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## Artichoke Heart Frittata

- 1 cup sliced artichoke hearts, drained
- 2/3 cup chopped onion
- 2/3 cup chopped red or green bell pepper
- 1 cup chopped zucchini
- 1 teaspoon minced garlic
- 2 Tablespoons olive oil
- 5 large eggs
- 1/3 cup milk
- 1/2 teaspoon salt
- Dash pepper
- 1 1/2 cups soft bread crumbs
- 1 (8 ounce) package cream cheese, cut into cubes
- 1 cup shredded cheddar cheese

Preheat oven to 350 degrees F. Sauté onions, peppers, zucchini and garlic in the oil until crisp tender. Be sure to cook long enough to release the liquid from the onion and zucchini.

In a mixing bowl, beat the eggs with the milk, salt and pepper. Add the artichoke hearts, cooked mixture, bread crumbs, cream cheese cubes and cheddar cheese. Combine lightly-keeping the cream cheese in cubes.

Pour into a well buttered quiche or baking dish. Bake for 45 minutes or until frittata is set in the center and lightly browned. Cool slightly.

Teddy Wells

## Baked Bolognese

For the tomato sauce:

3 Tablespoons extra virgin olive oil

1 1/2 to 2 pounds ground beef

4 large garlic cloves, minced

2 teaspoons dry oregano

Couple of dashes red chili flakes

1 (28 ounce) can whole peeled tomatoes

Sugar

Salt and freshly ground pepper

For the béchamel:

1/2 stick butter

1 large onion

3 Tablespoons all purpose flour

1 1/2 cups whole milk, warmed

Dash ground nutmeg

2 cups grated three cheese blend

1 pound par cooked rigatoni

Preheat the oven to 350 degrees F. Lightly oil a 9x13 inch baking dish.

Add the oil to a large skillet over high heat. Add the ground beef and sauté, breaking up the meat into crumbles as it cooks. Add garlic, oregano and chili flakes and cook a couple of minutes. Add tomatoes and season to taste with sugar, salt and pepper.

Simmer for 10 minutes.

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# Baked Bolognese

continued

For the béchamel:

In a large saucepan, melt butter over medium-high heat until bubbling. Add onions and sauté until translucent. Sprinkle with flour, stirring constantly and cook until the mixture begins to thicken. Gradually whisk in milk and nutmeg and cook until smooth, thick and creamy.

Combine the meat sauce and the pasta. Pour half the pasta into the prepared dish. Spoon half the béchamel over the pasta and top with half the cheese. Repeat with the remaining ingredients. Bake 30-45 minutes until browned and bubbly.

Serves 10-12

Stephanie Roberston

## Beef and Barley Vegetable Stew

1-2 Tablespoons olive oil	1 pound mushrooms quartered
1 ½ pounds beef stew meat	4 cups water
1 teaspoon kosher salt	1 quart beef stock
Freshly ground pepper	2 Tablespoons Worcestershire sauce
1 pound chopped onions	Chopped parsley
2 bay leaves	
2 thyme sprigs	
2 Tablespoons tomato paste	
1 pound peeled thick slices carrot	
1 pound peeled chopped turnip	
¾ cup pearl barley	
4 cloves garlic	

Heat oil in Dutch oven or large stock pot over medium heat. Sprinkle beef with ½ teaspoon salt and pepper. Add beef in batches. Sauté 10 minutes or until browned. Remove from pan. Add onion, bay leaves and thyme sprigs to pan. Cover; Reduce heat and cook 10 minutes, stirring occasionally. Uncover, stir in tomato paste.

Increase heat to medium high. Add carrot, turnips, barley, garlic, and mushrooms; sauté 3 minutes. Add beef, ½ teaspoon salt, water, broth and Worcestershire sauce bring to a boil. Reduce heat; simmer, covered, for 1 ½ hours, stirring occasionally. Discard bay leaves and thyme sprigs. Garnish with parsley.

Sue Buttera

## Chicken and Vegetable Cream Soup

2 Tablespoon butter  
2 Tablespoons olive oil  
1 onion, diced  
5 stalks celery, diced  
1 clove garlic, minced  
1/4 cup flour  
6 cups chicken stock  
2-3 cups half and half  
3-4 cups cubed cooked chicken  
1 large potato, peeled and cubed  
1 cup carrots, diced  
1 (15 ounce) can corn  
1 Tablespoon fresh sage leaves, chopped  
1 Tablespoon fresh parsley, chopped  
Dried cranberries and sliced toasted almonds for garnish

Sauté onion, celery and garlic in butter and oil until onions are translucent. Add flour and cook on low heat, stirring 2-3 minutes. Whisk in stock and half and half. Add chicken, potato cubes, corn herbs and salt and pepper to taste. Simmer slowly without boiling for 15 -20 minutes. Adjust seasonings.

Serves 15-20

Teddy Wells

## Chicken-itza

6 boneless chicken breasts (2-2 1/2 pounds)  
3 limes, juiced  
1/2 bunch of fresh cilantro, stemmed and chopped  
12 ounces of mild chunky salsa  
8 ounces Monterey Jack cheese, grated

Combine lime juice with chopped cilantro and marinate chicken breasts at least one hour.

Preheat oven to 350 F. Oil a baking dish and place chicken with the marinade into the dish. Top each breast with ample amount of salsa; cover and bake 30-40 minutes. Remove cover top each breast with grated cheese and return to oven; bake 10 minutes more or until cheese has melted.

