a boil.
- 2 Immediately upon reaching a boiled state, start the timer for 6 minutes only.
- 3 Once the pot is boiling, turn the heat down so they remain boiling, but not so violently that you risk cracking the eggs.
- 4 While they are boiling, prepare a medium-sized mixing bowl of ice and water, to plunge the eggs in the bowl at the end of the 6 minute cooking time.
- 5 As soon as the timer goes off, remove the eggs with a slotted spoon and plunge into the ice water bowl and leave them for 3 – 5 minutes.
- 6 Peel the eggs, cut them and sprinkle them with a finishing salt and add a small green salad sprinkled with Lime Citrus Ponzu vinegar. (Can be found in the Asian aisle of most markets...it's tart and sweet with a touch of citrus.)
- 7 Eat your heart out Martha Stewart!!! Yum!

# Homemade Pancakes

from Kathy Remetta (originally from my dear friend Dianne Hoyt)

prep time

1 mins

cook time

10 mins

serves

6

## things you need

for the pancake mix:

1 c oatmeal

2 c flour

2 tsp baking soda

2 tsp baking powder

for the pancakes:

1 c pancake mix

1 1/4 c vanilla yogurt

1 egg

## here's how

- 1 Combine all the pancake mix ingredients and store in airtight container.
- 2 To make the pancakes, combine 1 cup of the mix and the rest of the ingredients in bowl and mix until just combined.
- 3 Prepare a hot griddle and make your pancakes. Yum!

## helpful notes

My friend Dianne used to make up a big batch of the mix and had it ready to go so she could whip up a batch of pancakes. The kids loved them. In fact, my son had a school project where he had to submit a recipe for a "healthy" version of a meal and he submitted this recipe and got an A!

# Hot Dog Casserole

from Breana Tavalario

prep time

15 mins

cook time

1 hr

serves

4 - 6

## things you need

1 8 pkg hot dogs

3 - 5 potatoes sliced fairly thin

1/2 c chopped onion

a couple of tbsps of mustard

dash of paprika

1 1/2 stick butter, melted

## here's how

- 1 Preheat oven to 375 degrees. Coat a 9x13 baking dish with nonstick spray and set aside.
- 2 Layer bottom of pan with potatoes, leaving a handful for the top.
- 3 Place hot dogs on top of potatoes and then the rest of the potatoes.
- 4 Melt the butter with the onions, mustard and paprika. Pour butter mixture over top.
- 5 Cover and bake for about an hour.

# Instant Pot Chicken Risotto

from Grace O'Brien

prep time

15 mins

cook time

10 mins

serves

4

## things you need

3 tbsp EVOO

1 med onion

7 oz button mushrooms

1 lb chicken breast, diced

2 c risotto rice

see note 1 & 2

4 c chicken broth

see note 3

1 tsp salt

3 tsps dried rosemary

2 tsps dried oregano

2 tsps paprika

1/4 tsp black pepper

1.5 oz unsalted butter

3 oz parmesan cheese

see note 6

optional – chives

## here's how

- 1 Finely chop the onion. Turn on the pressure cooker and press the SAUTE function. Adjust to high. Pour in 2 tablespoons of olive oil and add the chopped onion. Sauté until translucent. Add cleaned and sliced mushrooms. Sauté for about 5 minutes.
- 2 Meanwhile dice the chicken. Combine all the seasoning ingredients and season the chicken pieces.
- 3 Take out the sautéed vegetables, pour in the remaining olive oil and add the chicken pieces in.
- 4 Quickly brown the meat. Turn OFF the saute function and deglaze the pot with some of the chicken stock. Throw the onions and mushrooms back in, as well as the chicken. Add the rice and chicken stock/broth and give everything a good stir.
- 5 Cover with the lid and lock it into its position. Turn the vent to the SEALING position. Press the MANUAL button (pressure cooking) and adjust the time to 3 minutes. When the cooking is finished, wait 7 minutes before releasing the pressure manually.
- 6 Stir in the butter and grated parmesan. Taste it and add more seasoning if needed. Sprinkle with finely chopped chives (optional) and serve.

# Kale & Mushroom Lasagna

from Allison Sponic (Adapted from Joshua McFadden's *Six Seasons Cookbook*)

