



**Mad J's Guide to
Good Cookin'**

**By the Extended
Family and Friends
of the Good Family**

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Good Cookin'

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of the Good Family*



WRITE THAT PRESS

COLUMBUS, Ohio

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Cover Photo by Jennica Reis

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Write That Press

52 Westerville Square PMB 323

Westerville, Ohio 43082

www.writethat.com

Printed in the United States of America

ACKNOWLEDGEMENTS

On December 14, 2004, Shawn Nobles suggested that our extended family and friends collect our favorite recipes and produce a family cookbook.

This cookbook includes contributions from:

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Anne Good Cave

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Valone Darnell

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Brooke Spires

Jennifer Good Spires

Kelly Spires

Many thanks to all of the wonderful people who contributed their time, talent and recipes. Special thanks to David Good who compiled a lot of the recipes in this book.

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A close-up photograph of a wooden cutting board. On the board, there are several slices of bread: a slice of white bread at the top left, a slice of dark rye or pumpernickel bread in the center, and a slice of white bread at the bottom left. To the right of the bread is a bunch of green grapes. In the bottom right corner, there is a wedge of Swiss cheese with several holes. The lighting is warm, highlighting the textures of the bread and the freshness of the grapes.

Appetizers

Artichoke Spinach Dip

From the Kitchen of Kelly Spires

- 1 can drained artichokes**
- 1 pkg. frozen chopped spinach**
- ½ c. sour cream**
- ½ c. mayonnaise**
- 3 oz. cream cheese**
- ½ c. shredded Mozzarella**
- ¼ c. fresh Parmesan**
- ½-1 t. garlic salt**

- 1.** Cook spinach according to directions on package and drain.
- 2.** Drain the artichokes and chop them.
- 3.** Mix the artichokes and spinach with the remaining ingredients.
- 4.** Put in a greased 1 qt. dish and bake at 325° for 20-30 min.
- 5.** Serve with tortilla chips. Good with sour cream and salsa.

Easy Salsa

From the Kitchen of Kelly Spires

- 2 t. garlic**
- 2 green onions**
- ½ can chili peppers**
- 1 - 28 oz. can whole tomatoes, drained save 1 T.**
- 1 T. lemon juice**
- 2 t. cumin**
- 1 t. salt**

- 1.** Put green onions and chili peppers in food processor and pulse.
- 2.** Add tomatoes and 1 T. tomato juice, lemon juice, salt, garlic, and cumin.
- 3.** Pulse a few times. Not too much or it will be soup.

Baked Artichoke Hearts

From the Kitchen of Megan Elizabeth Reis

2 (15-ounce) cans artichoke hearts in water, 6 to 8 count, drained

1 tablespoons extra-virgin olive oil, 2 turns of the pan, plus a drizzle to coat baking dish

1/4 ripe lemon

1 tablespoon butter

3 cloves garlic, chopped

6 flat anchovies fillets

1 cup Italian style bread crumbs, 3 handfuls

1/4 cup chopped flat leaf parsley

1/4 cup grated Parmigiano-Reggiano, a couple of handfuls

Coarse black pepper

1. Preheat oven to 400° F.
2. Turn drained artichokes upside down to get all the liquid out. Halve artichoke hearts, lengthwise.
3. Drizzle a small casserole dish with a little extra-virgin olive oil, and spread it around the dish with a pastry brush. Arrange the halved artichoke hearts with tops up, bottoms down, in a layered pattern in the dish. Squeeze the juice of 1/4 lemon over the hearts.
4. Preheat a small nonstick skillet over medium heat. Add oil and butter to the skillet. When butter melts into oil, add garlic and anchovies. Using the back of a wooden spoon, work anchovies into oil as they break up. When anchovies have dissolved into oil, add bread crumbs to the pan and lightly toast, about 2 to 3 minutes. Add parsley, cheese and black pepper, stir to combine and remove pan from heat.
5. Top artichokes with an even layer of bread topping and set in the middle of oven. Bake 10 minutes until artichokes are warm and topping is deep golden brown in color.

Baked Crab Cakes

From the Kitchen of Megan Elizabeth Reis

- 1 pound lump crabmeat**
- 2 tablespoons mayonnaise**
- 2 tablespoons spicy mustard**
- 1/2 cup panko bread crumbs**
- 1 teaspoon minced red jalapeno pepper**
- 1 teaspoon minced green jalapeno pepper**
- 1 tablespoon chopped fresh thyme leaves**
- 1 tablespoon chopped chives**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 medium lemon, juiced**
- 1/2 medium orange, juiced**
- 1 tablespoon olive oil**

- 1.** Preheat oven to 375 degrees F.
- 2.** Pick through crabmeat to make sure it has no shells. Stir in mayonnaise and mustard. Add 1/4 cup of the bread crumbs, red and green jalapenos, thyme, chives, salt, and pepper and mix in thoroughly. Add the lemon juice and orange juice and stir to combine.
- 3.** Line a (1/2-cup) measuring cup with plastic wrap and pack cup with crab mixture. Pull plastic wrap so that molded crab mixture can be easily removed and place on a cookie sheet lined with waxed paper. Repeat until all of the mixture has been molded into cakes. Sprinkle 1/4 cup of bread crumbs on a plate and mix with olive oil. Sprinkle a little of this mixture on top of each crab cake.
- 4.** Bake for 10 to 12 minutes, or until golden brown.

Bean Dip

From the Kitchen of Brooke Spires

1 can Refried Beans

1 small jar Picante Sauce

1 small jar Salsa

1 Cup Mayonnaise

1 package, 16 ounces, cream cheese

8 ounces Sour Cream

1 cup Grated Cheddar Cheese

black olives, diced

onions, diced

tomato, diced

jalapenos, diced

green pepper, diced

- 1.** Beat together mayo, cream cheese and sour cream until smooth.
- 2.** Stir in remaining ingredients.
- 3.** Serve with chips, crackers, veggies.

Pico De Gallo

From the Kitchen of Megan Elizabeth Reis

6 tomatoes, diced

1 white onion, diced

1 serrano or jalapeno pepper, minced

1 tablespoon cilantro leaves, minced

1 lime, juiced

Kosher salt and freshly ground black pepper

Tortilla chips, for serving

- 1.** In a bowl, combine the tomatoes, onion, chile pepper, and cilantro.
- 2.** Mix well to incorporate the ingredients evenly. Add the lime juice and season, to taste, with salt and pepper.
- 3.** Serve with tortilla chips.

Bread Pot Fondue

From the Kitchen of Rachel Rubenson

1 (1 lb) Loaf Round Bread

**1 (8 oz) Package
Shredded Cheddar
Cheese**

**2 (3 oz) Packages Cream
Cheese**

1 1/2 Cups Sour Cream

**1 Cup Cooked Ham,
diced (can be omitted
for vegetarians in the
family)**

**1/2 Cup Chopped Green
Onions**

**1 (4 oz) Can Diced Green
Chile Peppers**

**1 Teaspoon
Worcestershire Sauce**

**2 Tablespoons Vegetable
Oil**

**1 Tablespoon Butter,
Melted**

1. Preheat oven to 350°.
2. Cut a circle in the top of the bread. Remove top, and set aside. Hollow out the loaf, reserving removed bread for dipping.
3. In a medium bowl, mix the Cheddar cheese, cream cheese, sour cream, ham, green onions, green chile peppers, and Worcestershire sauce. Spoon into the bread bowl, and replace the top.
4. Wrap loaf tightly in foil, and place on a baking sheet.
5. Bake until cheese is melted and bubbly, about 1 hour.
6. Cut reserved bread into small pieces. Toss with oil and melted butter, and place on the baking sheet. Toast in oven until golden brown, about 10 to 15 minutes.

Cheese Pennies

From the Kitchen of Jennifer Good Spires

2 ounces cubed cheese

1 slice of bread

1. In blender or food processor, process cheese until crumbly. Do the same for the bread. Mix the two together.
2. Roll one tablespoonful into a marble sized ball. Place on nonstick cookie sheet, or cookie sheet sprayed with cooking spray. Leave room between them for spreading.
3. Bake at 400 degrees for 5 minutes, turn, and bake 3 minutes more or until golden brown.



Eat warm or cold. Makes a great toddler snack. Goes in school lunches easily. Use whatever kind of cheese and bread you want. Our favorite is Colby cheese and whole wheat bread. Mozzarella and Italian bread is good. Swiss cheese and rye bread. Your options are endless!

California Schmeer

From the Kitchen of Megan Elizabeth Reis

**12 ounces goat cheese,
softened**

**1/2 cup drained and
chopped oil-cured sun-
dried tomatoes**

**1/4 cup black olives,
pitted and chopped**

**1/2 cup lightly toasted
pine nuts**

**2 tablespoons finely
chopped sweet onions,
such as Vidalia or Maui**

**1 tablespoon chopped
fresh basil**

**1 teaspoon chopped
fresh thyme**

**1 teaspoon extra-virgin
olive oil**

**1/2 teaspoon minced
garlic**

1/2 teaspoon salt

1. In a bowl, cream the goat cheese with a rubber spatula. Add the remaining ingredients and mix well to combine.
2. Adjust seasoning to taste, and serve with warm bagels or with toast.



I like this for tea sandwiches as a spread.

Chocolate Popcorn

From the Kitchen of Jennifer Good Spires

1 bag microwave popcorn

3 blocks white chocolate bark coating

½ cup chocolate chips

1. Pop corn according to package directions.
2. Melt white bark in double boiler.
3. Stir gently into popcorn while both are hot.
4. Melt chocolate chips and drizzle over popcorn.



Variation: stir crushed peppermint candies into melted white bark. This is fast and easy and absolutely delicious. Makes a great holiday gift.

Delicious Fruit Dip

From the Kitchen of Anne Good Cave

1 package (8 oz.) cream cheese, softened

½ cup sour cream or plain yogurt

¼ cup sugar

¼ cup brown sugar

1. Combine all ingredients with mixer until smooth.
2. Serve with fresh fruit for dipping. Especially yummy with strawberries, apples, cantaloupe, and bananas.

Crab Dip

From the Kitchen of Kelly Spires

8 oz. cream cheese, at room temp.
6 oz. can crabmeat
3 T. minced green onions
1 T. milk
½ t. salt
½ t. pepper
½ t. minced garlic
½ t. Worcestershire sauce
½ c. mozzarella or asiago cheese
paprika

- 1.** Combine all ingredients.
- 2.** Place mixture in ovenproof serving dish – sprayed.
- 3.** Sprinkle with paprika.
- 4.** Bake at 375° for 15 minutes.
- 5.** Serve with baguette slices, crackers, veggies, or chips.

Empanadas

From the Kitchen of Megan Elizabeth Reis

olive oil, for sautéing

1 pound ground beef

1 pound ground pork

**1 large white onion,
finely chopped**

**1 tablespoon curry
powder**

**1 bunch cilantro, washed
and leaves chopped**

1 cup chopped spinach

1/2 cup goat cheese

**Salt and freshly ground
black pepper**

**Frozen puff pastry dough,
cut into 5-inch rounds,
and kept cold in
refrigerator**

1. In a large sauté pan, heat the olive oil. Sauté beef and pork until cooked. Strain the meat from the fat and reserve.
2. In the same pan, sauté the onions until soft, about 5 to 8 minutes. Add the cooked meat to the onions, and sauté 5 minutes. Add the curry powder, cilantro, and spinach and sauté for 5 minutes.
3. Remove the mixture from the stove and mix in the goat cheese until completely incorporated.
4. Season with salt and pepper and cool to room temperature.
5. Preheat the oven to 350 degrees F.
6. Lay out the chilled cut dough on a cutting board. Spoon a small amount of the stuffing into the center of the dough. Fold the top over the bottom and crimp all the way around with a fork.
7. Lay the empanadas on a sheet pan.
8. Bake for 15 minutes or until dough appears crispy.