Serves 6

Ann Lehman



## Chili for a Crowd

- 1/2 cup best-quality olive oil
- 1 3/4 pounds yellow onions, coarsely chopped
- 2 pounds sweet Italian sausage meat, removed from casings
- 8 pounds beef chuck, ground
- 1 1/2 Tablespoons freshly ground black pepper
- 4 cans, (6 ounces each) tomato paste
- 3 Tablespoons minced fresh garlic
- 3 ounces ground cumin
- 4 ounces plain chili powder
- 1/2 cup Dijon-style mustard
- 4 Tablespoons salt (or to taste)
- 4 Tablespoons each dried basil and dried oregano
- 6 pounds canned Italian tomatoes drained (about 5 cans, each 2 pounds 3 ounces before draining)
- 1/4 cup freshly squeezed lemon juice
- 1/2 cup chopped fresh dill
- 1/3 cup chopped fresh parsley
- 3 cans, 16 ounces each dark red kidney beans, drained
- 4 cans 5 1/2 ounces each pitted black olives drained

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## Chili for a Crowd

continued

Heat oil in a very large soup kettle (12 quarts). Add onions and cook over low heat until translucent, about 10 minutes.

Combine the sausage and ground chuck into the kettle and cook over medium high heat, stirring often, until meat is well browned. Spoon out any excess fat.

Over low heat stir in black pepper, tomato paste, garlic, cumin, chili powder, mustard, salt, basil and oregano. Add drained tomatoes, lemon juice, dill, parsley and drained beans. Stir well and simmer uncovered for 15 minutes. Taste and correct seasonings. Serves 35-40

adapted from *The Silver Palate Cookbook* by Julee Rosso & Sheila Lukins

## Chili Relleno Casserole

1 (1 pound 11 ounce) can whole Ortega chilies, drained  
8-12 ounces Colby Jack cheese, shredded  
1 cup low fat cottage cheese  
¾ cup unbleached flour  
1 cup milk  
6 large eggs  
1 teaspoon cumin  
½ teaspoon salt  
sour cream, guacamole or salsa as accompaniment

Butter a 9x2x13 inch baking dish. Preheat oven to 375 degrees F.

In a large mixing bowl or food processor, combine cottage cheese, flour, milk, salt and cumin.

Add eggs, one at a time, until well blended.

Open each chili. Divide chilies and cheese into thirds. Layer one third of the chilies into prepared baking dish. Cover with one third of the cheese.

Repeat layers two more times. Pour egg mixture over chilies and cheese.

Bake 40 minutes until set and lightly browned.

Serves 9-12

Peggy Lunde

## Coco's Mac 'n Cheese

- 1 pound elbow Macaroni
- 1 Tablespoon butter
- 1 Tablespoon olive oil
- ¼ cup flour
- 1 quart 2% milk, scalded
- 1 pound Sharp Cheddar cheese, cubed
- 1 teaspoon kosher salt
- ¼ teaspoon ground nutmeg

Heat the butter and oil in a large skillet or sauté pan. Add the flour and cook the mixture over medium heat whisking constantly for 15-20 seconds.

Do not burn. Add the scalded milk to the flour mixture. Bring to a boil and continue stirring until mixture thickens slightly. Reduce heat to low.

Add cubed cheese, salt and nutmeg; mix well and turn off heat. Cover and allow cheese to melt stirring occasionally another 5-10 minutes.

Bring 5 quarts of water to a boil in a large pot. Add the macaroni and boil the pasta for about 7-8 minutes until al dente. Drain penne into a colander.

Mix the macaroni and the cheese sauce. Transfer it to a buttered au gratin or baking dish.

The dish may be cooled, covered refrigerated or frozen at this point.

Bake for 20 minutes until hot and bubbling (slightly longer if the dish has been refrigerated or frozen).

Peggy Lunde

## Corn Casserole

- ½ cup margarine
- 1 (17 ounce) can cream style corn
- 1 (17 ounce) can corn including liquid
- 1 (8 ½ ounce) box Jiffy Cornbread Mix
- 2 eggs lightly beaten
- 1 cup sour cream
- 1 cup grated sharp cheddar cheese

Preheat oven to 350 degrees F.

Melt margarine in a 9x2x13 inch baking dish. Add both cans of corn and cornbread mix. Gently mix with a fork. Drop sour cream by tablespoonful on top of corn mixture. Fold in gently. Sprinkle cheeses evenly over the top. Bake 30-35 minutes or until corn casserole is firm and lightly browned. Cool slightly before serving. This casserole is also good at room temperature.

Sue Buttera

## Corned Beef & Cabbage with Root Vegetables

6-7 pounds corned beef  
1 onion stuck with 4 cloves  
3 bay leaves  
4-5 celery ribs with leaves  
3 teaspoons peppercorns  
1 ½ pounds carrots, peeled  
1 ½ pounds small white rose potatoes, peeled  
1 ½ pounds rutabagas, peeled and quartered  
2 large cabbages, wedged  
Chopped parsley

Place corned beef, onion, bay leaves, celery ribs and peppercorns in a large stockpot. Cover with water and bring to a boil. Reduce heat and simmer about 3-4 hours or until meat is tender but not falling apart. Add carrots, potatoes and rutabagas. Cook vegetables 30-40 minutes more. Add wedged cabbage and cook 5-10 minutes more. Arrange vegetables on a platter with sliced corned beef. Garnish with chopped parsley. Serve with English style mustard and creamed horseradish sauce.