prep time

20 mins

cook time

40-50 mins

serves

6

## things you need

6 tbsp unsalted butter

1/4 c all-purpose flour

2 c vegetable broth

1 c whole milk

sea salt

black pepper, freshly ground

1 lb white mushrooms finely chopped

1 lb kale, thick ribs cut out, leaves cut into thin strips

lemon, zested

3/4 - 1 lb whole-milk ricotta

9 oz box of no-boil lasagna

fresh parmesan

## here's how

- 1 Preheat the oven as instructed by your no-bake lasagna noodles.
- 2 Melt 4 tbsp butter in a medium saucepan over medium heat. Stir in the flour for 1-2 minutes, until a smooth paste is formed. Whisk in the broth and the milk. Bring the velouté to a boil, whisking to eliminate lumps. As it is heating up, begin step two. Reduce heat and simmer for 5 minutes to thicken slightly. Season lightly with pepper and set aside.
- 3 Melt the remaining 2 tbsp of butter in a large skillet over medium-high heat. When the sizzling stops, add the mushrooms. Season generously with salt and pepper. Cook until all the moisture from the mushrooms has been released, stirring occasionally. They should begin to brown and stick to the pan in 10-12 minutes. Scrape into a bowl and let cool slightly.
- 4 While the mushrooms cook, sprinkle the kale with water and move to a large skillet over medium-high heat. Lightly salt. Toss frequently and add water as the pan gets dry.
- 5 Stir the lemon zest into the ricotta in a bowl.
- 6 To assemble the lasagna, spread a little less than half of the velouté in an even layer on the bottom of a 9 x 9-inch baking dish (can accommodate a 9 x 13-inch pan). Arrange the lasagna noodles on top. Next, spread the mushrooms evenly over the noodles and then top with kale.
- 7 Arrange the second layer of noodles and top with ricotta. Gently spread ricotta into an even layer.
- 8 Place the third and final layer of noodles. Top with the rest of the velouté and sprinkle with parmesan.
- 9 Bake (at temperature recommended on lasagna noodle box) until cheese is golden brown, usually 40 to 50 minutes. Let cool for 20 minute and serve.



# Kentucky Chicken & Bacon Kabob

from Kathy Remetta

prep time

15 mins +  
1 hr

cook time

20 mins

serves

4

## things you need

For the marinade:

1 bunch scallions (roughly chopped)

1/3 c dijon mustard

1/4 c bourbon whiskey

1/4 c brown sugar

1/4 c vegetable oil

For the kabob:

2 lbs chicken (cut into chunks)

1 lb bacon

salt & freshly ground black pepper

## here's how

- 1 To make the marinade: add all ingredients into a blender and blend well (It's okay if chunky).
- 2 Place the chicken, cut into pieces, in a bowl and cover with marinade. Marinate in fridge at least 1 hour.
- 3 Prepare a hot fire on grill. Slice the bacon strips into 2 or 3 pieces (depending on how big you cut the chicken). Remove chicken from marinade and wrap the bacon around the meat. Thread 4-5 pieces of each onto skewers. Salt & pepper each kabob.
- 4 Place kabob on grill, turning and moving occasionally until bacon is well browned and chicken is cooked through (about 15 minutes).

## helpful notes

Marinade can be stored in fridge about 3 days. Original recipe calls for turkey breasts, but we prefer the chicken.

# Keto Salisbury Steak

from Julie Power (Hilltop Consultants) (from thatlowcarblife.com)

prep time

15 mins

cook time

20 mins

serves

4



## things you need

For the steak:

- 1 1/2 lbs lean ground beef
- 1 lg egg
- 1/2 c almond flour
- 1/4 c powdered parmesan cheese
- 1/4 c minced onion
- 1 tsp garlic powder
- 1/s tsp salt
- 1/2 tsp cracked pepper
- 1 tbsp butter
- 1 tbsp avocado oil

For the gravy:

- 2 tbsp butter
- 1 tsp garlic powder
- 1 tsp xanthan gum
- 2 c beef bone broth
- 1 tbsp Worcestershire sauce
- salt & pepper, to taste
- minced parsley, for garnish

## here's how

- 1 To make the steak: add the beef, egg, almond flour, parmesan, onion, garlic powder, salt and pepper to a mixing bowl and combine well. Form beef mixture into 4 oval patties.
- 2 Heat the butter and avocado oil in a large cast iron skillet over medium heat until hot. Add the beef patties and cook for 5 minutes, covered. Remove the lid, flip the patties and cook for 4 more minutes or until cooked through. Remove the patties from the pan and set aside. Drain grease from the pan.
- 3 To make the gravy: add the butter to the skillet over medium heat and let melt. Stir in the garlic powder and xanthan gum and cook for 30 seconds. Stir in the beef broth and Worcestershire sauce and bring to a simmer over medium heat, stirring often. Cook until mixture has thickened, about 5 minutes. Taste and season gravy with salt and pepper.
- 4 Add steaks back to the skillet with the gravy and cook for 2 minutes to warm, topping the steaks with the gravy.
- 5 Sprinkle with parsley before serving.

## helpful notes

Note – This is my favorite Fall 2020 meal—served with mashed cauliflower and Barbara Bush's green beans (see side dishes)

# Marinara Sauce

from Bob at City Kitchen

prep time

5 mins

cook time

10 mins

serves

lots

## things you need

3 28 oz cans of high quality Italian whole plum tomatoes in puree

1 sm onion - diced

6 cloves of garlic – minced

EVOO

1 tsp crushed red pepper

less if you don't like a little heat

salt to taste

1 c shredded fresh basil leaves

## here's how

- 1 Crush tomatoes by hand or pulse in a blender (keep on the chunky side), put aside.
- 2 Coat a deep pan with EVOO and sauté onion until translucent, throw in garlic at the end for 1 minute, add tomatoes, red pepper and salt. Bring to a simmer for about 10 minutes.
- 3 Turn off heat and stir in basil.
- 4 Crack a bottle of red and you're done!