Fiesta Southwestern Salsa

From the Kitchen of Anne Good Cave

¼ cup lime juice

**2 medium tomatoes,
chopped**

**1 15-oz. Can black
beans, drained and
rinsed**

½ cup chopped onion

**¼ cup fresh cilantro,
chopped**

**1 or 2 tablespoons fresh
jalapeno pepper, finely
chopped**

1 clove garlic, minced

**2 medium avocado,
peeled and chopped**

- 1.** In a medium bowl, combine all ingredients except avocado.
- 2.** Chill.
- 3.** Add avocado just before serving.
- 4.** Serve with nacho chips.



Be extremely careful when working with jalapeno peppers. Do not rub your eyes. Wash hands frequently. My neighbor was chopping jalapenos and didn't wash his hands before going to the bathroom. He was screaming with so much pain that he couldn't even talk, so his wife called the squad. I'm sure those paramedics are still laughing about that one.

Fried Alligator Nuggets

From the Kitchen of Megan Elizabeth Reis

**1/2 pound alligator
meat, cut into 1/2-inch
cubes**

Fish batter, for coating *

Cooking oil, for frying

**Salt and freshly ground
black pepper**

1. Fill a deep pot halfway full with oil. Heat to 360 degrees F.
2. Coat the alligator meat with the fish batter.
3. Fry for 2 to 3 minutes, until gator floats in oil.
4. Remove and add salt and pepper to taste.
5. Serve as an appetizer with remoulade sauce, mustard sauce, or cocktail sauce for dipping.



*Note: I prefer Golden Dip brand fish batter, but if store-bought batter is not available in your area you can substitute flour seasoned with salt and pepper.

Fried Crab Wontons

From the Kitchen of Megan Elizabeth Reis

Crab Wontons:

2-inch piece fresh ginger, grated
2 shallots, chopped
1/2 carrot, chopped
1 green onion, chopped
2 tablespoons chopped fresh cilantro leaves
1 tablespoon peanut oil
1/2 lemon, juiced
2 tablespoons mayonnaise
1 pound lump crabmeat (Dungeness, if you can get it), picked through for shells
1 (12-ounce) package square wonton wrappers
1 egg white, for brushing
Salt and freshly ground black pepper
Cornstarch, for dusting
Vegetable oil, for deep-frying

Sesame-Soy Dipping Sauce:

3/4 cup soy sauce
3 tablespoons dark sesame oil
3 tablespoons rice wine vinegar
2 teaspoons minced fresh ginger

1. Combine the ginger, shallots, carrot, green onion, cilantro, peanut oil and lemon juice in a food processor. Pulse until fine. Put vegetable mixture in a mixing bowl, add the mayonnaise and the crabmeat and season with salt and pepper. Be careful not to mash the crabmeat, you want that texture when you bite into the wonton.
2. Lay a wonton wrapper on a flat surface and brush with the beaten egg white. Drop 1 tablespoon of the crab filling onto the center of the wrapper. Fold the wonton in half, corner to corner, to form a triangle. Press around the filling to knock out any air bubbles, then press the seam together to seal so the filling doesn't seep out. You can leave them this shape or continue on by brushing the 2 side points with beaten egg white. Lay your index finger in the center so you have something to press up against, then fold the 2 sides into the center, slightly overlapping, and press the dough against your finger with your thumb to form a tight seal. Lightly dust the filled wontons with cornstarch to keep them from sticking together and place them on a cookie sheet. (When these are folded they look like Pope hats.)
3. Heat 2 to 3 inches of oil in a deep heavy saucepan to 370 degrees F on a deep-fry thermometer. Add a few of the wontons to the oil and cook, turning them 3 or 4 times to get them nicely browned all over. Carefully lift them out of the pan with a slotted spoon and onto a paper towel-lined platter to drain. Keep going to cook all of the wontons.
4. Stir together the dipping sauce and serve with the wontons.

Guacamole

From the Kitchen of Anne Good Cave

2 ripe avocados, peeled, pitted, and mashed

½ teaspoon onion powder, or 1 tablespoon grated fresh onion

1 tablespoon lemon juice

½ cup tomato, chopped fine

¼ cup sour cream

1 teaspoon salt

½ teaspoon chili powder

½ teaspoon Tabasco sauce

- 1.** Mix all ingredients.
- 2.** Chill and serve.

Layered Mexican Dip

From the Kitchen of Megan Elizabeth Reis

1 tomato chopped

6 green onions chopped

1 can sliced black olives

1 bag ok shredded Mexican cheese blend

1 can of re-fried beans

1 cup of Guacamole

½ pound ground beef with ½ a pack of taco seasoning

1 and ½ cup of shredded lettuce

1 cup sour cream

- 1.** Brown the ground beef (or ground turkey/chicken) and mix in ½ of a pack of taco seasoning.
- 2.** In a large bowl or spring form pan layer the ingredients:
- 3.** Start with the meat, then the beans, half of the lettuce, sour cream, the guacamole, the other half lettuce, the tomatoes, the cheese, the onions and black olives.
- 4.** Serve with tortilla chips.

Mozzarella Sticks

From the Kitchen of Megan Elizabeth Reis

1 1/2 cups Italian-style dried breadcrumbs

1 1/3 cups freshly grated Parmesan

1 teaspoon salt

2 (16-ounce) blocks pasteurized mozzarella cut into 4 by 1/2-inch sticks

4 large eggs, beaten to blend

1 1/2 cups vegetable oil

4 cups Marinara Sauce

1. Stir the bread crumbs, 1 cup of Parmesan and 1 teaspoon of salt in a medium bowl to blend.
2. Dip the cheese in the eggs to coat completely and allow the excess egg to drip back into the bowl. Coat the cheese in the bread crumb mixture, patting to adhere and coat completely.
3. Place the cheese sticks on a baking sheet. Repeat dipping the cheese sticks in the egg and bread crumb mixture to coat a second time.
4. Cover and freeze until frozen, about 2 hours and up to 2 days.
5. Heat the oil in a large frying pan over medium heat. Working in batches, fry the cheese until golden brown, about 1 minute per side.
6. Transfer the fried cheese to plates.
7. Sprinkle with the remaining cheese and serve with the Marinara Sauce.

Pesto Dip

From the Kitchen of Megan Elizabeth Reis

**8 oz of cream cheese
softened(you can use
low fat cream cheese)**

¼ cup of pesto

Pesto:

**2 tablespoons lightly
toasted walnut pieces
or pine nuts**

**1 cup cleaned basil
leaves, tightly packed**

**1 & 1/2 teaspoons
minced garlic**

**1/4 cup grated
Parmesan cheese**

1/2 cup olive oil

- 1.** In a blender, combine all the ingredients and process on high speed until smooth, 1 to 2 minutes. Salt and pepper to taste.
- 2.** Pour into an airtight container and refrigerate until ready to use, up to 3 days. (The pesto also will keep in an airtight container frozen for up to 2 months.)

Puppy Chow

From the Kitchen of Megan Elizabeth Reis

**3 bags of Honey Nut
Chex Mix**

**½ bag of plain salted
pretzels (square ones
preferable)**

**1-1/2 packs white
chocolate**

**1 bag of caramels
chopped into fourths**

**Melted dark or milk
chocolate for
decoration**

- 1.** Mix the pretzels, Chex Mix and caramels in a large bowl.
- 2.** Melt the white chocolate in the microwave - follow the directions on the package to melt it. Mix it into the contents of the bowl.
- 3.** Spread the mixture out on several wax paper lined cookie sheet and put it in the freezer to set. Drizzle melted dark or milk chocolate over and put it back in the freezer to set.
- 4.** If you do not want to use the dark and milk chocolate on it, you can break it up into chunks.



My friends love this. I make it every Christmas and take it to work - my coworkers finish it off quickly.

Rosemary Nuts

From the Kitchen of Megan Elizabeth Reis

**2 1/2 tablespoons
unsalted butter**
**2 teaspoons dried
rosemary (crumbled)**
1 teaspoon salt
1/2 teaspoon cayenne
2 cups walnuts

- 1.** Melt the butter with the rosemary, salt and cayenne.
- 2.** Pour mixture over walnuts, and toss them to coat.
- 3.** Bake the nuts on a cookie sheet in a preheated 350 degree oven for 10 minutes.

Spiced Mixed Nuts

From the Kitchen of Megan Elizabeth Reis

2 tablespoons butter
**1/4 cup light brown
sugar**
2 tablespoons water
**1/4 teaspoon ground
cumin**
1/4 teaspoon cayenne
**1/4 teaspoon ground
cinnamon**
1/2 teaspoon salt
**2 cups mixed nuts, such
as walnuts, pecans,
hazelnuts and almonds**

- 1.** Mix spices and reserve.
- 2.** Heat nuts in a dry skillet and cook, stirring frequently, until they begin to toast, about 4 minutes.
- 3.** Transfer to a small bowl and set aside.
- 4.** Add the butter, sugar, water and spices to the hot skillet and cook, stirring, until a glaze forms, about 1 minute.
- 5.** Return the nuts to the skillet and toss to combine with the glaze. Cook for about 1 to 2 minutes, or until the nuts are glazed and golden brown.
- 6.** Remove from the heat and transfer to a baking sheet lined with aluminum foil, separating with a fork. Let rest until cooled and the sugar has hardened, about 10 minutes.
- 7.** Store in an airtight container.

Sour Dough Beef Dip

From the Kitchen of Jeanne Good Rubenson

**1 –8 ounce pkg cream
cheese**

1 cup sour cream

**1 –4 ounce chipped beef,
chopped**

**dash Worcestershire
sauce**

**1 –8 inch round loaf
bread**

- 1.** Hollow out bread. Fill with dip. Wrap in foil.
- 2.** Bake 300 for 1½ hours.
- 3.** Serve with the bread chunks.

Salsa

From the Kitchen of Jennifer Good Spires

2 28-ounce cans of diced tomatoes, or 6 large fresh tomatoes

2 teaspoons cumin

1 teaspoon coriander

½ teaspoon red pepper

½ teaspoon oregano

½ teaspoon basil

1 onion, diced

2 teaspoons garlic powder

½ teaspoon salt

½ cup green chilies or 2 green peppers, diced

1. Drain canned tomatoes.
2. Chop fresh tomatoes finely.
3. Cook onion in microwave for 3 minutes with 1 tablespoon water (or sauté in oil in a large pan).
4. Add remaining ingredients and microwave for 5 minutes, if using fresh tomatoes microwave for 10-15 minutes. Or simmer on the stove, stirring occasionally, for 20-30 minutes.



If made with fresh Ohio tomatoes in August, this is the best salsa ever.

