Summer Salad Contest
In conjunction with Roberts Library summer reading program - "A Taste of Summer"
June 24, 2015

Winning Recipe
Tammie Parker, Plant Operations

Grape Salad
Tammie Parker, Plant Operations

<table>
<thead>
<tr>
<th>Salad</th>
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<tbody>
<tr>
<td>2 lb. green seedless grape</td>
<td>2 lb. red seedless grapes</td>
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<tr>
<td>8 oz. creamed cheese (softened)</td>
<td>8 oz. sour cream</td>
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<td>½ cup white sugar</td>
<td>1 tsp. vanilla flavoring</td>
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<table>
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<th>Topping</th>
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<td>1 cup brown sugar</td>
<td>1 cup finely chopped pecans</td>
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Wash and stem grapes, set aside. Mix sour cream, cream cheese, white sugar, and vanilla. Sprinkle top with mix of brown sugar and pecans. Cover completely and chill overnight.
Runner-Up
Sarita Gale, Assistant Registrar

Lemon Orzo Pasta Salad
Sarita Gale, Assistant Registrar

8 oz. Orzo Pasta, cooked al dente 1/3 cup extra virgin olive oil
2 cloves garlic, minced Ground black pepper
Zest of 1 lemon 1/4 lemon juice
2 scallions thinly sliced 1 yellow pepper, diced
1 red pepper, diced 1 tablespoon fresh oregano, chopped
1/2 c. fresh basil, chopped 6 oz. feta cheese, crumbled
1/2 c. Kalamata olives, pitted & quartered

Whisk together the zest, juice, oil, and garlic, then season with salt and pepper, to taste. Mix the pasta, cheese, peppers, olives, and scallions together in a bowl. Pour the vinaigrette over and mix to combine. Add the basil, oregano and season with salt and pepper, to taste.

Bruschetta Salad
Dan Sessions, Purchasing

4 oz. field greens 2 oz. balsamic dressing
6 oz. grape tomatoes, halved 1 oz. sliced red onion
1 Tbls. Extra Virgin Olive Oil 1 Tbls. Red wine vinegar
1 pinch salt and pepper 1 Tbls. Parmesan cheese, grated
Cracked black pepper Ciabatta bread

Toss field greens and balsamic dressing. Then toss tomatoes, onion, olive oil, vinegar, salt and pepper in a small bowl and mound on top of greens. Garnish with Parmesan cheese and cracked black pepper. Serve with sliced, buttered, and toasted Ciabatta bread.
Cranberry Salad
Dan Sessions, Purchasing

2-3 oz. pkgs. of lemon gelatin  2 cups boiling water
1 cup crushed pineapple, drained  1 can whole-berry cranberry sauce
1 cup finely diced celery  1 cup finely chopped nuts (any kind)
1 cup orange juice

Soak gelatin in a little bit of cold water for 3-5 minutes, then dissolve in boiling water. Add cranberry sauce, pineapple, celery, nuts, and orange juice. Refrigerate until partially congealed. Stir and return to refrigerator until set. Serve on lettuce.

Fruit Salad
Diane Bearden, Roberts Library

1 (20 ounce) can pineapple chunks, drain juice  2 apples, peeled & cored
1 (21 ounce) can peach pie filling  2 bananas, peeled & diced
1 pint strawberries, sliced  1 kiwi
1 cup raisins  ½ cup chopped walnuts

Stir all ingredients, chill, serve.

Garden Pea Salad
Sarita Gale, Assistant Registrar

2 bags 8 oz. frozen green peas thawed, young peas are best
1 c. coleslaw dressing
½ chopped onions
4 slices cooked bacon, cooled and chopped
3 boiled eggs - sliced
Salt & pepper to taste

Combine peas, dressing, onions and bacon. Add salt and pepper to taste. Top with sliced boiled eggs.
Guacamole Chicken Salad
Charity Muse, Counseling & Career Services

3 ripe avocados, mashed 1/2 - 1 red onion, finely chopped
2 - 3 chicken breasts 2 - 3 Tbsp. Mayonnaise
2-3 Tbsp Green Tobasco® Sauce 1-2 tsp cumin
2-3 Tbsp lemon or lime juice 1 Tbsp. garlic powder
Salt & pepper to taste

Mix ingredients and serve chilled, on salad greens, or use to stuff a tomato or pepper.

Ham Pasta Salad
Arlene Hooker, Plant Operations

2 cans of Hormel® ham drained and crumbled into pieces
1 pkg. of pasta (your preference) cooked as directed and cooled (12-16 oz.)
1 jar of pimento drained (or you can use green peas)
1/2 cup sweet pickle relish
2 to 4 small colored bell peppers chopped
1 8 oz. pkg. of sharp cheese cubes cut into smaller pieces
1 large onion chopped (sweet)
Cherry tomatoes chopped and added to salad
Dill weed to taste
Pepper to taste
Mayonnaise or Miracle Whip®

Mix all of the above, chill and serve

Spinach Summer Salad
Dan Sessions, Purchasing

4 oz. spinach 4 oz. diced, cooked chicken
2 oz. Kraft® Tuscan dressing 1/2 Granny Smith apple, diced
2 Tbls. Cranberries 2 Tbls. crumbled feta cheese
2 Tbls. Pecans

Toss and serve cold.
Light Summer Salad
Student Life
As much or as little as you like of the following - to your taste! The feta cheese used in the salad we made was a grass fed raw cow's milk feta cheese ordered from Hilltop Meadow Farm in Pennsylvania.

- Organic spring mix
- Mandarin oranges (no preservatives)
- Sliced almonds
- Red onion
- Pepper to taste
- Bragg’s Organic Apple Cider Vinegar®
- Organic blueberries
- Organic raisins
- Pepita seeds
- Sea salt to taste
- Olive Oil
- Feta cheese

Mix all ingredients and toss in Apple Cider Vinegar and Olive Oil.

Mexican Goulash
Hannah Eisenhower, Financial Aid
I make this VERY hot and spicy - you can adjust the spices & peppers to your taste

- 1 cup cooked Brown Rice
- 1 can garbanzo beans
- 1/3 cup onion, chopped
- Avocado (chopped)
- Olive oil as needed
- Cumin (very generous)
- Parsley (very generous)
- 3-6 Arbol chili peppers (to taste), chopped
- 1 can low-sodium pink or red beans
- 2 cans low-sodium black beans
- 1/2 cup chopped garlic
- 1-2 cans no-salt added tomatoes
- sea salt (dash)
- Basil (pinch)
- Oregano (very generous)
- 7 oz. Mexican crumbling cheese

Mix ingredients together

Strawberry Cheesecake Salad
Janet Hayes, Enrollment Services

- 1 bag mini marshmallows
- 1 reg. size Cool Whip®
- 1 to 2 containers strawberries, sliced
- 16 oz. vanilla yogurt
- 1 pkg. nobake cheesecake mix

Gently blend all ingredients together and chill before serving. Other fruits can be substituted or added as desired.

www.bestfoodlover.com
Mexican Imitation Crabmeat Salad
Alma Hurtado, Administrative Assistant, Academic Resources

1 lb. imitation crabmeat (shredded)  3 fresh tomatoes (chopped)
½ to 1 jalapeño pepper (chopped)   ½ cup cilantro (chopped)
½ small onion (chopped)           2 tbsp. Lime juice
1 cup of McCormick® Mexican mayonnaise  Salt to taste

Shred and separate imitation crabmeat and place into a large bowl. Add chopped tomatoes, jalapeño pepper, cilantro, and onion to the bowl. Stir until everything is well mixed. Add lime juice and mayonnaise into the mixture, make sure all ingredients are well covered. Serve on tostadas and drizzle hot sauce over it. Enjoy! Optional Sides: Tostadas, Hot sauce (Valentina®)

“Own” Salad
Pam Partain, Director, Marketing and Communications

This recipe is from my sister-in-law, Tish. She served the salad to her family one night and daughter, Maggie, 3, kept eating from her mom’s plate. Tish finally asked Maggie if she’d like her own salad to which the toddler replied, “Want own salad!”

Salad
½ head cabbage, finely chopped  4 green onions, chopped
½ cup sliced almonds, toasted  ½ cup sesame seeds, toasted
1 pkg. chicken flavored Ramen® noodles, crumbled
Roasted chicken breast, chopped (optional)

Dressing
2 Tbsp. sugar  ½ t fresh ground black pepper
3 T vinegar
½ cup olive oil (I fill half-cup measure almost full & top off with sesame oil)
Ramen flavor packet (I don’t use the entire packet)

Mix together salad ingredients. Add dressing & toss. Let sit 4 hours or overnight.
Pasta Salad
Stacie Kilgore, Registrar's Office
There are variations to this depending on your taste. Add more or less of each ingredient according to taste. Gold bell pepper, onions, etc.

- 1 - 16 oz box Pasta shells, cooked
- 1 red bell pepper, chopped
- sm. jar mushrooms
- 1 tomato, chopped
- ½ bottle Italian dressing
- 1 green bell pepper, chopped
- 2 cucumbers, chopped
- sm can black olives
- dash of salad seasoning

Cook pasta as directed on packaged. Cool. Mix pasta and other ingredients well. Serve chilled.

Pine Nut Rice Salad
Elizabeth Chadwick, Office of the President

- 1 pkg. Uncle Ben's Long Grain & Wild Rice®
- 4 oz. crumbled feta cheese
- 1 cup chopped onion
- 2/3 cup toasted pine nuts (can substitute sunflower seeds)
- 2 oz. diced pimentos, drained
- ½ cup olive oil
- 2 Tbls. Tarragon wine vinegar (balsamic can be used by adding 1 tsp. of tarragon or dill or fennel)
- ¼ tsp. pepper

Cook rice according to package directions and let cool. Combine cheese, onion, nuts, and pimentos in large bowl. Stir in cooled rice. Combine oil, vinegar, and pepper and pour over rice mix. Gently stir all ingredients together and chill before serving (overnight is best)

Sun Salad
Jennifer Randall, Assistant Professor of English

- Sunbutter (sunflower seed butter)
- Mango
- Carrots
- Lettuce
- Honey
- Avocado
- Celery

Chop vegetables and fruits, mix together. Warm the sun butter and mix in honey. Drizzle the mixture on the salad.
Savory Italian Salad
Cindy Langley, Plant Operations

1 large bunch broccoli florets
1 orange bell pepper
1 English cucumber
2 pints grape tomatoes
1 sm. pkg. feta cheese
1 yellow bell pepper
1 med. zucchini
1 thin slice of red onion
1 bottle capers (drained)
1 bottle Italian dressing

Chop broccoli florets, bell pepper, zucchini, and cucumber. Quarter the slice of red onion and slice the grape tomatoes in half. Mix veggies and capers and pour dressing over, mixing well. Sprinkle feta cheese on top or serve on the side.

Southwestern Salad with Cilantro Lime Dressing
Sherry Breitweiser, Financial Aid

Salad:
4 cups salad greens chopped into bite sized pieces
15 ounce can black beans, rinsed and drained
1 large bell pepper, sliced into strips
1 pint cherry tomatoes, halved
2 cups corn
Green onions, chopped
1 small can sliced olives, drained
1 -2 jalapenos seeded and chopped
Mix all the ingredients together in a large bowl. Toss with salad dressing before serving.

Cilantro Lime Dressing:
1 cup cilantro roughly chopped
2 Tbsp fresh lime juice
½ cup olive oil
1/8 tsp salt
½ avocado or ½ cup plain yogurt
1 -2 garlic cloves
1 ½ tsp white vinegar
Puree all ingredients in a blender until smooth. Taste and adjust seasonings to taste.
Tracie's Couscous Salad
Laurie Raper, Roberts Library

1 box flavored couscous (garlic or Parmesan), cooked
1 can chickpeas, drained
1 red bell pepper, finely chopped
1/2 Vidalia onion, chopped
1 English cucumber, peeled, seeded, and finely chopped
1 tomato, chopped
1/4 cup fresh parsley leaves, chopped
1/2 cup crumbled feta cheese
Salt and freshly ground black pepper
1/4 cup olive oil
2 to 3 limes, juiced

Cook couscous according to package directions. Let cool slightly. In a large bowl, toss all the ingredients with the olive oil and lime juice, to taste. (Paula Deen via the Food Network)

Watermelon Salad
Sherry Breitweiser, Financial Aid

1 Tbsp orange juice
1 Tbsp lime juice
1 Tbsp lemon juice
1 Tbsp champagne vinegar
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp honey
1/2 cup grapeseed oil
4 cups cubed seedless watermelon
2 cups grape tomatoes, halved
2 cups feta cheese crumbled
2 cups peeled and seeded cucumber
1 cup sliced red onion
1/2 cup thinly sliced fresh basil
3 to 4 ounces prosciutto, coarsely chopped

Whisk together first 7 ingredients. Gradually whisk in oil until blended. Toss together watermelon and next 4 ingredients in a large bowl. Add dressing and toss gently to coat, just before service. Makes 8 servings.

Chocolate comes from cocoa which comes out of a tree. That makes it a plant. Therefore, chocolate counts as Salad The End!!!
Pollo Asado
Jeanette Chavez, Student

1/2 cup olive oil
1/2 cup orange juice (freshly squeezed if possible; save juiced orange halves)
1/4 cup lemon juice (save the juiced fruit)
1/4 cup lime juice (save the juiced fruit)
1 teaspoon salt
1 teaspoon black pepper
4 whole garlic cloves, peeled and smashed
16 whole chicken legs
2 whole onions, peeled and quartered
32 soft taco-size flour tortillas

In a bowl, combine the olive oil, orange juice, lemon juice, lime juice, salt, pepper and garlic cloves. Whisk together. Place the chicken legs, juiced pieces of fruit and quartered onions in large plastic bags or a bowl. Pour the marinade over the top, tossing to combine. Cover with plastic wrap (if using bowl) or seal the bag up and marinate for at least 2 hours ... several hours is better. Toss a few times during the marinating process. Preheat a grill. Grill the chicken legs until cooked all the way through, turning occasionally so the chicken is cooked on all sides, 10 to 12 minutes. Separate the tortillas into 2 piles of 16, and then wrap each pile in foil and warm over the grill for 10 to 15 minutes. Serve the chicken legs with the warm tortillas, pico de gallo, refried beans and chipotle salsa.

Ice Cream Sandwiches
Karen McKinney, Purchasing Card Accountant

Graham crackers
Cool Whip
Sliced berries (any topping)

Spoon cool whip on graham cracker, add fruit (optional), top with additional cracker, wrap in saran wrap and freeze. Easy and delicious!
Tangy Barbecue Pulled Chicken or Pork Sandwich  
Wes Harkins, Student

Tomato, apple cider vinegar, brown sugar, and a little mustard powder turn this sauce into a zesty thin sauce, perfect for tossing with pulled chicken or pulled pork. The sauce is made from Progresso®’s Fire Roasted Tomato Cooking Sauce which can be found near canned soups or stocks. If you can’t find it, use a can of diced tomatoes, fire roasted diced tomatoes or one of the cans with tomatoes and chiles. Then, throw the diced tomatoes with juices into a blender and blend until smooth. This recipe will yield about 3 C of barbecue sauce. Leftover sauce can be refrigerated up to 5 days.

Tangy Barbecue Sauce:

1-18 oz. Progresso Recipe Starters Fire Roasted Tomato Cooking Sauce®  
1/2 cup apple cider vinegar  
2 Tbls. Unsalted butter  
1/4 cup brown sugar  
2 teaspoons Worcestershire sauce  
2 teaspoons dry mustard powder (we use Coleman’s)  
1/4 teaspoon ground cayenne pepper

In a medium saucepan, combine the Fire Roasted Tomato cooking sauce, vinegar, butter, brown sugar, mustard powder, Worcestershire sauce, and cayenne pepper. Bring to a simmer over medium-high heat and cook for 2 minutes until the sugar is dissolved and butter melted.

Chicken & Buns:

2 C warm shredded cooked chicken, boiled, and skinned OR (1/2 deli rotisserie chicken shredded)  
4-6 soft burger buns, split  
Toss shredded chicken with about 1 cup of the barbecue sauce. Serve sandwiches with extra barbecue sauce on the side. ~ENJOY :)

Lemon Sunshine Cake
Rebecca White, Student

1 box Duncan Hines® yellow or Lemon Supreme cake mix  
4 eggs  
½ cup boiling water  
⅓ cup vegetable oil  
⅓ cup sugar  
1 sm. box lemon Jell-O®  
1 (16 oz.) can frozen lemonade

Preheat oven to 325°F. Mix boiling water with Jell-O (set aside). Mix frozen lemonade with sugar. Beat eggs one at a time and add to oil. Blend in cake mix, beat well. Add the Jell-O mixture. Beat well again. Pour into greased bunt pan. Bake for 35-45 minutes. Remove cake from pan; pour icing over cake (lemonade mixture) while still hot. Let sit one day before serving.
Rumbledethumps
Leslie Harrelson, Associate Professor of English

This is a side dish from the North of England and Scotland and is especially good with any beef dish. It can also be the base a serving of stew or ratatouille (especially when serving stew on a plate). Even better the next day. In Northumberland leftover Rumbledethumps is browned like a pancake in a skillet and served with a fried egg on top.

All ingredient measurements are rough; this is a dish that adapts to whatever is on hand.

About a pound of potatoes chopped half
(Peel if you prefer Rumbledethumps not flecked with brown)
2 carrots
1 onion, shallot, leek or clove garlic, thinly sliced
1 medium turnip, peeled and chopped into large chunks
2T butter (or to taste)
8-10 oz savoy cabbage or kale, finely sliced - make sure to take off the stems
salt and freshly ground black pepper
25g/1oz cheddar cheese, grated (many other cheeses work well, but cheddar is the classic. Cheddar gives a rich, orange color.)

Preheat the oven to 350. Cook the potatoes, carrot, onion and turnip in a saucepan of salted boiling water until tender. Take the pan off heat and add greens. Cover and leave all vegetables in the pan on the burner covered for 5 mins—until greens are bright, but not khaki green. Drain, leaving just a few Tblss water and return to the pan. Add the remaining butter and cheese, and then mash together. Add salt and freshly ground black pepper. Note: For richer flavor (but at the cost of slightly more time), in Step 2, you can sauté onion and cabbage in the butter and combine with the potato mixture.

Strawberry Cucumber Salad
Leslie Harrelson, Associate Professor of English

Sliced Strawberries (2 large containers)
1 English Cucumber (or 2 pickling cucumbers) cut in thin slices
4 T Honey
2 1/2 T Balsamic Vinegar (start with less and mix to taste)

Mix Honey and Vinegar in small bowl, pour over sliced cucumber and strawberries, mix well and put in individual containers.
Sautéed Chicken with Mango Salsa
Tracey May, Administrative Assistant, Gilmer Center Campus

Salsa:
3 Mangos – not green but not overly ripe
1 medium onion, chopped
1 can chopped green chili peppers
2 gloves garlic, minced
Cilantro

Peel mangos and chop. Add onion, garlic, peppers, and cilantro to mangos. Refrigerate until ready to serve. Serve over sautéed chicken (see recipe below).

Sautéed Chicken with Mango Salsa:
Package of boneless, skinless chicken breasts (thin sliced works well – if using regular breasts, slice thin before cooking)
2 tsp. minced garlic (can use fresh or canned)
1 tsp. ground cumin
Salt & pepper to taste
Olive oil

Cover bottom of non-stick skillet with olive oil. Bring to medium heat. Sprinkle chicken breasts with cumin, salt, & pepper. Cook uncovered, turning as necessary, over medium to low heat until juices run clear. Add minced garlic and cook for an additional two minutes or until garlic is tender. Remove to serving tray and top with mango salsa. Store remainder in refrigerator for reheating (reheat chicken and then top with salsa).

Healthy Potato Salad
Diane Bearden, Library Assistant

3 lb. Yukon gold potatoes
¼ tbsp. coarsely ground black pepper
½ cup light mayonnaise
2 tbsp. cider vinegar
2 green onions
1 ⅓ tsp. salt
½ cup buttermilk
2 tbsp. snipped fresh dill
1 tbsp. Dijon mustard

In 4-quart saucepan, combine potatoes, 1 teaspoon salt, and enough water to cover; heat to boiling on high. Reduce heat to medium-low; cover and simmer 10 minutes or until potatoes are just fork-tender. Meanwhile, in large bowl, whisk buttermilk with mayonnaise, dill, vinegar, Dijon, green onions, 1/4 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper. Drain potatoes well. Toss hot potatoes with buttermilk mixture until coated. (Mixture will look very loose before chilling.) Cover and refrigerate potato salad at least 2 hours or overnight to blend flavors and cool slightly, stirring gently after 1 hour.
Pressed Sandwiches
Leslie Harrelson, Associate Professor of English
Martha Stewart Living, July 2007 - www.marthastewart.com/339792/pressed-sandwiches

2 C fresh basil leaves, rinsed and dried
1/2 cup freshly shaved Parmesan cheese
1/3 cup pine nuts (or almonds), lightly toasted**
seems odd, but makes a GREAT difference
2 garlic cloves, coarsely chopped
1/2 teaspoon coarse salt
1/2 teaspoon freshly ground pepper
2 red bell peppers
1/2 cup plus 1 Tbs extra-virgin olive oil
1 lb sliced turkey (smoked, Boar's Head is good)
1 zucchini (about 8 ounces), cut lengthwise into 1/4-inch-thick slices
2 Tomatoes Thinly Sliced (dry the slices as for BLT)
2 C mixed baby green (a mixture with kale is good)
Coarse salt and freshly ground pepper
2 loaves ciabatta (each about 8 by 10 inches), halved horizontally
1 pound fresh mozzarella cheese, cut into 1/4-inch-thick slices
I use Havarti with Dill.
1/2 lb ham

Make the pesto: Pulse (Since I don't have a food processor, I do this step in a blender; if you make pesto in blender, add oil First to allow movement) basil, Parmesan, pine nuts (or almonds), garlic, salt, and pepper in a food processor until combined. With machine running, add 1/2 cup oil in a slow, steady stream. Transfer to a small airtight container, and top with remaining oil. Pesto can be refrigerated overnight.
Bake the red peppers. Halve & seed peppers, cook in 425 degree oven on a cooking sheet sprayed with oil until skin bubbles (about 30 mins with one turn). Peel pepper and discard skin. Check out other roasting methods at http://toriavey.com/how-to/2010/02/roasted-bell-pepperses. Pull out most of the doughy center of bread, and reserve for another use (such as breadcrumbs). Brush inside of each loaf with oil. Spread pesto over bottom half of each loaf. Top one loaf bottom with meats, vegetables, and half the cheese; top remaining loaf bottom with meats, vegetables, and remaining cheese. Sandwich top and bottom of each loaf, and press firmly. Tightly wrap each sandwich in plastic, allowing air to release before sealing. Wrap each in parchment paper, and tie with kitchen string. Place sandwiches in refrigerator, and weigh down with a heavy object I use Baked Beans, a foil wrapped red brick, or an older Norton Anthology in a grocery bag (to protect book). These sandwiches just get better and better. I cut the sandwiches in slices about 2 inches thick and wrap slices individually to make serving easy.
Fresh Apple Cake
Diane Bearden, Library Assistant

1 ¼ cup Wesson Oil
2 C white sugar
3 well beaten eggs
2 tsp. vanilla flavoring
3 C self-rising flour (divided)
1 cup finely chopped pecans
1 tsp each cinnamon & Apple Pie Spices
3 C chopped & peeled apples (food processor)

In mixer blend together oil, sugar and eggs. Add only 2 C of flour (save last cup to mix with apples & pecans, keeps them from settling to the bottom of cake). Add vanilla, spices, apples & pecans mixed with flour, blend well. Pour batter into greased & floured Bundt Pan.

Put cake in cold oven, turn oven to 325. Bake approx. 50 min - 1 hour or until golden brown. Cake is best when it sits at room temperature for several hours or overnight for moistness.

Topping for Cake - (have ready as soon as cake comes out of oven) 1 stick Land of Lakes Butter 1 cup light brown sugar ½ cup of evaporated milk or whole milk 1 tsp. vanilla flavoring Heat butter, sugar on low heat until melted, add milk, as it comes to a boil remove from heat, add vanilla flavoring and let cool a few minutes before putting on the cake. Pour over cake let soak thru cake overnight, may be stored at room temperature in airtight container. Enjoy!

Gnocchi Soup
Lizbet Alvarado, DSC Student

Half a stick of butter
½ C of diced onion
¼ C all-purpose flour
1 can of chicken broth
½ teaspoon thyme
3 C of chopped spinach leaves
1 (16-ounce) package ready-to-use gnocchi
1 Tbs of oil
1 garlic clove diced
1 quart half-and-half
½ teaspoon salt
½ teaspoon dried parsley flakes
1 C of shredded carrots
1 C diced cooked chicken breast

Melt butter with oil in a large saucepan over medium heat (In a separate pan, prepare gnocchi as directed). Add the onion and garlic. Wisk in the flour. Wisk in half and half - bring to simmer. Wisk in chicken broth - bring to simmer. Add salt, thyme, and parsley. Add carrots and spinach - bring to simmer. Finally add the cooked chicken and gnocchi. Simmer all ingredients thoroughly and enjoy.
Lunchbox Chocolate Chip Cookies

Anne Loughren, Assistant Campus Recreation Coordinator

I love chocolate and chocolate chip cookies are one of my favorites and are a great summer treat! Following the recipe exactly will give you vegan cookie. Doyle and I use dark chocolate chips and flaxseed if we have it. Dry sweetener are non-liquid sweeteners (evaporated cane juice or cane sugar with date sugar, Sucanat, and maple sugar being other options). Doyle and I use Sucanat sugar. These are healthier chocolate cookies, but are still a dessert to be enjoyed in moderation.