Serves 10-12

Peggy Lunde

## Country Chicken Casserole

4 cups cooked chicken breast, cooled and cubed  
2 Tablespoons lemon juice  
¾ cup mayonnaise  
1 teaspoon salt  
2 cups chopped celery  
¾ cup cream of chicken soup  
1 teaspoon finely chopped white onion  
4 hard cooked eggs, chopped  
1 cup grated cheddar cheese  
1 ½ cups crushed potato chips  
¾ cups slivered almonds, toasted

Combine all ingredients except cheese, chips and almonds. Place chicken mixture in a well oiled 9x2x13 baking dish. Top with cheese, chips and almonds. Cover and let stand in refrigerator overnight. Remove casserole from refrigerator and bring to room temperature (about an hour). Preheat oven to 400 degrees F. Bake 20-30 minutes or until heated through.

Gerry Nack

## Country Chicken Casserole

4 cups cooked chicken breast, cooled and cubed  
2 Tablespoons lemon juice  
¾ cup mayonnaise  
1 teaspoon salt  
2 cups chopped celery  
¾ cup cream of chicken soup  
1 teaspoon finely chopped white onion  
4 hard cooked eggs, chopped  
1 cup grated cheddar cheese  
1 ½ cups crushed potato chips  
¾ cups slivered almonds, toasted

Combine all ingredients except cheese, chips and almonds.  
Place chicken mixture in a well oiled 9x2x13 baking dish. Top with cheese, chips and almonds. Cover and let stand in refrigerator overnight.  
Remove casserole from refrigerator and bring to room temperature (about an hour). Preheat oven to 400 degrees F. Bake 20-30 minutes or until heated through.

Gerry Nack



## Creamy Mac, Chicken and Cheese

- 2 Tablespoons unsalted butter, plus more for buttering the baking dish
- 1/2 pound short bite size pasta such as penne, ziti, shells or bow ties
- 2 teaspoons Kosher salt or to taste
- 2 Tablespoons olive oil
- 1 large yellow onion
- 2 cloves garlic, minced
- 2 cups milk
- 2 cups half and half
- 3-4 cups cooked chicken (from a whole roasted chicken)
- 2 cups shredded sharp Cheddar cheese (8 ounces)
- 1/2 cup grated Parmesan cheese
- 8 ounces spinach, washed, stemmed, drained (about 4 cups)
- 2 Tablespoons fresh Marjoram, chopped
- 1-2 Tablespoons Tabasco Sauce
- 1 Teaspoon freshly ground pepper or to taste

Preheat the oven to 350 degrees F. Lightly butter a 9x13 inch pan. Bring a large pot of salted water to boil. Add the pasta, cook and stir until al dente. Drain and add pasta to a large bowl. Drizzle with 1 tablespoon of the oil to coat and set aside.

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## Creamy Mac, Chicken and Cheese continued

Add remaining oil in a large skillet over moderate heat. Add the onion and cook stirring occasionally until translucent. Add the garlic and cook one minute longer without browning the garlic.

Stir in the milk and cream, reduce the heat to low and simmer until the sauce is reduced by half, stirring occasionally and sauce thickens enough to coat the back of a spoon, about 20 minutes.

Remove the sauce from the heat and add the chicken, cheddar, Parmesan, spinach, marjoram, hot sauce, salt and pepper to taste. Stir until the cheese has melted and the spinach is wilted. Pour into the bowl with the pasta and toss to coat. Adjust seasonings.

Transfer the pasta to the prepared baking dish and bake 45 minutes or until the sauce is bubbly and the edges of the pasta are slightly browned.

Let the pasta rest about 10 minutes before serving.

Serves 8-10

Stephanie Robertson

## Layered Chicken Enchilada

2 packages (3 ounces each) cream cheese, softened  
1 medium onion, chopped  
6 green onions, chopped  
2 cups shredded Mexican cheese blend  
2 cloves garlic, minced  
1/2 teaspoon ground cumin  
1 Tablespoon cilantro, chopped  
3 cups cooked chicken, cubed  
1/4 cup butter  
1/4 cup flour  
1 1/2 cups chicken stock  
1 cup shredded Monterey Jack cheese  
1 cup sour cream  
1 (4 ounce) can chopped green chilies, drained  
Salt and pepper to taste  
12 corn tortillas (6 inch), halved or quartered

In a medium bowl, combine cream cheese, onions, Mexican cheese blend, garlic, cumin and cilantro. Stir in chicken and set aside.

In a saucepan, melt the butter. Stir in flour until smooth. Add broth and bring to a boil. Cook and stir for 2-3 minutes or until thickened. Remove from heat and add Monterey Jack cheese, sour cream, chilies and salt and pepper.

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## Layered Chicken Enchilada

continued

Spread 1/2 cup of the cheese sauce in a greased 9x13-inch baking dish. Top with 6 tortilla halves, a third of the chicken mixture and a fourth of the cheese sauce. Repeat tortilla, chicken and cheese layers ending with cheese sauce and Mexican cheese.

Cover and bake at 350 degrees F. for 30 minutes. Uncover and bake additional 10 minutes or until heated through. Let stand 5 minutes before cutting.