Spanikopita

From the Kitchen of Megan Elizabeth Reis

1/2 teaspoons extra-virgin olive oil, half a turn of the pan

1 small onion, finely chopped

1 (10-ounce) package frozen chopped spinach, defrosted and squeezed dry

Salt and pepper

1/4 teaspoon nutmeg, ground or freshly grated

4 ounces feta with black pepper or plain feta, crumbled into tiny bits

1 egg, beaten

3 tablespoons sour cream

4 (13 by 17-inch) sheets, defrosted phyllo pastry dough

3 tablespoons melted butter

1. Place oven rack in center of the oven and preheat to 400 degrees F.
2. Preheat a small pan over medium to medium high heat. Add oil and onion and sauté 5 minutes.
3. Place sautéed onion in a bowl. Add chopped dry, defrosted spinach and season with salt, pepper and nutmeg.
4. Add feta to the bowl and combine it with spinach. Add beaten egg and sour cream to the bowl and combine with cheese, spinach and onion.
5. On a large work surface, place 1 sheet of phyllo. Paint half of the sheet with a little melted butter, paying extra attention to your perimeter. Fold sheet in half.
6. Pile 2 tablespoons of your spinach mixture into a log shape working 2 inches from bottom and each side. Tuck bottom up and fold both sides in, then roll and wrap upwards until you reach the edge of the dough sheet. Each pastry will resemble an egg roll - you can also cut the amount of stuffing down to 1 tablespoon and roll them in a triangle shape. Paint the seam and the ends of the roll with butter and set roll seam side down on a cookie sheet.
7. Repeat and make 4 rolls if you roll them like an egg roll or 8 to 12 if you shape them like a triangle.
8. Bake 15 minutes or until lightly golden all over and serve.

Stuffed Mushrooms

From the Kitchen of Megan Elizabeth Reis

12 fresh white button mushrooms, brushed clean

1 tablespoon olive oil

3 tablespoons minced shallots (about 2 large shallots)

2 cloves garlic, minced

3 tablespoons finely chopped fresh cilantro leaves

1 lemon, juiced

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 ounces smoked mozzarella, cut into 12 (1/2-inch) cubes

1 spray olive oil cooking spray

3 tablespoons finely chopped fresh parsley leaves

1. Preheat oven to 350 degrees F.
2. Remove stems from button mushrooms and set aside mushroom caps.
3. Finely chop the stems.
4. In a nonstick 10-inch sauté pan, heat the olive oil over medium-high heat. Add the shallots and sauté until translucent, about 1 1/2 minutes.
5. Add the garlic and mushroom stems to the shallots and continue to sauté until soft, about 2 minutes.
6. Remove from heat and fold in cilantro and lemon juice. Season with salt and pepper, to taste.
7. Place mushroom caps on a nonstick baking sheet with the hollow sides facing up.
8. Place 1 mozzarella cube in each cap and cover with 1/2 teaspoon of the shallot mixture.
9. Lightly spray the caps once with olive oil cooking spray.
10. Bake for 10 minutes or until cheese is melted and mushrooms are golden brown.
11. Remove from oven, sprinkle with chopped parsley and serve warm.

Swedish Meatballs

From the Kitchen of Megan Elizabeth Reis

For the Meatballs:

3 onions, thinly sliced
3 tablespoons olive oil
8 ounces ground beef
8 ounces ground chicken
1 cup unflavored bread crumbs
1/4 cup cream or milk
Salt and freshly ground black pepper

For the Sauce:

1/2 cup olive oil
2 cups all-purpose flour
1 anchovy fillet
1 teaspoon bleu cheese
8 cups beef or chicken broth
1 cup sour cream
Salt and freshly ground black pepper

1. To make the meatballs: Sauté the onions with olive oil over medium heat until very soft and browned, about 20 to 25 minutes.
2. Remove from the heat, finely chop and put in a mixing bowl to cool.
3. When the onions are cooled, add the ground beef and chicken and mix well. Add the bread crumbs, and cream and continue to mix. Season with salt and pepper and form balls that are about 1 to 2 ounces. Put in the refrigerator and reserve for later.
4. To make the sauce: In a thick bottom pot, sauté the meatballs with olive oil until browned. The meatballs don't need to be cooked through at this point; they should just be well-browned on the outside. Repeat this process until they are all seared.
5. Remove them from the pot, and discard 1/2 of the fat from the pot.
6. Turn the flame to a medium heat and add 1/2 of the flour. Stir with a metal or wooden utensil for about 10 minutes, until the flour and oil mixture begins to brown. Be careful not to let the mixture get too brown or it will taste bitter.
7. Add all other ingredients and mix well.
8. One at a time add the meatballs, and simmer in the sauce until they are cooked through.
9. Season with salt and pepper, to taste.

Synergistic Dip

From the Kitchen of Anne Good Cave

¼ cup (or less) salt

3 tablespoons garlic powder

3 tablespoons onion powder

1 tablespoon dried parsley

1 tablespoon black pepper

Mix these dry ingredients together and store in an airtight container or jar for use in the following recipes:

Dip: 1 tablespoon dry mix
 1 cup mayonnaise
 1 cup plain yogurt or sour cream

Salad dressing: 1 tablespoon dry mix
 1 cup mayonnaise
 1 cup buttermilk

Wasabi Cream

From the Kitchen of Megan Elizabeth Reis

1 tablespoon wasabi powder (can be found in most grocery stores)

1 cup heavy whipping cream

1/2 teaspoon fresh lemon juice

Coarse salt

1. Reconstitute wasabi powder with 1 tablespoon of water to form a paste and set aside.
2. Whip cream with a mixer until soft peaks form.
3. Fold in the wasabi paste and lemon juice; salt, to taste.
4. Refrigerate until ready to use.



I like this with grilled or broiled salmon steaks with a little extra lemon on the steaks. Or on soy marinated tilapia.

Texas Caviar

From the Kitchen of Anne Good Cave

1 15-oz. Can garbanzo beans

1 15-oz. Can black-eyed peas

2 cloves garlic, minced

¼ c. cilantro, chopped

1 med. Green pepper, chopped

1/3 c. chopped onion

2 med. Tomatoes, chopped

1 c. salsa

4 green onions, sliced

- 1.** Mix all ingredients and let sit 2 hours.
- 2.** Serve with nachos.



Soups

Beer Cheese Soup

From the Kitchen of Mary Good Hanning

4 Servings

2 12-ounce Beers (recipe calls for Michelob Amber Bock)

8 slices bacon (about ½ lb)

½ cup diced onion

½ cup finely chopped carrot

½ cup minced celery

¼ cup minced sweet red pepper

1 - 10 ½ oz can condensed chicken broth

¼ cup flour

1 cup half and half

3 cups shredded sharp cheddar cheese

1 tablespoon sugar

salt & pepper to taste

1. Open both beers and let one stand while dicing vegetables. Drink the other throughout the course of cooking.
2. Sauté bacon until crisp. Drain & crumble.
3. In large soup kettle, sauté vegetables in 2 tablespoons of bacon grease until soft.
4. Add chicken broth. Fill chicken can with beer and add to mixture.
5. Bring to a boil, then reduce heat to low.
6. Pour remaining beer into a small mixing bowl & whisk in flour. Gradually add to broth, stirring constantly, till thick. Add half & half, bacon and cheese.
7. Heat until cheese melts. Stir in sugar.
8. Add salt & pepper to taste.



May top individual servings with shredded cheese or a pretzel.

Must be 21 years of age to consume. ID's will be checked at the door.

Black Bean Soup

From the Kitchen of Judy Good

6 Servings

2 cups dried black beans
6-8 cups chicken broth
1 large onion, chopped
4 garlic cloves, crushed
1 whole dried red serrano pepper
2 teaspoons cumin
2 teaspoons oregano
½ teaspoons cinnamon
2-3 carrots, sliced
3 celery stalks, sliced

1. Rinse beans and place in slow cooker.
2. Add remaining ingredients.
3. Heat low, cook 9-10 hours.



Broccoli Potato Soup

From the Kitchen of Judy Good

**6-8 medium sized
Potatoes**

1 bunch Broccoli

**2 Cups Water or
Vegetable Stock**

2 Teaspoons Salt

1 Onion, diced

1 Tablespoon Parsley

3 Cups Milk

1 Clove Garlic, minced

**1 Cup Cheese, grated.
Colby is our favorite.
Cheddar is good, too.**

- 1.** Cook potatoes and broccoli in water until soft.
- 2.** Puree all ingredients in blender, a little at a time, until smooth.
- 3.** Heat until cheese is melted but do not boil.

Cassoulet

From the Kitchen of Joyce Good Henderson

**1 can of white Northern
beans**

1 can cannelloni beans

1 can butter beans

**1 turkey sausage cut
in 1/2 in thick slices**

**1 chicken breast
browned and cut in
bite sized pieces**

1 onion sliced

1-2 tomatoes quartered

**2 Tablespoons Marsala
cooking wine**

2 Tablespoons Catsup

Olive oil, parsley flakes

- 1.** Slice onion and saute in olive oil; cut chicken and brown with onions, slice sausage and add to the pan.
- 2.** After the meat is thoroughly cooked, add beans and their liquids, wine, parsley, catsup.
- 3.** Cook until thick and add quartered tomatoes 15 minutes before serving.

Serve with French bread and a tossed salad.

Max & Erma's Chicken Tortilla Soup

From the Kitchen of Jeremy Reis

2 cans Cream of Chicken soup

2 cans Cream of Celery soup

2 cans Cheddar Cheese soup

2 (15 ounce) cans chicken broth

1 (15 ounce) can diced tomatoes

1 cup Pace medium picante salsa

1 (4.5 ounce) can Ortega green chiles

1 medium onion, chopped

4 cloves fresh garlic, minced

1 teaspoon red chile powder, more or less to your taste

Salt and pepper to your taste

1/4 cup fresh, chopped cilantro

4 cooked chicken breasts, cut into small chunks

Small package flour tortillas

Shredded cheddar cheese

- 1.** Combine all ingredients except flour tortillas and shredded cheese into large crock pot.
- 2.** Cook on high for 2 hours.
- 3.** Cook on low for 2 hours, or until ready to serve.
- 4.** Fill a frying pan with one inch of frying oil.
- 5.** Cut small flour tortillas into strips and fry until golden brown.
- 6.** Top with shredded cheese and fried tortilla strips.

Mexican Chicken Corn Chowder

From the Kitchen of Anne Good Cave

**1 ½ lb. Boneless,
skinless chicken
breast**

½ c. onion, chopped

1-2 garlic cloves, minced

**3 tablespoons butter or
margarine**

2 chicken bouillon cubes

1 cup hot water

1 teaspoon ground cumin

2 cups half-and-half

**2 cups shredded
Monterey-Jack cheese**

**1 ½ cups frozen corn,
thawed**

**1 can (4 oz.) chopped
green chiles**

**¼-1 teaspoon Tabasco
sauce, to taste**

**1 medium tomato,
chopped**

- 1.** Cut chicken into bite-sized pieces.
- 2.** In large saucepot or Dutch oven, brown chicken, onion, and garlic in butter until chicken is no longer pink.
- 3.** Dissolve the bouillon in hot water. Add to pan along with cumin; bring to boil.
- 4.** Reduce heat, cover, and simmer for 5 minutes.
- 5.** Add half-and-half, cheese, corn, chiles, and Tabasco.
- 6.** Cook and stir over low heat until the cheese is melted. **DO NOT ALLOW TO BOIL.**
- 7.** Stir in tomato.
- 8.** Serve immediately.
- 9.** Don't forget to put in the corn, or it isn't Mexican Chicken CORN Chowder.

Mother's Bean Soup

From the Kitchen of Judy Good

**8-16 oz dried navy beans
(as quantity desired)**

Onion, celery, carrot

2 chicken bullion cubes

**Ham bone and/or
chopped ham pieces**

1. Put beans in large pan of cold water. Bring to boil and turn off heat.
2. Allow to sit for 2 hours.
3. About 2 or 3 hours before serving, bring to boil then turn down to low.
4. Add chopped onion, chopped celery, chopped carrot and bullion. Add ham bone or chopped ham.
5. Simmer 2-3 hours until beans are tender.
6. Add water as needed.
7. Serve with corn bread.