1/3 cup unsweetened applesauce 1/3 cup almond butter
1/2 cup cry sweetener 1 Tbls ground flaxseeds
2 teaspoons pure vanilla extract 1-1/3 C oat flour
1/2 teaspoon baking soda 1/2 teaspoon salt
1/4 cup sorghum or whole wheat pastry flour
1/2 cup grain-sweetened chocolate chips

Preheat oven to 350 degrees F. Line two large baking sheets with parchment paper.
Beat together applesauce, almond butter, dry sweetener, and flaxseeds in a large mixing bowl with a fork. Once relatively smooth, mix in the vanilla. Add in the oat flour, baking soda, and salt and mix well. Add the sorghum flour and chocolate chips and mix well. Drop spoonfuls of batter onto the prepared baking sheets in about 1-1/2 Tbls scoops, about 2 inches part. Flatten the cookies a bit, so that they resemble thick discs because they will not spread much during baking. Bake for 8-10 minutes. The longer they bake, the crisper they become. Remove from oven and cool on sheets for 5 minutes. Cool longer if needed on cooling rack.
Oven-Baked Chickpea Ratatouille
Anne Loughren, Assistant Campus Recreation Coordinator

Makes 5-6 servings. Great left over and made into wraps! Portions can also be frozen. Source: "The China Study All-Star Collection", Author: Leanne Campbell, PhD., 2014. Doyle and I love beans with vegetables, rice, in a fajita, as a burger, or just plain with some seasoning or a nice vinaigrette dressing so this recipe was right up our alley. It is so healthy and filling and vegan for those interested in trying a vegan recipe...delicious! We use no salt added canned beans and tomatoes. If using maple syrup, which we do, it needs to be real not artificial...it makes a difference and healthier!

3 ½-4 C cooked or 2 (14-15 oz.) cans garbanzo beans (chickpeas), drained & rinsed
1 1/4 C red onion, finely chopped
1 28-ounce can diced tomatoes
2 Tbls. apple cider vinegar
2 tsp. maple syrup or agave nectar
2 tsp dried basil
1/2 tsp dried rosemary
2 tbs. apple cider vinegar
1 Tbls. finely grated ginger
1 tsp dried oregano
1 tsp sea salt
1/8 tsp ground allspice
Freshly ground black pepper to taste - fresh ground makes a taste difference!
2 dried bay leaves - we don’t keep bay leaves so we usually leave this out.

Preheat oven to 400 degrees F. In a large, deep casserole dish, combine all ingredients except bay leaves. Stir through until well combined, then embed bay leaves in the mixture. Cover and bake for 30 minutes. Stir through, cove, and bake for another 35-45 minutes until onions are tender and translucent (stir through once more during baking). Remove bay leaves and serve over quinoa or brown rice. - We use any kind of healthy rice as well as could work with barley or bulgar wheat.
Spanish Bread Salad with Chickpeas, Chorizo & Baby Spinach
Anne Loughren, Assistant Campus Recreation Coordinator

Serves 4. Source: "Cooking with Wholefoods", Author: Ross Dobson, 2012. Chorizo is a great sausage and it doesn’t take much to flavor a dish, which means less meat! For a vegetarian dish, replace the chorizo with smoked tofu or a tofu or vegetarian sausage. If so, cook separately and add to finished dish. This is a nice summer dish that everyone is sure to enjoy and feel good afterwards!

- 4 thick slices of sourdough bread
- 3 Tbls olive oil
- 2 garlic cloves, peeled and left whole
- 1/2 teaspoon dried thyme
- 4 handfuls of baby spinach leaves
- 1 red onion, thinly sliced
- 2 chorizo sausages, thinly sliced - Doyle and I use one!
- 1/2 teaspoon Spanish smoked sweet paprika - must have!
- 14-ounce can chickpeas, rinsed and drained well
- 9 ounces of cherry tomatoes, halved - use the amount you like
- 2 Tbls freshly squeezed lemon juice - fresh is important!
- Sea salt and freshly ground black pepper - fresh is important!

Preheat grill pan over high heat. Trim the crusts off the bread. Brush both sides lightly with olive oil. Add to the preheated pan & cook until golden and slightly charred on both sides. Rub garlic cloves over toasted bread & let cool. Tear into large chunks, set aside. Heat the remaining oil in the pan. Add the chorizo slices & stir-fry for 2-3 minutes, until golden & aromatic. Add onion, paprika and thyme; cook for 2-3 minutes, until softened. Put in large bowl & pour in the seasoned tomatoes & lemon juice. Season to taste with the salt and pepper, toss well.

Strawberry Bread
from allrecipes.com submitted by Lydia Knight, Director, Roberts Library

This is wonderful hot or cold, for breakfast or for a dessert!

- 2 cups fresh strawberries
- 1 tsp. baking soda
- 3 1/8 cups all-purpose flour
- 1 1/4 cups vegetable oil
- 2 cups white sugar
- 4 egg, beaten
- 1 tbsp. ground cinnamon
- 1 1/2 cups chopped pecans
- 1 teaspoon salt

Preheat oven to 350 degrees. Butter and flour two 9 x 5 inch loaf pans. Slice strawberries and place in medium sized bowl. Sprinkle lightly with sugar and set aside while preparing batter. Combine flour, sugar, cinnamon, salt and baking soda in large bowl; mix well. Blend oil & eggs into strawberries. Add strawberry mixture to flour mixture, blending until dry ingredients are just moistened. Stir in pecans. Divide batter into pans. Bake 45 to 50 minutes (test with tester). Let cool in pans on wire rack for 10 minutes. Turn loaves out of pans, and allow to cool before slicing.
Presenting the Dalton State College 2011 Dessert Contest Winners

Penny Cordell, Tammie Parker, & Heather Wolff

Winning Recipes

Layered Mississippi Mud Cake
Tammie Parker, Plant Operations
1st place winner, 2011 DSC Dessert Contest

Nonstick baking spray flour
1 cup butter, melted
1 teaspoon vanilla extract
2 teaspoons baking soda
1 ¼ cups unsweetened cocoa powder
1 ½ cups boiling water
½ cup special dark fudge sauce (garnish)
¾ cups chopped toasted pecans (garnish)
1 ½ cups miniature marshmallows (for garnish if desired)
Mississippi Mud filling (recipe follows)
Chocolate Cream Cheese frosting (recipe follows)

3 cups sugar
3 large eggs
2 ¼ cups all-purpose flour
½ teaspoon salt
1 ¾ cups whole buttermilk
Mississippi Mud Filling:
1 - 8 oz. container frozen nondairy whipped topping, thawed
1 - 8 oz. jar marshmallow crème
4 ounces cream cheese, softened
1 cup toasted and chopped pecans
In a medium bowl, combine the whipped topping, marshmallow crème, and cream cheese. Beat at medium speed with an electric mixer until smooth. Stir in the pecans, then cover, and chill for at least 1 hour.

Chocolate Cream Cheese Frosting:
1 cup butter, softened
1 - 8 oz. cream cheese, soft
6 cups confectioners’ sugar
1 teaspoon vanilla extract
1 - 9.7 oz. box bittersweet chocolate, melted and cooled
In a large bowl, beat the butter and cream cheese at medium-high speed with an electric mixer until creamy. Add the melted chocolates, beating until combined. Gradually add confectioners’ sugar, beating until smooth. Add vanilla, beating until incorporated. Use the frosting immediately.

Cake
Preheat the oven to 350 degrees F. Spray 2 (10-inch) baking pans with nonstick baking spray with flour. In a large bowl, beat the sugar and butter with an electric mixer on medium speed. In another large bowl, add the eggs and vanilla and beat on medium-high speed until the mixture is pale and fluffy. Slowly add butter mixture, beating until combined.

In a medium bowl, combine the flour, baking soda, salt, and cocoa. Gradually add to the sugar mixture, alternately with the buttermilk, beginning and ending with the flour mixture. Beat until just combined after each addition. Slowly add the boiling water, beating until just combined. Spoon the batter evenly into the prepared pans, and bake until wooden pick inserted in center comes out clean, about 28 to 34 minutes. Let cool in the pans for 10 minutes. Remove the cakes and let them cool completely on wire racks.

Spread Mississippi Mud filling evenly between layers. Chill the cake for at least 4 hours. Spread Chocolate Cream Cheese Frosting evenly over top and sides of cake. Just before serving, sprinkle marshmallows and pecans evenly over the top and drizzle with fudge sauce. Store the cake, covered, in refrigerator.
Southern Hospitality Pie
Heather Wolff, Enrollment Services
2nd place winner, 2011 DSC Dessert Contest
Won first place at T-Mobile with this recipe

1 ½ cups chopped pecans
1 – 8 oz. cream cheese
1-16 oz. Cool Whip Topping, thawed
caramel ice cream topping
2 cups flaked or shredded, optional (not in contest version)

1/2 cup butter or 1/2 cup margarine
1-14 oz. can sweetened condensed milk
2 large graham cracker pie crusts
chocolate ice cream topping

Melt butter or margarine in skillet over low heat. Add pecans and coconut (optional) stirring constantly to brown. Set aside to cool. Mix cream cheese and sweetened condensed milk until smooth. Fold in whipped topping. Pour evenly into crust. Sprinkle with pecans and drizzle with the caramel and chocolate toppings. Cover and freeze until frozen hard. Remove from freezer 10 -15 min before serving. Makes 2 pies.

Pictured above: 2011 Judges - Tony Simones, 2009 Dessert Contest Winner, Asst. Professor of Criminal Justice & Political Science; Arlene Hooker, Administrative Assistant Plant Operations; 2010 Dessert Contest Winner, Professor of History.

Pictured right: President & Mrs. John O. Schwenn who began the Dessert Contests.
Silver Sweetheart Delight
aka Oreo Delight
Penny Cordell, Purchasing
3rd place winner, 2011 DSC Dessert Contest

1 pkg. of Oreo cookies (not double stuff) 3 tbsp. butter
1 - 8 oz. Cool Whip, thawed 1 cup milk
2 - 8 oz. pkg. cream cheese, softened
1 pkg. - 3.3 oz. white chocolate instant pudding & pie filling

Finely chop 15 of the cookies, melt butter, add to cookie crumbs, and mix well. Press crumb mixture into the bottom of a deep dish. Refrigerate while preparing filling.

Coarsely chop remaining cookies, set aside. Set aside ½ cup Cool Whip for garnish. Place cream cheese in a bowl and gradually whisk milk into cream cheese until smooth. Add pudding mix; whisk until mixture begins to thicken. Add remaining cool whip, mix until well blended. Fold in 1 ½ cups of chopped cookies, spread evenly over crust and spread mixture evenly over crust. Garnish or spread remaining Cool Whip on top and sprinkle remaining chopped cookies on top. Refrigerate for at least 30 minutes.

Be my Valentine Chocolate Covered Strawberry Cake

Faith Miller, Director of Human Resources and Nettie Henderson, Human Resources Assistant
Dalton State College
2010 Dessert Contest Winners

Donna Lee Davis, John Schwenn, Tom Veve, & Kristy Casey-Hart

Winning Recipes

Crailsheimer Käsekuchen
Tom Veve, Humanities
1st place winner, 2010 DSC Dessert Contest

Tom was an Army Lt. stationed in Crailsheim, Germany in the 70’s, Käsekuchen is German cheesecake.

- 1 pie crust
- 8 oz. cream cheese, softened
- 8 oz. Cool Whip
- 1/3 cup sugar
- 1 egg

Swab pie crust with beaten egg, bake for 5 minutes at 375 degrees. Allow to cool.
Mix sugar with softened cream cheese (for a cheesier cake, add another 3 oz. cream cheese to suit). Mix cool whip with cheese batter. Spoon batter into pie crust; top with fruit (strawberries, cherries, blackberries, etc.) as desired. Chill before serving.
Chocolate-Pecan Torte
Kristi Casey-Hart, Academic Resources
2nd place winner, 2010 DSC Dessert Contest
I adapted this recipe from The Ultimate Southern Living Cookbook 1999, published by Oxmoor House.

Cake
4 large eggs, separated ¾ cup sugar, divided
3/4 ground pecans 1/3 cup cocoa
1/3 cup all-purpose flour 3/4 teaspoon salt
1/4 cup water 1 teaspoon vanilla extract

Mocha Buttercream Frosting
1/2 cup finely chopped pecans 1 teaspoon shortening
1/4 cup semisweet chocolate morsels

Grease bottoms of two 9-inch round cake pans; line with paper; grease paper. Beat egg yolks in a large bowl at high speed with an electric mixer. Gradually add 1/2 cup sugar, beating until mixture is thick and pale.

Combine ground pecans and next 4 ingredients; add to yolk mixture alternately with water, beginning and ending with pecan mixture. Mix at low speed after each addition until blended. Stir in vanilla.

Beat egg whites at high speed until foamy. Gradually add 1/4 cup sugar, beating until stiff peaks form; fold into pecan mixture. Spread batter in prepared pans. Bake at 375°F for 16-18 minutes; remove from pans. Remove wax paper; cool on wire racks.

Spread Mocha Buttercream between layers and on top and sides of torte. Press 1/4 cup chopped pecans on sides of torte.

Combine 1/4 cup chocolate morsels and shortening in a small heavy-duty zip-top bag; seal. Submerge in hot water until chocolate melts. Snip a tiny hole in one corner of bag. Pipe chocolate mixture in a decorative design over torte; store in refrigerator. Yield: 12 servings
Candy Buckeyes
Donna Lee Davis, Student Activities
3rd place winner, 2010 DSC Dessert Contest

4 cups of powdered sugar
2 and half cups of creamy peanut butter
2 bags of milk chocolate chips

Mix the sugar and peanut butter together in a bowl. Softened butter can be added to mixture to make easier to roll. Roll mixture into teaspoon sized balls and place on a wax paper lined cookie sheet. Freeze for 10 minutes. In a saucepan melt the chocolate on low, stirring regularly. Dip the peanut butter balls into the chocolate to create the buckeye look and return to wax paper. Freeze buckeyes for 25 minutes. Enjoy!

Lime Cake
Traci Bramlett, Nursing
Tasters Favorite
2010 DSC Dessert Contest

Cake
1 box Duncan Hines Lemon Cake Mix
1 pkg. lime Jello
1 cup water
1 cup oil
4 eggs
1 tbsp. lime juice
Mix and bake at 325 degrees for 40 minutes.

Icing
3 cups powdered sugar
1/3 cup lime juice
8 oz. cream cheese
2 oz. rum
Lime zest
Mix sugar, lime juice, cream cheese and rum; top cake with lime zest.
**Appetizers**

**Apple Dip**  
*Janet Hayes, Enrollment Services*

Combine the following:
- 8 oz package cream cheese (softened)
- ¾ cup sugar
- ¼ brown sugar
- 1 package Heath Brickle chips

**Artichoke Dip**  
*Elizabeth Chadwick, President’s Office*

*This stuff is WONDERFUL, and sooooo easy!*

- 2 cans artichoke hearts, chopped
- 2 ½ cups shredded mozzarella cheese
- 1 cup mayonnaise
- 1 cup parmesan cheese
- 3 garlic cloves, crushed

Mix ingredients and bake at 350 degrees for 15-20 minutes. Serve warm with tortilla chips or crackers; also good on grilled chicken.

**Brickle Dip**  
*Joy Carrier, Retiree, School of Technology*

- Six Granny Smith apples
- Pineapple juice
- 8 oz. cream cheese, softened
- ½ cup brown sugar
- ½ cup sugar
- 1 tsp. vanilla
- 1 package of Heath Plain Bits-O’Brickle Toffee Bits (in the choc. chip section)

Slice apples into pineapple juice. Set aside. Mix cream cheese, sugar, brown sugar, and vanilla. Just before serving, mix ½ to 1 package of Heath Bits O’Brickle Toffee Bits.
**Easy Sausage Balls**  
Penny Cordell, Purchasing

- 3 1/2 cups of Bisquick
- 1 lb. of sausage (mild or hot)
- 8 oz block of cheese (sharp is best) - Shredded

Preheat oven to 350°F. Mix all ingredients in large bowl until well blended adding a few tablespoons of water at a time, just to help the mixing process. Form mixture into 1-inch balls. Place on lightly greased 15x10x1-inch baking pan. Bake 23 to 25 minutes or until browned and cooked through. Serve warm.

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**Burgundy Meatballs**  
Janet Vetter, School of Arts and Sciences

**Meatballs:**
- 1 lb. ground beef
- 1 tsp. salt
- 1 sm. onion, chopped
- 1/8 tsp. pepper
- 2/3 cup bread crumbs
- 1 egg
- 1/2 tsp. Worcestershire sauce

Mix all ingredients; heat oven to 400 degrees. Roll mixture into 1" balls and bake for 10-15 minutes.

**Sauce:**
- 3 tbsp. cornstarch
- 1/2 tsp. garlic clove, minced
- 1 tbsp. kitchen bouquet
- 1/4 cup water
- 2 tbsp. soy sauce

Blend cornstarch and water in 3 quart sauce pan. Stir in remaining ingredients gradually. Heat to boiling, stirring constantly. When thoroughly hot, add meatballs and simmer.

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A fairly standard formula is used among caterers to figure out how many appetizers are needed from each recipe ~ 12 pieces per person times the number of people divided by the number of different appetizers. (When they are being served before a full dinner, halve the totals.) If the guest list has fewer than 45 people, plan on using roughly 6 different appetizers; for more than 45 guests, 8 types. The rule of thumb for smaller gatherings is that 3 types are suitable for 8 to 10 guests; 4 or 5 for 14 to 16 people. Having an equal number of hot and cold foods is also helpful so that while one appetizer is heating in the oven, a cold one can be circulating, keeping everyone nibbling happily. www.whatscookingamerica.net
Hot Ham Dip
Debbie Gilbert, School of Technology

one package cream cheese (8oz)  one 16 oz carton of sour cream
2 packages of wafer thin ham  one small onion, diced
diced green pepper (optional)

Let cream cheese soften to room temperature. Place cream cheese, sour cream, and onion in a small baking dish. Dice ham into small pieces. Add ham to mixture. Stir ingredients together. Bake for 30 min at 350 degrees. Serve warm with Ritz crackers.

Mexican Dip
Kris Richardson, OCIS
From my mother-in-law

1 lb. ground beef, turkey, or chicken 1 pkg. taco mix
8 oz. sour cream 1 can spicy refried beans
grated cheddar cheese 1 small jar cilantro salsa
green onions, chopped black olives, sliced
1 can Rotel Mild Diced Tomatoes with Green Chiles

Brown beef, turkey, or chicken with taco mix. Layer as follows:
refried beans
beef, turkey or chicken mix
sour cream
small layer of grated cheddar
cilantro salsa
additional layer of grated cheddar
Rotel Mild Diced Tomatoes with green chiles
small layer of green onions
small layer of black olives

Bake at 425 degrees for 15 min. in a 9 x 13 in. pan. Good thing about this recipe is you can make it your own. Add ingredients, take away, and mix up the layers - whatever you like!
Monterey Jack Salsa
Elizabeth Chadwick, President’s Office

1 can green chilies (chopped)
4 green onions (chopped)
*1 pkg. shredded Monterey Jack Cheese
1-2 tomatoes (chopped) more if desired

1 can black olives (chopped)
½ cup Italian Salad dressing
juice from 1 lemon & 1 lime
½ cup chopped fresh cilantro

Blend all ingredients and serve with tortilla chips. (*Better with Monterey Jack/Colby shredded cheese). If serving just a little at a time, add cheese as served. *This stuff is VERY addictive!

Oyster Crackers
Debbie Baxter, School of Education

2 boxes or 4 bags oyster crackers
1½ cups oil
2 pkgs. Hidden Valley Ranch Salad Dressing Mix
2 tsp. dill weed

Mix well in large plastic bag. Let stand 1 day for best results.

Pat’s Beef Dip
Pat Kresl, Enrollment Services

8 oz. cream cheese, softened
½ cup chopped mushrooms
1 pkg. Budding corned beef, chopped
3 green onions, finely chopped
1/3 cup chopped black olives
1 tsp. Accent season salt

Combine ingredients well and refrigerate one hour or longer. I usually make a double batch. This dip is particularly good with Toasted brand crackers.

Condensed milk is wonderful. I don’t see how they can get a cow to sit down on those little cans.

~Fred Allen
Muddy Buddies/Puppy Chow
Regina Ray, Department of Humanities
More addictive than drugs; everyone in my family expects a large bag of this treat at Christmas. Most years I make around 10 gallons.

9 cups of Chex cereal (any combination but I prefer rice)
1 cup semisweet chocolate chips  ½ cup peanut butter
¼ cup margarine  1 tsp. vanilla
1 ½ cups powdered sugar

Put cereal in LARGE bowl and set aside. Microwave chocolate chips, peanut butter, and margarine uncovered on high for about 1 minute. Stir; microwave until smooth in increments of about 10 seconds if needed. Stir in vanilla. Pour mixture over cereal and stir until evenly coated. Pour into 1 gallon re-sealable food storage bag filled with powdered sugar. Shake until well coated. Spread on waxed paper to cool; store in an airtight container in the refrigerator.

Pinwheels ~ Veve Style
Jennie Veve, Enrollment Services

4 strips bacon, fried & crumbled  4 oz. cream cheese, softened
½ cup shredded sharp cheddar  1/8 cup onion, finely chopped
1 Pkg. crescent rolls (8)  grated parmesan cheese

Mix cream cheese, bacon, cheese, and onion. Unroll crescent roll into 4-two roll segments (rectangle) and seal seam with finger. Schmear (spread in New Yorker lingo) cream cheese mixture on crescent rolls, roll and slice into ¼ inch rounds, and place on cookie sheet. Sprinkle with parmesan cheese. Bake 10-12 minutes at 375 degrees.

- Microwave a lemon for 15 seconds and double the juice you get before squeezing.
- Microwave garlic cloves for 15 seconds and the skins slip right off.
- When slicing a hardboiled egg, try wetting the knife just before cutting. If that doesn’t do the trick, try applying a bit of cooking spray to the edge.
- Store freshly cut basil on your kitchen counter in a glass with the water level covering only the stems. Change the water occasionally. It will keep for weeks this way; even develop roots! Basil hates to be cold so NEVER put it in the refrigerator. Also, regular cutting encourages new growth and healthier plants.
Salmon Ball
Janet Vetter, School of Arts and Sciences

3 large cans of Salmon
2 tbsp. of lemon juice
1 cup of chopped pecans
½ tsp. salt

1 ½ pkg. of Cream Cheese
4 tsp. grated onion
5 tbsp. chopped parsley

Drain and flake salmon, removing skin and bones. Combine salmon, cream cheese, lemon juice, onion, salt, mix thoroughly (with hands). Chill several hours. Combine pecans and parsley. Shape salmon mixture into ball, roll in nut mixture. Chill. Serve with assorted crackers.

Spinach Balls
Trish Rafey, School of Business

This recipe has been in the Gelinhas family for generations. It has been a staple food item at every holiday party since I can remember. It wasn't a family gathering if it didn't have these spinach balls. My grandmother would spend several days ahead making dozens of these and freezing them for the actual day. She always preferred them frozen first.

2 pkgs. frozen spinach
3 cups unseasoned bread crumbs
½ cup Parmesan or Romano, grated finely
6 eggs, beaten

¾ cup butter, melted
1 onion, chopped

Mix all ingredients together using a wooden spoon. Make little balls. Place on well greased cookie sheet or release foil on cookie sheet. Bake at 325 for 10-15 minutes. Balls can be frozen before cooking. If frozen, cook for at least 20 minutes. Balls should be slightly crunchy on the bottom and should not fall apart when you pick them up. Cook a few minutes longer if this happens. Eat immediately.

- Wrap celery in aluminum foil when putting in the refrigerator; it will keep for weeks!
- Use lifesavers candy to hold candles in place on your next birthday cake; kids love them!
- Poke an egg with a small sewing needle before hard-boiling, and the egg will peel with ease! And hold that needle in place with a magnet refrigerator clip!
- Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips!
- Use a meat baster to "squeeze" your pancake batter onto the hot griddle and you will get perfectly shaped pancakes every time!
- To keep potatoes from budding, place an apple in the bag with the potatoes!
- To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling!
Veggie Pizza Squares
Judy Schwenn

2 tubes refrigerated crescent rolls
¼ cup finely chopped green pepper
2-(8 oz.) pkg. cream cheese
1 env. Ranch dressing mix
½ cup finely chopped broccoli
¾ finely chopped carrots
½ cup mayonnaise
¼ cup finely chopped tomato
¼ cup grated cheese

Cover bottom of 11 x 17 inch ungreased pan with crescent rolls, forming a crust. Bake at 350 degrees until crust starts to brown but not quite done. Cool. Mix cream cheese, mayo, and Ranch dressing mix until smooth. Spread mixture on crust. Sprinkle chopped vegetables and cheese over cream cheese layer. Cover with plastic wrap and push vegetables into cream cheese layer. Chill for 3-4 hours. Cut into squares and serve; makes approximately 48 (2 x 2) servings.