# Olive Garden Chicken Pasta

from Kathaleen Eker

prep time

5 mins

cook time

4 - 6 hrs

serves

6

## things you need

boneless chicken breasts

1 16 oz jar Olive Garden Italian dressing

grated parmesan cheese

black pepper

1 8 oz block cream cheese

1 box pasta

## here's how

- 1 Spray crockpot with non-stick cooking spray.
- 2 Place chicken breasts in bottom of pot.
- 3 Pour in the dressing.
- 4 Lightly cover with grated parmesan and pepper.
- 5 Place block of cream cheese on top.
- 6 Cook on high for 4 hours or 5-6 hours on low.
- 7 Shred chicken with two forks right in the crockpot and mix sauce.
- 8 Cook pasta according to package directions, drain and add to pot.
- 9 Add a little more grated parmesan and pepper.
- 10 Serve!

# Quiche Lorraine

from Kathy Remetta

prep time

20 mins

cook time

1 hr

serves

6

## things you need

1 unbaked pie shell

2 tbsp butter, softened

4 eggs, beaten

2 c heavy cream

2 c shredded swiss cheese

12 slices cooked bacon, crumbled

1/8 tsp nutmeg

salt & freshly ground black pepper

## here's how

- 1 Preheat oven to 425 degrees.
- 2 Place unbaked pie crust in pie pan. Spread the butter over the pie crust.
- 3 Next put the crumbled bacon in the pie shell.
- 4 In a medium bowl add the heavy cream to the beaten eggs. Add the nutmeg, salt/pepper and cheese. Stir till combined. Gently pour the mixture over the bacon so as not to disturb the bacon.
- 5 Bake for 10 minutes, reduce heat to 325 degrees and bake another 45-50 minutes until knife inserted in middle comes out clean.
- 6 Serve warm.

## helpful notes

I make this every Easter and Christmas morning. Everyone loves it. You can substitute the cheese with your favorite—same with the bacon. This reheats up great. Enjoy!

# Sausage Egg Casserole

from Maureen Austin

prep time	cook time	serves
20 mins + refrigerate overnight	1 hr	6 - 8

## things you need

- 1 16 oz package of Tator Tots
- 2 c milk
- 4 eggs
- 1 tube of sausage  
crumble, cook and drain—I use Jimmy Dean
- 2 c shredded cheddar cheese
- kosher salt & fresh ground black pepper

## here's how

- 1 Layer greased pan with the cooked sausage.
- 2 Add the shredded cheese and Tator Tots.
- 3 Combine the eggs and milk and pour over the Tator Tots.
- 4 Refrigerate overnight.
- 5 Bake at 375 degrees, covered or 30-45 minutes. Remove cover and bake another 15 minutes.

# Sausage & Peppers

from Joanne Miraglia

prep time

15 mins

cook time

4 hrs

serves

6 - 8

## things you need

1 lg can Tuttorosso crushed tomatoes with basil

1 lg can of Contadina tomato sauce

2 lb sausage, cut into chunks

2 green peppers, sliced

salt, pepper, garlic & oregano  
sprinkle to taste

## here's how

- 1 In a skillet with olive oil, brown the sausage.
- 2 Remove from pan and then sauté the peppers.
- 3 Add sausage, peppers, tomatoes, sauce and all seasonings all to crock pot.
- 4 Cook 4 hours.
- 5 Enjoy!

# Slow Cooker Coconut Curry

from Krista Hart

prep time

20 mins

cook time

4 hrs

serves

4 - 6

## things you need

1 c water

1 lg head broccoli, cut into florets

1 med or lg sweet potato, peeled and cubed

1 med or lg potato, peeled and cubed

1 red pepper, diced

1 green pepper, diced

1 med white onion, diced

2 cloves garlic, minced

black pepper, freshly ground

1 tsp fresh ginger, minced

1 tsp red pepper flakes

1 tbsp ground turmeric

2 tsp tamari soy sauce

2 tsp salt

28 oz canned diced tomatoes

30 oz unsweetened coconut milk  
cooked jasmine rice (or any rice of  
your preference), for serving

fresh parsley, chopped, for serving

## here's how

- 1 Add the water, veggies, garlic, ginger, red pepper flakes, turmeric, tamari, salt, tomatoes, and coconut milk to a slow cooker. Stir to combine.
- 2 Cover and cook for 4 hours on high or 8 hours on low, until the potatoes are tender.
- 3 Serve the curry warm over rice. Garnish with parsley, if desired.



# Terri D's Turkey Burgers

from Terri DelloBuono

prep time

5 mins

cook time

15 mins

serves

3 - 5

## things you need

3 lbs ground turkey

2 egg whites

1/4 c breadcrumbs

1/4 c finely chopped onions

granulated garlic to taste

dried parsley to taste

1/4 c soy sauce

1 tbsp spicy mustard

crushed red pepper (optional)

## here's how

- 1 Thoroughly mix all ingredients together. If the meat seems too wet you can add a little more bread crumbs.
- 2 Form burgers (it helps if you keep your hands wet). Place on a plate sprayed with Pam.
- 3 Slide on BBQ grill.
- 4 Cook until done about 10 to 15 minutes.