Black Bean Soup

From the Kitchen of Anne Good Cave

Serves 4

1 cup salsa

**2 15-oz. cans black
beans, drained and
rinsed**

**2 cups chicken or
vegetable broth**

1 teaspoon lime juice

**2 tablespoons fresh
cilantro**

Sour cream

Chopped carrots

Cumin, and some

Frozen corn

**Shredded Monterey-jack
cheese**

1. Mix everything together (except the Monterey jack cheese and sour cream) and heat.
2. Serve with shredded cheese and a dollop of sour cream.

Mother's Clam Chowder

From the Kitchen of Judy Good

5-6 strips of bacon

1 medium-sized onion

2 medium-sized potatoes

3 cans chopped clams

1 bottle clam juice

1 cup milk

3 tablespoons flour

2 tablespoons butter

Salt, pepper, parsley

1. Fry bacon. Drain and set aside.
2. Chop onion and potatoes.
3. Drain juice from clams into pan with chopped onions and potatoes and bottle of clam juice.
4. Bring to boil, reduce heat, cook about 12 minutes.
5. Mash potatoes with old-fashioned potato masher.
6. In blender, combine milk with flour. Stir into potato/clam juice mixture and bring to boil, stirring constantly. Reduce heat to low.
7. Salt & pepper to taste, sprinkle with parsley.
8. Add butter.
9. Add clams but do not boil.
10. Add crumpled bacon and serve.





Salads

Aunt Cecil Mae's Potato Salad

From the Kitchen of Cecil Mae Beam

Potatoes, cooked and sliced

Eggs, hard boiled and sliced

1 chopped onion

1 stalk celery, chopped

Dressing:

¾ cup sugar

½ cup flour

½ cup vinegar

2 teaspoons salt

2 teaspoons prepared mustard

1 cup water

Cream, evaporated milk or milk

1. Combine first six dressing ingredients. Cook, stirring constantly. It will begin to thicken. When it gets too thick, pour in a little cream or milk. It will curdle, don't be alarmed. Just keep stirring and cooking until it comes to a boil.
2. Add milk until it seems the right consistency. If you have too many potatoes you can add commercial salad dressing to it.
3. Layer sliced, cooked potatoes, celery, onion and dressing. Continue layering, being generous with the dressing.
4. Top with sliced, hard boiled egg and dressing last.
5. Delicious and well worth the trouble.

Broccoli Salad

From the Kitchen of Anne Good Cave

3 cups fresh broccoli, cut into small pieces

6 slices bacon, crisp and crumbled

1 cup red onion, chopped

½ cup cheddar cheese, grated

½ cup raisins (optional)

1 cup plain yogurt, mayonnaise, sour cream, or combination

2 tablespoons vinegar

¼ cup sugar

- 1.** Toss together.
- 2.** Chill and serve.

Chopped Chicken Liver

From the Kitchen of Jeanne Good Rubenson

1 container chicken livers

2 eggs, hard boiled

2 onions, diced

Mayonnaise

Salt, pepper

- 1.** Brown livers in skillet.
- 2.** Cool and chop up.
- 3.** Chop eggs and add to liver.
- 4.** Add diced onions and a little salt & pepper. Stir.
- 5.** Add enough mayo to make it moist and stick together.



Suggested servings: On crackers, On toast, on sandwiches, or by itself. For added flavor, optionally fry a slice of bacon with the livers in the skillet.

Delicious Spinach Salad

From the Kitchen of Anne Good Cave

**2 bunches fresh spinach,
washed and torn into
pieces**

**2 cup strawberries,
sliced**

¼ cup walnuts, chopped

**red onion, grated or
chopped**

Dressing:

¼ cup olive oil

¼ cup balsamic vinegar

¼ cup sugar

**1 teaspoon almond
extract**

**½ teaspoon
Worcestershire**

½ teaspoon paprika

- 1.** Mix together salad ingredients.
- 2.** Combine dressing ingredients in jar or shaker, then pour over salad just before serving.
- 3.** The spinach leaves wilt quickly, so don't make ahead!

Cole Slaw

From the Kitchen of Jennica Reis

1/3 cup white sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup milk
1/2 cup mayonnaise
1/4 cup buttermilk
**1 1/2 tablespoons
 distilled white vinegar**
**2 1/2 tablespoons lemon
 juice**
**8 cups finely chopped
 cabbage**
1/4 cup grated carrots

- 1.** In a large bowl, whisk together the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice until smooth.
- 2.** Add cabbage and carrots and mix until blended with the dressing.
- 3.** Refrigerate at least 2 hours before serving.

Vinaigrette

From the Kitchen of Jennica Reis

1/2 cup red wine vinegar
1/2 cup vegetable oil
1 clove crushed garlic
2 teaspoons white sugar
2 teaspoons salt

- 1.** In a jar with a tight fitting lid, combine vinegar, oil, garlic, sugar, and salt. Shake well.

Oriental Salad

From the Kitchen of Jeanne Good Rubenson

**1 16 oz pkg. Cole slaw or
broccoli slaw**

**1 bunch of green
onions—scallions**

1 cup slivered almonds

1 cup sunflower seeds

**2 pkg beef or teriyaki
Ramen noodles,
broken up**

- 1.** Combine top ingredients.
- 2.** Combine dressing ingredients with a whisk.
- 3.** Dress the salad and toss.
- 4.** Add cooked chicken breasts for main course salad.

Dressing:

1 cup olive oil

1/3 cup rice vinegar

½ cup sugar

**2 seasoning packets
from the Ramen
noodles.**

Spinach Salad

From the Kitchen of Judy Good

Salad:

- 1 head lettuce**
- 1 bunch spinach**
(or other desired leaf)
- 1 can water chestnuts**
- 1 can bean sprouts**
- 1 can bamboo shoots**
- 4 eggs, boiled & chopped**
- ½ pound bacon, crumbled**

Dressing:

- 1 cup salad oil**
- ¾ cup sugar**
- 1/3 cup ketchup**
- ¼ cup vinegar**
- 1 tablespoon Worcestershire sauce**
- 2 teaspoons salt**
- 1 medium onion, chopped**

- 1.** Combine salad ingredients in bowl.
- 2.** Combine dressing ingredients in shaker and mix in with salad ingredients or serve on the side.

Strawberry Spinach Salad

From the Kitchen of Kelly Spires

2 T. sesame seeds

1 T. poppy seeds

½ c. white sugar

½ c. olive oil

¼ c. distilled white vinegar

¼ t. paprika

¼ t. Worcestershire sauce

1 T. minced onion

10 oz. fresh spinach – rinsed, dried, and torn into bite-size pieces

1 qt. strawberries – cleaned, hulled, and sliced

¼ c. almonds – blanched and slivered

- 1.** In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour.
- 2.** In a large bowl, combine the spinach, strawberries and almonds.
- 3.** Pour dressing over salad and toss.
- 4.** Refrigerate for 10 – 15 minutes before serving.
- 5.** Makes a lot of dressing.



A close-up photograph of a plate of spaghetti. The spaghetti is yellow and coated in a red tomato sauce. Several fresh green basil leaves are garnishing the top of the pasta. The plate is white with a gold floral pattern around the edge. In the background, a silver fork and knife are visible, slightly out of focus.

Pasta & Pizza

Feta Cheese Pizza

From the Kitchen of Bristol Cave

**1 boneless, skinless
chicken breast half**

**2 cloves garlic
olive oil**

**6 oz. Feta cheese (more
or less, to taste)**

oregano, basil

mozzarella cheese

**pizza crust (or pizza
dough)**

- 1.** Cut chicken into small chunks. Sauté in olive oil with garlic.
- 2.** When chicken is no longer pink, add feta cheese. Do not melt feta cheese.
- 3.** Spread chicken mixture on pizza crust.
- 4.** Sprinkle with oregano and basil.
- 5.** Top with mozzarella cheese.
- 6.** Bake for however long the crust calls for.

Pizza Dough

From the Kitchen of Jeremy Reis

1 cup warm water

3 cups white flour

1 tablespoon olive oil

½ teaspoon salt

**1 tablespoon instant
yeast**

1 tablespoon sugar

½ tablespoon dried basil

1 teaspoon garlic powder

- 1.** Pour water & oil into bread machine.
- 2.** Add 1 cup of flour, basil, then garlic powder.
- 3.** Add 1 cup flour, sugar, salt.
- 4.** Add remaining cup flour & yeast.
- 5.** Set bread machine for "dough" cycle.

Fettuccini Alfredo

From the Kitchen of Megan Elizabeth Reis

4 Servings

**4 ounce Cream Cheese,
cubed**

**1/2 cup 100% Grated
Parmesan Cheese (I
like to use DI GIORNO)**

**3/4 half-and-half (or
heavy whipping cream
if you want it to be
richer and creamier)**

**1/4 cup (1/2 stick)
butter or margarine**

**1/4 teaspoon white
pepper**

**1/8 teaspoon Minced
garlic**

**8 oz. fettuccine, cooked,
drained**

**1/8 teaspoon ground
nutmeg**

- 1.** Mix cream cheese, Parmesan cheese, milk, butter, white pepper and garlic powder in medium saucepan; cook on low heat until cream cheese is melted and mixture is well blended.
- 2.** Toss with hot fettuccini.
- 3.** Sprinkle with nutmeg.

Lasagna Rollups

From the Kitchen of Megan Elizabeth Reis

9 Servings

1 lb. ground beef

1 jar (26 oz.) spaghetti sauce

1 cup (8 oz.) ricotta cheese

1 egg, beaten

2 cup grated parmesan cheese, divided

9 lasagna noodles, cooked. Drained

2 cups shredded mozzarella cheese, divided

1. Preheat oven to 350°F.
2. Brown meat in skillet on medium-high heat; drain.
3. Mix spaghetti sauce and steak sauce in small bowl; stir 1/2 of the sauce mixture into meat.
4. In another bowl, mix ricotta cheese, egg and 1/4 cup of the Parmesan cheese.
5. Spread 2 heaping Tbsp. ricotta mixture on each lasagna noodle.
6. Top with a scant 1/4 cup meat mixture and 2 heaping Tbsp. mozzarella cheese.
7. Roll up each noodle from short end; stand on end in greased 8-inch square baking dish.
8. Pour remaining sauce mixture over noodles.
9. Sprinkle with remaining Parmesan cheese and mozzarella cheese.
10. BAKE 45 minutes or until hot and bubbly.

Linguine with Shrimp and Mushrooms

From the Kitchen of Anne Good Cave

1 lb shrimp, cleaned

1 tablespoon dry sherry

**3 large garlic cloves,
chopped**

baby carrots

**1 8-oz package fresh
mushrooms, sliced**

**12 oz. Linguine, cooked
& drained**

salt, oil, pepper

1 can chicken broth

2 tablespoons parsley

1. In bowl, mix shrimp with sherry, set aside.
2. In skillet, in oil, cook garlic, shrimp and carrots until carrots are tender-crisp and shrimp is opaque. Salt and pepper to taste.
3. Remove to bowl.
4. In 2 tablespoons additional oil, and dash of salt, cook mushrooms until golden.
5. Add chicken broth to mushrooms, heat to boil.
6. Combine everything together with linguine.

Mediterranean Rigatoni with Feta

From the Kitchen of Megan Elizabeth Reis

4 Servings

2 cups Rigatoni

**1 cup halved zucchini
slices**

**1 container (16 oz.)
ricotta**

**1 jar (7 oz.) roasted red
peppers, drained
(optional)**

**1 pkg. (4 oz.) Crumbled
Reduced Fat Feta
Cheese (I like to use
ATHENOS brand)**

**1/3 cup pitted ripe olive
slices**

**1 tablespoon fresh
oregano leaves (you
can use dried oregano
leaves - add an extra
1/2 teaspoon)**

1 teaspoon olive oil

- 1.** Cook Rigatoni in large saucepan as directed on package
- 2.** In a separate pan fry the zucchini until is lightly browned and creamy colored.
- 3.** Drain Rigatoni; return to pan.
- 4.** Add remaining ingredients and cooked zucchini.
- 5.** Cook until heated through, stirring frequently.