2010 Dessert Contest Judges: Laurie Raper, Library Assistant, 2009 Dessert Contest Winner; Tony Simones, Asst. Professor of Criminal Justice & Political Science; John Hutcheson, Vice President Academic Affairs. As one of the judges said, "Sometimes you've got to do the hard jobs here at Dalton State, so we are happy to sacrifice."

Happy Participants!
Traci Bramlett, Nursing, Baker of the Taster's Favorite Lime Cake; Penny Cordell, Purchasing; and Nettie Henderson, Payroll. 2010 Dessert Contest
### Broccoli Cornbread

*Regina Ray, Department of Humanities*

- 1 pkg. Jiffy cornbread mix
- 1 lg. onion, chopped
- 1 tsp. salt
- 6 oz. cottage cheese
- 4 eggs
- 1 stick butter, melted
- 1 -10 oz. pkg. frozen broccoli

Mix everything together in bowl. Pour into greased 9 x 13 pan and bake at 500 degrees 25 minutes or until done.

### Bubba’s Beer Biscuits

*Elizabeth Chadwick, President’s Office*

- 4 cups Bisquick
- 1 - 12 oz. can beer
- ½ to 1/3 cup sugar
- 2 tbsp. butter, melted

Preheat oven to 400 degrees. Mix all ingredients well, adjusting the sugar according to how sweet a biscuit you prefer. Pour into well-greased muffin tins. Bake for 15 to 20 minutes. Serve with honey butter.

- Keep bread fresh longer by placing a rib of celery in the bread bag.
- Place aluminum foil under the napkin in your roll basket and rolls will stay hot longer.
- To thaw frozen bread and rolls, place in a brown paper bag and put into a 325 degree oven for 5 minutes to thaw completely.
- For a shiny bread crust, brush the top with a mixture of 1 beaten egg and 1 tbsp. of milk before baking.
- To glaze the tops of rolls, brush with a mixture of 1 T. sugar and ¼ c. milk before baking.
- For a soft, well-browned but not shiny crust, before baking brush the loaf with a tbsp. of melted butter.
- For a crisp, shiny crust, bake the bread for 20 minutes, then remove from the oven and brush with an egg white that has been beaten with a tbsp. of water. Return the bread to the oven to finish baking.
Jaine's Muffins
Regina Ray, Department of Humanities

2 ½ cups sugar 1 tsp. salt
4 cups flour 4 tsp. soda
1 tsp. salt 1 cup coconut
1 cup raisins or dried cranberries 1 cup pecans
6 eggs 2 cup oil
1 tsp. vanilla 4 tsp. cinnamon
1 cup pecans
2 Granny Smith apples, shredded w/peelings

Mix all ingredients together. Bake in muffin pan at 375 degrees for 12-15 minutes; freezes well. For healthier version, substitute the following: Splenda for sugar; 1 cup of applesauce for oil; omit coconut and raisins; 12 eggs whites for whole eggs.

Kentucky Spoon Bread
Michael Jordan, Retiree, School of Technology

1 cup corn meal 1 cup milk
1 tsp. salt 2 tbsp. butter
3 eggs, separated 1 tsp. baking powder

Bring 2 cups water to a boil in a medium size pan. Gradually stir in cornmeal and salt. Cook over medium heat and stir constantly until mixture is thick. Remove from heat. Add milk and butter, beat until smooth. Let cool. Pre-heat oven to 375 degrees; lightly grease 2 qt. casserole or soufflé dish. Beat egg whites until stiff peaks form. Beat egg yolks so they are thick and light. Add baking powder to cornmeal mixture and mix well. Gently fold in beaten egg whites into the corn meal mixture until combined. Turn into prepared dish. Bake uncovered 45 minutes to 1 hour or until spoon bread is golden brown and puffy; spoon from casserole dish hot and top with butter.

Cooking is like love. It should be entered into with abandon or not at all.
~ Harriet Van Horne
**Kolachi (Nut Bread)**

Juanette Nelson, Retiree, Nursing

**Bread:**
- 1 ¼ cups scalded milk
- ½ cup sugar
- 2 eggs, slightly beaten
- ½ cup warm water (may require ½ cup)

**Filling:**
- 1 lb. ground nuts
- ½ cup milk
- 1 cup sugar
- 1 tsp. cinnamon
- 2 tsp. lemon


**Pineapple Upside Down Biscuits**

Michael Jordan, Retiree, School of Technology

- 1 (10-ounce) can crushed pineapple
- ½ cup packed light brown sugar
- ¼ cup (½ stick) butter, at room temperature
- 10 maraschino cherries
- 1 (12 ounce) package refrigerated buttermilk biscuits (10 count)

Preheat oven to 400 degrees. Grease 10 cups of a muffin tin. Strain the can of crushed pineapple; save juice for later. Combine the pineapple, sugar, and butter, and mix well. Divide the pineapple mixture among the muffin cups. Place a cherry in the center of each muffin cup, making sure cherry hits bottom of cup. Place 1 biscuit in each cup on top of sugar and pineapple mixture; spoon 1 tsp. reserved pineapple juice over each biscuit. Bake for 12 to 15 minutes, or until golden. Cool for 2 minutes. Invert the pan onto a plate to release the biscuits. Serve warm.
Pumpkin Bread
Juanette Nelson, Retiree, Nursing

1 1/3 cups sugar 1/3 cup oil
1/3 cup water 1/3 cup nuts
2 eggs 1 tsp. baking soda
1 cup pumpkin 1 2/3 cup flour
1 tsp. cinnamon 1/2 tsp. salt
1/4 tsp. ground cloves 1/4 tsp. baking powder

Mix ingredients. Pour into greased 13 x 2 1/2 x 4 inch pan. Bake 1 hour at 350 degrees. May be frozen; good served with softened butter, margarine or cream cheese. Note: I use more nuts to taste. Three small loaf pans may be used instead of one large loaf pan.

Traditional Cranberry-Orange English Scones
Sarita Gale, Enrollment Services

2 cups all purpose flour 1 tbsp. baking powder
1/2 tsp. baking soda 1/2 tsp. salt
2 tbsp. sugar 1 tbsp. grated orange rind
1/2 cup very cold butter, cut up 2/3 cup buttermilk
1 c. dried cranberries Walnuts or pecans optional
Topping: 1 tbsp. buttermilk 1 tbsp. sugar

Combine flour, baking powder, baking soda, salt, sugar and orange rind. Cut in butter; add cranberries and nuts. Stir until moistened. Turn dough onto a lightly floured surface. Knead 5 or 6 times. Pat into an 8-inch circle, cut into 8 wedges. Place 1” apart on a lightly greased baking sheet. Brush with buttermilk and sprinkle with sugar. Bake at 425 for 15 minutes or until golden brown. Yields 8 servings.

If you have a bread machine you will never make dough for your rolls by hand after using this EASY recipe ~ you can also bake this dough into a loaf.

Put contents in your bread machine in order given:
First 1 cup milk
Second 2 eggs
Third 2 tbsp. margarine or butter
Fourth 1 tsp. salt
Fifth 1/4 to 1/2 cup sugar
Sixth 3 1/2 cups of bread flour
Seventh 2 tbsp. of yeast
Soups & Salads

Carla’s Taco Soup
Joan Chapman, School of Education

This is a favorite at our church. Our pastoral assistant makes it and it always gets raves. Great served over Frito-type chips and add a touch of chopped green onions and sour cream. This recipe serves about 16 people. Prepare in large pot.

2 lbs. ground beef
1 can Rotel tomatoes
2 pkgs. taco seasoning mix
2 pkgs. Hidden Valley Ranch dry mix
2 can pinto beans/or kidney beans-rinsed

1 bell pepper/cut small
4 small cans whole kernel corn
1 medium onion/chopped
2 cans stewed tomatoes

Brown meat; then drain by placing in colander and running over with warm water. Add onions and peppers and all other ingredients. Cook on medium or low heat for about 45 minutes to one hour; if smaller amount is needed, just half the recipe.

Cheese Shrimp Soup
Joan Chapman, School of Education

2 tbsp. butter
1 large onion, finely chopped
4 ribs of celery, finely chopped (leaves included)
5 carrots, finely grated
4 oz. small, thick egg noodles
2 chicken bouillon cubes
3 cups water
3 cups milk
6 to 12 ounces small salad shrimp (Crab meat is also good.)
1 to 1 ½ slices American cheese (can use grated)

Brown onion in butter; add celery, bouillon cubes, carrots, noodles and water. Simmer until carrots and noodles are soft (15 to 20 minutes). Add milk and shrimp; heat until milk is hot. Add slices of cheese (until the soup is as thick as you like). Stir as you add cheese, it should melt quickly. Salt & pepper to taste.
Cheese Soup
Lynn Morse, Grounds Supervisor
This is a versatile recipe. Add a small head of cauliflower or broccoli and puree the soup in a blender when it is tender. It could be thickened and used as a sauce for several dishes.

1/4 cup butter 2 tbsp. minced onion
1/2 cup thinly sliced carrot 1/2 cup finely chopped celery
1 cup chicken stock 1/4 cup flour
2 cups shredded American cheese 3 cups milk
1/4 tsp. red pepper flakes

Melt butter in a heavy saucepan. Add onion; cook and stir until transparent. Add carrot, celery, red pepper flakes, and chicken stock. Cover and simmer gently for about 15 minutes or until vegetables are tender. Combine flour with 1 cup of milk; add to vegetable mixture, stirring constantly until smooth and thickened. Add cheese; stir over low heat until melted. Add remaining milk gradually, stirring briskly. Heat only to serving temperature; makes 5-6 servings.

Chicken Fiesta Stew
Sarah Mergel, Department of Social Science

3-4 chicken breasts, cubed 1 packet fajita seasoning mix
3 tbsp. flour 1 tbsp. olive oil or vegetable oil
1 medium yellow onion, chopped 2 cans corn
1 tsp. to 1 tbsp. garlic, crushed or chopped 5 cups chicken broth
2 cans tomatoes, diced with chilies 1 C uncooked instant brown rice
1 small can mild green chilies, chopped 1 can black beans, (drain/rinse)

In a blender or food processor, puree the tomatoes (if you like chunks of tomato as opposed to a hint of tomato in the background, you can skip this step). In a large pot, heat olive oil over med-high heat. In a large plastic bag, mix flour and fajita seasoning. Put cubed chicken in bag and toss until coated. Brown chicken in hot oil a few minutes; toss in the rest of the flour/seasoning mixture from the bag. Add onions and garlic; cook several minutes until onions are transparent. Add corn, tomatoes, black beans, chilies, chicken broth, and rice. Bring to a boil. Cover pot, reduce heat, and simmer until rice is done (I usually let it cook for at least 30 minutes). If desired, add cilantro and squeeze 1/2 lime into stew. Serve with cornbread or tortilla chips.
Chili
Janet Hayes, Enrollment Services

3 cans kidney beans 1 large can sliced tomatoes
1 ½ lb. ground chuck (browned and drained) 1 small onion
1 can tomato sauce 2 tsp. garlic powder
1 tsp. oregano 2 tsp. salt
2 tbsp chili powder

Combine ingredients. Cook low in crock-pot for 8 hours.

Easy Brunswick Stew
Janet Hayes, Enrollment Services

1 cup frozen onions 24 oz can crush tomatoes
12 oz can BBQ pork 12 oz can BBQ beef
12 oz can white chicken 12 oz can cream corn
12 oz can shoe peg white corn 1 can lima beans (mashed)

Combine; Cook on low 6 – 8 hours in crock-pot.

Fast and Easy Brunswick Stew
Terry Bailey, OCIS
If you can use a can opener, you can make this!

1 large can of Castleberry Brunswick Stew 1 can BBQ Pork
1 can BBQ Beef 1 can Creamed Corn
1 can Whole Kernel Corn 1 can Okra (sliced)
2 cans Stewed Tomatoes 2 cans Potatoes
1 Onion (chopped and sautéed) ½ tsp. Vinegar
1 – 2 tsp. Worcestershire Salt + Pepper to taste
1 can BBQ Chicken (sometimes hard to find – substitute 1 can Chicken + ¼ cup BBQ Sauce)

Dump everything into a large pot or Crockpot and heat.
Five-Bean Bake
Regina Ray, Department of Humanities

8 bacon slices, chopped 1 large onion, diced
½ cup firmly packed brown sugar 1 cup ketchup
½ cup water ¼ cup cider vinegar
1 (28 oz) can pork and beans
1 (19 oz) can black beans, rinsed and drained
1 (16 oz) can chickpeas, rinsed and drained
1 (15 oz) can kidney beans, rinsed and drained
1 (15 oz) can lima beans, rinsed and drained

Cook bacon and onion in hot drippings until tender. Combine bacon, onions, and the rest of the ingredients. Bake covered in a 13 X 9 pan at 350 degrees for 1 hour. Uncover and bake 30 more minutes. I have added ½ pound of browned and drained ground beef and also have use a variety of beans.

Hamburger Soup
Elizabeth Chadwick, President’s Office

3 tbsp. margarine 1½ lbs. Lean ground beef/chuck
1 lb., 12 oz. can diced tomatoes, drained 2 cans Consommé beef soup
1 sm. can whole kernel corn, drained 1 can French Onion soup
4 carrots, thinly sliced ¼ cup chopped celery
½ to ¾ cup tiny bowtie or shell pasta grated Parmesan
To taste: pepper, oregano, and parsley 1 bay leaf

Brown meat in margarine; add all ingredients except pasta and cheese. Bring to a boil; reduce heat; cover and simmer at least 30 minutes. Fifteen minutes before you are ready to serve, return to boil and add pasta. Let boil uncovered for 11-14 minutes or until pasta is tender. Remove bay leaf and serve topped with grated parmesan.

To easily remove honey from a measuring spoon, first coat the spoon with nonstick cooking spray!
Slicing meat when partially frozen makes it easier to get thin slices.
Place a slice of bread in hardened brown sugar to soften it back up!
Hearty Corn Chowder  
Donna Hendrix, Department of Humanities

2 strips of bacon, cooked  
1 bell pepper, chopped  
1 potato, chopped  
2 cans of Mexican Corn  
2 cups of rotisserie chicken  
salt and pepper to taste

Cook bacon strips until crisp and remove. Add chopped red pepper, bell pepper, onion, potato, jalapeno pepper and sauté in bacon drippings. Chop bacon and add to mixture. Add chicken broth to mixture and cook until tender. Add corn, salt and pepper to mixture. Dip out half of the soup mixture and puree in blender and add back to the remaining soup. This will provide a creamy texture. Add the 2 cups of half and half stirring constantly. Add chicken and stir for 20 minutes. This is delicious.

Hearty Vegetable Soup  
Regina Ray, Department of Humanities

1 lb. carrots  
4 lg. stalks celery  
1 lb. green cabbage  
1 ½ lbs zucchini  
6 cups water  
2-28 oz. cans whole tomatoes in juice

1 ½ lbs. onions (3 med)  
2 lg. cloves garlic  
¼ lb. green beans  
1 lb. baby spinach leaves  
salt and pepper  
6 cups chicken broth

Slice carrots into ½ inch rounds. Coarsely chop onions, celery. Coat 12 quart stockpot with nonstick cooking spray; add carrots, onions and celery cooking over medium heat. Crush garlic into pot and cook 8 minutes until vegetables begin to soften. Thinly slice cabbage, trim green beans and cut into thirds. Cut zucchini in half and cut into slices. When carrots are tender-crisp, add tomatoes with liquid, cabbage, green beans chicken broth, water, salt and pepper. Simmer for 10 min. Add zucchini and spinach and simmer until all vegetables are tender. Cool soup slightly and divide into 2 cup portions for freezing. You can add a variety of meats, vegetables, pastas to the basic soup for variations.
Mama Mia Chile
Art Sutton, OCIS

Not really a story behind this, I just made it up as I went along. It DID, however, win 3rd place at a chili cook-off at the church we attended in Kennesaw. Judges said it wasn’t spicy enough*.

1 ½ lbs. ground turkey 2 tbsp. chili powder
1 ½ lbs. sweet Italian sausage ½ tbsp. cumin seed
3 medium cloves garlic, finely chopped ½ tsp. oregano
1 medium onion, coarsely chopped 1 tsp. cayenne pepper
1 (15 oz) can tomato Sauce 1 cup water

If sausage is link style (probably), slit the sleeves long ways and remove the sausage. Brown sausage in a large pan and put aside. Next, brown the ground turkey. Add in the onion, coarsely chopped. Add in finely chopped cloves of garlic. Add back the browned Italian sausage and stir in the 15 oz. can of tomato sauce. Stir in chili powder (or to taste*), cumin seed, oregano, and cayenne pepper, add one cup of water or to desired texture. Let simmer on medium heat, stirring occasionally, until you just have to have some of it.

Potato Soup
Joy Carrier, Retiree, School of Technology

. . . a must have at School of Technology gatherings!

4 medium potatoes 1 onion
1 small can evaporated milk 1 stick margarine or butter
salt & pepper to taste
1 can cream of mushroom or cream of chicken soup

Dice potatoes and onions. Add only enough water to cover vegetables; boil till tender. Add soup, milk, salt and pepper. Bring heat up slowly (burns easily!) Simmer 15 minutes on low heat. Slice the stick of butter over the top. Let melt and stir.

Worries go down better with soup.
~ Old Jewish Proverb
Strawberry Soup
Regina Ray, Department of Humanities

8 cups frozen strawberries, slightly thawed  1 cup sugar
½ cup sour cream  1 cup buttermilk
Cool Whip  roasted almonds, sliced

Put strawberries, sugar, sour cream, and buttermilk in blender; blend till soupy. Serve in small bowls or cups topped with Cool Whip and almond slices.

Tomato-Dill Soup
Regina Ray, Department of Humanities

½ cup butter  1 cup chopped onions
1 cup chopped carrots  1 cup chopped celery
2 tsp. minced garlic  1 tsp. basil
1 tsp. thyme  1 tsp. tarragon
½ cup flour  3 cups chicken broth
1 can (35 oz.) chopped tomatoes w/liquid  1 ½ cups tomato juice
1 cup heavy cream  1 tsp. sugar
1 tbsp. fresh chopped dill

Cook onions, carrots and onions in butter, just until softened (8-10 minutes). Stir in garlic, basil, thyme, tarragon and cook one minute. Stir in flour and cook 4 to 5 additional minutes. Add chicken broth, tomatoes, tomato juice. Bring to a boil, reduce heat, and simmer 10 minutes. Stir in heavy cream and sugar. Heat for 5 minutes; add dill.

- Use a pastry blender to cut ground beef into small pieces after browning!
- Sweeten whipped cream with confectioners' sugar instead of granulated sugar. It will stay fluffy & hold its shape better!
- If you don't have enough batter to fill all cupcake tins, pour 1 tbsp. of water into the unfilled spots. This helps preserve the life of your pans!
White Chili
Larry Cooper, School of Education and his better half, Sharon

1 lb. large white beans, soaked overnight, drained
6 cups chicken broth
2 med. onions, chopped (divided)
2 - 4 oz. cans chopped green chilies
1 ½ tsp. dried oregano
¼ tsp. cayenne pepper
3 cups grated Monterey Jack cheese
1 jalapeño or Serrano pepper, chopped (optional)

Combine beans, chicken broth, garlic and half the onions in a large soup pot and bring to a boil. Reduce heat and simmer until beans are very soft, 3 hours or more (add additional water or watered down broth), if necessary. In a skillet, sauté remaining onions in oil until tender. Add chilies and seasonings and mix thoroughly. Add to bean mixture. Add chicken and continue to simmer 1 hour. Check seasoning, add optional peppers if desired. Serve with grated cheese. Garnish with cilantro, chopped fresh tomato, salsa, chopped scallions, and/or guacamole. Serve with fresh warmed flour tortillas or tortilla chips.

Broccoli Cabbage Salad
Elizabeth Chadwick, President’s Office

Salad
2 pkgs. of beef flavor Raman noodles, uncooked
1 cup sunflower seeds
1 package slaw mix or 1 lb. cabbage
2 bunches chopped broccoli florets
½ cup sliced or chopped almonds (or pecans)
1 bunch of green onions, chopped (optional)
Mix all salad ingredients. Refrigerate

Dressing
1 cup of oil
1/3 cup vinegar
½ cup sugar or Splenda
2 seasoning pkgs. from noodles
Mix ingredients and refrigerate. Add to the salad and mix well about 15-20 minutes before serving. You can also throw some cooked, diced chicken in if desired.
Chinese Chicken Salad
Regina Ray, Department of Humanities

Dressing:
\[
\begin{array}{ll}
\frac{1}{2} \text{ cup salad oil} & 1 \text{ tsp. sesame oil} \\
1 \text{ tbsp. soy sauce} & 1/3 \text{ cup sugar} \\
\frac{1}{4} \text{ cup white vinegar} & \frac{1}{2} \text{ tsp. salt} \\
\frac{1}{2} \text{ tsp. pepper} & \\
\end{array}
\]

Salad:
\[
\begin{array}{l}
\frac{1}{2} \text{ cup slivered almonds, toasted in oven until lightly browned} \\
\frac{1}{4} \text{ cup margarine or butter} \\
1 \text{ package chicken-flavored Ramen noodle soup mix} \\
\frac{1}{2} \text{ cup sesame seeds} \\
1 \text{ large head iceberg lettuce or combination of lettuces} \\
6 \text{ green onions or 1 red onion, thinly sliced in rings} \\
3-4 \text{ chicken breast halves, cooked, cooked, chopped, or shredded (optional)} \\
\frac{1}{2} \text{ bunch cilantro (optional)} \\
\end{array}
\]

Mix dressing ingredients. Crumble Ramen noodles and brown in butter with contents of seasoning packet and sesame seeds. Cool to room temperature. Just before serving, toss lettuce and onion. Mix with other ingredients. Add dressing to taste. Chicken can be added to make it a main-dish salad; serves 8.

Cranberry Jell-O Salad
Elizabeth Chadwick, President’s Office

This was my mom’s “take to everything” dish. After she passed away I was always asked to bring it and don’t even like it!!!! My husband would eat it by the gallon.

\[
\begin{array}{l}
1 \text{ sm. package raspberry Jell-O} \\
1 \text{ sm. can mandarin oranges, well drained} \\
\frac{1}{2} \text{ cup crushed or chunk pineapple, well drained} \\
1 \text{ lb. can cranberry sauce (whole berry or jellied, jellied works best)} \\
\frac{1}{2} \text{ cup chopped pecans or walnuts} \\
\end{array}
\]

Dissolve Jell-O in one cup HOT, HOT water. Add 2 cup cold water and chill just until thickened. Fold in oranges, pineapple, cranberry sauce and pecans. Chill and serve as salad or dessert with whipped topping.
Cucumber Salad
Arlene Hooker, Plant Operations

2-3 large cucumbers
1 lg. onion, chopped
Cherry or Roma tomatoes (to taste)
8 oz. bottle Kraft Zesty Italian Dressing
McCormick’s Salad Supreme seasoning (to taste)

Wash, peel and slice cucumbers in thin slices. Slice cherry or Roma tomatoes. Toss cucumbers, tomatoes, and onion in bowl. Sprinkle McCormick’s Salad Supreme seasoning over vegetables. Add Italian dressing. Toss mixture and refrigerate until serving.

Grape Salad
Nettie Henderson, Payroll

I got this recipe from my Niece Nancy, it is great. She made this for our family Christmas dinner several years ago.

2 lb. white seedless grape 2 lb. red seedless grapes
8 oz. chopped nuts 8 oz. sour cream
8 oz. creamed cheese (softened) 8 oz. sugar (I used Splenda)
1 tbsp. vanilla flavoring ½ cup additional nuts
½ cup light brown sugar (more or less to taste)

Wash and drain grapes, set aside. In a large container mix nuts, sour cream, cream cheese, sugar or Splenda, and vanilla. Add grapes to mixture and toss to coat grapes. Mix ½ cup nuts and brown sugar mix and sprinkle on top. Refrigerate overnight and enjoy!
Holiday Relish  
Juanette Nelson, Retiree, Nursing

12 oz. fresh cranberries  
1 lb. apple, core, coarsely chopped  
½ cup orange juice  
1 tbsp. balsamic vinegar

1 cup dried golden raisins  
¼ cup sugar  
½ tsp. cinnamon or ginger

Put all ingredients except vinegar in heavy bottomed saucepan. Stir to combine.  
Bring to a boil over medium heat, lower heat and simmer gently until relish thickens, about five minutes. Remove from heat and add vinegar. Put in heatproof container, cover and cool to room temperature. Refrigerate; will keep up to two weeks. Serve with turkey, chicken or other meats; may also be served on crackers as appetizer.

Mandarin Orange Salad  
Juanette Nelson, Retiree, Nursing

½ can mandarin orange segments  
1 ctn. Cool Whip  
3 oz. orange Jell-O

8 ½ oz. crushed pineapple  
1 sm. carton cottage cheese  
1 cup mini marshmallows


You Might Be a Bad Cook If...

❖ Your microwave display reads "TILT!"
❖ You know dinner is ready when the smoke alarm goes off.
❖ Your dog goes to the neighbors' to eat.
❖ Leftover crumbs make a great replacement for kitty litter.
❖ Your kids know what exactly peas porridge in a crock pot nine days old tastes like.
❖ Your family automatically heads for the dinner table every time they hear a fire truck siren.
❖ Pest control companies keep pestering you, wanting to buy and patent your recipe for candy Christmas cookies.
❖ The smoke alarm beeps if you even walk near the stove.
❖ Your family buys Rolaid, Pepto, and Tums in bulk.
❖ Your homemade bread loaf can be used as a door stop.
Mom's Chicken Salad
Joan Chapman, School of Education

My mom was a woman of personality. She was quick with wit and made everyone comfortable in her home. Her blue eyes and slow smile put all who visited at ease. My sister and I always wondered if our friends came to see us or to eat at our table. Mom was a simplistic cook. She cooked what young people liked and did not complicate recipes with numerous ingredients. She loved to cook and serve our friends and always had a welcome for anyone in need of a meal.