# Tuscan Kale Pasta

from Val Brauckman (TelcoWorks)

prep time

5 mins

cook time

15 mins

serves

4 - 6



## things you need

150 g dried spaghetti

4 cloves of garlic

1 or 2 bunches of Tuscan kale

30 g parmesan cheese

30 g ricotta cheese

sea salt

freshly ground black pepper

## here's how

- 1 Cook the pasta in a pan of boiling salted water according to the packet instructions.
- 2 Meanwhile, peel the garlic. Tear the stems out of the Tuscan kale and discard, adding the leaves and the garlic to the pasta pan for 5 minutes.
- 3 Pour 1 1/2 tablespoons of EVOO into a blender, then finely grate in the parmesan.
- 4 Use tongs to carefully transfer the kale leaves and garlic straight into the blender and blitz for a few minutes until super-smooth. Taste and season to perfection with sea salt and black pepper.
- 5 Drain the pasta, reserving a mugful of cooking water.
- 6 Return it to the pan and toss with the vibrant green sauce, loosening with a splash of reserved cooking water, if needed, then divide between your plates.
- 7 Dot over the ricotta, drizzle with a tiny bit of EVOO, and tuck right in.

## helpful notes

I love to make this Jaimie Oliver recipe after a trip to the local Farmers Market or anytime I can find fresh Dinosaur or Tuscan kale. It is so green-tasting and garlicky, and a wonderful way to consume kale with my favorite food group – pasta. I added some shrimp to my recipe, but it's also a great vegetarian option. Super easy with a blender for the blanched kale, garlic and pasta water. I paired it this summer with a cold gazpacho soup – ingredients gathered from my trip to the farm market, and topped them both off with some fresh basil.

# Vodka Sauce

from Jen Warren

prep time

15 mins

cook time

1.5 - 2 hrs

serves

4 - 6

## things you need

4 cans of crushed tomatoes (28 oz)

3 - 4 cans of diced tomatoes (14 oz)

2 lg shallots diced

or one small onion

1 tbsp of crushed garlic

or 3 - 4 fresh cloves minced

4 tbsp of olive oil

1 12 oz can of tomato paste

30 halves of sun-dried tomatoes

chopped or julienned

I like a lot but you can use less

2 c vodka

cheap is fine - it gives more "bite" to the sauce

1 c sherry wine

1 c chicken stock

2 c heavy cream

or light cream if you prefer

2 - 3 pkgs diced ham or prosciutto

Cumberland Gap makes diced ham that you can usually find near the bacon or the packaged lunch meat section of the grocery store

1 - 2 tsp of hot sauce (tabasco)

depends on how spicy you want it

1 tsp salt

1 tsp pepper

1 tsp basil

crushed red pepper to taste

## here's how

- 1 Add the olive oil to bottom of pan and heat for 3-4 minutes on medium heat (until hot). Then add the shallots, sun dried tomatoes and garlic. Cook until softened, about 4-5 minutes. Then add the vodka and the sherry wine and cook, stirring frequently until reduced in half - for about 10 minutes depending on how hot your pan is. Add the chicken stock, stir, and cook for 5 minutes.
- 2 Then add the crushed and diced tomatoes. Season with basil, salt & pepper. Lower heat to medium-low and cook for about 40 minutes, stirring frequently.
- 3 Then add the ham/prosciutto, and the tomato paste. Add tabasco and crushed red pepper to taste. Reduce heat to low and cook another 30 minutes, stirring frequently. If making pasta, start to boil the water.
- 4 Finally, add the cream and stir in. Cook an additional 5-10 minutes, stirring frequently. Serve over pasta or pasta with chicken.

## helpful notes

Note - This recipe makes enough to freeze for other meals.

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# baking desserts sweets

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- 66 Sweet Potato Rolls

# Angel Food Christmas Candy

from Jack Caulk (MCS)

prep time

5 mins

cook time

20 mins

serves

lots

## things you need

- 1 c sugar
- 1 c dark corn syrup
- 1 tbsp white vinegar
- 1 tbsp baking soda
- 1 lb milk chocolate candy coating,  
melted

## here's how

- 1 In a heavy saucepan, combine the sugar, corn syrup and vinegar. Cook over medium heat, stirring constantly, until sugar dissolves. Cook without stirring until the temperature reaches 300° (hard-crack stage) on a candy thermometer. Do not overcook.
- 2 Remove from the heat and quickly stir in baking soda. Pour into a buttered 13x9-in. pan. Do not spread candy; mixture will not fill pan.
- 3 When cool, break into bite-size pieces. Dip into melted chocolate; place on waxed paper until the chocolate is firm. Store candy tightly covered.

## helpful notes

Jack totally stole this recipe from the internet!

# Apple Kuchen

from Mary Anne Jaquay

prep time  
20 mins

cook time  
45 mins

serves  
lots

## things you need

4 eggs

2 c sugar

2 c flour

2/3 c melted margarine

4+ apples

a few pats of butter

cinnamon & sugar to taste

## here's how

- 1 Beat eggs and sugar for 15 minutes with a stand or hand mixer.
- 2 Add flour and melted margarine. Beat just until all is incorporated.
- 3 Pour batter into greased 12x14 inch sheet pan.
- 4 Cover with thin sliced apples and sprinkle with a good amount of cinnamon and sugar mixture. Dot with small pieces of butter.
- 5 Bake at 375 degrees for about 45 minutes (check at 40 mins).