Serves 12

Teddy Wells

## Macaroni with Sweet Onions

- 4 thick slices of bacon (about 1/4 pound)
- 3 Tablespoons unsalted butter
- 1 small sweet onion chopped such as; Walla Walla, Vidalia, Hawaiian etc.
- 1 1/2 cups fresh bread crumbs
- 1 1/2 teaspoons fresh thyme, chopped
- 3/4 teaspoon kosher salt
- Freshly ground pepper
- 1 pound macaroni
- 3 Tablespoons flour
- 2 cups low fat or skim milk
- 1 pound (4 cups) shredded sharp cheddar cheese

Preheat oven to 350 degrees F. Grease a 1 1/2 quart baking dish with butter.

In a frying pan over medium heat, fry bacon until crisp. Drain on a paper towel then chop coarsely. Discard all but 1 Tablespoon of the drippings. Return the skillet to medium high heat and add 1 tablespoon of the butter. When it melts, stir in the onion and cook, stirring often, until golden, 3-4 minutes. Stir in the bread crumbs, bacon, thyme and 1/4 teaspoon each of the salt and pepper. Remove from heat.

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## Macaroni with Sweet Onions

continued

Meanwhile, bring a large saucepan of water to a boil. Add salt to taste and the macaroni, stir well, and cook until al dente, about 8-10 minutes. Drain well and pour into the prepared baking dish.

In a small saucepan over medium heat, melt the remaining 2 tablespoons of butter. When it melts whisk in the flour and continue whisking for 1 minute. Gradually whisk in the milk until smooth. Simmer, stirring occasionally, until lightly thickened, about 2-3 minutes. Whisk in the cheese until melted and smooth. Add the remaining salt and pepper and pour over the macaroni. Sprinkle evenly with the bread crumb mixture.

Bake until lightly browned and the mixture is bubbling, 35-40 minutes. Serve hot from the dish.

Serves 8-10

Stephanie Robertson

## Olive and Sun-Dried Tomato Baked Chicken

- 1 (8 ounce) jar oil-packed sun-dried tomato halves
- 1 ¼ cup fat free less sodium chicken broth
- 2/3 cup Kalamata olives, pitted
- 2 Tablespoons chopped fresh parsley
- 1 Tablespoon capers
- 1 teaspoon fresh chopped thyme
- 1 teaspoon fresh chopped rosemary
- 1 teaspoon balsamic vinegar
- 1 minced garlic clove
- 4 (6 ounce) boneless, skinless chicken breasts
- Parmesan cheese

In a sieve over a bowl, drain the tomatoes reserving oil. Place 1 ½ Tablespoon reserved oil into a food processor fitted with the steel blade. Coarsely chop 2/3 cup drained tomatoes and add to processor. Reserve remaining tomatoes and oil for another use. Add broth and next 7 ingredients (through garlic) into the processor; process until smooth.

Preheat oven to 350 degrees F. Place chicken breasts in an oiled baking pan. Cover each breast with the sun-dried tomato mixture (extra sauce may be frozen). Bake chicken for 30 minutes. Sprinkle with Parmesan cheese and heat until melted.

Serves 4

Sue Buttera

## Rolled Pasta with Pesto

1 pound carton ricotta  
1 ½ cups fresh grated Parmesan  
cheese  
1 cup fresh grated mozzarella  
½ cup fresh chopped parsley  
½ cup chopped green onion  
1 egg  
1 ½ teaspoon fresh marjoram  
1 clove minced garlic  
1 ½ teaspoon minced fresh basil  
salt and freshly ground pepper  
¾ pound lasagna noodles, cooked  
al dente and cooled

Pesto sauce:  
2 cups lightly packed fresh basil  
¼ cup freshly grated Parmesan  
cheese  
2 cloves garlic, halved  
¼ cup pine nuts  
salt and pepper to taste  
1 cup olive oil

Place all sauce ingredients, except oil in food processor and process. Add the oil while the processor is running. Correct seasoning, if necessary. Preheat oven to 350 degrees F. Grease 2- 2 ½ quart baking dish. Combine ricotta, Parmesan, mozzarella, parsley, green onion, egg, marjoram, garlic, basil, salt, and pepper. Mix well. Spread a portion over each lasagna noodle separately. Roll each individual noodle jelly roll style and set vertically in baking dish. Pour pesto sauce over the top. Cover and bake 10 minutes, then uncover and cook for 20 minutes or until is bubbly. (Can be made ahead and cooked when ready to serve.)

Teddy Wells



## Marinated Chicken with Herbs

(Served at the Seder dinner.)

8 (6 ounce) boneless, skinless chicken half  
breasts (3 pounds)  
¼ cup olive oil  
¼ cup balsamic vinegar  
¼ cup dry sherry  
4 large garlic cloves, crushed  
1 teaspoon dried oregano  
2 large bay leaves  
12-16 large stuffed green olives (8 ounces)  
2 tablespoons capers  
6-8 prunes, quartered (2 ounces)  
8-10 dried apricots, sliced (2 ounces)  
salt and pepper to taste

Arrange the chicken breasts in a single layer in a baking pan. Salt and pepper the breasts lightly. Combine the remaining ingredients and pour over the breasts. Cover and refrigerate overnight.

Preheat the oven to 325 degrees F. Bake the chicken for 30-35 minutes uncovered, until juices run clear, basting with juices half way through cooking time. Remove bay leaves.

Serve on a platter with juices, including dried fruit and olives to garnish.