3 cups chicken / chopped small (I use white meat)
juice of one lemon
salt & pepper to taste
1 cup celery/chopped fine
1 cup chopped pecan pieces
4 to 5 heaping tbsp. mayonnaise (I use Hellman’s) or more to taste

Add lemon juice to chicken pieces along with salt and pepper. Stir and add celery and pecans. Add mayonnaise to spreading consistency. Keep refrigerated.

Mom's Potato Salad
Joan Chapman, School of Education

3 to 4 large potatoes - cut up into small cubes/boiled slowly until slightly tender. Drain
½ to 1 whole chopped fine bell pepper
2 large dill pickles, chopped fine
2 to 3 ribs celery chopped fine
1 small onion (or ½ of medium) chopped fine
salt and pepper to taste
¼ cup or more of mayonnaise to taste

Add all above ingredients and mix slowly and carefully in a large bowl. Other ingredients can be added to suit family taste. This can be made into a mustard potato salad by adding desired amount of mustard to mayo and mixing before adding to above ingredients.
Pasta Salad
Kim Crews, Advising Center

1-16 oz. box tri-color pasta, cooked
1 cup cherry tomatoes, diced
1 cup Italian dressing
1 cup parmesan cheese
1 small can black olives, chopped
½ cup green peppers, diced
1 cup mayonnaise

Mix all in a large bowl. Refrigerate.

Seven Cup Salad
Regina Ray, Department of Humanities

1 cup of each of the following:
crushed pineapple, drained
sour cream
mandarin oranges drained
chopped pecans
miniature marshmallows
coconut

Fold all together and refrigerate overnight.

Strawberry Sour Cream Congealed Salad
Debbie Baxter, School of Education

1 ¼ cup hot water
1 box frozen strawberries (small)
1 small can crushed pineapple (and juice)
3 diced bananas
1 family size strawberry Jell-O
½ pt. sour cream
½ cup pecans

Mix together the hot water, Jell-O, strawberries, pineapples, nuts and bananas.
Fold in sour cream. Chill until firm. Salad will firm quickly.

Q: What did the girl melon say to the boy melon when he proposed to her?
A: We’re too young ... we cantaloupe!
20 Minute Chicken Creole
Joan Chapman, School of Education
This recipe is from our dear friend Lynelle Stewart. She worked with us when the West Georgia program was on Dalton State’s campus.

4 boneless chicken breast halves
2 cups sliced tomatoes (I use canned)
¼ cup chopped celery
2 cloves minced garlic
1 tsp. dried parsley
1 tsp. salt

1 cup chili sauce
1 ½ cups chopped green peppers
¼ cup chopped onion
1 tsp. dried basil
½ tsp. crushed red pepper

Cut chicken into 1-inch strips. Spray non-stick deep skillet with Pam. Preheat pan and cook chicken in hot skillet 3-5 minutes or until no longer pink. Add remaining ingredients and bring to boil. Reduce heat and simmer covered for 10 minutes. Serve over rice (I like yellow rice). Good with green beans and vinegar slaw; 4 servings.

Apu’s Special Asian Style Ribs
Sarita Gale, Enrollment Services
From my dad – called Apu, which means grandfather in the Philippine dialect, Tagalog

1 lb. ribs
1 tbsp. Sherry
1 tbsp. ginger
1 tbsp. honey
1 tbsp. soy sauce
1 tbsp. sugar
½ tsp. Hoisin sauce
1 tbsp. sesame oil

Mix honey and sesame oil and set aside. Marinate ribs in mixture of soy sauce, sherry, Hoisin sauce, sugar and ginger. Marinate about 2 hours or overnight. Lift out ribs and place on roasting rack. Save marinade. Pour water under ribs to keep ribs moist during cooking. Do not let water touch ribs. Set oven to 325. Bake 30 minutes then brush with marinade. Bake another 15 minutes. Turn ribs and brush with remaining marinade. Bake another 40 minutes. Remove ribs from the oven and brush with honey and sesame oil mixture. Broil to 5-10 minutes. Turn ribs brush with more honey/sesame mix and broil 5-10 more minutes.
Barbara’s Chicken Succotash Stew
Regina Ray, Department of Humanities

My best friend prepared this during a recovery time. I always think of her when I fix this stew.

3-4 boneless chicken breasts, cut in bite-sized pieces.
2-3 tbsp. flour
1 pkg. frozen lima beans
1 onion, finely chopped
16 oz. can diced tomatoes
1 chicken bouillon cube

Roll chicken bits in flour and brown in vegetable oil. Add onion, corn, tomatoes, water, bouillon, salt and pepper. Bring to boil. Add lima beans and simmer until chicken and vegetables are tender (30-45 minutes). About 30 minutes before serving, add small red potatoes. Cook until potatoes are done.

Breakfast Casserole
Nettie Henderson

I make this one on a regular basis, when we have birthdays in our office we all love it.
I do not recall where I got this recipe. I have been making it so long I don’t even need to look at the recipe any longer. It is great with bacon or sausage.

1 lb sausage or 2 lbs. bacon or 2 Packs microwavable bacon
14 - 16 eggs or one container of egg beaters (7-8 serving size)
1- 8 oz cheddar cheese (mild or sharp) or 6-8 slices American cheese
6 to 8 slices bread - with edges torn off
2 - 3 cups milk (I use 2 cups half & half + 1-1 ½ cups water)
Sometimes I add about ½ tsp. dry mustard to eggs

Brown and crumble sausage (I crumble it before it starts cooking) or bacon. Tear edges from bread, place in lightly greased 9X13 baking dish. Pour milk over bread, break eggs in large bowl (I add a little milk), and whisk eggs. Pour eggs over bread and milk; spread crumbled sausage or bacon on top; spread cheese on top of this. Cover and refrigerate overnight, bake at 350 degrees for 1 hour. Sometime I add more cheese about 5 min. before it is ready.
Chicken Enchiladas
Elizabeth Chadwick, President’s Office

4 cups cooked, chopped chicken 1 cup chopped onion
½ cup margarine ¼ cup flour
2 ½ cups hot water 3 chicken bouillon cubes
8 oz. sour cream at room temp 2 cups cheddar cheese
1 tsp. cumin (optional) 10-8 in. flour tortillas

Sauce: cook onion in margarine until tender. Stir in flour, water, bouillon, and cook, stirring constantly until thick. Remove from heat. Add sour cream. Use two cups of sauce, chicken and one cup of cheese and cumin. Mix together well and spoon onto tortillas, roll. Place in 13 x 9 casserole and top with rest of sauce and cheese. Bake at 350 degrees for 25 minutes.

Chicken Lickin' Good Pork Chops
Juanette Nelson, Retiree, Nursing

6 to 8 lean pork chops, 1 in. thick ½ cup flour
1 tbsp. salt 1 ½ tsp. dry mustard
½ tsp. garlic powder 2 tbsp. oil
1 can Chicken w/Stars or Chicken w/Rice soup

Dredge pork chops in mixture of flour, salt, dry mustard, and garlic powder; brown in oil in large skillet. Place browned pork chops in crock pot or casserole dish. Add undiluted can of soup, and cover. If using crock pot; cook on low for 6 to 8 hours. If using casserole dish in oven; add enough water to cover chops and cook in 250 degree oven for approx. 4 to 6 hours.

Best Lunch
Scott Bailey, Fiscal Affairs

1 pkg. Peanut Butter Crackers 1 can Coca-Cola (the real thing)

Open peanut butter crackers. Open Coke, pour over cup of ice if available. Try to avoid answering your phone or wrecking your car. Enjoy!

If you made that a diet coke, Sonic or Zaxby’s ice, and added a bag of M & M’s, you would have my favorite lunch. ~ Elizabeth ☺
Chicken-Broccoli Casserole
Juanette Nelson, Retiree, Nursing

4 med. chicken breasts    6 chicken thighs
2 cans cream of chicken soup, undiluted 2 pkgs. whole broccoli
1 cup mayonnaise    1 ½ tsp. lemon juice
½ lb. melted margarine or butter 1 tsp. curry powder
1 package Pepperidge Farms Herb Seasoned Stuffing Mix

Cook chicken and tear into nice size pieces. Cook broccoli until just done. Line an approximately 14 x 8 Pyrex dish with chicken and broccoli. Mix soup, mayonnaise, lemon juice, and curry powder and pour mixture over chicken and broccoli. Pour package of stuffing mix over casserole and melt butter or margarine and pour on top of stuffing mix. Recipe can be halved for smaller groups. Can be made ahead and frozen for later use.

Crabmeat Casserole
Carol Pate, School of Education
A family recipe from my Aunt Mary

12 slices white bread    2 cups milk
7 hard cooked eggs, finely chopped 1 cup mayo
1 lb. fresh crab meat ¼ cup chopped onion
1 tbsp. plus 1 tsp. minced fresh parsley 1 cup shredded sharp cheddar

Remove crusts from bread and cut into ½ inch cubes. Combine bread cubes, milk, mayo, and stir well. Cover and refrigerate 30 min. Remove mixture from refrigerator and add eggs, crab, onion, and parsley. Lightly grease a 13x9 baking dish and spoon in crab mixture. Bake uncovered in 325 degree oven for 40 min. Sprinkle with cheese and bake an additional 5 more min.

- For a moist baked ham, pour a bottle of cola into the pan and wrap the ham in aluminum foil. Remove the foil about ½ hour before the ham is done and allow the drippings to mix with the cola for tasty brown gravy.
- Marinating meat overnight will reduce cooking time by almost half.
- To keep roast meat or poultry from sticking to the pan, place it on a row of celery stalks and carrot sticks that have been tossed with a little salad oil. Roast as usual. You don’t need a roasting rack.
Creamy Chicken Manicotti Shells
Donna Hendrix, Department of Humanities

1 (10 ¼ oz.) can creamy chicken mushroom soup, undiluted
½ cup sour cream
¼ cup chopped onion
1 (4 oz.) can sliced mushrooms, drained
½ tsp. chicken-flavored bouillon granules

2 cups chopped cooked chicken
½ cup warm water
2 tbsp. margarine, melted
1 cup (4 oz.) shredded cheddar

Cook manicotti shells according to package directions, omitting the salt; drain and set aside. Combine soup and sour cream; mix well. Combine half of soup mixture and chicken; mix well. Reserve remaining soup mixture; set aside. Stuff shells with chicken mixture; place in greased baking dish.

Sauté onion and mushrooms in butter in a skillet until tender; set aside. Combine water and bouillon granules, stirring until dissolved; add to reserved soup mixture, mixing well. Stir soup mixture into mushroom mixture; mix well. Spoon over shells; bake uncovered at 350 degrees for 15 minutes. Sprinkle with cheddar cheese, bake 5 minutes.

Crock Pot Italian Beef
Pat Kresl, Enrollment Services

Helpful hint: My daughter says to cube the meat before putting it the pot. It makes the shredding quicker and easier. We like sautéed green peppers on our sandwiches. You can also serve with some giardiniera (Italian hot pepper relish).

5 pounds chuck roast
1 envelope Lipton Onion Soup mix
½ tsp. oregano
½ tsp. red pepper flakes

1 envelope Au Jus mix
2 tsp. minced garlic
½ tsp. sweet basic
2 cups water

Put the roast in the crock pot; mix 1 cup water with onion soup mix to dissolve and pour over meat; mix 1 cup water with au jus mix to dissolve and pour over meat. Add remaining ingredients, cover, and cook on high for six hours. Remove the meat and shred with two forks then return to pot. Serve over crusty rolls with lots of juice.
Dorm Food Casserole
Travis Hayes, School of Business

This scrumptious casserole combines all of the major food groups for college students cooking for themselves.

1 box of instant stuffing like Stove-Top
1 package ramen noodles
1 pound ground beef (browned)
1 box instant macaroni and cheese
1 box instant garlic mashed potatoes
1 8 oz. brick of cheddar cheese (shredded)
1 package of bacon (fried crisp and crumbled)
1 small bag of Funyuns onion-flavored snacks

Prepare all of the ingredients separately according to the directions on each package. In a large casserole dish, layer the stuffing, ramen, ground beef, macaroni and cheese, garlic mashed potatoes, shredded cheese, bacon and Funyuns. Bake at 325 degrees for 30 minutes. Eat and enjoy. Serves 4 for 1 meal or 1 for an extended period.

Variations: Substitute Cheeto’s for the Funyuns - or - Cook 4 Totino’s cheese pizzas. Spoon casserole out of the dish and onto ½ of the top of each pizza. Fold the pizza in half to create a Dorm Food Casserole Pizza Taco.

Easy Chicken
Faith Miller, Human Resources

1/3 cup margarine 1/2 cup parmesan cheese
1 tbsp. Dijon mustard 2 1/2 tbsp. parsley (optional)
1 clove garlic, pressed 6 skinned chicken breasts
1 cup bread crumbs

Eggplant Parmesan
Lynn Morse, Grounds Supervisor

2 medium eggplants, peeled and sliced  2 eggs, beaten
1 cup Italian seasoned bread crumbs  ½ cup olive oil
2 cups shredded Italian cheese blend  1 -16 ounce jar marinara sauce

Soak slices of eggplant in salt water for 15 minutes; rinse. Dip slices in the eggs, then dredge in crumbs. Fry over medium heat until brown. Drain on paper towels. Cover the bottom of a 9 x 12 casserole dish with the slices. Spread ⅛ of the sauce over the slices, then cover with 1 cup cheese. Repeat the layers and sprinkle with more bread crumbs. Bake at 350 degrees for 30 minutes or until cheese and crumbs are brown. Serve as a meatless dish with a salad.

El Nachos Del Diablo (The Nachos of the Devil)
Travis Hayes, School of Business
Cheap and Filling and Tasty - what more could a person want?

big bag of nacho chips  shredded lettuce
2-16 oz. cans of refried beans  1 diced onion
1 diced tomato  1 jar of salsa
sour cream  black olives
1-8 oz. brick of cheddar cheese (shredded)

Pile nacho chips on plate. Heat refried beans (they spread better if mixed with a little water to soften the consistency). Pile the lettuce, beans, onion, tomato, salsa, cheese, sour cream, and black olives atop the chips. Eat and enjoy.
Feeds 4 pretty well or 1 to the point of being sick

- When browning any piece of meat, the job will be done more quickly & effectively if the meat is perfectly dry and the fat is very hot.
- Coat bacon in flour before cooking it, and it will not shrink as much.
- Use the leafy ends of a celery talk for basting meat, chicken or fish. No greasy brush to clean!
- Before freezing ground meat, flatten it into a square or into patties, rather than leaving it in a mound. It will thaw faster later. A shallow pan is better for roasting meats because if allows heat to circulate around the roast.
Favorite Meatballs  
Cynthia Fisher, School of Technology

1 lb. ground beef  
1 cup cooked rice  
1 lg. can, or 2 sm. cans tomato sauce  
1 onion chopped  
salt and pepper to taste  
1 jar chili sauce

Mix all ingredients. Shape mixture into large balls. Place in casserole dish or pan. Bake at 400 degrees for 30 minutes. Cover top of meatballs with chili sauce. Bake another 30 minutes.

Fettuccine Alfredo  
Janet Hayes, Enrollment Services

1 pkg. fettuccine noodles (cooked according to box directions)  
1 pt. heavy whipping cream  
½ cup butter or margarine  
1 ½ cups grated Parmesan cheese

In medium saucepan, combine whipping cream, butter/margarine and grated Parmesan cheese. Cook over medium low heat until smooth. Remove from heat. Sauce will thicken upon standing; Combine with noodles. Optional: add grilled chicken.

Fun Size Frijoles y Fritos Fiesta  
Travis Hayes, School of Business

individual snack-size bags of Fritos corn chips  
can of chili  
diced tomato  
shredded cheddar cheese  
sour cream  
jalapeno peppers if you want them

Heat chili according to directions on the can; open bags of Fritos. Spoon chili into the bags over the Fritos (Be careful! The chili is hot!). Sprinkle tomato, cheese, and optional jalapenos over the chili in the bags; top with sour cream. Eat and enjoy.
Fool’s Gold Sandwich
Travis Hayes, School of Business

This sandwich was a favorite of Elvis Presley. Elvis died when he was only 42 years old. It is unclear to this day whether or not there was a connection.

- 8 slices white bread
- 1 package of bacon (fried)
- butter or margarine for frying
- jar of peanut butter (crunchy or creamy - your choice)
- 2 bananas
- sweet corn relish

Spread peanut butter on 4 of the slices of bread. Cut bananas into coin-shaped medallions. Place ¼ of the bananas on each of the 4 slices of bread with peanut butter on them. Place ¼ of the fried bacon on each of the 4 slices of bread with peanut butter and banana on them. Place the remaining 4 slices of bread atop the 4 slices that are already dressed to form 4 complete sandwiches. Fry both sides of each sandwich in a skillet with butter or margarine to golden perfection. Top each sandwich with a spoonful of sweet corn relish. Eat and enjoy.

Gourmet Chicken
Carol Pate, School of Education

This is from the Thursday section of Atlanta Journal & Constitution in the early ’80s (an old ”family” recipe)

- 4-6 chicken breasts (without bone)
- 2 tbsp. milk
- Ritz cracker crumbs
- 1 container garlic and herb cream cheese (e.g., Alouette or Rodelle)
- 2 eggs beaten
- 1 glove garlic, crushed
- salt & pepper

Rub chicken with garlic. Cut the breasts so that a spoonful of cream cheese mixture can be placed in the middle of each breast. Dip the breast in egg mixture and then roll in cracker crumbs. Place in a greased glass baking dish. Cover with foil. This dish can be prepared ahead of time and refrigerated. When ready, bake at 325 degrees for 30 - 40 min. or until brown.

One cannot think well, love well, sleep well, if one has not dined well.
~ Virginia Woolf
Ham and Cheese Sandwiches
Nettie Henderson, Payroll

I got this recipe from my sister in law Norma Griffin, they are great. The first time I had them was on a family vacation.

2 sticks butter
3 tbsp. dry mustard
1 medium onion, grated

1 ½ tbsp. poppy seed
1 tbsp. Worcestershire sauce
hamburger buns

Spread above mixture on both sides of hamburger buns. Shred 1 pound of boiled ham and ½ pound of Swiss cheese. Pile ham on one side and cheese on the other. Put sandwich together, then wrap in foil. Bake 350 degrees about 20-25 minutes. Serve hot. (I use shaved honey ham)

Hawaiian Chicken
Barbara Tucker, Teaching and Learning Center

I made this one up! It’s light but easy and enjoyable, especially in summer.

4 chicken breast filets
can of pineapple rings
½ stick butter or margarine
3 cups of cooked rice, still hot
3 carrots, chopped small, as for fried rice
onion, if desired
soy sauce (2 to 4 tbsp.)
oil
small bag frozen English peas, heated to room temperature in microwave

Get two big Teflon or coated frying pans. Heat oil in one, and when it’s hot, cook the chicken breasts until just done and no longer bloody—it’s important not to overcook. Pour out the oil. While the chicken is cooking, melt the margarine/butter in the other pan; when it is hot, dump in the carrots and onion and sauté until the carrots are cooked but still crisp. Put in the peas and stir. By this time the chicken will be getting done. Now it gets interesting. Put the rice in with the butter and vegetable mixture and stir. In the chicken pan, put in the pineapple rings (not necessarily all of them) and as much soy sauce as you like, and heat until the pineapple has soaked in the soy sauce. This is good served with egg rolls. Sam’s Wholesale Club sells a really good pork egg roll in the frozen section.

Keep white vinegar and water mixed up in a spray bottle. It is great for cleaning glass and for washing fruits and vegetables. The expensive fruit and vegetable cleaner in stores is mostly vinegar and water.
Haystacks
Judy Schwenn

“Build” haystacks in order:
- crushed crackers (I use Club or Ritz)
- spaghetti sauce with meat (thick)
- nacho chips (any flavor), crushed
- sour cream
- black olives (optional)
- tomato sauce w/meat (thick)
- shredded lettuce
- shredded cheese
- cheese sauce (undiluted soup with or w/o nacho seasoning)

Heavenly Hamburger Casserole
Janet Hayes, Enrollment Services
A favorite of my daughter, Bethany

1 pkg. elbow macaroni (cooked & drained) 8 oz sour cream
8 oz cream cheese 1 jar spaghetti sauce
1 lb ground beef (browned and drained) 3 cups cheddar cheese
Optional: add 1 cup of sautéed onion with beef mixture

Mix cook/drained elbow macaroni, sour cream and cream cheese: set aside. Mix
spaghetti sauce and browned ground beef. Spoon a little sauce in bottom of
9x13x2 inch baking pan. Place noodle mixture in pan. Top with remaining meat
sauce; top with cheddar cheese; Bake approximately 30 minutes at 350.

Jailhouse Slop
Cynthia Fisher, School of Technology

1 lb. ground beef 1 onion
1 bell pepper macaroni noodles
2 cans cream of chicken soup sliced cheese
1 tbsp. butter

Sauté onion and bell pepper in butter. Add beef and brown. Drain. Boil noodles
and drain. Mix beef and noodles and 2 cans cream of chicken soup. Place a layer of
mixture, followed by sliced cheese. Repeat with mixture and cheese. Place in oven
at 350 degrees and bake until cheese is melted.
Juanette’s Meatloaf
Juanette Nelson, Retiree, Nursing

3 lbs. ground beef  1 med. bell pepper, diced
1 med. onion, diced  1/3 cup instant tapioca
1 can whole tomatoes and juice  1 tsp. salt
1 tsp. pepper  catsup to garnish

Add diced peppers and onion to ground beef. Mix well. Add tapioca, tomatoes, salt and pepper. After mixing well, form in baking dish. Cover with lid of aluminum foil. Bake for 1 hour at 350 degrees, remove from oven, add catsup to top and place back in oven at 450 degrees for 10 minutes. Remove from oven and let cool for 15-20 minutes before slicing.

Kaiser Schnitzel
Tom Veve, Department of Social Science

egg substitute  plain bread crumbs (or Italian)
flour  oil and margarine
one boneless pork loin chop per person, cut \( \frac{1}{2} \) inch thick.

Have your butcher remove as much fat as possible off the pork loin chop. Trim off any remaining fat. Pound both sides of pork loin chop with a kitchen mallet down to about \( \frac{1}{4} \) inch thickness. Place flour in a baggy and dust both sides of pork chop, then dip both sides into beaten eggs. Then dredge pork chop into bread crumbs. I use egg substitute because they hold the crumbs better, and it keeps the breaded chop crunchier. You may use Italian bread crumbs for a bit more taste. Heat up your oil and margarine in your frying pan. Fry both sides to a golden color, then place in your chops into a 300 degree oven for twenty minutes. Remove from oven and serve. Serve with brown or pork gravy suitable sides: green peas, red cabbage, and fried potatoes.

If you wish to go native, instead of potatoes, try out German spaetzle (German noodles). Wash down with anything resembling a pilsner beer or Moselle wine or spezi (50% cola & 50% lemonade).
Krispy Kreme BBQ Fantasy Sandwich  
Travis Hayes, School of Business

A mouth-watering fusion of traditional BBQ and cole slaw snuggled delightfully between 2 fresh, warm Krispy Kreme doughnuts. The diverse flavors will dance in your mouth in a ballet of extraordinary wonders.

<table>
<thead>
<tr>
<th>BBQ beef or pork</th>
<th>Cole Slaw</th>
<th>Krispy Kreme doughnuts</th>
</tr>
</thead>
</table>

Place a doughnut flat on a plate. Carefully place a serving of BBQ atop the doughnut. Carefully spoon cole slaw atop the BBQ. Top the sandwich with another doughnut. Mash sandwich semi-flat carefully to eat. This sandwich will be extremely messy with the BBQ, juice from the slaw, and the sticky icing from the doughnuts. Do not fight the mess; wallow in it for the full experience of this delight.

I cannot believe we could do this to a sacred object like the Krispy Kreme donut. Scariest part is when I googled Krispy Kreme images, I actually FOUND this picture with a Krispy Kreme & BBQ 😄 EC

Marinated Pork Roast with Apricot Sauce  
Carol Pate, School of Education

From my cousin Debbie

Meat marinade

4-6 lb. pork loin, boned, rolled, and tied  2 tbsp. dry mustard
2 tsp. thyme  2 cloves garlic, minced
1 tsp. ginger  ½ cup cooking sherry
½ soy sauce

Place meat in a large plastic ziploc bag. Combine remaining ingredients and pour over meat in bag. Marinate in refrigerator one to two days, turning occasionally. Remove from bag and place meat in a shallow pan. Bake uncovered, at 350 degrees about 30 minutes per pound. Baste often with marinade. Avoid overcooking or it will be dry. Serve with apricot sauce.