# Banana Muffins

from Breana Tavalario

prep time

20 mins

cook time

20 mins

serves

6

## things you need

1/2 c butter

1/2 c sugar

1 egg

1 c mashed bananas

1 tsp baking soda dissolved in 1 tbsp hot water

1 1/2 cups all-purpose flour

dash salt

1 tsp ground nutmeg

1/2 c chocolate chips

optional 1/2 c walnuts

## here's how

- 1 Preheat oven to 375 degrees.
- 2 In large bowl cream butter and sugar with electric mixer. Add and combine egg, mashed bananas and baking soda.
- 3 In smaller bowl combine flour, salt, and nutmeg.
- 4 Combine wet and dry mixture.
- 5 Add chocolate chips (and optional walnuts).
- 6 Spoon into prepared cupcake tray (and decorate top of each with walnut half). Bake for 20 mins.



# Bark

from Margie Sigmund

prep time

20 mins

cook time

20 mins

serves

lots

## things you need

saltine crackers (1 sleeve)  
2 sticks butter (or margarine)  
1/2 c sugar  
1/2 c brown sugar

1 bag Nestles Tollhouse Morsels  
milk or white chocolate  
sprinkles, jimmies, mini marshmallows  
or walnuts  
optional

## here's how

- 1 Preheat oven to 325 degrees.
- 2 Line large cookie sheet with aluminum foil.
- 3 Place 1 layer of saltines on cookie sheet.
- 4 Melt sugars and butter on medium heat until syrupy consistency.
- 5 Pour butter/sugar mixture over saltine and smooth/spread it over crackers as best you can.
- 6 Bake at 325 for 8-10 minutes until gold/light brown in color and bubbly.
- 7 Remove pan from oven and immediately scatter chocolate morsels on top; wait about a minute or two (this allows morsels to soften). Using spoon, spread/smooth melting morsels across all saltines.  
  
Optional: top with any of the following: sprinkles, jimmies, mini marshmallows or walnuts if desired.
- 8 Refrigerate until cooled (I usually leave in overnight or place in freezer if making during summer time).

Remove from pan, peel foil off bottom, and break into pieces (over sink - it's messy!) then serve and enjoy!!!

# Cinnamon Rolls

from Jill Tolotta

prep time

90 mins

cook time

10 mins

serves

lots

## things you need

1 pkg dry yeast (or 2 1/4 tsp)

1 c warm milk

1/2 c white sugar

1 stick butter, softened

1 tsp salt

2 eggs

4 c flour + more for kneading

1 c brown sugar

2.5 tsp cinnamon

cream cheese frosting

## here's how

- 1 For dough, dissolve yeast in milk in large bowl, then add sugar, 1/3 c butter, salt, eggs and flour.
- 2 Mix dough in bowl with wooden spoon, then knead. Put dough on lightly dusted cutting board, cover and left rise for 1 hour.
- 3 Roll dough out onto floured surface and form a rectangle (21"x16"). Preheat oven to 375 degrees.
- 4 Combine brown sugar and cinnamon in small bowl. Melt remaining butter and spread over surface of dough, then sprinkle the brown sugar/cinnamon over evenly.
- 5 Carefully (from long edge) roll the dough into a log. Cut into 1.75" slices and arrange in slightly greased pan.
- 6 Bake 10 minutes or until golden. After cooled, spread with icing.

# French Strawberry Pie

from Maureen Austin

prep time  
20 mins

cook time  
20 mins

serves  
6



## things you need

- 9 in baked pie shell
- 3 oz cream cheese (room temp)
- 1 qt fresh strawberries
- 1 c granulated sugar
- 3 tbsp cornstarch
- 1 c whipping cream (1/2 pint)

## here's how

- 1 Spread cream cheese (blended with sufficient whipping cream to soften) over the bottom of cooled baked pie shell.
- 2 Wash berries, hull them and drain well. Place half the berries in the bottom of cheese coated pie shell ends down (you can also cut in half or quarters for smaller pieces).
- 3 Mash the remaining berries and bring to boiling point. Slowly stir in sugar and cornstarch which has been mixed together. Cook slowly (about 10 mins) until thick enough to spread, stirring occasionally. Cool and pour over uncooked berries in the shell.
- 4 Place pie in the refrigerator until cold. Decorate with sweetened whipped cream and serve.

# "Healthy" Granola

from Robyn Henry

prep time

20 mins

cook time

25 mins

serves

lots

## things you need

4 c old-fashioned rolled oats

1 c raw pecan halves or roughly chopped walnuts

1/2 c raw pepitas (hulled pumpkin seeds)

1 tsp fine sea salt

1 tsp ground cinnamon

1/2 c melted coconut oil

1/2 c maple syrup or honey

I prefer dark honey

1 tsp vanilla extract

1/2 c dried cranberries

or I used other unsweetened dried fruit like figs or apricots

## here's how

- 1 Preheat the oven to 350 degrees. Line a large rimmed baking sheet with parchment paper. In a large bowl, combine the oats, pecans, pepitas, salt, and cinnamon. Stir to combine.
- 2 Pour in the coconut oil, maple syrup or honey, and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto the prepared baking sheet and use a large spoon to spread it into an even layer. Bake until golden, 21 to 23 minutes, stirring halfway. Don't worry- the granola will continue to crisp as it cools.
- 3 Let the granola cool completely, undisturbed, before breaking it into pieces and stirring in the dried cranberries or dried fruit. Store the granola in an airtight container at room temp for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months.