Old Fashioned Macaroni & Cheese

From the Kitchen of Anne Good Cave

**1 ½ cups uncooked
elbow macaroni**

¼ cup margarine

**1 small onion, chopped
fine**

½ teaspoon salt

¼ teaspoon pepper

¼ cup flour

1 ¾ cups milk

**2 cups shredded
cheddar, colby, or co-
Jack cheese**

- 1.** Cook macaroni as directed on package.
- 2.** In microwave-safe dish, melt margarine. Add onion, salt and pepper, and cook on high 1 minute.
- 3.** Blend in flour and microwave on high 1 minute or until bubbly.
- 4.** Stir in milk with whisk.
- 5.** Microwave on high 2 minutes, then whisk. Repeat until thickened.
- 6.** Add 1 ½ cups shredded cheese and stir until melted.
- 7.** Combine sauce with macaroni and place in 1 ½ quart casserole dish.
- 8.** Top with remaining cheese.
- 9.** Bake 350, uncovered, 30 minutes.

Penne Porchini Gorgonzola

From the Kitchen of Megan Elizabeth Reis

8 Servings

1 pkg. (16 oz.) penne pasta, uncooked

2 teaspoon olive oil

2 cups sliced mushrooms (I like to use porcini or white button mushrooms)

1 medium yellow onion, sliced

2 cloves garlic, minced

2 cups half-and-half (or heavy whipping cream if you want it to be richer and creamier)

1 cup crumbled Gorgonzola cheese (I like to use ATHENOS brand)

1/2 cup shredded Parmesan cheese (I like to use DI GIORNO)

2 tablespoons white wine

- 1.** Cook pasta as directed on package.
- 2.** Heat oil in large skillet. Add mushrooms, onion and garlic; cook and stir until tender.
- 3.** Bring half-and-half just to a boil in nonstick saucepan on medium heat. Reduce heat to low; simmer 5 minutes.
- 4.** Add Gorgonzola cheese, Parmesan cheese and wine; cook until sauce is thickened, stirring frequently
- 5.** Drain pasta; place in large bowl.
- 6.** Add cheese sauce; toss to coat.
- 7.** Top with mushroom mixture

Quick Calzones

From the Kitchen of Kelly Spires

2 Servings

- 1 - 10 oz. tube refrigerated pizza dough**
- 1/3 c, prepared pizza sauce**
- 1 c. shredded mozzarella cheese**
- 2 T. prepared pesto**
- olive oil or vegetable oil cooking spray**
- toppings**

- 1.** Heat oven to 450°.
- 2.** Unroll pizza crust and cut in half crosswise.
- 3.** Spread pizza sauce evenly over both halves, leaving a ½"-wide border around the edges.
- 4.** Sprinkle cheese evenly over sauce. Spoon pesto over cheese. Add toppings to half.
- 5.** Fold over half of dough to form a square pocket. Press edges firmly to seal.
- 6.** Spray a baking sheet with cooking spray. Transfer calzones to sheet and spray them with cooking spray.
- 7.** Bake for about 12 minutes or until golden brown.

Mushroom Pizza

From the Kitchen of Kelly Spires

- 1 - 12" pre-baked pizza crust**
- 3 T. olive oil**
- 1 c. fresh spinach, rinsed and dried**
- 8 oz. shredded mozzarella cheese**
- 1 c. sliced fresh mushrooms**

- 1.** Preheat oven to 350°.
- 2.** Place pizza crust on baking sheet.
- 3.** Brush olive oil onto crust covering the entire surface.
- 4.** Rip or cut the spinach leaves into bite-size pieces and scatter evenly over crust.
- 5.** Cover pizza with shredded mozzarella and top with sliced mushrooms.
- 6.** Bake for 8-10 minutes or until cheese is melted and edges are crisp.

Sonoran Pizza

From the Kitchen of Jennifer Good Spires

8 Servings

8 flour tortillas
1 or 2 cans refried beans
pizza toppings of your choice: pepperoni, sausage, veggies
3 cups cheese, grated
salsa
sour cream
shredded lettuce
sprouts

1. Fry tortillas in ½ inch of hot oil for about 15 seconds on each side. Drain on paper towels. At this point, can be saved for two days at room temperature.
2. Spread beans thinly over tortillas.
3. Top with whatever pizza toppings you choose.
4. Sprinkle with cheese.
5. Bake 350 degrees for 7-10 minutes until hot & bubbly or in microwave for 45 seconds.
6. Top with salsa, sour cream, lettuce, sprouts or whatever.

Buffalo Chicken Pizza

From the Kitchen of Jennica Reis

3 skinless, boneless chicken breast halves - cooked and shredded
2 tablespoons butter, melted
1 (2 ounce) bottle hot sauce
1 (16 ounce) bottle ranch salad dressing
1 (16 inch) prepared pizza crust
1 (8 ounce) package shredded mozzarella cheese

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a medium bowl combine the shredded chicken, melted butter and hot sauce. Mix well. Spread whole bottle of salad dressing over crust, then top with chicken mixture and sprinkle with shredded cheese.
3. Bake in preheated oven until crust is golden brown and cheese is bubbly, about 5 to 10 minutes. Let set a few minutes before slicing, and serve.

Stromboli

From the Kitchen of Anne Good Cave

Filling:

2 eggs

2 teaspoons parsley

1 teaspoon garlic powder

2 teaspoons oregano

**½ teaspoon pepper
(remember to put the
right lids on the
oregano and pepper)**

**2 tablespoons Parmesan
cheese**

Other ingredients:

**1 loaf bread dough (can
use frozen, thawed,
and risen—or large loaf
from bread machine)**

**8 oz. Shredded
mozzarella cheese**

**miscellaneous pizza
toppings such as
pepperoni,
mushrooms, olives,
peppers, sausage**

Sauce:

16 oz. Can tomato sauce

**2 teaspoons oregano
(make sure it's not
pepper)**

2 teaspoons basil

1/8 teaspoon garlic

- 1.** Combine filling ingredients.
- 2.** Roll out dough into large rectangle.
- 3.** Spread filling on rectangle.
- 4.** Sprinkle with cheese and spread with pizza toppings.
- 5.** Roll up and place on pan in a circular shape (or heart or pumpkin depending on the holiday!)
- 6.** Bake 350 30-40 minutes.
- 7.** Meanwhile, mix up sauce ingredients and heat.
- 8.** Serve slices of stromboli with sauce for dipping.

Hint: I use my broiler pan to bake the Stromboli, so any grease from the pepperoni drips down into the lower pan.



Every year, I make this for Halloween, because it's the only meal I know everyone in the family will eat, even if they are anxious to start trick-or-treating. I also like to make it on Valentine's Day, in a heart shape.

White Lasagna

From the Kitchen of Shawn Nobles

8 Servings

- 1 ½ lbs sweet Italian sausage (not in casings)**
- 2 cloves garlic, minced**
- 1 medium onion chopped**
- 2 (7 oz) jars roasted red Peppers, drained and chopped**
- 1 cup white wine**
- 1 (10 oz) package frozen chopped spinach, thawed and squeezed dry**
- 1 carton (15 oz) ricotta cheese (can be lowfat)**
- ½ teaspoon Pepper**
- ½ teaspoon Salt**
- 1 teaspoon Italian Seasoning**
- 1 large egg**
- 2 (17 oz) jars white alfredo sauce**
- 1 pkg lasagna noodles uncooked**
- 1 (8 oz) pkg grated mozzarella cheese**
- ½ Cup shredded parmesan cheese**

- 1.** Brown sausage (or leave it out). Drain well.
- 2.** Cook garlic and onion in a little oil until tender.
- 3.** Stir in sausage, red Pepper and ½ Cup wine. Simmer until most of the liquid has evaporated.
- 4.** Combine spinach, ricotta and next 4 ingredients.
- 5.** Spread 1 Cup Alfredo sauce in greased 9x13 baking pan.
- 6.** Top with 4 uncooked noodles to cover sauce well, but not overlap. Cover noodles with half spinach mixture and half red Pepper mixture. Sprinkle with half mozzarella cheese. Cover with Alfredo sauce. Repeat layers.
- 7.** Finish by taking remaining Alfredo sauce and mixing it with ½ Cup wine.
- 8.** Pour over lasagna. Sprinkle with mozzarella cheese. At this point, you can cover tightly with foil and put in frig for a few hours or overnight.
- 9.** To bake: cover tightly with foil and bake at 350 degrees for 1 hour (if refrigerated, bake an additional 20 minutes or until bubbly hot).
- 10.** Before serving, remove from oven, sprinkle with parmesan cheese and let sit 10 minutes before cutting.



You can make it the day before and leave it in the refrigerator overnight. This can also be vegetarian- the recipe calls for sausage but I always leave it out. Every time I serve this, people are so impressed and it's so simple because you layer the noodles uncooked!



Entrees

The Amazing Jen Sen Chicken

From the Kitchen of Judy Good

1 whole roasting chicken

Garlic salt

Paprika

1. Heat oven to 350 degrees.
2. Sprinkle chicken inside and out with garlic salt and paprika.
3. Put in baking dish and cover loosely with aluminum foil.
4. Bake 1½ hours.

Paprika Chicken

From the Kitchen of Anne Good Cave

½ teaspoon pepper

½ teaspoon paprika

¾ teaspoon salt

**4 medium boneless,
skinless chicken
breast halves**

1. Mix pepper, paprika, and salt on waxed paper.
2. Rub onto chicken.
3. In skillet, cook chicken in oil until golden and juices run clear when pierced with knife.
4. Sprinkle with lemon juice and serve.

Rosemary Chicken

From the Kitchen of Anne Good Cave

2 tablespoons oil

**4 boneless, skinless
chicken breast halves**

**1 teaspoon lemon-pepper
seasoning**

¼ teaspoon salt

**¼ teaspoon rosemary,
crushed**

**2 tablespoons lemon
juice**

1. In skillet, brown chicken in oil.
2. Sprinkle with herbs.
3. Cook until chicken is golden and juices run clear.
4. Place chicken on platter and keep warm.
5. Add lemon juice and ¼ cup water to skillet. Heat to boiling. Pour over chicken.

Barbecued Ham Sandwiches

From the Kitchen of Marg Hohl-Leffler

1 tablespoon butter
½ cup brown sugar
2 tablespoon vinegar
1 tablespoon mustard
1 or **2** small cans tomato
 sauce

- 1.** Heat and stir together.
- 2.** Put over thinly sliced deli ham.
- 3.** Serve on buns. Yummy.

Quick Greek Gyros

From the Kitchen of Bristol Cave

1 lb. Ground beef
2 garlic cloves, minced
1 teaspoon oregano
4 ounces feta cheese,
 crumbled
1 teaspoon cumin
 Yogurt sauce
 Pita bread
 Shredded lettuce
 Chopped tomato
 Red onion, chopped

- 1.** Brown ground beef in saucepan, drain and rinse.
- 2.** Stir in herbs and feta cheese; cook and stir until cheese starts to melt.
- 3.** Prepare yogurt sauce: combine 1 8-oz container plain yogurt, ½ cucumber, grated, and ½ tablespoon dried mint leaves (or 2 tablespoons chopped fresh mint leaves).
- 4.** Assemble gyros in pita bread with lettuce, tomato, onion, and yogurt sauce.