Apricot Sauce

10 oz. jar apricot preserves  1 tbsp. soy sauce
2 tbsp. sherry

Heat the above sauce mixture until preserves are melted. Serve warm.
Meat Loaf
Janet Hayes, Enrollment Services

1 ½ lbs. ground beef 1 ½ cup onions, chopped fine
3 eggs, beaten 1 cup ketchup, divided in half
½ cup green bell peppers, chopped fine 1 cup corn flakes
5 - 6 slices white loaf bread 1 tbsp. Worcestershire Sauce

Preheat oven to 350 degrees. Combine all ingredients except for ½ cup ketchup. Mix well; Bake uncovered in loaf pan for 35-40 minutes or until done. Top with remaining ½ cup ketchup.

Pizza Meat Loaf
Judy Schwenn, DSC President’s better half 😊

In graduate school in the 70’s, this was John and Judy’s favorite Saturday night meal.

1 ½ lb. ground beef 1 can Campbell’s Tomato Soup
½ cup La Rosa’s Italian Bread crumbs ¼ chopped onion
1 egg, slightly beaten 1 tsp. salt
½ tsp. prepared mustard Mozzarella cheese, shredded

Mix beef, ½ can soup, bread crumbs, onion, egg, and salt and shape firmly into two loaves. Place in large pan and bake at 350 degrees for 40 minutes, remove from oven and spoon off fat. Mix remaining ½ can of soup with mustard and pour over loaves. Top with mozzarella cheese and bake an additional 5 minutes. This is great with a baked potato and scalloped corn!

Poppy Seed Chicken Casserole
Donna Hendrix, Department of Humanities

6 to 8 chicken breasts one cup of sour cream
2 cans of cream of chicken soup one roll of Ritz crackers
one stick of margarine, melted poppy Seeds

Cook chicken breasts; cut up and place in the bottom of a casserole dish. Mix together the cream of chicken soups, sour cream, and spread on top of the chicken. I personally mix the chicken with the creamy mixture. Melt the butter and add to the crushed crackers and spread on top. Sprinkle with poppy seeds. Bake at 350 degrees for 30 minutes.
Pulled Barbecue Pork Sandwiches (Crockpot)
Janet Hayes, Enrollment Services

2 bottles Honey Barbecue Sauce
4-6 lb Boston Butt Roast

Pour ½ bottle of BBQ sauce in bottom of slow cooker; place roast in slow cooker. Add ½ bottle of BBQ sauce on top of roast. Cook on low (at least 8 hours). After cooking, drain juice; separate meat using 2 forks. Delicious! (Note: The remaining bottle of barbecue sauce is for those who love to add extra barbecue to their sandwiches).

Shrimp and Noodle Casserole
Regina Ray, Department of Humanities

Company favorite, easy but impressive and can be made ahead.

2 lbs. of shrimp (precooked can be used) 6 cups water
8 oz. pkg medium size noodles ½ cup sliced green onions
¼ cup chopped green pepper 2 tbsp. butter
2 cans cream of mushroom soup 8 oz plain yogurt
½ cup shredded cheese 1 ½ tsp. dill weed
½ tsp. pepper ½ tsp. salt

Cook shrimp 3-5 minutes, devein, peel and chop half of shrimp. Cook noodles and drain; sauté green pepper, butter, & green onions. Add soup, yogurt, cheese, dill, pepper, and salt. Stir in chopped shrimp and place in shallow 2 ½ quart dish. Chill 8 hours. Let stand at room temperature for 30 minutes. Bake covered at 350 degrees for 35-40 minutes.

Spaghetti Sauce
Donna Hendrix, Department of Humanities

2-3 pounds of ground chuck 3-4 shakes of basil
3-4 shakes of Italian seasoning 3-4 shakes chili powder
½ tsp. sugar 2-3 shakes of red pepper flakes
Garlic and pepper to taste
2 cans of Del Monte Spaghetti Sauce (26 1/3 oz. cans)

Brown ground chuck and drain. Add meat to large stock pan and remaining ingredients. Cover and simmer for 2 hours. Spoon sauce over cooked spaghetti noodles.
Spicy Aztec Chicken
Regina Ray, Department of Humanities
This is a Humanities Department favorite.

1.5 - 2 pounds boneless chicken  Salt
Pepper                Dried thyme
Lg. onion, diced      Olive oil
1 tbsp. garlic        6-8 cups milk
2 cups cream          1-2 cups frozen corn
Shredded cheddar or cheddar/jack cheese 1 can chipotle peppers

Season chicken with salt, pepper, and thyme; roast on a cookie sheet @ 350 for about 20 minutes. When cool, cut into cubes or shred. Sauté onion in olive oil just until soft; add garlic and sauté until soft; add chipotle peppers, chopped (to taste), to garlic and onion mixture. Add 6 milk and cream. Once this in hot but not boiling, add cheese and puree with immersion blender. Add chicken and corn; salt to taste.

Tortellini with Pasta
Doris Shoemaker, School of Technology
From Janice

2 chicken breast  3 Roma tomatoes, diced
1 sm. DiGiorno pesto (green or red) fresh parmesan cheese
toasted pine nuts fresh basil
refrigerated tortellini pasta (cheese or spinach)

Marinate chicken breasts in Italian dressing, and grill. (I use rotisserie chicken breasts/sliced thin.) Cook pasta according to package directions. Drain pasta, add sliced chicken, tomatoes, and pesto. Mix gently. Top with parmesan, pine nuts, and basil. Serve with a salad and lots of warm garlic bread.

Easy Air Freshener ~ few slices of lemon, orange or grapefruit and one pot of water. Put slices of fruit into the pot of water. Let simmer gently for an hour or so. A citrus scent will fill your house.
Wise Ole’ Chiefs Orange and Honey Ham
Harold Knowles, Plant Operations

Shank Ham (weight as needed, approx. 8 oz. per person)
1 to 2 large Navel oranges
dark Brown sugar (approx. 8 oz)
heavy aluminum foil

1 to 2 cups raw honey

Preheat oven to 300 degrees. Cool water rinse ham gently then place in large (1 to 2 inch deep) baking pan. Rub ham with dark brown sugar. Wash and dry oranges then slice approx. ¼ inch thick (do not peel). Tack oranges to ham, completely covering. Drizzle ½ to 1 cup raw honey over ham. Add 1 cup water in baking pan and tent with aluminum foil, pinching foil on edge of pan. Place in pre-heated oven, bake 4 hours. After baking 2 hours remove ham, uncover, and drizzle another ½ to 1 cup raw honey over ham. Recover and place in oven for remainder of baking time.

Serving Preparation - Remove orange slices-place in a dish, slice ham as desired and place on platter, drizzle juice from baking pan over ham and orange slices.

The orange slices are a very tasty treat with your meal. This is especially good in winter-the wonderful aroma in the kitchen will warm a cold winter day.

Measuring Guide

| 3 tsp. | 4 tbsp. = 1/4 cup |
| 5 tbsp. + 1 tsp. | 8 tbsp. = 1/2 cup |
| 1 cup = 1/2 pint | 2 cups = 1 pint |
| 4 cups (2 pints) = 1 quart | 4 quarts = 1 gallon |
| Dash or pinch = less than 1/8 tsp. | 16 ounces = 1 pound |

Common Abbreviations

t. = teaspoon tsp. = teaspoons
tbsp. = tablespoon tbsp = tablespoon
c = cup oz = ounce
pt = pint qt = quart
gal = gallon lb = pound
Vegetables & Sides

Baked Beans
Juanette Nelson, Retiree

$\frac{1}{2}$ lb. bacon, cut up
1 lg. onion, chopped
1 tbsp. brown sugar (or more, to taste)
1 can baked beans

Cut bacon into small pieces and fry until crisp, add chopped onion and sauté till onions are soft (translucent). Pour baked beans into casserole dish, add bacon and onion. Add brown sugar; strips of bacon can be added to top before baking (you may cook the bacon and onion in a cast iron skillet, add the beans and sugar, and then bake in the skillet). Put into preheated 350 degree oven and bake at least 30 minutes, more time required if bacon strips are added to the top before baking.

Broccoli Casserole
Michael Jordan, Retiree, School of Technology

2 pkg. frozen chopped broccoli
2 eggs
1 cup chopped cheddar cheese
1 can mushroom soup
1 cup mayo


Cheese Grits
Regina Ray, Department of Humanities

A family tradition for Christmas Day; the more cheese and garlic—the better.

1 cup uncooked grits
1 T. salt
1 stick oleo
2 cloves of garlic, pressed
4 cups of water
2 tbsp. Worcestershire sauce
2 cups of shredded cheese

Cook grits in water. Add other ingredients and bake uncovered for 30 minutes at 350 degrees.
Cooked Cabbage  
Arlene Hooker, Plant Operations

1 sm. head green cabbage  
2 tbsp. butter or margarine  
salt  
water  
2 tsp. red pepper flakes  
pepper

Wash and core cabbage. Chop. In large skillet add enough water to cover bottom and add butter or margarine, red pepper, and salt and pepper to taste. Stir. Cook cabbage until it is tender.

Corn Pudding  
Michael Jordan, Retiree, School of Technology

2 pkgs. whole kernel corn in butter sauce  
1 16 oz. carton half-and-half  
½ cup sugar  
4 whole eggs  
1 heaping tbsp. flour  
1 heaping tbsp. butter  
½ tsp. salt

Beat eggs in large mixing bowl. Add cream, salt, sugar, flour, butter and corn. Put in greased casserole. Bake at 350 degrees for one hour. Stir one time during the first 15 minutes.

Fried Okra  
Michael Jordan, Retiree, School of Technology

1 to 2 lbs. Fresh Okra  
¼ to ½ tsp. salt  
¼ to ½ cup flour  
Vegetable oil

Put enough water in a large bowl to cover the okra. Cut the tops off the okra and cut okra in ½ inch pieces. Cut up into an empty bread bag or bowl. Add flour and salt to bag and shake to cover okra. Put enough oil in skillet to cover the bottom of pan. Heat oil and add okra carefully. Cook till done, about an hour, stirring often, on med to med-low heat. Don’t let it burn. Add a little more oil if it soaks it all up in the first 15 minutes.
Hash Brown Casserole
Kim Crews, Advising Center

1 - 2lb bag frozen hash brown potatoes  ½ cup melted butter
1 can cream of chicken soup  1 - 8 oz. container sour cream
½ cup chopped onions  2 cups shredded cheddar
1 tsp. salt  ½ tsp. ground black pepper
2 cups bread crumbs  ¼ cup melted butter

Thaw hash browns. Preheat oven to 350. In a large bowl, combine hash browns, butter, soup, sour cream, onions, cheese, salt & pepper. Place mixture in a 3 quart casserole dish. Sprinkle top of mixture with bread crumbs and melted butter. Bake @ 350 for 45 minutes.

Hash Brown Casserole
Kris Richardson, OCIS
A favorite from my mother-in-law

1 large bag frozen hash browns  ½ cup melted butter
1 tsp. salt  ¼ tsp. pepper
2 cups grated cheddar cheese  1 can cream of chicken soup
1 small chopped onion  16 oz. sour cream

Mix all but the cheese. Add cheese last and stir well. Sprinkle a little cheese on top, if desired. Bake in 9 x 13 in. pan at 350 deg. for 45 min.

Noodle Pudding
Faith Miller, Human Resources

1 box wide noodles (½ lb.), cooked  ½ cup sugar
1 cup sour cream  4 eggs
1 lb. creamed cottage cheese  1 tsp. vanilla
½ lb. Velveeta cheese, melted  1 ¼ cups milk
cinnamon & sugar mix to taste

Mix noodles, sour cream, cottage cheese, Velveeta, and margarine and place in a large greased pan. Beat eggs, ½ cup sugar, vanilla and milk. Pour over pudding. Cut in with knife. Sprinkle top with sugar and cinnamon. Bake until done in 350 degree oven.
The Best Macaroni and Cheese..... Ever
Jennifer Ross, Adult Education

6 tbsp. salted butter 4 tbsp. all purpose flour
salt and pepper to taste 4 cups 2% milk
⅔ stack of Kraft American deli slices, cubed
6-8 oz. Velveeta cheese, cubed
4 cups Kraft sharp cheddar cheese, divided (2 for cheese mix, 2 for topping)
⅔ package jumbo elbow macaroni (this is really the key to making this dish its best
and I can only find them at the Food Lion in Rocky Face)

Preheat oven to 350 degrees. Cook macaroni according to package directions.
Spray 9x13 casserole dish with Pam and place cooked macaroni in dish. In a large
stock pan, melt butter over low heat. Add flour and mix together. Add salt and
pepper to taste. Over medium heat, add milk and stir constantly until heated. Add
American cheese, 2 cups of cheddar cheese, and Velveeta stirring constantly until
melted. Pour melted cheese mixture over macaroni. Bake at 350 degrees for 15
minutes. Pull casserole out and sprinkle with remaining 2 cups of cheddar cheese
on top. Bake an additional 15 minutes or until brown and bubbly. Delicious!

Macaroni and Cheese
Sarah Mergel, Department of Social Science

I think macaroni and cheese could be my favorite food on the planet and I
never pass up an opportunity to have it. However, I still like to make it for
myself at home best with the recipe I finally got my mom to quantify so I
could replicate it. I like to make it with mostly med. cheddar cheese (one
time I had a bad experiences trying to make it with sharp cheddar), but you can mix & match
your cheeses depending on what you have in the refrigerator at the time. Another fun version of
this recipe is to use pre-grated Italian-blend cheese.

16 ounces macaroni or other pasta 1 stick butter
16 ounces medium cheddar cheese ¼ to ½ cup flour
4 cups milk (not skim) ¼ cup cream cheese
salt pepper

Cook macaroni until tender. Drain. Grate cheddar cheese. Melt a stick of margarine
in a large sauce pan over medium heat. Stir in flour. Add milk. Heat, stirring
occasionally, until the milk starts to thicken. Add cheddar and cream cheeses.
Heat, stirring occasionally, until the cheese has melted. Season sauce with salt and
pepper to taste. Toss sauce with macaroni. Place mixture in a microwave safe dish.
Bake at 325° for 60 minutes, covered part of the time. If the sauce gets too thick
add milk.
Mom's Japanese Rice
Cathy Hunsicker, Department of Humanities

My mother picked up this recipe when my father was stationed in Japan. She used leftover beef roast, steak, chicken, or pork and created a new dish. This dish was one of my three daughters’ favorites, and their boyfriends always asked for seconds!

Leftover meat sliced thin and bite-sized
3-4 carrots shaved or cut into tiny strips
soy sauce to taste

1 medium to large onion
3 to 4 cups cooked rice
1 stick of butter

Melt the butter in a large sauce pan; sauté the onion and carrots in butter. Add the meat to reheat it since it has already been baked or roasted. Add enough soy sauce to make the ingredients brown in color from the sauce. Add the rice and fold all the ingredients together. Add soy sauce to taste.

Pineapple Casserole
Joan Chapman, School of Education

This goes well with ham or any meat dish. Also a great dessert

1 cup sugar
2 cups grated cheddar cheese
2-20oz. cans pineapple chunks, drained (Keep at least 6 tbsp. of the juice)
Ritz Crackers (about 1 sleeve, or more if needed)

6 Tbsp. All-purpose flour
8 tbsp. butter (1 stick) melted

Preheat oven to 350 degrees. In mixing bowl, combine sugar and flour. Gradually stir in cheese and pineapple and stir well. Pour mixture into greased casserole dish. Combine Ritz cracker crumbs, butter and pineapple juice. Spread on top of pineapple mixture. Back 25 to 30 minutes until golden brown.

Rice Casserole
Sandy Ott, Gilmer Center Director

1 stick butter
mix in 1 can of French Onion Soup
1 can sliced water chestnuts
1 cup white rice
2/3 can of water
1 can sliced mushrooms

Drain chestnuts and mushrooms. Brown rice in butter; put in baking dish with remaining ingredients and cook covered for 1 hour at 350 degrees
**Saucy Brussels Sprouts**  
*Michael Jordan, Retiree, School of Technology*

- 2 pints brussels sprouts
- 2 tbsp. butter
- 1 tbsp. brown sugar
- ½ cup milk
- ½ cup chopped onion
- 1 tbsp. all-purpose flour
- ½ tsp. dry mustard
- 1 cup dairy sour cream

In covered pan cook sprouts in small amount boiling salted water till crisp-tender, 10 to 15 minutes. Drain well.

Meanwhile, in medium saucepan, cook chopped onion in butter till tender but not brown. Blend in flour, brown sugar, dry mustard, and 1 tsp. salt. Stir in milk. Cook, stirring constantly, till thickened and bubbly; blend in sour cream. Add cooked brussels sprouts; stir gently to combine. Makes 6 to 8 servings

**Shoe Peg Corn Casserole**  
*Juanatte Nelson, Retiree*

- 1 can shoe peg corn, drained
- 1 can cream of celery soup
- 1 can French-style green beans, drained
- ½ cup chopped bell pepper
- ½ onion, grated
- ½ cup chopped celery
- ½ cup grated cheese

Combine ingredients. Pour into casserole dish. Top with ½ cup slivered almonds. Cover with ½ box cheese crackers (I use Cheez-Its) crumbled in 1 stick melted margarine. Bake at 350 degrees for 45 minutes.

**Tostones**  
*Lourdes Diaz Soto, School of Education*

- 3 plantains (on the greener side)
- 1 cup oil
- Garlic salt

Slice plantains at an angle. Deep fry until golden, then press each piece (you can use a tostoner or a cup with a saucer). Re-fry until slightly light brown. Remove and sprinkle with garlic salt. Enjoy alone or with your favorite dipping sauce!
Stuffed Zucchini
Arlene Hooker, Plant Operations

zucchini squash (amount depends on size of zucchini)
1 lb. hamburger or 1 lb. mild sausage 1/2 cup bread crumbs
1 egg 1 large onion, chopped
2-3 Roma tomatoes, chopped in small bits sharp cheddar, shredded

Wash zucchini squash and cut in half, length wise. Remove pulp with a spoon leaving membrane intact (save pulp). In skillet cook hamburger or sausage. In large bowl combine meat and the pulp from the squash. Add bread crumbs, egg, onion, and tomatoes. Mix together. With a spoon, fill squash membrane with mixture and cover with sharp shredded cheddar cheese. Bake for approximately 1 hour at 350 degrees. More cheese can be added to top when removed from oven.

Summer Squash Casserole
Regina Ray, Department of Humanities

1 1/2 lb. yellow squash 1 lb. zucchini
1 small sweet onion, chopped 2 1/2 tsp. salt
1 cup grated carrots 1 can cream of chicken soup
8 oz. water chestnuts, drain & chopped 1/2 cup butter melted
8 oz. package herb-seasoned stuffing 8 oz. sour cream

Cut squash & zucchini into 1/4 inch-thick slices; place in Dutch oven. Add onion, salt and water to cover; bring to boil, cook 5 minutes; drain well. Stir together carrots, soup, and sour cream; fold in squash mixture. Stir together stuffing and melted butter; spoon half of stuffing mixture in bottom of 13 X 9 inch baking dish. Spoon squash mixture over stuffing mixture, and top with remaining stuffing mixture; bake at 350 degrees for 30 minutes or until bubbly ad golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary.

"My doctor told me to stop having intimate dinners for four unless there are three other people." ~ Orson Welles, author
Sweet Potato Soufflé
Elizabeth Chadwick, President’s Office

3 cups cooked mashed sweet potatoes  2 tsp. vanilla
1/2 cup sugar  1 stick butter
1/2 tsp. salt  2 eggs, slightly beaten
1/2 cup pet milk  1/3 cup flour
1 cup brown sugar  1 cup pecans

Mix potatoes, sugar, salt, pet milk, vanilla, eggs and 2 stick butter until smooth. Put into casserole dish. Mix flour, 1/2 stick butter and brown sugar to make topping. Sprinkle with pecans. Bake at 350 degrees for 30 minutes.

Sunshine Carrots
Michael Jordan, Retiree, School of Technology

1 pound bag of baby carrots  1 tsp. cornstarch
1 tbsp. granulated or brown sugar  1/2 tsp. ground ginger
1/2 cup orange juice  2 tbsp. butter
1/2 tsp. salt

Cook carrots in a saucepan containing about 1 inch of boiling salted water. Cover pan and cook till just tender, about 10 to 15 min. Drain. Meanwhile, in small saucepan combine sugar, cornstarch, ginger, and salt. Add orange juice; cook, stirring constantly, till thickened and bubbly. Boil 1 min.; remove from heat. Stir in butter. Pour over hot carrots, tossing to coat evenly. Makes 6 servings.

Vegetables Au Gratin
Michael Jordan, Retiree, School of Technology

1/2 cup Medium White sauce*  1/2 cup shredded sharp cheese
2 cups cooked vegs, drained  1/4 cup bread or cracker crumbs
1/2 tbsp. butter

*Medium White Sauce
1 tbsp. butter  1 tbsp. flour
1/8 tsp. salt  1/2 cup milk

Melt butter in saucepan over low heat; blend in flour and salt. Add milk all at once; cook quickly, stirring constantly, till mixture thickens and bubbles. Use wooden spoon. Blend white sauce & cheese. Combine with vegetables. Pour into 1 quart casserole. Toss crumbs with butter, sprinkle on top of casserole. Bake at 350 degrees for 30 minutes.
Desserts
Cakes

7-Up Pound Cake
Juanette Nelson, Retiree, Nursing

3 cups sugar  2 sticks margarine
½ cup Crisco  5 eggs
3 cups cake flour  7 oz. 7-Up
½ tsp. coconut or vanilla flavoring  1 tsp. lemon flavoring

Have all ingredients at room temperature. Cream sugar, margarine and Crisco; add eggs one at a time, beating at high speed. Add flour and 7-Up alternately while still beating mix. Stir in flavorings. Pour into a greased tube pan and bake at 350 degrees for 1 ½ hours.

Apple Cake
Faith Miller, Human Resources

3 eggs  1 tsp. baking soda
1 ½ cups sugar  1 tsp. baking powder
1 cup oil  ¼ tsp. salt
2 cup flour  1 tsp. cinnamon
1 tsp. vanilla  2 cups chopped apples (4 apples)
½ cup chopped nuts

Mix sugar, oil and eggs; beat, then add dry ingredients. Add apples, nuts and vanilla. Bake 55 minutes at 350 degrees in 8-inch square pan or until toothpick comes out clean. *One cup of applesauce may be substituted for the oil.*
Apple Pound Cake
Barbara Tucker, Teaching and Learning Center

Nothing low-fat or diet about this, but it’s rich and delicious, great for holiday parties. I obtained this recipe from a family member, Dianne Hawkins.

Cake:
2 cups sugar
3 eggs
1 tsp. soda
½ tsp. salt
1 cup pecans

1 cup oil
3 cups plain flour
1 tsp. vanilla
3 cups diced apples
1 cup coconut

Glaze:
1 cup brown sugar
¼ cup sweet milk
1 stick margarine/butter

With a mixer, mix sugar, oil, eggs, flour, soda, salt, and vanilla. Mix well. Using a spatula, add apples, pecans, and coconut. Batter will be thick. Bake in tube pan at 350 degrees for 1 hour and 20 minutes or until done (check at 55 minutes or an hour for doneness, since ovens differ). Glaze: Mix and boil 3 minutes. Pour over cake while both are hot.

Banana Split Cake
Elizabeth Chadwick, President’s Office

2 ½ sticks margarine
2 eggs
4 or 5 bananas
1 large carton Cool Whip
1 carton fresh strawberries

2 cups graham cracker crumbs
2 cups powdered sugar
1 large can crush pineapple
½ cup chopped pecans

Mix one stick margarine and graham cracker crumbs and press on bottom of 9 x 13 dish to make a crust. Beat 12 sticks margarine, eggs and powdered sugar, spread over crust. Cover with sliced bananas, spread pineapple over bananas. Cover with ¾ cool whip, sprinkle with nuts and sliced strawberries. Cover with remaining cool whip. Refrigerate overnight or at least 4 hours.
Chips of Chocolate Peanut Butter Cake
Dudd Dempsey, Retiree, Office of the President
2010 DSC Dessert Contest entry

Crumb mixture
2 ¼ cups all purpose flour  1 cup creamy peanut butter
2 cups firmly packed brown sugar  ½ cup butter, softened

Generously grease bottom only of 13 x 9 inch baking pan. In large mixing bowl, combine and blend ingredients at low speed until crumbly. Remove 1 cup for reserve.

Batter
1 tsp. baking powder  ½ tsp. baking soda
1 cup milk  1 tsp. vanilla
3 eggs
Add above ingredients to crumb mixture in mixing bowl. Blend at low speed until moistened. Beat 3 minutes at medium speed, scraping bowl occasionally. Pour batter into prepared pan. Sprinkle with the reserved cup of crumbs.

Topping
1 cup (6 oz. package) semi-sweet chocolate chips
Sprinkle over top of cake batter and crumb mixture.

Bake at 350 degrees for 35 to 40 minutes until toothpick inserted in center comes out clean.

Not your Grandma’s Fruitcake: WEAR SAFETY GOGGLES! Cut a one foot section from the middle of an old railroad tie about the size and shape of a loaf of bread. Then, take some fruit bits and pound them into the block with a rubber mallet. Spread the colors around, or you might wind up with an ugly fruitcake. Don’t be afraid to throw some elbow grease into that mallet. Good fruit bits should be much harder than the railroad tie, so you can’t break anything.