## helpful notes

I started making this recipe, from blogger Cookie and Kate, several years ago. It's become a big hit with my family as I usually give it to everyone at Thanksgiving. My mom and sister ask that I make it for them several times a year. My sister requires that it be gluten free so I use gluten free oats for her. I've also make it more "Fall like" by using pumpkin spice seasoning sometimes. Enjoy!

# Jewish Apple Cake

from Maureen Austin

prep time

20 mins

cook time

1 1/2 hrs

serves

lots



## things you need

3/4 c sugar

1 tsp cinnamon

4 c flour

2 c sugar

4 tsp baking powder

1 tsp salt

1 c orange juice

1 c oil

4 eggs

4 med apples (peeled and sliced thin)

2 1/2 tsp vanilla

## here's how

- 1 Stir together the 3/4 c sugar and 1 tsp cinnamon and set aside.
- 2 Mix, flour, sugar, baking powder and salt. Make a well in the bowl, add orange juice, oil, eggs and vanilla. Beat well.
- 3 Arrange half of the sliced apples over the batter and sprinkle with the sugar and cinnamon mixture.
- 4 Add rest of the batter and top with remaining apples and sugar and cinnamon mixture.
- 5 Bake at 350 degrees for an hour to 1 1/2 hours.

## helpful notes

Note – You can substitute fresh blueberries instead of using apples. Use about a pint to a pint and a half of fresh blueberries. You can also freeze the cake and use for a later date. Takes about 3 hours to completely thaw.

# Lemon Cream Cheese Pound Cake

from Martha Keen

prep time

20 mins

cook time

1 1/2 hrs

serves

lots

## things you need

3 c sugar

1 1/4 c margarine, softened (2 1/2 sticks)

1 8 oz pkg cream cheese, softened

1 tbsp lemon juice

2 tsp vanilla

1 tsp lemon extract

1/2 tsp orange extract

1/8 tsp salt

6 eggs, room temperature

3 c cake flour

## here's how

- 1 Heat oven to 325 degrees. Grease and flour a 10 x 4 tube pan. Beat sugar, margarine and cream cheese in large bowl on medium speed until fluffy. Beat in lemon juice, vanilla, lemon extract, orange extract and salt. Beat in eggs, one at a time. Add cake flour and beat until smooth. Spread batter in pan.
- 2 Bake for 1 hour and 30 minutes or until golden brown. Test with toothpick. Cool in pan for 10 minutes. Remove and cool completely on wire rack.

# Mini Lemon Cream Tarts (hard)

from Stephanie Lewis

prep time

15 mins

cook time

1 hr fridge +  
15 finishing

serves

lots



## things you need

2 frozen pkgs mini tart shells

1 standard pkg has 15 individual shells

1 10 oz jar lemon curd\*

or homemade which will significantly increase total time

\*see next page for homemade recipe

1 16 oz container Pillsbury cream cheese icing\*\*

or homemade which will increase total time a little

\*\*see next page for homemade recipe

whipped cream

sprinkles/other decorations

If desired

mini baking cups

## here's how

- 1 In the bowl, mix lemon curd & cream cheese icing well. Standard proportions would favor
- 2 Place mini tart shells in container/s/ that will go in refrigerator.
- 3 Use teaspoon to fill each tart with mixture (each should be approximately 2 thirds full).
- 4 Cover & refrigerate at least an hour.
- 5 Remove approximately 15 minutes before serving to give you time to decorate.
- 6 Top each tart with a tiny dollop of whipped cream & any decorations.\*\*\*
- 7 Serve immediately.

## helpful notes

\*\*\*Some artificially colored decorations, i.e. silver sprinkles could discolor the whipped cream if left on a long time before serving.

These mini tarts are so versatile! Substitute with leftover pumpkin pie filling, among other things, to mix with the cream cheese icing!

# Mini Lemon Cream Tarts (easy)

from Stephanie Lewis

prep time

15 mins

cook time

6 mins + 20  
mins fridge

serves

lots

## things you need

homemade lemon curd:

from allrecipes.com

3/4 cup fresh lemon juice

1 tbsp grated lemon zest

3/4 c fresh lemon juice

3 eggs

1/2 cup unsalted butter, cubed

homemade cream cheese icing

from Food Network:

4 oz unsalted butter, softened

4 oz cream cheese, softened

Ok to substitute with low fat cream cheese, not fat free

2 c powdered sugar

1 tsp vanilla extract

## here's how

- 1 For the lemon curd (about 45 mins to make):

Make it at least 1 hour before everything else so it can be refrigerated & be brought out to warm up (15 minutes) before usage.

In a medium sauce pan, combine all ingredients. Cook over medium-low heat until thick enough to hold marks from whisk & first bubble appears on surface (about 6 minutes). Refrigerate at least 20 minutes ahead of using in Mini Lemon Cream Tarts recipe & when finished using it.

- 2 For the cream cheese icing (15 mins to make):

In a large bowl, beat together the butter & cream cheese with the mixer. Once well mixed, on low speed, add the powdered sugar a cup at a time until smooth & creamy. Beat in vanilla extract. Keep out until finished using for Mini Lemon Cream Tart recipe, then refrigerate in container/jar with lid.