Best Shish Kebobs in the Whole World

From the Kitchen of Anne Good Cave

Pork roast, cut into chunks (can also be made with beef)

Fresh, whole mushrooms

Green peppers, cut into chunks

Red peppers, cut into chunks

Red onion, cut into chunks

Whole canned potatoes, cut in half (or cooked potatoes, cut into chunks)

2/3 cup red wine vinegar

1/4 cup oil

2 tablespoons ketchup

2 teaspoons salt (optional)

2 teaspoons tabasco sauce

1 teaspoon dried rosemary

1 clove garlic, crushed

1. Mix vinegar, oil, ketchup, salt, Tabasco, rosemary, and garlic.
2. Marinate pieces of pork and the mushrooms in marinade at least 2 hours. The longer you marinate, the more intense the flavor.
3. Alternate pork and mushrooms along with vegetables and potatoes on skewers.
4. Grill, brushing with marinade and turning, until done, about 20 minutes.

Blackened Salmon & Pineapple Salsa

From the Kitchen of Anne Good Cave

**4-6 salmon fillets,
skinned**

**1/2-3/4 c. butter (the
actual recipe called for
2 1/2 c., but I cut it
down!)**

1/2 c. lemon juice

**1 1/2 teaspoon cayenne
pepper**

1 teaspoon salt

**2 teaspoons black
pepper**

1 tablespoon dried thyme

Pineapple salsa:

**2 c. fresh pineapple,
chopped**

**1 red bell pepper,
chopped**

**1/2 cup green onion,
sliced**

1/4 c. lime juice

**Mix ingredients and
refrigerate. Serve
cold.**

- 1.** Melt butter in dish, then add lemon juice and spices.
- 2.** Heat empty, cast-iron skillet.
- 3.** Dredge cold salmon fillets in butter (the butter clings better if you leave the salmon in the 'fridge until the last minute) and place in skillet.
- 4.** Cook about 2 minutes each side until seared.
- 5.** Remove from skillet and place in baking dish.
- 6.** Pour a little of the butter mixture over fillets.
- 7.** Bake at 400 deg. 15 minutes.
- 8.** Serve with pineapple salsa.

Broccoli Casserole

From the Kitchen of Jennifer Good Spires

8 Servings

2 cups cooked Rice

**1 pound fresh broccoli,
lightly steamed**

1 cup Cheese, grated

4 Eggs, beaten

**4 tablespoons dried
Parsley**

1 teaspoon Salt

**4 tablespoons Wheat
Germ**

**2 tablespoons melted
Butter or Margarine**

- 1.** Combine all ingredients, except wheat germ and butter.
- 2.** Pour into greased or sprayed casserole dish (3 quart).
- 3.** Top with wheat germ and butter.
- 4.** Bake 350 degrees for 30 minutes.

Chicken Fajitas

From the Kitchen of Anne Good Cave

2 cloves garlic, minced

1 teaspoon oregano

½ teaspoon cumin

1 teaspoon seasoned salt

2 tablespoons orange juice (can substitute lime juice)

2 tablespoons vinegar

1 tablespoon oil

boneless, skinless chicken breast cut into chunks or strips

1 medium onion, chopped

1 green pepper and 1 red pepper, cut into strips

- 1.** Sauté chicken in herbs, orange juice, vinegar, and oil until done.
- 2.** Add onion and peppers until tender-crisp.
- 3.** Serve with tortillas, shredded cheeses, guacamole, sour cream, black olives, salsa, etc.

Chicken with Lime Butter

From the Kitchen of Anne Good Cave

**6 boneless, skinless
chicken breast halves**

½ teaspoon salt

½ teaspoon pepper

¼ cup olive oil

1 lime, juiced

¼ cup butter

**½ teaspoon chives,
minced**

½ teaspoon dill weed

1. Sprinkle chicken on both sides with salt and pepper.
2. In large fry pan, heat oil and sauté chicken until light brown.
3. Turn chicken, and reduce heat to low. Cook 10 minutes or until tender.
4. Remove Chicken from pan and keep warm.
5. Discard oil.
6. In same pan, cook lime juice over low heat until juice begins to bubble.
7. Add butter and stir until sauce thickens.
8. Stir in chives and dill weed.
9. Spoon sauce over chicken and serve.

Chili Rellenos Casserole

From the Kitchen of Jennifer Good Spires

8-10 Servings

2 7-ounce cans of whole green chilies

3 cups cheddar, grated

4 green onions, sliced

3 cups mozzarella, shredded

6 eggs

3 cups milk

¾ cups flour

¼ teaspoon salt

14 ounces salsa

1. You might want to wear gloves to handle the chilies, or at least, don't rub your eyes while working with them!
2. Split chilies lengthwise & remove seeds & pith.
3. Spread in a single layer in a sprayed or greased 9x13 inch dish.
4. Sprinkle with cheddar, onions and half the mozzarella.
5. In a bowl, beat eggs, milk, flour & salt together until smooth. Pour over chilies and cheese.
6. Bake at 325 degrees for 50 minutes or until custard is set.
7. Meanwhile, mix salsa with remaining mozzarella. Sprinkle over casserole after it has baked.
8. Bake 10 minutes more.
9. Let stand 5 minutes before serving.

Chillaquillas (chee ya kee yas)

From the Kitchen of Jennifer Good Spires

6-8 Servings

8 tortillas, torn into pieces about 2 inches square

1 cup Monterey Jack Cheese, or Colby, or Cheddar

1 cup Tomato Sauce

1 cup Cottage Cheese

½ cup Chopped Green Onions, with tops

1 clove Garlic, minced

2 tablespoons Oil

2 teaspoons Chili Powder

½ teaspoon Oregano

1 teaspoon Salt

½ teaspoon Ground Cumin

- 1.** Sauté onions and garlic in oil until soft.
- 2.** Add chili powder, oregano, salt and cumin.
- 3.** Stir in tortilla pieces and cook, stirring constantly until tortillas soften.
- 4.** Stir in cheeses and tomato sauce.
- 5.** Heat until cheese is melted and sauce bubbly.



This is a great way to use tortillas that have become stale after the kids leave the bag open in the refrigerator!

Cranberry Pork Roast

From the Kitchen of Anne Good Cave

1 boneless rolled pork loin roast (2-3 lb.?)

1 can jellied cranberry sauce

½ cup sugar

½ cup cranberry juice

1 teaspoon dry mustard

¼ teaspoon ground cloves

1. Place pork roast in slow cooker.
2. In medium bowl, mash cranberry sauce; stir in remaining ingredients. Pour over roast.
3. Cover and cook on low 6-8 hours or until meat is tender.
4. Remove roast and slice.
5. Pour cranberry mixture over sliced pork. You can thicken the sauce with cornstarch if you want, but I'm too lazy and it's fine without doing that step.

Pork Enchiladas

From the Kitchen of Anne Good Cave

Oil

1 ½ lbs. Pork pieces, cut in small chunks

1 onion, chopped

2 teaspoons chili powder

¼ teaspoon ground cumin

1 4-oz. Can chopped green chilies

2 cups Monterey jack cheese

12 flour tortillas

1 can green chile enchilada sauce

1. In Dutch oven, in 2 tablespoons oil, cook pork and onion until browned.
2. Stir in spices and cook 1 minute.
3. Stir in green chilies and 1 cup water, stirring to loosen bits on bottom of pan.
4. Heat to boiling, reduce to low, cover, and simmer until meat is tender, about 1 hour. Add more liquid if necessary.
5. Remove from heat and stir in 1 cup of cheese.
6. Pour a little of the enchilada sauce into 13x9 pan.
7. Place some filling into tortilla and roll up, placing seam side down in pan.
8. Cover with remaining enchilada sauce.
9. Top with remaining cheese.
10. Bake 350 for 30 minutes.

Creamy Enchiladas

From the Kitchen of Anne Good Cave

**6 oz. Monterey Jack
cheese, grated**

1 cup sour cream

1 ½ cup cottage cheese

**1 cup sliced green
onions**

**1 can chopped green
chiles**

**1 small can sliced black
olives**

flour tortillas

**canned green chile
enchilada sauce**

1. Pour ¼ - ½ cup enchilada sauce in bottom of 13x9 pan.
2. Combine cheeses, sour cream, green onions, and green chiles.
3. Fill tortillas with a dollop of cheese mixture and roll up.
4. Place seam side down in pan.
5. Cover with more enchilada sauce.
6. Sprinkle with more shredded Monterey Jack cheese and sliced black olives.
7. Bake 350 for 30-40 minutes.

Turkey Enchiladas

From the Kitchen of Anne Good Cave

1 cup chopped onion

5 tablespoons margarine

**2 cups chopped, cooked
turkey**

1 can green chiles

¼ cup flour

**1 teaspoon ground
coriander**

¾ teaspoon salt

**2 ½ cups turkey or
chicken broth**

1 cup sour cream

**1 ½ cup shredded
Monterey Jack cheese**

flour tortillas

1. In large saucepan, cook onion in 2 tablespoons margarine. Combine in bowl with chopped turkey and green chiles.
2. In same saucepan, melt 3 tablespoons margarine. Blend in flour, coriander, and salt. Stir in chicken broth; cook and stir until thick. Remove from heat.
3. Stir in sour cream and ½ cup of m-j cheese.
4. Stir ½ cup of sauce into turkey mixture. Pour some sauce into bottom of 13x9 pan.
5. Fill each tortilla with some of turkey mixture, roll up, and place in pan. Top with remaining sauce. Sprinkle with remaining cheese.
6. Bake 350 25 min.

Dill-Buttered Fish

From the Kitchen of Shawn Nobles

4 Servings

**4, 6-ounce fish filets
(preferably halibut,
perch, tilapia or
salmon)**

**2 tablespoon butter,
softened**

**3 tablespoon Dijon-style
mustard**

**1 tablespoon fresh dill or
1 teaspoon dried dill**

**¼ teaspoon coarsely
cracked black pepper**

- 1.** Combine butter, mustard, dill and pepper. Spread evenly over fish filets.
- 2.** Broil or indirect grill fish 8-10 minutes or until done.

Swordfish on the Grill

From the Kitchen of Anne Good Cave

4 swordfish steaks

**¼ teaspoon dried thyme
leaves**

¼ teaspoon pepper

1 tablespoon oil

¾ teaspoon salt

- 1.** Mix together thyme, pepper, oil, and salt.
- 2.** Brush on swordfish while grilling. Yum.

Emergency Dinner

From the Kitchen of Jennifer Good Spires

**2 1/4 cup uncooked
brown rice**

**15 oz canned black
beans**

**1/2 cup grated cheese:
Colby, cheddar,
Monterey jack, or
pepper cheese**

- 1.** Cook rice, stir in beans and cheese.
- 2.** Top with salsa, sour cream, or roll into a tortilla.
- 3.** You can also add a jar of salsa to this.
- 4.** If you think of it in the morning, put all ingredients into the crock pot with 2 1/2 cups of water. Cook on low 6-8 hours. Of course, if you think of it in the morning, then you can't call it Emergency Dinner because you've planned ahead so there's no emergency.