For best results, you should pre-treat the fruit bits by setting them on top of your garage for a year (or by microwaving them on high for 30 minutes). Finally, cover it tightly in plastic wrap, and give your loved ones the timeless and enduring gift of fruitcake!
Coconut Sour Cream Layer Cake
Regina Ray, Department of Humanities

This was my father’s favorite Christmas dessert. Since his birthday was December 25th, we always make this as his birthday cake because we were always traveling to his house for Christmas. I made this in a 13X9 pan. I would split the cake into two layers, spread sour cream mixture and return cake to pan before frosting the top.

1 pkg. butter-flavored cake mix
1 ½ cups whipped topping
12 oz. frozen coconut
2 cups sugar
16 oz. sour cream

Prepare cake mix making two 8 inch layers. When cool, split both layers. Combine sugar, sour cream and coconut blending well. Chill. Reserve 1 cup sour cream mixture for frosting; spread remainder between layers of cake. Combine reserved sour cream mixture with whipped topping and blend. Spread on top and sides. Seal in airtight container. Refrigerate for three days.

Cream Cheese Coffee Cake
Tammy Morris, Fiscal Affairs
3rd place winner, 2009 DSC Dessert Contest

2 cans crescent rolls (reg. size)
1 ½ cups sugar
1 egg, separated
½ tsp. cinnamon
2 (8 oz) pkgs. cream cheese
1 tsp. vanilla
½ cup pecan or walnuts, chopped

Place one can of crescent rolls in bottom of 9 x 13 pan sprayed with Pam. Brush top of rolls with egg whites. Mix softened cream cheese, sugar, vanilla, and egg yolks. Spread over crust. Place remaining crescent rolls over mixture. Sprinkle with sugar, cinnamon, and nuts. Bake at 325 degrees for 30-35 minutes.
Cream Cheese Pound Cake
Elizabeth Chadwick, President’s Office
I blame all my weight gain on this cake! My husband bakes and likes to try out new, decorative pans. If the cake does not come out of the pan well, he bakes it again and again, and again . . .

1 1/2 cups butter or margarine (we use Land O’ Lakes margarine)
1 - 8 oz. package cream cheese, softened
2 1/2 cups sugar
6 large eggs
3 cups all-purpose flour
1/8 tsp. salt
1 tbsp. vanilla

Beat butter and cream cheese at medium speed with an electric mixer until creamy, gradually add sugar, beating well (beat well until mixture is light in color and fluffy). Add eggs, one at a time, beating until combined. Combine flour and salt; gradually add to butter mixture, beating at low speed just until blended after each addition. Add vanilla. Pour batter into a greased and floured 10 inch bundt pan. Bake at 300 degrees for 1 hour and 40 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pan or a wire rack for 10-15 minutes before removing.

“Dirt” Cake
Cynthia Fisher, School of Technology

4 sleeves of Oreo Cookies
16 oz. cream cheese
2 boxes Jell-O Chocolate pudding
1 set fake flowers
16 oz. Cool Whip
1 box Confectioners’ sugar
1 clay flower pot

Make pudding as directed on box and give time to set. Set aside; mix Cool Whip, cream cheese, and confectioners' sugar in separate bowl. Crush Oreo cookies and set aside.

Layer the three mixtures in flower pot. Pudding; Cool whip, cream cheese, confectioners' sugar mixture; Oreo cookies on top to look like flower pot full of soil. Stick the fake flowers in the top and get ready to enjoy. To make this look even cuter - put gummy worms on the top layer to give it a realistic appearance of dirt and worms.
Frozen Cheesecake
Sarah Mergel, Department of Social Science

This version of cheesecake is a family favorite since it tastes a lot like ice cream. It makes an appearance at all of our family gatherings.

- 3 eggs
- 1 large cream cheese
- 1 cup whipping cream
- 1 tsp. of vanilla
- 1 cup graham cracker crumbs
- 1 cup sugar
- pinch of salt
- 1 tsp. of vanilla

Beat egg yolks and sugar. Add salt and vanilla; cream in cheese. In a separate bowl, beat whipping cream until thick. Add to cream cheese mixture. In a separate bowl, beat egg whites until stiff and fold into mixture. Spread half of the crumbs in bottom of 10” pie plate. Add filling to pie plate. Sprinkle top with remaining crumbs. Freeze for 24 hours.

Secrets to Making a Successful Cake

For best results, have all ingredients at room temperature before mixing the cake. Correct blending of ingredients is essential, the careful creaming of butter and sugar, as well as the gentle folding of egg whites (if added separately) to maintain maximum aeration. Bake single layers in center of oven in the middle of the oven rack.

Good circulation is important when baking more than one layer - stagger pans on oven racks so they do not block heat circulation from one another. A cake is done when the sides shrink back slightly from the side of the pan (except sponge and chiffon cakes, which cling tightly to the pan), when the top springs back when lightly pressed with fingertips, or when a cake tester or toothpick inserted in the center of the cake comes out clean. TIP: Spray the cooling racks with vegetable-oil cooking spray to help prevent the cake from sticking to it when cooling.

Before storing, be sure cake is completely cool; they will become sticky if covered while warm. It takes approximately 2 hours for a cake to cool completely. Store cakes in a container with a tight cover or invert a large bowl over the cake to keep it fresh and moist for several days. All cakes containing dairy products, including cream cheese, in the filling or frosting must be refrigerated.

www.whatscookingamerica.net
Hot Fudge Cake
Janet Hayes, Enrollment Services

Cake:
2 cups all-purpose flour  ½ cup Crisco
2 cups sugar  ½ cup buttermilk
1 stick butter  2 eggs
3 tbsp. cocoa  1 tsp. vanilla
1 cup water

Preheat oven to 400 degrees. Blend flour and sugar then set aside. In saucepan, mix butter, cocoa, water, and Crisco, bring to a boil. Pour over flour/sugar mixture; add buttermilk, eggs, and vanilla. Mix well. Pour into 13 x 9 pan and bake approximately 20 minutes.

Fudge Sauce:
1 stick butter  6 tbsp. evaporated milk
3 tsp. cocoa  1 tsp. vanilla
1 cup sugar

Just before cake finishes baking, bring all ingredients to a boil for 2 to 3 minutes. When cake is done, remove from oven; punch holes in cake with toothpick or fork. Pour fudge sauce over cake. Serve immediately with vanilla ice cream.

New York Style Cheesecake
Janet Hayes, Enrollment Services
A favorite of my daughter, Bethany

1 ½ cups graham cracker crumbs  2 tsp. vanilla
1 ½ sticks butter  16 oz. sour cream
2 ¼ cups sugar  4 eggs
32 oz. cream cheese

Line a 13 x 9 in. pan with foil, w/end extending over sides of pan. Mix crumbs, butter and 1 cup sugar; press onto bottom of pan. Beat cream cheese, 1 cup sugar, & 1 tsp. vanilla in large bowl with mixer until well blended. Add 1 cup sour cream; mix well. Add eggs, 1 at a time, beating on low speed after each just until blended. Pour over crust. Bake 40 min. or until center is almost set. Mix remaining sour cream, sugar and vanilla; carefully spread over cheesecake. Bake 10 min. at 325 degrees. Cool completely. Refrigerate 4 hours before eating. Keep refrigerated.
Luscious Four-Layer Pumpkin Cake
Michael Jordan, Retiree, School of Technology

1 pkg. (2 layer size) yellow cake mix 1 can (15 oz.) pumpkin, divided
½ cup milk 1/3 cup oil
1 ½ tsp. pumpkin pie spice, divided 4 eggs
1 pkg. (8 oz) Philadelphia Cream Cheese, softened 1 cup powdered sugar
1 tub (8 oz.) Cool Whip Whipped Topping, thawed ¼ cup caramel ice cream topping
¼ cup chopped pecans

Heat oven to 350 degrees F. Grease and flour 2 (9 inch) round baking pans. Beat cake mix, 1 cup pumpkin, milk, oil, eggs and 1 tsp. spice in large bowl with mixer until well blended. Pour into prepared pans. Bake 28 to 30 minutes or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Remove from pans to wire racks; cool completely. Beat cream cheese in small bowl with mixer until creamy. Add sugar, remaining pumpkin and spice; mix well. Gently stir in Cool Whip. Cut each cake layer horizontally in half with serrated knife; stack on serving plate, spreading cream cheese filling between layers. (Do not frost top layer.) Drizzle with caramel topping just before serving; sprinkle with nuts.

Pina Colada “Coconut” Cake
Janet Hayes, Enrollment Services
In memory of my mom, Jessie Davis

1 box Duncan Hines yellow cake mix 1 tsp. coconut flavoring
4 eggs 8 oz. Cream of Coconut
6 oz. evaporated milk 1 cup oil
1 lg. container Cool Whip 1/3 cup sugar
2 bags frozen coconut, thawed and baked 1 cup water
½ cup buttermilk

Mix cake mix, eggs, oil, sugar, water, buttermilk and coconut flavoring. Bake until done in greased 13 x 9 x 2 inch pan. While still warm, punch holes in cake, one inch apart. Mix and warm cream of coconut and evaporated milk on low heat then pour over hot cake. Let cool. Cover with Cool Whip; top with baked coconut (mom preferred the frozen coconut over the canned). Keep refrigerated.
Nana’s Jam Cake with Caramel Icing
Joan Chapman, School of Education

My husband Bob’s mother, Nana, was one of the best cooks in the state of Kentucky. She was voted Mother of the Year in State of Kentucky and raised five children and one foster child (all graduated from college and obtained post-grad degrees) while working every day in the family dry cleaning business, and being the head seamstress. Nana was a woman of substance, stately and always speaking her mind, but in a true quiet Southern razor sharp voice. Whether cooking or hosting in her home, the football, basketball game or Glasgow Scottie band, she was always most comfortable in her small kitchen and managed to serve wonderful food from scratch. She was a dynamic role-model for me.

1 ½ cup sugar
3 egg yolks (reserve whites)
3 cups all purpose flour
1 tsp. allspice
1 tsp. baking soda
½ cup raisins
1 cup jam (your choice of flavor)  
¼ cup butter
1 cup buttermilk, divided
1 tsp. cinnamon
½ tsp. nutmeg
½ cup lukewarm water
¾ cup pecans

Cream sugar, butter and egg yolks, beating well after adding each egg; add ½ cup buttermilk and jam of your choice mix these. In another bowl, sift together flour, cinnamon, allspice, nutmeg. Dissolve baking soda in lukewarm water and the other ½ of buttermilk. Gradually mix the two batters together. Toast raisins and pecans (dust these lightly with flour). Add raisins and pecans to the cake mixture by hand. Bake in two 8 inch cake pans (round) at 350 degrees until toothpick comes out clean from center. About 30 minutes (depending on oven).

Caramel Icing for Cake
1 lb. light brown sugar
3 tbsp. white corn syrup
1 tsp. vanilla
Small container whipping cream
2 tbsp. butter

Cook above to soft ball stage (about 238 to 240 on thermometer). Add butter as the mixture warms or can wait until almost at temperature. Beat mixture (off heat) adding vanilla - stir until thick; if mixture becomes too thick add small amount of cream or if too thin, add small amount of powdered sugar.
Rhubarb-Strawberry Upside-Down Cake
Michael Jordan, Retiree, School of Technology

2 cups rhubarb, cut up
2 cups strawberries, capped and quartered
1 cup sugar
80 to 100 miniature marshmallows

Put in 13x9 baking dish, set aside.

½ cup butter  ¼ cup sugar
½ cup milk  1 2/3 cups flour
½ tsp. salt  2 tsp. baking powder
2 egg yolks

Mix together, set aside.

2 egg whites  ½ cup sugar

Beat egg whites until stiff, then add sugar, mix until combined. Fold into the above cake batter. Pour over fruit. Bake at 250-300 degrees F for 1 to 1 ½ hours or until done; test with toothpick. Serve with whipped topping.

Scratch Cake
Cynthia Fisher, School of Technology

2 cups all-purpose flour, sifted  3 eggs
2 tbsp. baking powder  ⅛ tsp. salt
1 ½ cups sugar  1/3 cup shortening
1/3 cup butter or margarine, softened  ½ cup milk
1 tsp. vanilla

Preheat oven to 350 degrees. Sift flour, salt, and baking powder into large bowl. Measure all remaining ingredients. Beat at low speed 30 seconds, scraping bowl constantly. Turn mixer to high and beat 3 minutes. Pour into greased and floured pans. Bake 30 minutes or until toothpick comes out clean. Turn onto wire rack and cool completely before frosting.

Martha Stewart's Way: When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

Maxine's Way: Go to the bakery! They'll even decorate it for you.
Strawberry Cake  
Nettie Henderson, Payroll

My friend Ms. Janelle Pinson, Laraine Teasley's mom gave me this recipe. She cooks it in 3 layers, I cook it in a 9X13 pan (the easy way) either way it is great. I have made it on several occasions for home and also family members birthday's. It is yummy.

Best Layers

1 stick margarine  
2 cups sugar  
3 cups self rising flour  
1 box (3 oz.) instant vanilla pudding - mixed as directed on box.

½ cup Crisco  
3 egg yolks  
½ box (3 oz.) Strawberry Jell-O

Mix and bake at 350 for 35-40 minutes till done. Cool  
(Hint: Can use plain flour: add ½ tsp. salt, ½ tsp. soda, ¼ tsp. baking powder).

7 Minute Frosting

1/3 cup water  
½ box 3 oz. Strawberry Jell-O  
3 egg whites (must equal ¼ cup)  
1 box (3 oz.) vanilla pudding

½ tsp vanilla Flavoring  
1/8 tsp. cream of tartar  
1 ½ cups sugar

In double boiler, boil water in bottom pan. Mix together sugar, egg whites, and cream of tartar. Add mixture to 1/3 cup water in top pan of double boiler, beat for 7 Minutes. I add the Jell-O during the last 3 minutes; you can add it in the beginning. After you take it off the stove add the vanilla flavoring.  
(Hint: Can beat up to 7 ½ minutes, but do not beat for 8 Minutes, if icing is under cooked it is runny if it is over cooked it is dry).

Add sliced frozen strawberries on each layer (3 to 4 boxes total partially drained). If making an oblong cake, I use all strawberries and juice.

Easy Layers

1 box white cake mix  
1 stick softened butter (or margarine)  
½ box 3 oz. Strawberry Jell-O

3 egg yolks  
1 box (3 oz.) vanilla pudding  
2 ½ -3Cups milk

Bake as directed on the box. Top with icing and strawberries. Yum Yum
I heard about this cake on NPR’s “All Things Considered” Show, and got the recipe from their site, http://www.npr.org/templates/story/story.php?storyId=114057039. I was taken in by (a) the idea of sweet potato in a pound cake, (b) the fact it was Thanksgiving time, and (c) the way the NPR staff talked about it and how food disappears in their office in ten minutes—sounds like the faculty lounge in Liberal Arts Building. This cake is very good if you follow the directions absolutely to the letter—no shortcuts!—and watch the baking time. I used canned sweet potatoes but fresh works better.

Your will need: A shallow baking pan, a potato masher, and a 10-in. tube pan

Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>About 4 medium sweet potatoes</td>
<td>2 sticks (1 cup) unsalted butter</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>1 cup dark brown sugar</td>
</tr>
<tr>
<td>4 large eggs</td>
<td>3 ½ cups all-purpose flour</td>
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<tr>
<td>2 tsp. baking powder</td>
<td>½ tsp. baking soda</td>
</tr>
<tr>
<td>½ tsp. ground nutmeg</td>
<td>½ tsp. ground cinnamon</td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td>½ cup milk</td>
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<tr>
<td>1 tsp. vanilla extract</td>
<td>1 tsp. maple flavoring</td>
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<tr>
<td>½ cup peeled and diced Granny Smith apples</td>
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</tbody>
</table>

Topping

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 tbsp. cold unsalted butter, cut into pats</td>
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</tr>
<tr>
<td>2 tbsp. dark brown sugar</td>
<td>⅛ cups chopped pecans</td>
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</table>

About 2 Hours before mixing the cake preheat the oven to 325 degrees. Bake your sweet potatoes for at least 45 minutes. Use a knife or a fork to test for doneness—the potato should be very mushy inside its shriveled skin. Remove from oven and cool for 1 hour. Slit each skin lengthwise and remove, leaving the soft, orange center. Mash with a potato masher and measure out 2 cups for this recipe. Cool to room temperature before mixing the cake. If the mashed sweet potatoes are too warm, they will melt the butterfat and the batter won’t get as nice and thick as it should.

To Make the Cake

Position a rack so the cake will sit in the middle of the oven, and preheat the oven to 325 degrees F. Line the bottom of your tube pan with parchment paper, and spray the sides and bottom with baking spray.

Cream the butter with a mixer on medium speed.
Combine the sugars in separate bowl. Gradually add to the creamed butter, \( \frac{1}{4} \) cup at a time, beating at medium to high speed after each addition. Add the eggs, one at a time, beating at medium to high speed for 1 minute after adding each one. Reduce the mixer to low speed and add the mashed potatoes, \( \frac{1}{2} \) cup at a time.

In a separate bowl, dry whisk together the flour, baking powder, baking soda, nutmeg, cinnamon, and salt. In another separate bowl, combine the milk, vanilla, and maple flavoring. With the mixer still on low speed, alternately add the flour mixture and milk mixture, beating after each addition. Start with a third of the flour mixture, beat, then add half of the milk mixture, beat again, and repeat until the last of the flour mixture has been added and beaten in.

Turn off the mixer, scrape down the sides of the bowl with a spatula, and then mix the batter on medium to high speed for 2 minutes. Slow the mixer down to the lowest speed and add the apples, mixing until just incorporated. Pour the batter into the prepared cake pan and use the back of a spoon to even out and smooth the batter.

To Make the Topping
In a separate bowl (I know — it’s like the bowls have Balkanized here), combine the cold butter, brown sugar, and chopped pecans. Mix with a wooden spoon and do not fret because the mixture is crumbly. That’s just the way you want it. Sprinkle the topping all over the surface of the batter. Bake in the oven for 1 hour and 15 minutes before testing for doneness. Then use a sharp knife to test the cake, and poke it around in a couple of places to determine whether it’s finished. This cake can fool ya. Cool in the pan for 20 minutes. Then, using the plate-over-pan method, unmold the cake and flip it onto a cake rack, topping side up.

Picture from NPR’s website
Turtle Cake
Elizabeth Chadwick, President's Office

1 box German choc. cake mix 1 - 14 oz. bag caramels
⅔ cups margarine ½ cup evaporated milk
1 cup chocolate chips 1 cup chopped pecans

Mix cake as directed on package. Grease and flour 9 x 13 pan. Pour ½ batter in pan. Bake until done (about 15 min. @ 350 degrees). In saucepan melt caramels with butter and evaporated milk. Pour this over baked cake. Top with choc. chips and pecans. Pour remaining cake mix over caramel layer. Return to oven. Bake 15-20 minutes @ 350 degrees.

White Chocolate Cheesecake
Elizabeth Chadwick, President's Office

Crust:
1 ½ cups graham cracker crumbs 1/3 cup margarine, melted
3 tbsp. sugar

Combine ingredients, stir well. Press mixture into bottom and up 1 inch on the sides of a 9-inch spring form pan. Bake at 350 degrees for 6 minutes. Remove from oven and set aside. Reduce oven temperature to 325 degrees.

Filling
2/3 cup sugar 2/3 cup sugar
3 (8 oz.) pkgs. cream cheese, softened 8 oz. sour cream
2 tsp. vanilla 2/3 cup sugar
2 (6 oz.) pkgs. Premiere white baking chocolate baking bars

Melt white chocolate bars in a heavy saucepan over low heat, stirring constantly. Set aside, letting cool slightly. Beat cream cheese at high speed until creamy. Add sugar; beat well. BE SURE CREAM CHEESE AND SUGAR ARE WELL CREAMED. Add eggs, one at a time, beating one at a time, beating after each addition. Stir in melted white chocolate, sour cream, and vanilla. Pour mixture into prepared crust. Bake at 325 degrees for 1 hour. Turn oven off; leave cheesecake in oven for 30 minutes with oven door partially opened. Remove cheesecake and cool on a wire rack. Cover and chill at least 8 hours. Remove from pan; garnish with white chocolate curls, if desired.
Cookies and Bars

Boiled Oatmeal Cookies

Regina Ray, Department of Humanities

“These are a favorite of my children who loved to call them “cow patties.”

1 stick butter 2 cups sugar
1/2 cup milk 6 tsp. cocoa
dash salt 1/2 cup peanut butter
3 cups oatmeal 1 tsp. vanilla

Mix and boil butter, milk, salt, sugar, and cocoa for three minutes. Be sure to boil for three minutes or perhaps a little more. Stir in peanut butter, and then mix in oatmeal. Cook for one minute, stirring; add vanilla. Spoon out onto waxed paper and allow to cool; yields about 3 dozen; store in refrigerator.

Butter Cookies

Michael Jordan, Retiree, School of Technology

2 sticks butter 1 egg
1 1/2 cup sifted confectioners’ sugar 1 tsp. vanilla
2 1/2 cups all purpose flour 1 tsp. baking soda
1 tsp. cream of tartar 1/4 tsp. salt

Preheat oven to 400 degrees. Cream butter; add sugar gradually, cream until fluffy. Add unbeaten egg and vanilla. Beat well. Blend in dry ingredients. Chill at least 30 minutes. Roll out 1/8 inch thick and cut into shapes. Bake on ungreased cookie sheet about 6 minutes.

World’s Easiest Peanut Butter Cookies

Janet Hayes, Enrollment Services

1 cup sugar 1 egg
1 cup crunchy peanut butter

Preheat oven to 400 degrees. Spray cookie sheet with Pam. Mix all three ingredients well; roll into balls and place on cookie sheet. Mash flat with a fork. Watch carefully; estimated time 10 minutes; ovens vary.
Candy’s Butter Cookies
Joan Chapman, School of Education

In the education classes close interaction with students is a part of developing teachers; many of our students, though busy with a full load of classes and family responsibilities, still enjoy cooking and sharing their dishes. This is such a recipe.

1 lb. butter (4 sticks)  2 ¾ cups all purpose flour
1 package (18.25 oz.) white cake mix

Preheat oven to 350 degrees. Microwave two sticks of butter on high for one minute, or until melted. Slice remaining butter into small pieces and add to melted butter, tossing to coat. Allow butter to stand for 3-5 minutes. Combine dry ingredients in a large mixing bowl. Using a whisk, whisk butter until smooth and free of lumps; butter should be creamy and pourable. Do not melt butter completely. Pour butter, all at once into the dry ingredients; mix until dry ingredients are incorporated and dough is smooth. Shape dough, bake (about 15 minutes) or until cookies are slightly brown.

Decorate if desired. I have used a cookie press for these cookies and it works well. If dough seems thin and does not form well, up to ¼ cup of flour may be kneaded into dough. Chopped pecans may also be added. Yields 7-8 dozen

Chess Cake Squares
Debbie Baxter, School of Education

Crust
1 box yellow cake mix  1 stick margarine, melted
4 eggs  1 box confectioners’ sugar
1-8oz. package cream cheese, softened

Beat together cake mix, 1 egg and margarine. Press in bottom of a 9 x 13 buttered pan. Beat together cream cheese, confectioners’ sugar, and 3 eggs. Pour over the cake mixture crust. Bake at 350 for 35 minutes.

Always store cookies after they have cooled completely; if still warm, they will get too soft and moist from the condensation and you’ll wreck them.
Chess Squares
Michael Jordan, Retiree, School of Technology

1 box yellow cake mix
1 tsp. vanilla
3 eggs
1 stick butter
8 oz. cream cheese
½ box confectioners’ sugar

Melt butter and pour in a bowl with the cake mix, vanilla and 1 egg. Make stiff dough. Put in a slightly greased 13 x 9 pan and mash down to cover bottom of pan evenly. Mix cream cheese, 2 eggs, and sugar. Pour on top of dough. Cook 45-60 minutes or until lightly browned on top at 350 degrees. Cool and cut into squares.

Chewy Chocolate Caramel Bars
Sarah Mergel, Department of Social Science

I usually make extra batter since it never seems like enough to make a nice base and still have plenty for the top. Also if you are feeling a little lazy or simply cannot find Kraft caramels, then a jar of warmed caramel sauce works too (of course then you do not need the evaporated milk). These cookies won rave reviews from my students last fall when I brought a batch to class, so I thought I should include it in the cookbook since they all wanted the recipe.

2/3 cup evaporated milk (5 oz. can)
1 cup flour
½ cup packed brown sugar
¼ tsp. salt
6 ounces milk chocolate chips
32 Kraft caramels
½ cup quick oats, uncooked
½ tsp. baking powder
½ cup margarine

Combine dry ingredients, cut in margarine until crumbly. Reserve 1 cup. Press the rest into a 9x13 pan. Bake at 350 degrees for 12 minutes. While baking, melt caramels with milk in the microwave on 50% power until smooth and creamy. Remove crust from oven and sprinkle with chocolate chips. Spread caramel mixture over the chocolate chips. Sprinkle with reserved dry mix. Return to oven and bake 20 minutes longer. Chill before cutting into bars.