# Peanut Butter Bars with Ganache

from Maureen Austin

prep time

20 mins

cook time

15 mins

serves

lots

## things you need

For the crust:

1 box Devil's food cake mix

1/3 c butter

1 egg

For the peanut butter layer:

3/4 c butter

3/4 c peanut butter

1 tsp vanilla

1 lb powdered sugar (about 3 c)

2 tbsp milk

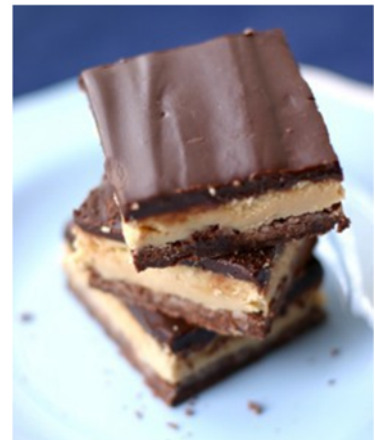
3/4 c honey roasted peanuts, chopped  
optional

For the ganache:

1/2 c whipping cream

1 c semi-sweet chocolate chips

1 c milk chocolate chips



## here's how

- 1 In a large bowl, mix together the cake mix, egg, and butter. Press into the bottom of a 9x13 inch pan. Bake in a preheated oven to 350 degrees for 12 minutes. Remove from oven and allow to cool completely.
- 2 In a large bowl, mix together all of the ingredients for the peanut butter filling until it is thick and smooth. Spread onto cooled chocolate crust, patting the top down evenly to prepare for the ganache frosting.
- 3 Pour the chocolate chips and whipping cream into a microwave-safe bowl. Microwave for about 60 seconds, then whisk. Microwave again for 30 seconds or so, then whisk again, until the mixture creates a smooth, thick chocolate sauce. Spread chocolate on top of peanut butter frosting. Allow all layers to set and cool completely before serving, about 2-3 hours. Cut into squares to serve.

# Salted Pretzel Cowboy Party Cookies

from Yolanda Gamboa

prep time

20 mins

cook time

10 mins

serves

lots



## things you need

2 sticks (1 c) salted butter at room temp

3/4 c dark brown sugar

1/4 c granulated sugar

2 lg eggs, at room temp

1 tbsp vanilla extract

1 3/4 c + 2 tbsp all-purpose flour

1 tsp baking soda

1/2 tsp ground cinnamon

optional

1/2 tsp kosher salt

1 1/2 c old fashioned oats

1 1/2 c shredded unsweetened coconut

1 1/2 c pecans or walnuts  
optional

1/2 - 1 c semi-sweet chocolate chunks

1 c mini pretzel twists, crushed

flaky sea salt, for sprinkling

## here's how

- 1 Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, beat together the butter, brown sugar, and granulated sugar until combined. Beat in the eggs, 1 at a time, until combined. Add the vanilla, beating until creamy. Add the flour, cinnamon (if using), baking soda, and salt. Fold in the oats, coconut, nuts, and chocolate chunks.
- 3 Roll the dough into rounded 2 tablespoon size balls. Place 3 inches apart on the prepared baking sheet. Gently push a few crushed pretzel pieces into each dough ball, then flatten the dough ball down with the palm of your hand to 1/2 inch thickness.
- 4 Transfer to the oven and bake for 5 minutes. Remove the pan from the oven and tap the baking sheet on the counter 3 times to flatten them down. Return to the oven and bake another 4 minutes or until the cookies are just beginning to set on the edges, but still doughy in the center. Remove from the oven and tap the baking sheet on the counter 2-3 times to flatten them down again. Let the cookies cool on the baking sheet. They will continue to cook slightly as they sit on the baking sheet. Sprinkle with flaky salt.
- 5 Eat warm (highly recommended) or let cool and store in an airtight container for up to 4 days.

# Scones/Irish Soda Bread

from Margie Sigmund

prep time

20 mins

cook time

1 hr

serves

makes 2 loaves

## things you need

4 c flour

3/4 c sugar

1 tbsp baking powder

1 tsp baking soda

1 tsp salt

2 c raisins

can do 1 cup of each golden and regular

2 eggs

2 c buttermilk

2 tbsp melted butter

## here's how

- 1 Preheat oven to 350 degrees.
- 2 Mix dry ingredients. Stir in raisins.
- 3 In separate bowl, combine eggs, butter, milk, melted butter. Add to dry mixture. Mix well (you will NOT be able to use a hand mixer).
- 4 Pour batter into two 9 X 5 loaf pans or three smaller loaf pans. (First spray pans with Pam or grease and flour them.)
- 5 Bake at 350 degrees for 1 hour.

# Super Delicious Easy Brownies

from Debra Ann O'Connor

prep time

20 mins

cook time

20 mins

serves

12

## things you need

1/2 cup (1 stick) of salted butter

2 lg or xl eggs

1 tsp vanilla extract

1 c sugar

1/2 c unsweetened cocoa power

1/2 c all purpose flour

1/4 tsp salt

1/4 tsp baking power

## here's how

- 1 Preheat oven to 350 degrees.
- 2 Melt butter and allow to cool down. Add 2 eggs to butter and whisk but only after butter has cooled. Add vanilla to egg/butter mixture and whisk.
- 3 In a medium size bowl mix: sugar, unsweetened cocoa powder, flour, salt and baking powder together.
- 4 Pour melted butter, sugar and vanilla mixture into bowl containing dry ingredients listed in step 2 and mix thoroughly.
- 5 Pour brownie batter into an 8 inch pan lined with wax paper and cook for 20 minutes. When you smell the chocolate, you should check on your brownies. Test by sticking a tooth pick in the middle of brownies. Note: Ovens and pans cook differently.
- 6 Enjoy these delicious quick and super easy to make brownies!