Baked Salmon

From the Kitchen of Jennica Reis

2 cloves garlic, minced

**3 tablespoons light olive
oil**

**3 tablespoons melted
butter**

1 teaspoon dried basil

1 teaspoon salt

**1 teaspoon ground black
pepper**

1 tablespoon lemon juice

**1 tablespoon fresh
parsley, chopped**

2 (6 ounce) fillets salmon

- 1.** In a medium glass bowl, prepare marinade by mixing garlic, light olive oil, butter, basil, salt, pepper, lemon juice and parsley. Place salmon fillets in a medium glass baking dish, and cover with the marinade. Marinate in the refrigerator about 1 hour, turning occasionally.
- 2.** Preheat oven to 375 degrees F (190 degrees C).
- 3.** Place fillets in aluminum foil, cover with marinade, and seal. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until easily flaked with a fork.

Enchilalas (Enchiladas)

From the Kitchen of Jennifer Good Spires

Sauce:

2 tablespoons flour

2 cups water

1 teaspoon vinegar

1 tablespoon chili powder (more if you like it hot)

½ teaspoon garlic powder

½ teaspoon oregano

½ teaspoon salt

1. Put all ingredients in a shaker or a jar. Shake until lumps are dissolved.
2. Cook until thick, stirring constantly.
3. Filling: You can fill these with whatever you like, cheese & leftover beef or chicken, cheese and cooked vegetables, or just cheese. Our favorite filling is cheese and refried beans. Put about 3 tablespoons of filling in a flour tortilla and roll up.
4. Place seam down in a sprayed or greased 9x13 inch pan.
5. Pour thickened sauce over.
6. Top with grated cheese.
7. Bake 350 degrees for 30 minutes.



When Alex was little he called these “enchilalas”. The name stuck. This is his favorite dinner.

Honey Lemon Chicken

From the Kitchen of Judy Good

- ½ cup honey**
- 2 tablespoons oil**
- 2 tablespoons mustard**
- 2 tablespoons lemon juice**
- ½ teaspoon lemon peel, grated**
- ½ teaspoon salt**

- 1.** Combine above ingredients as a glaze.
- 2.** Bake chicken for 30 minutes (or grill, as desired) then apply glaze.
- 3.** Cook 20 or 30 minutes longer.

Honey-Mustard Glaze

From the Kitchen of Shawn Nobles

- ¼ cup honey**
- 2 tablespoon Dijon-style mustard**
- 1 tablespoon orange juice**
- ½ teaspoon Worcestershire sauce**
- ¼ teaspoon onion powder**
- 4 servings pork chop or chicken**

- 1.** In small saucepan, combine all glaze ingredients (not meat).
- 2.** Boil gently about 2 minutes or until sauce is slightly thickened.
- 3.** Cook pork chops or chicken (broil or grill). Brush with glaze throughout cooking and at the end. Serve with remaining glaze. Sweet and tangy!

Impossible Vegetable Pie

From the Kitchen of Judy Good

6 Servings

2 cups chopped broccoli or cauliflower (or combination)

½ cup chopped onion

½ cup chopped green pepper

1 cup shredded cheddar cheese

1 ½ cup milk

¾ cup Bisquick

3 eggs

1 ½ teaspoon salt

¼ teaspoon pepper

1. Lightly grease 10" x 1½" pie plate (not foil).
2. Heat 1 cup water & ½ teaspoon salt to boiling. Add broccoli (or cauliflower). Cover & heat to boiling, cook 5 minutes until almost tender. Drain thoroughly.
3. Mix broccoli, onion, green pepper and cheese in pie plate.
4. Beat remaining ingredients until smooth, 15 seconds in blender.
5. Put pie plate on a cookie sheet, then pour mixture into pie plate.
6. Bake 35-40 minutes at 400 degrees until golden brown, until knife inserted comes out clean.
7. Let stand 5 minutes before cutting.

Slow Cooker Pot Roast

From the Kitchen of Jennica Reis

2 (10.75 ounce) cans condensed cream of mushroom soup

1 (1 ounce) package dry onion soup mix

1 1/4 cups water

5 1/2 pounds pot roast

1. In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture.
2. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

Mary's Meatballs

From the Kitchen of Mary Good Hanning

1 lb ground beef

1 egg

½ cup bread crumbs

**1 tablespoon
Worcestershire sauce**

**1 teaspoon instant
minced onion**

½ teaspoon salt

dash of pepper

1. Mix all ingredients.
2. Shape into 1 ½ inch meatballs.
3. Place meatballs into a 10x6x1 ¾ inch baking dish. Cover with wax paper.
4. Microwave on HIGH (100%) for 6 – 8 minutes or until no longer pink. Rearrange halfway through cooking.
5. Allow to stand & cool.
6. Drain off grease & add sauce of choice. Mary's favorite is spaghetti sauce!



Can probably substitute ground soy (fake meat) for the vegetarians in the family!

Mexican Lasagna

From the Kitchen of Jennifer Good Spires

6 Servings

1 pound Ground Beef

15 ounces Tomato Sauce

2 tablespoons Chili Powder

1 can Refried Beans

1 ½ cups grated Cheese

1 or 2 Tomatoes or Salsa

Large flour Tortillas

1. Brown beef drain off fat.
2. Stir in tomato sauce & chili powder. Cook & stir about 5 minutes.
3. In a microwave safe 9x13 inch dish, put down a layer of tortillas.
4. Spread half of the burger mixture over them.
5. Sprinkle with one fourth of the cheese and tomatoes.
6. Lay down another layer of tortillas. Spread with beans & then sprinkle with cheese. Repeat layers until dish is full.
7. Top with a layer of tortillas and sprinkle with cheese.
8. Microwave 6 minutes.
9. If you want to cook this in a conventional oven, spray or grease the pan first. Bake 350 degrees for 30-40 minutes.



Variations: add olives, onions, jalapeno peppers. Serve with sour cream & shredded lettuce.

Millet Loaf

From the Kitchen of Jennifer Good Spires

6 Servings

- 1/3 cup millet**
- 1 cup water**
- 2/3 cup sunflower seeds,
ground in the blender**
- 1/2 cup milk**
- 1/2 cup powdered milk**
- 1 egg**
- 1 cup grated cheese**
- 1 onion, diced**
- 1 green pepper, diced**
- 1 teaspoon lemon juice**
- 1 cup bread crumbs**

- 1.** Cook the millet in the water in a covered pan, until it's soft.
- 2.** Mix all ingredients.
- 3.** Put in sprayed or greased loaf pan.
- 4.** Spread catsup across the top.
- 5.** Bake 350 degrees for 1 hour.



We had this at a friend's house and it was delicious. I couldn't believe it when she gave me the recipe, it sounded so weird! It's one of our favorites, though. Millet is a grain like rice or oats. It can be found in the health food section of the grocery. You can substitute bulgur for millet, which is another grain, a kind of wheat.

Sausage Ratatouille

From the Kitchen of Judy Good

1 large turkey sausage (optional)

1 medium onion, chopped

1 stalk celery, chopped

1 small eggplant, chopped (optional)

1 medium zucchini, chopped

1 can garbanzo beans, drained

1 16-ounce can tomato sauce

1 teaspoon sugar

Salt & pepper to taste

A few drops Tabasco to taste

Sour cream (optional)

- 1.** Brown sausage in skillet with a little vegetable oil, then slice into ¼" pieces. Put aside.
- 2.** Put all other ingredients in pan and cook about 12 minutes, until tender. Do not overcook.
- 3.** Add sausage and heat.
- 4.** Add optional dollop of sour cream as served. For vegetarian, skip the sausage. A spicy favorite.

Taco Chili

From the Kitchen of Jennifer Good Spires

8 Servings

- 1 pound ground beef**
- 1 onion, diced**
- 1 package taco seasoning**
- 2 15 ounce cans of diced tomatoes**
- 1 15 ounce can kidney beans**
- 1 cup corn (optional)**

- 1.** Brown beef and onion, drain grease.
- 2.** Stir in remaining ingredients and heat through. Or put everything in the crock pot and cook on low 4-6 hours or high 2-3 hours.

Taco Meat Filling

From the Kitchen of Jennifer Good Spires

8 Tacos

- 1 pound ground beef**
- ½ cup onion, diced**
- 8 ounces tomato sauce**
- 2 teaspoon chili powder**
- 2 teaspoons cumin**
- ¾ teaspoon salt**
- ½ teaspoon garlic powder**

- 1.** Brown beef, drain grease.
- 2.** Stir in remaining ingredients.
- 3.** Simmer, covered for 10 minutes.



Once when I didn't have any of those envelopes of taco seasoning mix, I made my own. Now we like it better.

Tuna Casserole

From the Kitchen of Jennifer Good Spires

- 1 7-ounce can or package of Tuna**
- 1 cup White Sauce (or a can of cream soup)**
- 1 teaspoon Onion Powder**
- 1 cup cooked Rice**
- ¾ cup Mayonnaise**
- ½ cup blanched toasted Almonds or Sunflower Seeds**
- 1 tablespoon Lemon Juice**
- 3 hard boiled Eggs, diced**

- 1.** Mix all ingredients.
- 2.** Top with crushed Rice Krispies, potato chips, bread crumbs, wheat germ or cheese.
- 3.** Bake 350 degrees for 30 minutes.

Zucchini and Scallops

From the Kitchen of Joyce Good Henderson

- Scallops (as many as you need to serve the number of people you have)**
- Zucchini (1 for 2-3 people, 2 for more, etc.)**
- Olive oil, butter, lemon**

- 1.** In a pan, melt butter and fry scallops on both sides.
- 2.** Slice zucchini into ¼" rounds.
- 3.** On a baking sheet, layer zucchini and scallops into towers, drizzle with olive oil and squeeze lemon juice over.
- 4.** Bake at 300 degrees for 5 minutes. Good as leftovers.



Side Dishes

Corn Casserole

From the Kitchen of Megan Elizabeth Reis

1 can of yellow whole kernel corn

1 can of yellow crème-style corn

1 stick of butter

1 cup of sour cream (do not use low fat versions, it causes the casserole to not turn out right)

1 box of corn muffin mix (I like Jiffy mix)

- 1.** Melt butter.
- 2.** Combine all ingredients.
- 3.** Put in casserole dish and bake at 350 for 50 to 60 minutes.

Green Beans

From the Kitchen of Judy Good

Green beans

4-6 slices of fried bacon

1/3 cup chopped onion

1/2 green pepper

1 teaspoon salt

3 tablespoon chopped parsley

1/2 teaspoon ground savory pepper

- 1.** Wash and snap beans.
- 2.** Cook in boiling water and salt for 15-20 min. Drain.
- 3.** Cook bacon and remove.
- 4.** Combine onion, green pepper, ground pepper and parsley.
- 5.** Cook 5 minutes.
- 6.** Add beans and bacon, mix well.

Noodle Pudding

From the Kitchen of Jeanne Good Rubenson

**1 pound pkg noodles
(wide)**

1 cup sour cream

4 ounces cream cheese

4 eggs

½ c sugar

1 tsp vanilla

- 1.** Cook noodles 20 minutes; drain
- 2.** Mix other ingredients together in a large bowl. Add drained noodles and stir.
- 3.** Pour into buttered 9 x 13 inch pan. Bake 350 for ½ hour.

Variations:



1. Sprinkle cornflake crumbs on top.
2. Sprinkle wheat germ, flaxseed, other nutritional things on top.
3. Add raisins, crushed pineapple, or applesauce (my favorite!)
4. I have also seen this served with sliced pineapple on top, with little maraschino cherries in the center of each pineapple!

Lemon Horseradish New Potatoes

From the Kitchen of Jennica Reis

1/4 cup butter

1/2 teaspoon salt

1/4 teaspoon pepper

**2 tablespoons prepared
horseradish**

**2 tablespoons fresh
lemon juice**

**1 1/2 pounds small new
potatoes, unpeeled**

- 1.** Preheat oven to 350 degrees F (175 degrees C).
- 2.** Melt butter in a 2 quart casserole dish in the oven. Stir in salt, pepper, horseradish and lemon juice. Place potatoes in dish and toss to coat with butter mixture.
- 3.** Cover and bake in preheated oven for 1 hour, or until potatoes are tender.