Store. . . Crisp Cookies in a container with loose lid unless you live in a humid climate; if your humidity is high, store these cookies in an airtight container as well. Fragile Cookies in a shallow tin instead of a deep cookie jar or crock as extra weight will break them. Frosted Cookies only after the frosting is set on the cookies - like soft cookies, all frosted cookies should be stored between layers of waxed paper. It is best if you do not stack the layers deeper than 3 layers.
Chocolate Pillows
Juanette Nelson, Retiree, Nursing

2 ¼ cups flour, sifted  
1 cup butter  
1 egg  
Hershey’s Chocolate Bars


Forgotten Cookies
Cheryl Nuckolls, School of Nursing

2 egg whites  
½ cup - 1 cup chopped pecans or walnuts  
½ cup - 1 cup mini chocolate chips  
2/3 cup sugar  
1 tsp. cream of tartar

Preheat oven to 350 degrees. Cover large cookie sheet(s) with sheet or wax paper or non-stick aluminum foil. Beat egg whites with electric mixer until stiff. Gradually add sugar and beat until incorporated and mixture is still stiff. Beat in cream of tartar. Gently beat in other ingredients. Drop mixture by teaspoonfuls onto prepared cookie sheet. Place cookie sheet in oven, turn off oven's heat and leave in overnight. DO NOT OPEN OVEN DOOR. Store in air tight container; makes approximately 3 dozen cookies.
French Lace Cookies
Debbie Baxter, School of Education

1 cup sugar
1 ½ tsp. baking powder
½ cup margarine, melted
1 egg

4 tbsp. Flour
½ tsp. salt
1 cup Quick Oats
1 tsp. vanilla

Mix first 4 ingredients together. Melt margarine in microwave dish. Add all other ingredients and stir with a fork. Drop by scant ½ tsp. on cookie sheet lined with parchment paper (2 to 3 inches apart). Bake at 350 degrees for 7 to 9 minutes. Baking time is dependent on personal preference (slightly chewy to more crisp). Let cool on parchment paper and then remove with spatula. Store in airtight container. Makes about 4 dozen.

Honey Pecan Triangles
Janet Vetter, School of Arts and Sciences

Crust:
2 cups + 2 tsp. or butter, softened (no substitute!)
2 cups packed brown sugar
1 egg yolk
1 ½ cups flour

Topping:
1 cup packed brown sugar
3 cups honey
4 cups chopped pecans
2 cups butter
2 cups whipping cream

Line a 13 x 9 pan with foil; butter the foil with 2 tsp. butter. In a bowl, cream rest of butter with brown sugar. Add egg yolk; mix well. Gradually add flour. Press into prepared pan. Bake at 350 degrees for 15 min. or until golden brown. Meanwhile, in saucepan, combine brown sugar, butter, and honey. Bring to boil over medium heat; cook and stir for 3 min. Remove from heat; stir in cream and pecans. Pour over crust. Bake for 30 min. or until hot and bubbly. Cool completely on wire rack. Use foil to lift the bars out of pan and place on a cutting board. Carefully remove foil. Cut into 24 bars; cut each in half diagonally.
Hummingbird Bars
Juanette Nelson, Retiree, Nursing

Cookie:
3 cups flour 2 cups sugar
1 tsp. baking soda 1 tsp. cinnamon
½ tsp. salt 1 cup oil
1 can (8 oz.) crushed pineapple, undrained 1 cup chopped nuts
2 cups diced bananas (approx. 2 med.) 3 eggs, slightly beaten
1 cup maraschino cherries, halved 2 tsp. vanilla

Glaze:
¼ cup butter or margarine, softened 1 ½ cups powdered sugar
1 to 2 tbsp. warm milk (more if necessary)

Grease and flour 15 x 10 x 1 inch jelly roll pan. Lightly spoon flour into measuring cup; level off. In large bowl, combine all bar ingredients; stir until well blended. Spread evenly in prepared pan. Bake at 350 degrees for 30-40 minutes. Spread glaze over bars while warm; store in refrigerator.

Melting Moments
Cheryl Nuckolls ~ School of Nursing
A Sequoya favorite

1 cup butter or margarine, softened 1/3 sifted powdered sugar
1 ¼ cups all-purpose flour ½ cup cornstarch
Lemon frosting*

Cream butter; add sugar and beat sugar. Gradually add flour and cornstarch, beating until smooth. Drop by teaspoonfuls onto ungreased cookie sheets. Bake at 350° for 12 to 15 minutes. Cookies do not brown on top. Cool slightly on cookie sheets; remove cookies to wire racks to cool completely; frost with lemon frosting.

*Lemon Frosting
½ cup butter or margarine, softened
1 ¼ cups sifted powdered sugar
2 tbsp. lemon juice

Cream butter; gradually add sugar and lemon juice, beating until smooth.
John's All-Time Favorite Treasure Chest Bars!
Judy Schwenn

2 cups sifted all purpose flour
1 1/2 tsp. double acting baking powder
1/2 tsp. salt
1 cup well drained maraschino cherries
1/2 cup sugar
1/2 cup melted butter

2 unbeaten egg
1 tsp. vanilla
4 tsp. milk
1/2 cup packed brown sugar
1 cup chopped salted mixed nuts
1 cup milk chocolate chips

Sift together 2 cups all purpose flour, 1 1/2 tsp. double acting baking powder, 1/2 tsp. salt. Set aside. Add 1/2 cup packed brown sugar and 1/2 cup sugar. Gradually add 1/2 cup melted butter. Cream thoroughly; then blend in 2 unbeaten eggs and 1 tsp. vanilla. Beat until fluffy. Next add dry ingredients alternately with 1/4 cup milk. Stir in one cup well drained maraschino cherries that have been cut in half. Then add one cup salted mixed nuts (chopping larger pieces); next mix in 1 cup (16 oz.) milk chocolate chips. Spread into a 15x10x1 inch greased and floured jelly roll pan. Bake at 325 for 25-30 min. Cool and frost.

Butter Frosting:

1/2 cup melted butter
2 cups sifted powdered sugar
1/2 tsp. vanilla
1/2 tsp. vanilla

Melt and brown the butter over medium heat. Blend in the powdered sugar, vanilla, and milk. Spread on cooled bars. Cut bars and enjoy!

Peanut Chocolate Chip Cookies
Lynn Morse, Grounds Supervisor

1/2 cup butter
1/2 cup shortening
1/2 cup chunky peanut butter
1 cup light brown sugar
1 cup sugar
2 tsp. vanilla
2 eggs
1 tsp. baking soda
2 1/2 cups flour
12 ounces chocolate chips
1 cup oatmeal

Cream together butter and shortening with peanut butter. Cream in sugars; add egg and vanilla. Sift dry ingredients; add to mixture. Stir in oatmeal and chips. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake at 350 degrees for 8-10 minutes; makes 3 dozen.
Perfect White Chocolate Chip Cookies  
Elizabeth Chadwick, President's Office  
*(From Twice Remembered, one of my favorite blogs)*

1 cup butter, softened  
1 cup white sugar  
1 cup packed brown sugar  
2 eggs  
2 tsp. vanilla extract  
3 cups all-purpose flour  
1 tsp. baking soda  
2 tsp. hot water  
½ tsp. salt  
nuts (optional)  
2 cups white chocolate chips - *I just use the whole bag- minus the hand full or two that I eat...I never measure out 2 cups!*

Preheat oven to 350 degrees. Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time; then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts (optional). Drop by large spoonfuls onto ungreased pans. Bake for about 10 minutes in the preheated oven.

*Blogs author notes: I use two scoops (with a cookie or cantaloupe scoop) per cookie. I bake my cookies for 10 minutes exactly. The cookies right out of the oven will look strangely under baked and may not be brown on top, but let them set up for a little while and you’ll see that they will finish “baking” a bit on the inside as they cool. This produces a cookie that stays soft, moist, and chewy for a few days. Just be sure to store them in an airtight container. You won’t regret “under baking” them - I think it’s the secret to baking cookies with the most perfect texture. So remember, use the basic recipe to make any kind of “chip” cookie. Here I’ve used chocolate chip and M&M’s, but I’ve also done Andes’ Mint, butterscotch, and Reese’s chips.*

Snoball Cookies  
Juanette Nelson, Retiree, Nursing

2 cups all-purpose flour  
2 cups pecans, finely chopped  
½ cup granulated sugar  
1 cup butter, softened  
1 tsp. vanilla  
powdered sugar for rolling

Preheat oven to 325 degrees. In large mixing bowl combine flour, nuts, granulated sugar, butter, and vanilla. Beat at low speed, scraping bowl often until well mixed - 3 to 4 minutes. Shape rounded tsp.ful of dough into one inch balls. Place on ungreased cookie sheet. Bake for 18-25 minutes or until lightly browned; remove immediately. Roll in powdered sugar while still warm and roll again when cool.
Walnut Frosties
Juanette Nelson, Retiree, Nursing

2 cups all-purpose flour
1 cup firmly packed brown sugar
½ cup butter
½ cup firmly packed brown sugar
1 cup walnuts or pecans, chopped

½ tsp. baking soda
¼ tsp. salt
1 egg
¼ cup sour cream
1 tsp. vanilla

Cookie: Combine flour, baking soda, and salt; set aside. Gradually add 1 cup brown sugar to butter in mixing bowl, creaming until light and fluffy. Add egg and vanilla; beat well. Gradually add dry ingredients, mixing after each addition. Shape into 1-inch balls. Place 2 inches apart on ungreased cookie sheet. Make a depression in the center of each ball. Place one tsp. of topping in depression. Bake at 350 degrees for 12-14 minutes or until delicately brown.

Topping: Combine 1 cup chopped nuts, ½ cup brown sugar, and sour cream. Mix well.

Cowboy Cookies
Elizabeth Chadwick, President’s Office

2 cups sifted all purpose flour
1 tsp. baking soda
½ tsp. salt
1 cup butter
½ cup sugar
1 ½ cups brown sugar

1 large package chocolate chips
2 eggs
2 cups oats (uncooked)
1 ½ tsp. vanilla
2 cans coconut

Cream butter and sugars together; add eggs, flour, salt and soda. Add vanilla, oats, coconut, and chocolate chips. Mix well. Drop by tablespoon onto greased cookie sheet. Bake at 350 degrees for 15 minutes. Makes about 6 dozen cookies.

Variations: I don’t like coconut, so they taste good without it, too. You can also use some butterscotch chips, white chocolate chips, pecans, etc.
Buttered Pecan Ice Cream
Joy Carrier, Retiree, School of Technology
... a must have at School of Technology gatherings!

- 1 cup pecans
- 1 ½ cups sugar
- 1 can Eagle Brand Milk
- 2 tsp. vanilla
- 1 tsp. maple flavoring
- ½ tsp. salt
- whole milk

Chop 1 cup pecans. Toast for 10 minutes at 300 degrees, cool. Whip 1 pint whipping cream. Set aside. In large bowl, mix sugar, Eagle Brand Milk, vanilla, maple, and salt. Then add pecans and whipped cream. Mix well. Pour in ice cream; churn and fill to line with whole milk. Freeze according to churn directions.

Chocolate Ice Cream
Elizabeth Chadwick, President's Office
Tastes like a Wendy’s Frosty!

- ½ gallon chocolate milk
- 1 can Eagle Brand Milk
- 1-oz. Cool Whip

Mix in ice cream freezer until done!

Millionaire Pie
Joan Chapman, School of Education

- 1-20 oz. can crushed pineapple/drained
- ½ cup lemon juice
- 1 can Eagle Brand Milk
- 1 -8oz. carton Cool Whip
- 1 cup crushed pecans
- 2 graham cracker pie shells

Stir all ingredients together and pour into 2 pie shells. Refrigerate until firm. Let Cool Whip sit out a bit to help with easier mixing.
Cream Cheese Coconut Pie  
Elizabeth Chadwick, President's Office

Crust:
1 2/3 cups graham cracker crumbs  ⅛ cup sugar  
1/3 cup butter or margarine, melted
Stir together ingredients; press mixture evenly in bottom and up sides of a 9-inch pie plate. Bake at 350 for 8 minutes; remove to a wire rack, and cool completely.

Pie:
8 oz. cream cheese, softened  1 cup cream of coconut  
3.4 oz. cheesecake instant pudding mix  8 oz. Cool Whip, thawed  
6 oz. frozen sweet, flaked coconut, thawed  1 cup whipping cream
Beat cream cheese and cream of coconut at medium speed with an electric mixer until smooth. Add pudding mix, beating until blended. Stir in coconut; fold in whipped topping. Spread into prepared crust; cover and chill 2 hours or until set. Beat whipping cream with an electric mixer until soft peaks form, and spread evenly over top of pie.

Cranberry Sorbet  
Sarah Mergel, Department of Social Science
I stumbled across this recipe when I was first cooking, and I mean that literally. My friend and I planned to make dinner for my mom and my dad. We chose this recipe for dessert. It looked easy to make and I’m sure that’s the reason we chose it since I don’t think I had ever had anything to that point with cranberries in it that I liked. Nevertheless, the sorbet turned out to be a hit. My mom tucked the recipe away and the following Thanksgiving it made an appearance on the Mergel dinner table becoming a quick family favorite.

1 cup lemon-lime soda (regular or diet)  1 can cranberry jelly
Combine ingredients until smooth with an electric mixer. Pour into ice cube trays. Freeze until solid. Place cubes into food processor or blender. Blend until smooth. Freeze sorbet in an airtight container until ready to use.
Crockpot Cherry Cobbler  
Janet Hayes, Enrollment Services

2 cans cherry pie filling  
¼ cup butter, softened  
1 box yellow cake mix  
½ cup chopped pecans

Pour pie filling into crock-pot; spread evenly. In large bowl, combine dry cake mix with butter until it is crumbly; sprinkle over pie filling; sprinkle with nuts; cover and cook on low 3 - 4 hours; serve warm with vanilla ice cream.

Fruity Snack Cake Kabobs  
Travis Hayes, School of Business

Twinkies  
Little Debbie Fudge Rounds  
Maraschino Cherries  
Kabob sticks  
Ding Dongs  
Large Marshmallows  
Chunk Pineapple

Carefully cut Twinkies, Ding Dongs, and Fudge Rounds into cubes that are similar in size to the marshmallows. Slide kabob sticks through the food items in an alternating pattern (Twinkie cube, Maraschino cherry, Ding Dong cube, Marshmallow, Fudge Round cube, Pineapple chunk) until the kabob stick is full. Toasting over an open fire is NOT recommended; the Twinkies, Ding Dongs, and Fudge Rounds may come off accidentally. A safer method for heating would be caressing each item with the flame from a cigarette lighter. Eat and enjoy, but be careful with the sharp kabob skewer and the cigarette lighter.

Rum Balls  
Juanette Nelson, Retiree, Nursing

½ lb. vanilla wafers  
½ cup light corn syrup  
1 cup pecans, chopped  
1 cup powdered sugar  
2 tbsp. cocoa  
¼ cup rum

Crush wafers. Mix all dry ingredients; add nuts, syrup and rum. Stir until stiff. Roll into balls. Let stand for 2 hours; then roll in additional powdered sugar.
Iron Skillet Chocolate Pie
Regina Ray, Department of Humanities

My mother loved this pie and I have never had anyone turn down a piece of this rich pie.

1 stick butter 3 cups milk
4 egg yolks 1 ½ cup sugar
3 tbsp. flour 3 tbsp. cocoa
2 tsp. vanilla pie shell
egg whites, beaten

Combine flour, cocoa, and sugar. Melt butter in large iron skillet and add milk. Stir in flour, cocoa, and sugar mixture. Cook over medium heat until thick. Pour into baked pie shell. Top with beaten egg whites, slightly sweetened. Refrigerate.

Kentucky Derby Pie
Elizabeth Chadwick, President’s Office

“Ken-ducky terdy pie” as our youngest grandson calls it, and requested weekly by our middle grandson

1 cup sugar ½ cup self-rising flour
2 eggs, slightly beaten 1 stick margarine, melted
1 cup pecans, chopped ¾ cup semi-sweet choc. chips
1 tsp. vanilla unbaked pie shell

Mix flour and sugar with fork. Add eggs and melted margarine; blend well. Add nuts, choc. chips, and vanilla. Pour into unbaked pie shell. Bake at 325 degrees for 40-45 minutes.

Strawberry Pie
Michael Jordan, Retiree, School of Technology

1 quart strawberries 1 cup sugar
3 tbsp. corn starch 1 cup water
1 small box strawberry Jell-O

Cook sugar, corn starch, and water until clear and thick. Remove from heat. Add Jell-O. Let cool to room temp. Wash, cap and cut in quarters or halve the strawberries. Place in baked pie crust. Pour cooled sauce over berries and chill. Serve with whipped topping.
Lemon Lover’s Delight  
Janet Hayes, Enrollment Services  
A favorite of Charles, my hubby!

1 stick margarine  
1 cup all-purpose flour  
2 sm. boxes instant lemon pudding  
1 cup powdered sugar  
1 container of Cool Whip  
3 cups milk  
8 oz. cream cheese, softened  
1 cup chopped pecans

1st Layer: Blend butter, flour, and ½ cup pecans; press/spread into a 9 x 13 pan. Bake at 375 degrees until brown. Cool.  
2nd Layer: Mix cream cheese, powdered sugar; and 1 cup Cool Whip. Spread over cooled crust.  
3rd Layer: Beat pudding and milk. Spread over cream cheese layer.  

Pecan Pie, Classic  
Juanette Nelson, Retiree, Nursing

1 - 9” unbaked pie crust  
1 cup sugar  
½ cup butter or margarine, melted  
½ tsp. salt  
1 cup light corn syrup  
3 eggs, beaten  
1 tsp. vanilla  
1 cup pecan halves

Heat oven to 375 degrees. Combine syrup, sugar, eggs, butter, vanilla and salt. Mix well. Stir in nuts. Pour into unbaked pie crust. Bake at 375 degrees for 15 minutes or until light brown. Reduce oven temperature to 300 degrees. Bake 1 hour and 45 minutes or until set. Cool until barely warm or to room temperature before serving.

Twinkie Sundae  
Travis Hayes, School of Business

vanilla ice cream  
chocolate syrup  
2-pack of Twinkies snack cakes

Spoon as much ice cream as you desire into a bowl; crumble the Twinkies over the ice cream. Drizzle or pour chocolate syrup over the Twinkies and ice cream. Eat and enjoy.
Praline Pumpkin Pie
Juanette Nelson, Retiree, Nursing

1 tbsp. margarine or butter  
1/3 cup firmly packed brown sugar  
1/3 cup chopped pecans  
1/2 cup water  
1 1/2 cups canned pumpkin  
1/2 cup firmly packed brown sugar  
1 tsp. salt  
1 cup evaporated milk  
3 eggs  
1/2 cup granulated sugar  
1 1/2 tsp. pumpkin spice  
pie shell

Praline layer: Cream margarine or butter with 1/3 cup brown sugar. Add pecans. Press over bottom of prepared pie shell. Bake 10 minutes at 450 degrees. Cool.

Custard layer: Scald evaporated milk with water. Beat eggs in a large bowl; stir in pumpkin, granulated sugar, brown sugar, spice and salt. Add milk and water mixture. Pour over cooled praline layer and bake at 350 degrees for 50 minutes. (You may substitute pumpkin pie mix instead of making the custard by adding 3 eggs and 1 cup evaporated milk to the canned mix and pour over cooled praline layer. Bake as directed on can).

Schwenn's Christmas Cranberry Dessert
John Schwenn, President

My mother made this dessert annually for Christmas dinner. She always made a double batch of sauce because Judy liked to drink the sauce and forgot about eating the cake!

Cake:
2 cups flour  
1 cup sugar  
2 tsp. baking powder  
pinch of salt  
1 cup milk  
2 cups washed cranberries
Sift together the flour, sugar, baking powder, and salt. Add one cup milk and 2 cups cranberries. Lightly grease 2 pie plates and divide cranberry mixture into the pie plates. Bake 20 minutes at 350 degrees.

Sauce:
1 cup sugar  
1/2 cup margarine or butter  
1/2 tsp. vanilla
Using a double boiler mix sugar, margarine or butter, and half and half (If you don't have a double boiler, use one small pan over boiling water in a larger pan). Cook and beat until smooth. Add vanilla to the mixture. Pour sauce over cranberry cake.
Strawberry Pretzel Dessert  
Joy Carrier, Retiree, School of Technology

**Crust:**  
2 cups crushed pretzels  
¾ cup melted butter  
3 tbsp. sugar  
Mix together pretzels, butter, and sugar. Press into 9 x 13 dish. Bake at 400 degrees for 8 minutes. Cool 45 minutes to 1 hour before filling.

**Topping:**  
1 large pkg. Strawberry Jell-O  
1 ½ cups hot water  
20 oz. frozen strawberries  

**Filling:**  
1 - 8 oz pkg. cream cheese, softened  
1 cup sugar  
9 oz cup Cool Whip, thawed  
Beat cream cheese with 1 cup sugar till creamy. Fold in Cool Whip and spread on the cooled crust. When Jell-O is partially set, spread it over the cream cheese mixture.

Texas Millionaire Candy  
Donna Hendrix, Department of Humanities

1 package of Kraft Caramels  
1 can of Eagle Brand Milk  
3 cups of pecans  
1 package of chocolate chips  
½ block of paraffin wax  
Melt caramels and milk in a double boiler and stir in pecans. Spoon mixture in small mounds on a cookie sheet sprayed with Pam. Freeze for 1 hour.  
In a double boiler, melt 1 package of chocolate chips and ½ block of paraffin wax. Dip each pecan and caramel mound in the melted chocolate and place on wax paper. Let the candy pieces set for about an hour before placing them in an airtight container.
Tiramisu
Janet Vetter, School of Arts and Sciences

- 6 egg yolks
- 1 1/2 cups sugar
- 1 1/4 cups mascarpone cheese*
- Coffee flavored liqueur**
- Unsweetened cocoa powder for garnish

- 1 1/4 cups heavy/whipping cream
- 2 packages ladyfingers
- 1/3 cup instant coffee**
- Sweetened Whipped Cream***
- Chocolate curls for garnish

Combine egg yolks and sugar and whip until thick and lemon colored, about 1 minute. Place in top of a double boiler over boiling water. Reduce heat to low and cook 8 to 10 minutes, stirring constantly. Remove from heat. Add mascarpone cheese, beating well. Whip heavy cream until stiff peaks form. Fold into egg yolk mixture, set aside. Line bottom and sides of a 3-quart bowl with ladyfinger halves; brush with coffee liqueur. Spoon half of egg yolk mixture into ladyfinger lined bowl. Repeat ladyfingers, espresso** and cream layers. Garnish with Sweetened Whipped Cream, cocoa and chocolate curls. Cover and refrigerate several hours or overnight. 10 to 12 servings

*As a substitute for mascarpone cheese: Combine 1 package (8 ounces) cream cheese, 1/4 cup sour cream and 2 tbsp. whipping cream, mix until blended and fluffy.

**Brandied Espresso: Combine 1/3 cup hot water and 2 tsp. instant coffee granules. Stir until coffee is dissolved. Blend in 1 tsp. (or to taste) coffee flavored brandy.

***Sweetened Whipped Cream: Combine 2 cups whipping cream, 1 tablespoon unsifted confectioners’ sugar and 1/2 tsp. vanilla extract. Whip until stiff peaks form.

How do you know which fly is a football player?
It’s the one in the Sugar Bowl!

~ Janet Hayes
French Dressing
Juanette Nelson, Retiree, Nursing

1 can tomato soup
1 ¼ cup Mazola oil
1 tsp. paprika
1 tsp. pepper
1 Worcestershire sauce

¾ cup vinegar
¼ cup sugar
1 tsp. salt
1 tsp. mustard
1 onion peeled

Friendship Tea
Michael Jordan, Retiree, School of Technology
Grandmother’s Recipe

1 ⅔ cup Tang
1 pkg. Kool-aid Lemonade Mix
½ tsp. ground cloves

2 cups Decaf Instant Tea
1 tsp. ground cinnamon
2 cups sugar

Mix together; store in covered container. Use 2 tsp. in hot water, add sugar if needed.

Homemade Dog Treats
Elizabeth Chadwick, President’s Office

These make a great gift for dog-loving friends and family. I’ve used bone, cat, teddy bear, and heart shaped cookie cutters. Any shape and size cutter would work

1 ½ cups whole wheat flour
1 ½ cups grated cheddar cheese
¼ lb. corn oil margarine

1 clove garlic, crushed
pinch of salt
milk

Grate cheese and let stand until it reaches room temperature. Cream the cheese with softened margarine, garlic, salt, and flour. Add enough milk to form a ball. Chill ½ hour. Roll onto floured surface. Cut into shapes and bake at 375 degrees for 15 minutes, until slightly brown and firm.
Fun Homemade Ice Cream
Elizabeth Chadwick, President's Office

This is great to use with kids as a science project, Sunday School treat, classroom treat, or just at home for fun with the kids. Tastes pretty good, too!

1 tbsp. sugar 1/2 cup milk
1/2 tsp. vanilla 6 tbsp. rock salt
1 pint size Ziploc plastic bag 1 gallon size Ziploc plastic bag
Ice cubes

You will need a spoon and lots of paper towels! Fill the large bag half full of ice and add the rock salt. Seal the bag. Put the milk, vanilla, and sugar into the small bag and seal the bag. After checking to make sure the bags are sealed WELL, shake until the mixture freezes into ice cream; about 5 minutes. Open the large bag: take out the small bag, and dispose of the large bag and its contents. Open the small bag carefully and enjoy your homemade ice cream!

Mary’s Sangria
Joan Chapman, School of Education

2 lemons 2 limes
2 lg. red delicious apples 2 (750ml) Chablis or white wine
1 1/2 cups sugar 1 cup brandy
2 (1 liter) bottles club soda

Slice lemons, limes, and apples. Combine fruit, wine, sugar and brandy. Chill for 2 hours. Gentle stir in club soda and serve over ice.