Peggy Lunde

## Sesame Baked Chicken

- 8 boneless and skinless chicken breasts
- 1 cup butter
- ½ teaspoon dried tarragon
- 3 Tablespoons lemon juice
- 3 cups bread crumbs
- ½ cup chopped fresh parsley
- ½ cup sesame seeds
- 3 Tablespoons Lawry's Seasoned salt

Melt the butter and add the tarragon and lemon juice. In another bowl, mix together the bread crumbs, parsley, sesame seeds and seasoned salt. Dip the chicken in the butter mixture and then roll in the breadcrumb mixture. Arrange the breasts on a baking sheet. Spoon any remaining butter evenly over the chicken. Cover tightly and refrigerate for 1 ½ hours. Preheat oven to 350 degrees F. Bake covered 1 hour; uncover and cook until done.

Linda Craig

## Tri Tip Marinade

- 1 Tri Tip roast (about 2 pounds)
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons A-1 Steak sauce
- 1 Tablespoon Dijon mustard
- 1 Tablespoon fresh chopped rosemary

Combine marinade ingredients in zipper type plastic bag. Add roast; seal and marinate roast several hours or overnight.

Grill roast over high heat on each side for about 5 minutes. Continue to cook over indirect heat to desired doneness (10-15 minutes).

Heather Hays

## Turkey Meat Loaf

1 pound yellow onions, chopped  
2 Tablespoons olive oil  
2 teaspoons kosher salt  
1 teaspoon freshly ground pepper  
1 teaspoon fresh thyme leaves (½ teaspoon dry)  
⅓ cup Worcestershire sauce  
¾ cup chicken stock  
1 ½ teaspoons tomato paste  
5 pounds ground turkey breast  
1 ½ cups dry bread crumbs  
3 extra large eggs  
¾ cup ketchup

Preheat the oven to 325 degrees F. In a medium sauté pan, on medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until the onions are translucent but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken stock and the tomato paste and mix well. Allow to cool to room temperature.

Combine the ground turkey, bread crumbs, eggs and onion mixture in a large bowl. Mix well and shape into a rectangular loaf onto an ungreased cookie sheet. Spread the ketchup evenly on top. Bake for 1 ½ hours or until internal temperature is 160 degrees and the meat loaf is cooked through. (A pan of hot water in the oven will keep the top from cracking) Serve hot, room temperature, or cold on a sandwich.

From the Barefoot Contessa cookbook by Ina Garten

## Apple Raisin Slaw

- ½ c. light sour cream
- 3 T. reduced-fat mayonnaise
- 1 ½ T. white balsamic vinegar
- 1 t. sugar
- ½ t. black pepper
- ¼ t. salt
- 2 c. unpeeled chopped Rome apple (about 1 medium)
- 1 c. golden raisins
- 1 (16 ounce) package broccoli slaw (or cabbage-and-carrot coleslaw)

Combine the first 6 ingredients in a large bowl, stirring with a whisk. Add chopped apple, 1 cup raisins and coleslaw; toss to combine. Yield: 8 servings, 1 cup each.

Sue Buttera

## Baja Ensalada (Salad)

5 ounces chopped romaine  
1 avocado, diced  
1/2 pint grape tomatoes  
Chili lime croutons  
Cilantro dressing (El Torito brand)

Peggy Lunde

## Baked Beans

1 (#10) can vegetarian beans  
1/2 cup brown sugar  
1 cup smokey style BBQ sauce

Mix beans, sugar and BBQ sauce together and place in a well oiled 9x13 inch baking dish. Bake uncovered for 2 hours at 300 degrees F. Stir beans half way through the baking time.

Serves 20

## Black-eyed Pea Salad

2-3 cups canned black-eyed peas, drained and rinsed  
1 cup finely diced celery  
1 cup finely diced red onion  
1 cup finely diced red pepper  
1/4 cup chopped Italian flat-leafed parsley

### Dressing:

1 cup olive oil  
1/2 cup cider vinegar  
1 olive garlic, minced  
2 Tablespoons Dijon mustard  
1 teaspoon celery seeds  
1/2 teaspoon dried oregano  
2 Tablespoons sugar  
Salt and freshly ground pepper to taste

Mix the salad ingredients together in a serving bowl.

In another small bowl, whisk together the dressing ingredients. Add the dressing to the vegetables and mix well. Adjust the salt and pepper.

Serve immediately or keep refrigerated until ready to serve.

Teddy Wells



## Broccoli Salad

- 1/4 medium red onion, chopped
- 1 cup mayonnaise
- 2-3 Tablespoons sugar
- 1 Tablespoon rice vinegar OR balsamic vinegar
- 1 pound fresh broccoli florets
- 1/2 medium bunch celery, sliced
- 1/4 cup toasted pine nuts
- 4 ounces raisins OR dried cranberries
- 1 1/2 ounces Hormel ready cooked real bacon

Mix dressing ingredients with chopped onion. Place the broccoli florets, celery, nuts, raisins and bacon into a large bowl. Toss with dressing. Chill.  
Serves 8

Peggy Lunde

## Caesar Salad Lunde

4 large garlic cloves  
¼ teaspoon salt  
1/3 cup fresh lemon juice  
1 teaspoon Worcestershire sauce  
1 Tablespoon Dijon mustard  
1-2 anchovy fillets (to taste)  
¼ teaspoon white pepper  
1 cup olive oil  
¾ cups freshly grated Parmesan  
2 bunches romaine, rinsed, dried and torn into bite sized pieces  
2 cups seasoned croutons

In a food processor fitted with the steel blade, combine the garlic and salt. With the motor running, add the lemon juice, Worcestershire sauce, mustard, anchovies and the pepper, add the oil in a stream until the dressing is slightly thickened.