# Sweet Potato Rolls



from Beth Jarrett

prep time

90 mins

cook time

15 mins

serves

makes 16 rolls

## things you need

1 pkg active dry yeast

1 tbsp white sugar

1/2 c warm water (110 degrees)

3 tbsp light brown sugar

3/4 c sweet potato

3 tbsp butter, softened

1 tsp salt

2 eggs

3 1/2 c flour

I use a mix of AP flour and whole wheat flour

## here's how

- 1 Cut slices into the sweet potato, place on parchment paper and put in a cold oven set to 425 degrees. Turn the potato after 30 minutes and cook until soft.
- 2 Dissolve yeast, warm water and 1 tbsp white sugar in mixing bowl for 10 minutes so the yeast can bloom.
- 3 Add the light brown sugar, sweet potato, butter, salt and slightly beaten eggs and stir to mix well.
- 4 Add flour in gradually and mix until 3 cups are added and then knead for 3 minutes and shape into a ball.
- 5 Put dough in a oiled bowl, cover and let rise for 1 hour or longer.
- 6 Punch the dough down and let rest for 2 minutes. Divide into 16 balls and place inside a greased 9X13 pan. Allow to rise until doubled.
- 7 Bake at 375 degrees for 15 minutes. When they come out of the oven put butter on top of the rolls and serve warm!

# puppy treats

67 Bowser's Pumpkin Ginger Dog Cookies

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# Bowser's Pumpkin Ginger Dog Cookies

from Krista Hart

prep time

20 mins

cook time

20 - 25 mins

serves

lots of puppies

## things you need

2 c millet or almond flour

any gluten-free flour will do

1 tsp freshly minced ginger (or 2 tsp dry ginger)

1/2 c unsweetened canned pumpkin  
NOT pumpkin pie filling

1/4 c unsweetened applesauce

1 tbsp coconut oil, melted  
spoonful of honey



## here's how

- 1 Preheat oven to 325 degrees.
- 2 Combine pumpkin, applesauce, coconut oil and honey. Add the flour and ginger into the pumpkin mixture and mix until crumbly.
- 3 If dough is too dry, add water or more applesauce slowly. If dough is too wet, add more flour slowly.
- 4 Spoon batter on a non-stick baking sheet two inches apart.
- 5 Bake until bottoms are lightly browned – 20/25 minutes. Cookies will be soft.
- 6 Cool on a wire rack. Store in airtight container in fridge or freezer.

## helpful notes

Great for dogs with sensitive stomachs and a perfect snack before bed!

# Milo's Peanut Butter Doggie Treats

from Kathy Remetta

prep time

20 mins

cook time

20 - 25 mins

serves

lots of puppies

## things you need

2/3 c pumpkin puree

1/4 c peanut butter

2 lg eggs

2 1/2 - 3 c whole wheat flour



## here's how

- 1 Preheat oven to 325 degrees. Line a baking sheet with parchment paper.
- 2 In a bowl, beat the pumpkin puree, peanut butter and eggs on medium-high until well combined, about 1-2 minutes. Gradually add 2 1/2 cups flour at low speed, beating just until incorporated. Add an additional 1/4 cup of flour at a time until the dough is no longer sticky.
- 3 Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to 1/4" thickness. Using cookie cutters, cut out desired shapes and place onto the prepared baking sheet.
- 4 Place into oven and bake until the edges are golden brown, about 20-25 minutes.
- 5 Let cool completely.



# Puppy Pops

from Kathy Remetta (from my sister Caela's recipes)

prep time

5 mins +  
1 hr freeze  
time

cook time

1 hr freeze  
time

serves

Lots of puppies

## things you need

bananas

## here's how

- 1 Freeze bananas then mix in blender.
- 2 Shape them or put in molds and freeze again until firm.

## helpful notes

Careful not to over mix or they will melt very quickly.

Bimini's favorite snack!



# Second Hand 7 Meatballs

from Kathy Remetta (from my sister Caela's recipes)

prep time

5 mins

cook time

45 mins

serves

lots of puppies

## things you need

1 lb ground turkey, chicken or lean beef  
(or a combination)

1/2 - 1 c old fashioned oats

1/2 c grated carrot

dash of yellow mustard

dash of Worcestershire sauce



## here's how

- 1 Mix all together and form meatballs.
- 2 Place on foil on baking sheet and bake at 350 degrees for about 45 minutes until cooked through and browned.

## helpful notes

Meatballs can be frozen. You can also roll in crushed kibble before baking and can add a little more or less carrot.

The 2nd Hand 7 are: Bimini, Piglet, Gussie, Winnie, Lucy, Rosie & Huck Finn. All pitbulls/pitbull mixes rescued by my sister. They all love these meatballs!