Ms. Lois Anderson’s Instant Spiced Tea
Joan Chapman, School of Education

This recipe came from one of my English teachers (literature) at Tennessee Tech, Cookeville, Tn. While I was there as an undergrad student, my sister Linda was teaching in the English Dept. Mrs. Anderson was known for her wonderful treats at Christmas and her fragrant spiced tea. It gives me pleasure to share this recipe from a great college teacher and lover of American Lit.

1 large jar of Tang 1/2 cup instant tea
1 package instant lemonade (Wyler’s) 2 cups sugar
2 tsp. cinnamon 1 tsp. cloves

Add more or less of spices to taste. Mix the above thoroughly (in a large container): store in air-tight containers. When ready to use mix... add 2 heaping tsp. to a cup of boiling water.
Low Fat Macaroni and Cheese

http://lowfatcooking.about.com

12 ounces uncooked elbow macaroni or other short tube pasta
1 1/4 cups reduced-fat extra-sharp cheddar, grated
2 1/2 tbsp. flour
1 tsp Dijon mustard
2 cups nonfat milk
freshly ground black pepper

Cook pasta according to the instructions on the package. While pasta is cooking, place flour in a medium saucepan and gradually whisk in milk. Heat the milk and flour on medium and bring to a boil, stirring constantly to prevent lumps. Reduce heat and allow to simmer until the milk begins to thicken. Stir in cheese and mustard, stir until cheese melts. Toss drained pasta and sauce in a large bowl. Add freshly ground black pepper and serve immediately. Per 1 Cup Serving: Calories 314, Calories from Fat 51, Total Fat 5.7g (sat 3.1g), Cholesterol 18mg, Sodium 258mg, Carbohydrate 49.6, Fiber 1.5g, Protein 16.2g

Baked "Fried" Chicken
Elizabeth Chadwick, President’s Office

6 pieces skinless chicken
1 cup coarsely crushed corn flake cereal
1 tsp water
pepper to taste (you can also add garlic, onion powder, red pepper, etc. to taste)
1 tbsp. all-purpose flour
1 egg white
1 tsp salt

Preheat oven to 400 F. Spray cookie sheet with zero-calorie non-stick cooking spray. Combine salt, pepper, flour, and corn flakes in shallow dish. Beat egg white lightly in pie plate. Dip chicken pieces into egg, then into flour mixture to coat. Place on cookie sheet, spray tops with cooking spray. Bake 40 minutes or until chicken turns golden brown.

WHY WOMEN GAIN WEIGHT
With time, women gain weight because we accumulate so much information and wisdom in our heads that when there is no more room, it distributes out to the rest of our bodies. So we aren't heavy, we are enormously cultured, educated and happy. Beginning today, when I look at my butt in the mirror I will think, Good grief, look how smart I am ~ and then I’ll eat some more M&M’s so I can get even smarter! ☺ EC
Poached Salmon and Dill Sauce
John Schwenn, President

6 salmon steaks (1 inch thick)  6 tbsp. butter
3 tbsp. lemon juice  1/2 cup champagne or white wine
2 tbsp. chives, chopped

Melt butter in large saucepan. Add lemon juice, chives, and champagne. Stir to mix. Add salmon. Cover and cook on low heat for 30 minutes. Serve with sour cream dill sauce.

Sauce
1/2 cup sour cream  1 tbsp. Dijon style mustard
1 tbsp. chopped chives  1 1/2 tbsp. sugar
1 tsp. dried dill weed
Combine ingredients until blended. Refrigerate. Serve with salmon. Be creative; try this on swordfish, halibut, blue fish, etc.

Enrollment Services Favorite Breakfast Casserole
Jodi Johnson, Enrollment Services

4 slices of bread  2 cups milk
1 lb. cooked sausage, crumbled  1 tsp. dry mustard
1 cup grated cheese  1 tsp. salt
6 eggs  1 tsp. pepper

Tear bread and sprinkle in 9 x 13 greased casserole dish. Add sausage; add cheese. Beat eggs with milk and seasonings; pour over cheese. Bake at 350 degrees for 30-40 minutes. Better if assembled the night before and let sit in refrigerator overnight before baking.

Re-pickled Pickles
Elizabeth Chadwick, President’s Office

Got these from Lynelle Stewart for Christmas one year ~ they are WONDERFUL!!

1 qt. kosher dills (must be kosher)  1 1/2 cups sugar
2 tbsp. dried onion  1 tsp. celery seed
3 tbsp. white vinegar

Drain and slice pickles. Put in bowl. Pour other ingredients over sliced pickles. Let sit out for about two hours, stirring about every 30 minutes; refrigerate.
Dump Cake
Elizabeth Chadwick, President's Office
This is a great dessert to take to a gathering if you have a stove in the building, because you can take the ingredients and literally dump them in the pan and serve it hot.
Of course it can be cooked ahead of time as well.

1 lg. can crushed pineapple
1 large can pie filling (cherry, blueberry, peach, etc.)
1 package yellow cake mix
2 sticks margarine
1 cup chopped pecans

Layer as follows in greased tube pan or a 9 x 13 dish: pineapple, pie filling, cake mix (dry), pecans. Then layer margarine in slices over entire mixture. Bake at 350 degrees for one hour (longer if necessary).

Low Fat Key Lime Bars
http://lowfatcooking.about.com

1 ½ cups low fat graham cracker crumbs (about 5 ounces)
2 tbsp. brown sugar
8-ounces light tub cream cheese
14-oz can fat-free sweetened condensed milk
1/3 cup lime juice (3-4 regular limes)
Butter-flavored cooking spray
1 tbsp. lime zest

Preheat oven to 350 degrees.
Combine cracker crumbs with brown sugar. Lay a sheet of foil in a 8 x 8 square baking pan, with the sides overhanging the edges. Tuck sides under. Spray foil-lined base with butter-flavored cooking spray. Press crumb mixture into pan. Briefly spray cooking spray on top, and press again. In a medium bowl, beat light cream cheese until softened. Add lime zest and condensed milk. Beat until smooth. Add lime juice and beat until well blended. Pour lime mixture on to crumb base. Bake for 25-30 minutes, until center is just set and edges pull away a little. Allow to cool. Chill for at least 2 hours. Cut into 16 bars. Per Bar: Calories 144

Good and Easy Biscuits

2 cups self-rising flour
8 oz. whipping cream

Pour cream into flour; stir until well blended. Turn onto floured surface, knead, roll and cut into biscuits. Bake at 400 degrees for 10-12 minutes.
Pumpkin Pie Cake
Jodi Johnson, Enrollment Services
A MUST for enrollment service gatherings!

2 cans pumpkin puree (not pie mix) 4 eggs
1½ cups sugar 1 tsp. salt
½ ground allspice 2 tsp. ground cinnamon
1 tsp. ground ginger 2 cans evaporated milk
1 box Duncan Hines Butter Recipe Yellow Cake mix 1 stick butter or marg.

Topping
1 cup chopped pecans 2 tbsp. butter, melted
¼ cup sugar

Preheat oven to 350 degrees. Butter a 9 x 13 pan. In a bowl, beat eggs. Add pumpkin, sugar, salt, allspice, cinnamon, ginger, and evaporated milk. Mix until smooth; pour into pan to make an even layer. Sprinkle cake mix evenly over the top of the pumpkin mixture. Drizzle the melted margarine over the cake mix; it won’t cover completely, but try for an even coverage. Bake for 1 hour. While cake is baking, toss pecans with butter. Add sugar and stir to combine. After cake has baked 1 hour, sprinkle nut topping on top and bake an additional 20 minutes. Cool slightly before serving.

Easy Banana Bread
Jodi Johnson, Enrollment Services

1 cup sugar 1 tsp. baking soda
½ cup shortening 2 cups all-purpose flour
2 eggs ½ tsp. salt
3 bananas, mashed ½ cup nuts, chopped
3 tbsp. sour cream

Blend shortening, sugar, eggs, bananas, and sour cream. Sift flour, soda, and salt together, add nuts. Stir into banana mixture. Pour in greased loaf pan and bake at 350 degrees for 1 hour.

Do It Yourself Buttermilk
Next time you’re baking and find you are out of buttermilk, don’t panic, head to your neighbors, or the store. To make a quick and easy substitute for buttermilk, add 1 tbsp. of white vinegar or lemon juice to 1 cup of whole milk.
Frozen Fruit Salad
You can freeze this in a mold, or freeze in individual paper cupcake cups for individual servings.
This makes a pretty dessert for luncheons, parties, teas, showers, etc.

1 lg. can crushed pineapple, drained 8 oz. Cool Whip
1 can Eagle Brand milk 10 oz. jar Maraschino cherries
¼ cup chopped nuts ¼ cup lemon juice

Mix Cool Whip and Eagle Brand. Add pineapple, cherries, nuts, and lemon juice; spoon into mold(s) and freeze. There are lots of options with this salad, too. Be creative; add coconut, bananas, or mandarin oranges, whatever you like.

Homemade German Chocolate Cake
Elizabeth Chadwick, President’s Office
This is my husband’s favorite cake and my sister-in-laws recipe; takes a bit of time, but worth it!

Cake:
1 pkg. Baker’s German sweet chocolate ½ cup boiling water
1 cup butter or margarine 2 cups sugar
4 egg yolks 1 tsp. vanilla
2 ½ cups sifted cake flour 1 tsp. baking soda
¼ tsp. salt 1 cup buttermilk
4 egg whites, slightly beaten

Melt chocolate in boiling water; cool. Cream butter and sugar until fluffy; add egg yolks one at a time, beating well after each addition. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten egg whites. Pour into three 8 or 9 inch cake pans, lined on bottom with paper. Bake at 350 degrees for 30-40 minutes. Cool.

Frosting:
1 cup evaporated milk 1 cup sugar
3 slightly beaten egg yolks ½ cup butter or margarine
1 tsp. vanilla 1 1/3 cups coconut
1 cup chopped nuts

Combine evaporated milk, sugar, egg yolks, margarine, and vanilla. Cook and stir over medium heat until thickened - about 12 minutes. Add coconut and nuts. Cool until thick enough to spread; beating occasionally. Frost tops only of layers.
Spinach Lasagna

1 lb. mozzarella cheese (chunk or grated)  1 lb. ricotta cheese
40 oz. spaghetti sauce (Prego, Ragu, etc.)  2 eggs
1 - 10 oz. pkg. spinach, thawed  Parmesan cheese (optional)
lasagna noodles, cooked and drained well

Mix 2 eggs, spinach, ricotta and mozzarella cheese. Layer by thirds: cooked lasagna noodles, sauce, and spinach mix. Cook 1 hour at 350 degrees, covered.

Biscotti
Elizabeth Chadwick, President's Office

2 ¼ cups all-purpose flour  ½ tsp. baking powder
½ tsp. baking soda  ¼ tsp. salt
3 large eggs  1 cup sugar
1 ½ tsp. vanilla (or almond)

Preheat oven @ 300 degrees. Spray baking sheet with Pam. Beat eggs and sugar with wooden spoon. Beat in vanilla. Add flour, baking powder, baking soda and salt. Stir in add-ins* if desired. Spoon onto baking sheet forming 2 strips about 13" long, 2 ¼" wide, and placed about 3" apart. With hands sprayed with Pam, smooth tops and sides of strips. Bake 25-30 min. until edges begin to brown. Cool on wire rack 10 min. Reduce oven to 275 degrees. Using sharp serrated knife cut each strip on the diagonal into ½″ slices. Lay each strip on its side about ½″ apart. Bake 10 min. or so and turn-lightly toasting each side. Let cool completely.

*Dried cranberries, almonds, chocolate chips, pecans, cocoa, etc. You can also dip them in or drizzle on melted dark, milk, or white chocolate.
Thanks to everyone who contributed to this cookbook, DSC Staff Council members hope you enjoy it. We chose to print the cookbook in this fashion for several reasons.

The set-up and font should be easy to read and the size allows you to put the book in your own choice of a three ring binder or slide the sheets in protectors. A few times a year, we may do a “call” for new recipes (anytime you discover a new recipe and want to share it, feel free to e-mail it to Elizabeth Chadwick at echadwick@daltonstate.edu) and this format will allow us to e-mail you the recipe to add to your binder.

When the call went out announcing the cookbook, we asked for ideas of what to name the cookbook. *The Silver Spoon* was submitted by Penny Cordell in purchasing. DSC colors are blue and silver and the cookbook was a follow-up to the Annual DSC Dessert Contest, where the winner receives a silver spoon to keep for a year, so we thought it appropriate.

Here are some other names suggested:

- *Educated Edibles*
- *Collegiate Collards*
- *Bon Appetit Coureut Routier* (French for enjoy your mean road runner)
- *DSC Bell’s Cookbook*
- *Road Runner Recipes*
- *Road Runner Road Kill*
- *Dining with Dalton State*
- *Taste of the Bell Tower*
- *The Hungry Road Runner Gourmet*
- *The Bird Feeder* (do you remember that used to be the name of the cafeteria in the student center?)
- *Running on Empty* (a play on the Road Runner mascot)
### Conversions and Equivalents

#### Assorted Baking Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup butter or margarine</td>
<td>4 ounces</td>
</tr>
<tr>
<td>2 cups butter</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>2 cups fat</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>2 cups shortening</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>4 cups all-purpose flour</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>4 1/2 to 5 cups sifted cake flour</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>1 square chocolate</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 cup semisweet chocolate chips</td>
<td>6 ounces</td>
</tr>
<tr>
<td>4 cups marshmallows</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>1 cup marshmallows</td>
<td>11 large or 110 miniature</td>
</tr>
<tr>
<td>2 1/4 cups brown packed sugar</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>4 cups powdered sugar</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>2 cups granulated sugar</td>
<td>1 pound (16-ounces)</td>
</tr>
<tr>
<td>1 (1/4-ounce) pkg. active dry yeast</td>
<td>2 1/4 teaspoons</td>
</tr>
</tbody>
</table>

#### Assorted Crumbs

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup fine dry bread crumbs</td>
<td>4 to 5 slice</td>
</tr>
<tr>
<td>1 cup soft bread crumbs</td>
<td>2 slices</td>
</tr>
<tr>
<td>1 cup small bread cubes</td>
<td>2 slices</td>
</tr>
<tr>
<td>1 cup fine chocolate wafer crumbs</td>
<td>19 wafers</td>
</tr>
<tr>
<td>1 cup fine cracker crumbs</td>
<td>28 saltine squares</td>
</tr>
<tr>
<td>1 cup fine graham cracker crumbs</td>
<td>15 crackers</td>
</tr>
<tr>
<td>1 cup vanilla wafer crumbs</td>
<td>22 wafers</td>
</tr>
</tbody>
</table>

#### Cheese & Dairy

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup shredded cheese</td>
<td>4 ounces</td>
</tr>
<tr>
<td>1 cup cottage cheese</td>
<td>8 ounces</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>8 ounces</td>
</tr>
<tr>
<td>1 cup whipped cream</td>
<td>1/2 cup heavy cream</td>
</tr>
<tr>
<td>2/3 cup evaporated milk</td>
<td>1 (5-ounce) can</td>
</tr>
<tr>
<td>1 2/3 cups evaporated milk</td>
<td>1 (13-ounce) can</td>
</tr>
</tbody>
</table>

#### Fruits & Vegetables:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup chopped apples</td>
<td>1 medium</td>
</tr>
<tr>
<td>1 cup mashed bananas</td>
<td>3 medium</td>
</tr>
<tr>
<td>1 cup sliced bananas</td>
<td>2 small or 1 medium</td>
</tr>
<tr>
<td>3 cups cut green/wax beans</td>
<td>1 pound</td>
</tr>
<tr>
<td>3 1/2 to 4 1/2 cups shredded cabbage</td>
<td>1 pound</td>
</tr>
<tr>
<td>6 medium wedges of cabbage</td>
<td>1 pound</td>
</tr>
<tr>
<td>1 cup sliced carrots</td>
<td>2 medium</td>
</tr>
<tr>
<td>1 cup shredded carrots</td>
<td>1 1/2 medium</td>
</tr>
<tr>
<td>3 cups cauliflower flowerets</td>
<td>1 pound</td>
</tr>
<tr>
<td>1 cup sliced celery</td>
<td>2 medium stalks</td>
</tr>
<tr>
<td>Fruit &amp; Vegetables</td>
<td>Equivalent</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------</td>
</tr>
<tr>
<td>2 cups pitted cherries</td>
<td>=</td>
</tr>
<tr>
<td>1 1/3 cups flaked coconut</td>
<td>=</td>
</tr>
<tr>
<td>1 1/3 cups shredded coconut</td>
<td>=</td>
</tr>
<tr>
<td>1 cup corn kernels</td>
<td>=</td>
</tr>
<tr>
<td>4 cups cranberries</td>
<td>=</td>
</tr>
<tr>
<td>1 cup chopped cucumber</td>
<td>=</td>
</tr>
<tr>
<td>1 cup pitted dates</td>
<td>=</td>
</tr>
<tr>
<td>1 cup candied fruit</td>
<td>=</td>
</tr>
<tr>
<td>1 cup chopped green/bell pepper</td>
<td>=</td>
</tr>
<tr>
<td>2 to 3 tablespoons lemon juice</td>
<td>=</td>
</tr>
<tr>
<td>1 1/2 to 3 teaspoons grated lemon rind</td>
<td>=</td>
</tr>
<tr>
<td>6 cups torn lettuce</td>
<td>=</td>
</tr>
<tr>
<td>3 cups sliced mushrooms</td>
<td>=</td>
</tr>
<tr>
<td>1 cup sliced onion (green/spring)</td>
<td>=</td>
</tr>
<tr>
<td>1/2 cup chopped onion (white, red, etc.)</td>
<td>=</td>
</tr>
<tr>
<td>1/3 to 1/2 cup orange juice</td>
<td>=</td>
</tr>
<tr>
<td>1 to 2 tablespoons grated orange rind</td>
<td>=</td>
</tr>
<tr>
<td>4 cups sliced peaches</td>
<td>=</td>
</tr>
<tr>
<td>1 cup grated potato</td>
<td>=</td>
</tr>
<tr>
<td>2 cups pitted prunes</td>
<td>=</td>
</tr>
<tr>
<td>3 cups raisins</td>
<td>=</td>
</tr>
<tr>
<td>4 cups sliced strawberries</td>
<td>=</td>
</tr>
<tr>
<td>1 cup chopped tomato</td>
<td>=</td>
</tr>
<tr>
<td>1 cup chopped green/bell pepper</td>
<td>=</td>
</tr>
</tbody>
</table>

**Grains, Pasta & Rice**

<table>
<thead>
<tr>
<th>Grains, Pasta, &amp; Rice</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup crushed cereal flakes</td>
<td>=</td>
</tr>
<tr>
<td>1 3/4 cups cooked quick oats</td>
<td>=</td>
</tr>
<tr>
<td>4 cups cooked macaroni</td>
<td>=</td>
</tr>
<tr>
<td>4 cups cooked spaghetti</td>
<td>=</td>
</tr>
<tr>
<td>3 to 4 cups converted rice, cooked</td>
<td>=</td>
</tr>
<tr>
<td>3 cups instant rice, cooked</td>
<td>=</td>
</tr>
<tr>
<td>3 cups long grain rice, cooked</td>
<td>=</td>
</tr>
<tr>
<td>3 cups wild rice, cooked</td>
<td>=</td>
</tr>
</tbody>
</table>

**Meats & Eggs**

<table>
<thead>
<tr>
<th>Meats &amp; Eggs</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup crumbled bacon</td>
<td>=</td>
</tr>
<tr>
<td>1 cup cubed cooked beef</td>
<td>=</td>
</tr>
<tr>
<td>3/4 to 1 cup flaked crab</td>
<td>=</td>
</tr>
<tr>
<td>1 cup egg whites</td>
<td>=</td>
</tr>
<tr>
<td>1 cup whole eggs</td>
<td>=</td>
</tr>
<tr>
<td>1 cup egg yolks</td>
<td>=</td>
</tr>
<tr>
<td>2 cups cooked shrimp</td>
<td>=</td>
</tr>
</tbody>
</table>

**Nuts**

<table>
<thead>
<tr>
<th>Nuts</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 1/2 cups almonds</td>
<td>=</td>
</tr>
<tr>
<td>3 cups peanuts</td>
<td>=</td>
</tr>
<tr>
<td>4 cups pecans</td>
<td>=</td>
</tr>
<tr>
<td>4 cups walnuts</td>
<td>=</td>
</tr>
</tbody>
</table>
Unique and Useful Tips!

Reheat Pizza: Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza.

Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly; cut the corner tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.

Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar/calories per serving.

Reheating refrigerated bread: To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Newspaper weeds away: Start putting in your plants; work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Broken Glass: Use a dry cotton ball to pick up little broken glass pieces of glass - the fibers catch ones you can’t see!

No More Mosquitoes: Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Squirrel Away: To keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The cayenne pepper doesn’t hurt the plant and the squirrels won’t come near it.

Flexible vacuum: To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum hose. It can be bent or flattened to get in narrow openings.

Reducing Static Cling: Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress - same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and - voila - static is gone.

Measuring Cups: Before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don’t dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

Do you hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

Reopening envelope: If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two and Voila! It unseals easily.
Conditioner: Use your hair conditioner to shave your legs. It’s a lot cheaper than shaving cream and leaves your legs really smooth. It’s also a great way to use up the conditioner you bought but didn’t like when you tried it in your hair.

Goodbye Fruit Flies: To get rid of pesky fruit flies, take a small glass fill it 1/2” with Apple Cider Vinegar and 2 drops of dishwashing liquid, mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants: Put small piles of cornmeal where you see ants. They eat it, take it "home," & can’t digest it so it kills them. It may take a week or so, esp. if it rains, but it works & you don’t have the worry about pets or small children being harmed!

Take baby powder to the beach: Keep a small bottle of baby powder in your beach bag. When you’re ready to leave the beach sprinkle yourself and kids with the powder and the sand will slide right off your skin.

Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately--without the unpleasant side effects caused by traditional "pain relievers."

Colgate toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They’ll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly--even though the product was never been advertised for this use.

Honey remedy for skin blemishes: Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection...To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Coca-Cola cure for rust...Forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Eliminate puffiness under your eyes....All you need is a dab of Preparation H, carefully rubbed into the skin, avoiding the eyes. The hemorrhoid ointment acts as a vasoconstrictor, relieving the swelling instantly. Preparation H also helps with chigger bites.
Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can’t find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just pour a drop of Elmer’s Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt’s tomato paste boil cure - cover the boil with Hunt’s tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine, a powerful antiseptic.

Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kills fleas instantly...Dawn dishwashing liquid does the trick. Add a few drops to your dog’s bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor ...Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Quaker Oats for fast pain relief... It’s not for breakfast anymore! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

Pam cooking spray will dry finger nail polish.

Conditioner your hair with: Use Cool whip; leave on 15 min., rinse. Mayonnaise (kills lice, too).

Elmer’s Glue-paint on your face; let it dry, peel off and see the dead skin and blackheads if any.

Shiny Hair-use brewed Lipton Tea.

Sunburn - empty a large jar of Nestea into your bath water.

Burn your tongue? Put sugar on it!

Arthritis? WD-40 Spray and rub in, kill insect stings too.

Bee stings - meat tenderizer.

Paper cut - crazy glue or chap stick (glue is used instead of sutures at most hospitals).

Athletes feet - cornstarch.

Fungus on toenails or fingernails - Vicks vapor rub.

Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. Kool Aid can be used as a dye in paint also. Kool aid in Dannon plain yogurt as a finger paint, your kids will love it and it won’t hurt them if they eat it!
Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper.

Sticking bicycle chain - Pam no-stick cooking spray.

Pam will also remove paint, and grease from your hands! Keep a can in your garage for your hubby.

Peanut butter will remove ink from the face of dolls.

When the doll clothes are hard to put on, sprinkle with corn starch and watch them slide on.

Heavy dandruff - pour on the vinegar!

Body paint - Crisco mixed with food coloring. Heat the Crisco in the microwave, pour into an empty film container and mix with the food color of your choice!

Tie Dye T-shirt - mix a solution of Kool Aid in a container, tie a rubber band around a section of the t-shirt and soak.

Preserving a newspaper clipping - large bottle of club soda and 1/2 cup of milk of magnesia, soak for 20 min. and let dry, will last for many years!

Wine stains, pour on the Morton salt and watch it absorb into the salt.

To remove wax - Take a paper towel and iron it over the wax stain, it will absorb into the towel.

Remove labels off glassware etc. - rub with peanut butter!

Baked on food - fill container with water, get a Bounce paper softener and the static from the Bounce towel will cause the baked on food to adhere to it. Soak overnight. Also; you can use 2 Efferdent tablets, soak overnight!

Crayon on the wall - Colgate toothpaste and brush it!

Dirty grout - Listerine.

Stains on clothes - Colgate.

Grass stains - Karo Syrup.

Grease Stains- Coca Cola, it will also remove grease stains from the driveway overnight. We know it will take corrosion from batteries!

Fleas in your carpet? 20 Mule Team Borax- sprinkle and let stand for 24 hours.

To keep FRESH FLOWERS longer Add a little Clorox, or 2 Bayer aspirin, or just use 7-up instead of water.

When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you "squeeze" for freshness or softness? Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are: Monday - Blue; Tuesday - Green; Thursday - Red; Friday - White; Saturday - Yellow; So if today was Thursday, you would want red twist tie - not white which is Fridays (almost a week old)!
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