Toss the romaine with the Parmesan and the dressing a small amount at a time until the leaves are coated. Toss in the croutons.

serves 8-10

Peggy Lunde

## Corn and Black Bean Salad

- 1 16 oz. bag of frozen white corn thawed
- 1 16 oz. can of unseasoned black beans
- 1/3 of a red pepper diced into bean sized pieces
- 1/3 of a green pepper diced into bean sized pieces
- 1/3 of a cup of finely diced cilantro
- 1/3 of a cup of your favorite Italian dressing

Mix all the ingredients together. Serve at room temperature

Serves 8-10

George Behr

## Corn, Rice and Bean Salad with Chili Lime Vinaigrette

### Salad

- 1 cup white rice (such as Uncle Ben's converted rice)
- 1 (29 ounce) can whole pinto beans, drained
- 1 (15 ounce) can whole kernel corn, drained
- 1 bunch scallions, sliced
- 1 large red bell pepper, diced
- 1 bunch cilantro, chopped
- 2 whole, skinless, boneless chicken breasts, grilled; cooled and cut into cubes (optional)

Cook rice according to directions, omitting salt and oil. Meanwhile prepare dressing. Cool rice slightly; add half the dressing and toss with a fork. Cool completely. Stir in remaining ingredients. Pour the rest of the dressing over salad to combine. Add grilled chicken pieces if desired.

### Dressing

- ¼ cup canola oil
  - ¼ cup fresh lime juice
  - 2 Tablespoons brown sugar
  - 2 Tablespoons cider vinegar
  - 4-6 slices pickled jalapeno slices (often called Nacho rings)
  - 1 Tablespoon chili powder
  - 1 teaspoon ground cumin
  - salt and pepper to taste
- In a blender or food processor add all dressing ingredients and combine well. Taste and adjust seasonings.

Serves 12 as a side dish – Peggy Lunde

## Cranberry Jell-O Salad

- 1 (6 ounce) package Cranberry Jell-O
- 2 cups boiling water
- 2 cups Cran-Raspberry Juice or water
- 1 can cranberry sauce (whole berry or diced solid sauce)
- 1 (11 ounce) can mandarin oranges, drained

Dissolve the Jell-O in the boiling water. Stir well. Add the juice or cold water. Add the whole cranberry sauce or diced solid cranberry sauce and stir lightly. Add the oranges. Pour into a serving dish. Chill until set.

Gerry Nack

## Deb's Salad

2 bags Mesclun greens  
3 cup walnuts, lightly toasted  
1 15 oz. can pears, drained and chopped  
3 cup Gorgonzola cheese  
3 cup Brianna's Poppy Seed Dressing

\*add seasonal produce for color and taste, e.g. blueberries, pomegranate seeds etc.

Toss ingredients together and add salad dressing to taste. Serve immediately.

serves 8 10

Melody Drake

## Marinated Cole Slaw

8 cups shredded cabbage  
1 cup chopped green onion, including tops  
2 cups chopped celery  
½ cup chopped salted peanuts  
1 teaspoon seasoned salt  
½ teaspoon pepper  
⅔ cup creamy Italian dressing

Lightly toss together the cabbage, green onions, celery and peanuts.  
Sprinkle salt and pepper over mixture. Toss thoroughly with dressing.  
Cover and chill overnight in the refrigerator.

Barbara Johnson

## Orzo, Pine Nut and Feta Salad

1 pound orzo or pearl shaped pasta  
3 Tablespoons fresh lemon juice  
½ cup olive oil  
½ cup toasted pine nuts  
1 ¼ cups crumbled feta, about 6 ounces  
1 cup thinly sliced scallion greens  
salt and pepper to taste

Cook orzo in a pot of boiling salted water until tender; drain well in a colander.

Whisk together lemon juice, oil and salt and pepper to taste. Add hot orzo and toss. Then toss with pine nuts, feta and scallion greens. Taste for seasoning. Serve warm or at room temperature, if possible.

Serves 8

Teddy Wells



## Panzanella Salad

½ cup pine nuts	½ cup mixed red and yellow
2 teaspoons olive oil	peppers, diced
1 Tablespoon capers, drained	1 cup mozzarella cheese cubed
1 or 2 garlic cloves, minced	½ cup Kalamata olives, pitted
1 teaspoon anchovy fillets, drained (optional)	2 Tablespoons fresh basil, chiffonade
½ cup extra virgin olive oil	1-2 cups romaine (optional)
¼ cup red wine vinegar	Freshly ground pepper
¼ cup chicken stock	
2 cups tomatoes, seeded and diced	
1 hot house cucumber, peeled and diced	
½ red onion halved and thinly sliced	

Toast the bread cubes under the broiler.

Toast pine nuts in the olive oil in a skillet on top of the stove.

Mix the capers, garlic and anchovy fillets with a mortar and pestle.

Combine with extra virgin olive oil, red wine vinegar and the chicken stock.

Add the bread cubes and toss thoroughly. Add the remaining ingredients and toss well.

Note: 2 cups cooked diced meat such as turkey, ham or prociutto may be added to make this a more substantial entree salad.

Teddy Wells

## Poppy Seed Salad Dressing

- 2/3 cup white wine vinegar
- 2 cups vegetable oil
- 1 1/4 cups sugar
- 3 Tablespoons minced onion
- 1 teaspoon dried tarragon
- 2 teaspoons salt
- 1 Teaspoon dried mustard
- 2 Tablespoons poppy seeds

Blend all ingredients together for 3 minutes.  
Serve chilled dressing on salad.

Linda Craig

## Spinach and Mandarin Orange Salad

### Dressing

- ½ cup apple cider vinegar
- 1 Tablespoon (heaped) dry minced onion
- ½ cup sugar
- 1 teaspoon salt
- 1 teaspoon dry mustard
- ¼ teaspoon celery salt
- 1 cup canola oil

In a small cup add vinegar with minced onion while combine remaining dressing ingredients. Stir together.

Makes 2 cups. Store in the refrigerator up to 2 weeks.

### Salad

- baby spinach
- 1 can mandarin oranges
- ¼ glazed pecans or almonds
- 1 package dry Top Ramen noodles (optional)
- 2-3 cooked chicken breasts, cubed (optional)

### Glazed nuts

- ¼ cup nuts
- 2 Tablespoons sugar

### Dot Stumm

## Spinach and Strawberry Salad with Balsamic Vinaigrette

### Dressing:

- 3 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 2 teaspoons sugar
- Salt and freshly ground pepper to taste

Whisk together the vinegar and sugar. Slowly whisk in the olive oil until thickened slightly. Add salt and pepper to taste.

### Salad:

- 1 bunch fresh spinach, washed and torn into bite-sized pieces
- 1 box fresh strawberries, sliced
- 1/2 red onion, thinly sliced
- 1/3 cup toasted pecan or walnut halves

Toss salad ingredients together with vinaigrette.

### Note:

Other foods that could be incorporated into the salad are:  
Fresh mushrooms (particularly enoki), crumbled bacon, hard-boiled egg, celery, goat cheese, kiwi or orange slices

Teddy Wells

## Spring Pea Salad

20 ounces frozen peas, thawed  
1 bunch scallions, cleaned and sliced thinly  
(white part and an inch of green)  
1 cup Hormel ready cooked bacon  
1 cup sour cream  
.Salt to taste

Combine peas with scallions, and bacon. Stir in sour cream to coat.  
Adjust salt. Chill. Remove from refrigerator and serve slightly chilled.  
Serves 10

Peggy Lunde

## Arroz Rosa

1 cup rice, such as Uncle Ben's Original Rice  
1 teaspoon oil  
1 clove garlic, minced  
1 Tablespoon tomato paste  
2 1/4 cups chicken stock  
1 bay leaf  
1/2 teaspoon ground cumin  
1 teaspoon Porterhouse & Roast Seasoning \*

Combine all ingredients in a heavy bottomed saucepan with lid. Bring to a boil; reduce to a simmer and cook for 15-20 minutes or until liquid is absorbed. Let stand 5 minutes off heat; fluff with a fork before serving.

Serves 4

\* Lindberg-Snyder Porterhouse & Roast Seasoning is available at Henry's or Stater Bros.

Peggy Lunde

## Cheesy Potatoes

8 Medium Potatoes

¼ Cup Butter

1/3 Cup Chopped Green Onion (1 bunch)

1 ½ Cups Grated Cheddar Cheese

1 Can Cream of Chicken Soup (Undiluted)

1 Pt. Sour Cream

Boil potatoes, cool, peel and shred with grater

Heat butter & soup, add remaining ingredients. Stir in potatoes. Pour mixture into a butter casserole dish. Drizzle 2 TBL melted butter over potatoes and top with ½ cup finely crushed corn flakes.

Bake 350 degrees for 45 minutes, uncovered. Let set for 5-10 minutes before serving.

Linda Craig

## Christmas French Toast Strata

- 1 (1 pound loaf) French bread cut into 1-inch cubes (about 12 cups)
- 1 package (8 ounces) cream cheese cut into small cubes
- 8 large eggs
- 2 1/2 cups milk
- 6 Tablespoons unsalted butter, melted, plus more for preparing the baking dish
- 1/4 cup pure maple syrup, plus more for serving
- 1 small jar (about 8 ounces) of your favorite jam

Lightly butter a 9x13 inch baking dish. Scatter half the bread on the bottom of the baking dish and arrange the cream cheese cubes on top.

Top with remaining bread.

In a blender combine the eggs, milk, 6 tablespoons butter and the maple syrup and process until well blended. Pour this over the bread and cream cheese in the pan. Using a spatula press the bread down to moisten it.

Drop teaspoons of jam on top. Cover with plastic wrap and refrigerate overnight.

About one hour before baking remove the dish from the refrigerator.

Preheat oven to 325 degrees F. Remove the plastic wrap and place the dish in the oven. Bake until set and the edges are golden brown, 35 - 40 minutes. Remove to a wire rack to set up and serve with maple syrup.

Serves 6-8

Stephanie Robertson



## Dolmas

- 2 pounds ground beef
- 2 eggs, beaten
- 2 cups raw rice
- 1 (8 ounce) can tomato sauce
- 3 Tablespoons chopped parsley, preferably Italian
- ¼ cup green onions, chopped
- 1 Tablespoon fresh mint, chopped
- salt and pepper
- 1 (8 ounce) jar grape leaves, drained
- ½ bunch fresh parsley sprigs
- 2 Tablespoons butter
- 3 cloves garlic, peeled and halved
- 1 (28 ounce) can whole or chopped tomatoes, including the liquid
- ½ cup water

Combine meat, eggs, rice, tomato sauce, chopped parsley, onion, mint, salt and pepper. Shape into walnut size meatballs. Wrap the meatball with a grape leaf enclosing it completely. Place parsley sprigs in the bottom of a Dutch oven or large pot. Layer Dolmas on top. Dot with butter and garlic. Pour tomatoes with their liquid and water over the Dolmas. Cover and cook on low for 30 minutes being careful not to let the liquid evaporate. Add water if necessary. These can be made ahead, refrigerated and cooked when needed.

Serves 12

Teddy Wells

## Gingered Carrots with Orange Glaze

1 pound baby carrots  
1 Tablespoon sugar  
1 teaspoon cornstarch  
¼ teaspoon salt  
¼ teaspoon ground ginger  
¼ cup orange juice  
1 Tablespoon butter

In a medium saucepan cover carrots with water; add salt. Bring to a boil, reduce heat and simmer until carrots are tender (about 10-15 minutes).

In a small saucepan combine sugar, cornstarch, ginger and orange juice.

Cook the sauce over low heat, stirring constantly until lightly thickened.

Stir in butter. Drain carrots and combine with sauce.

Serves 4-6

Linda Craig

## Herbed Garlic Bread

1/2 cup (1 stick) unsalted butter, melted  
2 garlic cloves, mashed to a paste  
2 Tablespoons chopped Italian flat-leafed parsley  
2 Tablespoons chopped fresh basil  
Kosher salt and freshly ground black pepper  
1 crusty baguette

Preheat oven to 400 degrees F. Stir together the butter with the garlic and the fresh herbs in a small bowl and season with salt and pepper. Cut the bread loaf in half lengthwise and spread the butter mixture evenly on both sides. Close it up again. Wrap it in aluminum foil and bake for 15 minutes. Remove the foil and slice into diagonal slices.

Stephanie Robertson

## Jezod Rice Pilaf

2 cups converted white rice  
4 Tablespoons butter

Cook rice with the butter according to directions on the box.

1 stick butter  
1 cup chopped dates  
½ cup golden raisins  
½ cup pine nuts or slivered almonds

In another pan, melt the butter. Add the dates, raisins and pine nuts. Cook to heat through but not too long to clump together. The date mixture may either be poured over the top of the rice or tossed with the rice before serving.

Teddy Wells

## Orange Cranberry Sauce

- 1 (12 ounce) package fresh cranberries
- 1 cup sugar
- 1 cup freshly squeezed orange juice
- 5 whole cloves
- 2 whole cinnamon sticks
- 2 Tablespoons Grand Marnier (optional)
- 1 Tablespoon freshly squeezed lemon juice
- 1 Tablespoon each orange zest and lemon zest

In a medium saucepan, bring orange juice, sugar, cloves and cinnamon stick to a boil. Boil until sugar is dissolved; and then add cranberries; reduce heat and continue to cook until berries begin to pop (about 5-7 minutes). Remove from heat stir in Grand Mariner, lemon juice and zest. Cool: refrigerate: remove cloves and cinnamon sticks before serving.

Peggy Lunde

## Oven Baked Rice with Almonds

1 cup long grain white rice, uncooked  
1 can (10 ½ ounce) Campbell's' French Onion Soup  
1 cup water  
½ cup butter  
¼ cup sliced almonds

Preheat the oven to 350 degrees F.

Mix all ingredients together and bake uncovered for 1 hour.

Linda Craig

## Roasted Eggplant and Red Peppers

1 medium eggplant ends removed  
2 large red peppers, seeded  
1 red onion, peeled  
2 large garlic cloves, minced  
3-4 Tablespoons olive oil  
¾ teaspoons kosher salt  
Freshly ground pepper

Preheat the oven to 400 degrees F. Oil a large baking sheet with olive oil. Cut the eggplant, red peppers and onion into 1 inch cubes. Toss them in a large bowl with the garlic, olive oil, salt and pepper. Heat the baking sheet in the oven for 5 minutes. Spread the vegetables on the hot baking sheet. Roast for 45 minutes, until lightly browned, tossing with a spatula half way through the cooking time. Cool slightly. Adjust salt and pepper. May be made ahead of time and refrigerated. Serve hot or at room temperature.

Serves 6-8 as side dish

Peggy Lunde

## Saffron Rice Pilaf

2 Tablespoons butter  
1 onion, chopped  
Salt  
½ teaspoon saffron threads  
¼ teaspoon ground cloves  
4 cups chicken stock  
1 ½ cups long grain rice  
½ cup slivered almonds, toasted (2 ounces)

Melt butter in heavy medium saucepan over medium heat. Add chopped onion; season with salt. Sauté 5 minutes. Add saffron and cloves; stir. Add rice and stir to coat grains. Mix in chicken stock. Reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 15-20 minutes. Fluff rice with a fork. Add slivered almonds. Adjust seasoning.  
Serves 6-8

Peggy Lunde



## Teddy's Mexican Rice

1 cup long grain white rice  
1 (7 ounce) can diced Ortega Chilies  
1-2 cups Monterey Jack cheese, grated  
1 pint sour cream (or more as needed)  
Butter

Cook the rice according to directions on the box.

Layer 1/2 the rice into a buttered 1 1/2 quart baking dish. Top with 1/2 of the chilies, 1/2 of the cheese and a layer of sour cream. Repeat the layers ending with a little cheese and dot with butter.

Bake in a 350 degree oven for 30 minutes.

May be assembled a day ahead and refrigerated.

Teddy Wells