Micro-Scalloped Potatoes

From the Kitchen of Jennifer Good Spires

6 Servings

6 potatoes, baked in the microwave

1 onion, sliced and micro waved for 3 minutes

1 ½ cups white sauce

1 ½ cups grated cheese

1. Stir cheese into hot white sauce.
2. Gently stir cheese sauce, potatoes and onions together.
3. Pour into greased or sprayed casserole.
4. Cook on high 4-6 minutes.

Laura's favorite!

Red Beans & Rice

From the Kitchen of Jennifer Good Spires

6 Servings

1 ½ cups uncooked Rice

3 medium stalks Celery

3 cloves Garlic, minced

1 large red Onion, diced

1 tablespoon Parsley

¾ teaspoon Thyme

1 Bay Leaf

3 cans (15 ounces each) red Kidney Beans, drained

1 ½ cups Broth (or water)

1 ½ teaspoons Worcestershire sauce

¼ teaspoon Tabasco

1. Cook rice according to directions on package.
2. Sauté celery, garlic, onion, parsley, & thyme in microwave or on stove top.
3. Stir in remaining ingredients and heat through.
4. Discard bay leaf & serve. Or put everything in the crock pot with 3 cups of water (to cook the rice). Cook on low for 6-8 hours or high for 4 hours.

Savory Tomato Tart

From the Kitchen of Joyce Good Henderson

6 Servings

11" pie shell, baked

1 tablespoon olive oil

3 medium onions peeled and thinly sliced

1 package (3 ½ oz) goat cheese

3 medium ripe tomatoes (red, yellow or mixed) sliced into ¼" thick slices

Salt & pepper

1. In a skillet, heat oil over medium temperature. Add onions, stir frequently until tender, about 20 minutes.
2. Spread onions over the bottom of the pie crust and crumble half of the goat cheese over them.
3. Arrange the tomato slices on top.
4. Sprinkle with salt and pepper.
5. Crumble the remaining goat cheese over the tomatoes.
6. Broil in oven until cheese melts and tomatoes are heated through. An elegant vegetarian dish that can be the main part of a meal.

Streuseled Sweet Potato Casserole

From the Kitchen of Rachel Rubenson

14 peeled cubed sweet potatoes (about 5 lbs)

½ Cup Half and Half

½ Cup Maple Syrup

1 Teaspoon Vanilla Extract

¾ Teaspoon Salt

1 Egg, lightly beaten

½ Cup Flour

½ Cup Brown Sugar

½ Cup Butter, cut into small pieces

½ Cup Chopped Pecans

1. Pre-heat oven to 375
2. Place potatoes in pan and cover with water. Bring to a boil. Reduce heat and simmer for 12 minutes.
3. Combine half and half, maple syrup, vanilla, salt, and egg in a mixing bowl. Stir with a whisk. Put bowl on mixer. Add potatoes and beat until smooth. Spoon into 13x9 pan coated with cooking spray.
4. Combine flour and sugar in food processor. Pulse. Add butter. Pulse until mix resembles coarse meal. Stir in pecans. Sprinkle over potato mix.
5. Cover and bake 15 minutes. Uncover and bake 25 minutes.

Sweet Potato Casserole

From the Kitchen of Megan Elizabeth Reis

40 ounces canned sweet potatoes

3 eggs, beaten

$\frac{3}{4}$ cup of white sugar

1 tablespoon of pumpkin pie spice or just cinnamon

$\frac{1}{3}$ cup softened butter (do not use oleo or margarine and do not melt in microwave)

- 1.** Using a mixer, combine sweet potatoes, eggs, white sugar, spices and butter.
- 2.** Put mixture in a casserole dish.
- 3.** In a separate bowl mix all the topping ingredients and put on top of the casserole.
- 4.** Bake at 350 for 30 to 45 minutes until the top is golden brown.

Topping:

1 cup brown sugar

1 cup pecans

$\frac{1}{3}$ flour

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{3}$ cup melted butter

Three Bean Dish

From the Kitchen of Shirley Puckett

- 1 can of kidney beans**
- 1 can of baby lima beans**
- 1 can of baked beans**
- 2 slices ham, diced**
- 1 onion**
- ½ cup ketchup**
- 1 tablespoon mustard**
- 2 tablespoons brown sugar**
- 3 tablespoons vinegar**
- 1 cup French fried onion rings**

- 1.** Brown onion & ham in oil in a heavy skillet.
- 2.** Add to other ingredients in a large baking dish.
- 3.** Bake 25-30 minutes at 325 degrees.
- 4.** Spread French fried onion rings on top and bake 20 more minutes, for a total baking time of 45-50 minutes.

White Sauce

From the Kitchen of Jennifer Good Spires

- 1 cup liquid (Milk, Water, Broth)**
- 2 tablespoons Flour**
- ½ teaspoon salt**

- 1.** Mix all ingredients in a shaker. Shake vigorously until all lumps are gone.
- 2.** Cook over low heat, stirring constantly until thickened. Can be made in the microwave if you stir frequently.



This sauce is the base for lots of recipes: gravies, puddings, casseroles. I use it as a cheap substitute for cream soups.



Breads

Apple Scones

From the Kitchen of Anne Good Cave

2 $\frac{3}{4}$ cups flour
6 tablespoons sugar
2 tablespoons baking powder
 $\frac{1}{2}$ cup + 1 tablespoon margarine
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup sour cream
1 apple, cored and shredded
1 egg yolk
1 tablespoon water

- 1.** Combine flour, sugar and baking powder; mix.
- 2.** Cut in margarine until crumbly. Stir in sour cream and milk with fork. Add apple.
- 3.** Divide dough into 2 equal pieces. Roll into 6-inch circle and cut each circle into 8 wedges.
- 4.** Place on baking sheet. Mix egg yolk and water together, then brush on scones.
- 5.** Bake at 400 for 18-20 minutes.

Baked French Donuts

From the Kitchen of Anne Good Cave

5 tablespoons margarine
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ cup milk
2 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg
1 $\frac{1}{2}$ cups flour

- 1.** Preheat oven to 350.
- 2.** Grease muffin tin (dozen size).
- 3.** Cream margarine and sugar. Beat in egg.
- 4.** Add dry ingredients alternately with milk.
- 5.** Fill muffin tins half full.
- 6.** Bake 25 minutes.
- 7.** When done, brush with melted butter and roll in mixture of $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon.

All Day Apple Butter

From the Kitchen of Jennica Reis

**5 ½ pounds apples -
peeled, cored and
finely chopped**

2 cups white sugar

**2 teaspoons ground
cinnamon**

**1/4 teaspoon ground
cloves**

1/4 teaspoon salt

- 1.** Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well.
- 2.** Cover and cook on high 1 hour.
- 3.** Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.
- 4.** Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.
- 5.** Spoon the mixture into sterile containers, cover and refrigerate or freeze.

Double Cheese Batter Bread

From the Kitchen of Anne Good Cave

1 ½ cup shredded cheddar cheese

¼ cup Parmesan cheese

1 tablespoon sugar

½ teaspoon salt

1 package yeast (2 ¼ teaspoons)

2 ½ cup flour

2 eggs

½ teaspoon poppy seeds

1. In large bowl, combine cheeses, sugar, salt, yeast, and 1 ½ cups flour.
2. Heat ¾ cup water until very warm.
3. Beat water, 1 egg, and 1 egg yolk into dry ingredients. (Save extra egg white). Beat 3 minutes.
4. Stir in remaining 1 cup flour to make thick batter.
5. Cover bowl; let rise in warm place 20 minutes.
6. Stir down dough.
7. Spoon into greased 1 ½ quart round casserole dish.
8. Cover with plastic wrap and let rise 15 minutes.
9. Heat oven to 350. Brush loaf with egg white and sprinkle with poppy seed.
10. Bake 35 min.

Focaccia

From the Kitchen of Shawn Nobles

8 Servings

1 cup warm water

1 ½ teaspoon active dry yeast

1 tablespoon honey or sugar

1 ½ teaspoon salt

2 ½ to 3 cups flour

1 tablespoon olive oil

Topping:

**Parmesan cheese, sliced
roman tomato, sliced
onions, olive oil and
Italian seasoning**

1. Place water in bowl. Sprinkle in yeast and stir in honey or Sugar until everything dissolves. Use spoon to stir in Salt, Flour and olive oil. When it gets to thick to stir, use Floured hands and knead in bowl for 5 minutes.
2. Form into a ball. Pour a little olive oil over to coat. Cover bowl with clean towel and place in warm area to rise (about 1 hour).
3. Roll dough into a disc about 2 inches thick. Put on cookie sheet or pizza stone. Cover with toppings (parmesan cheese, sliced roman tomato, etc.)
4. Bake in a 450 degree oven 20 minutes or until nicely browned and seems hollow when you tap it.



The nice thing about this recipe is that it is actually a basic Italian dough. Roll out thin and use for pizza crust, or to make stromboli or calzones.

Low-Fat Banana Bread

From the Kitchen of Rachel Rubenson

1 ½ Cups Flour

¾ Cup White Sugar

1 1/3 Teaspoon Baking Powder

½ Teaspoon Ground Cinnamon

2 Egg Whites

3 Bananas, Mashed

¼ Cup Applesauce

- 1.** Pre-heat oven to 350. Lightly grease loaf pan.
- 2.** In a large bowl, stir together flour, sugar, baking powder, baking soda, and cinnamon. Add egg whites, bananas, and applesauce. Stir until just combined.
- 3.** Pour batter into pan. Bake 50-55 minutes.
- 4.** Turn out on wire rack and allow loaf to cool before slicing.

Mixed Up Coffee Cake

From the Kitchen of Jennifer Good Spires

1 Cup Milk

½ Cup Sugar

1 Teaspoon Salt

½ Cup Butter or Margarine, melted

¼ Cup Warm Water

1 Package (1 Tablespoon) Yeast

1 Egg

4-4 ½ Cups Flour

- 1.** Scald milk, stir in sugar, salt, melted butter. Cool to lukewarm.
- 2.** Dissolve yeast in warm water.
- 3.** Stir together milk mixture, yeast, egg, and 2 cups of flour. Beat until smooth.
- 4.** Add remaining flour to make a stiff batter.
- 5.** Cover loosely and refrigerate for 2 hours, or up to 3 days.

Monkey Bread

From the Kitchen of Jennifer Good Spires

1 Recipe Mixed Up Coffee Cake

¾ Cup Brown Sugar

**½ Cup Butter or
Margarine**

**1 ½ Tablespoons
Cinnamon or Instant
Coffee**

**Confectioners Sugar
Frosting**

- 1.** Grease and flour (or spray with cooking spray) a Bundt pan or angel food cake pan. If pan has removable bottom, line with foil and then spray.
- 2.** Blend brown sugar and cinnamon (or coffee).
- 3.** Melt butter.
- 4.** Pull off pieces of dough, about 2 inches in diameter. Roll into a ball, dip in melted butter then roll in cinnamon/sugar.
- 5.** Place in Bundt pan, layering dough balls until all the dough is used.
- 6.** Cover and let rise in warm place for 1-1 ½ hours.
- 7.** Bake 350 degrees for 35-40 minutes.
- 8.** Remove from pan and drizzle with frosting while warm.

Confectioners Sugar Frosting

From the Kitchen of Jennifer Good Spires

**1 Cup Confectioners
Sugar**

**½ teaspoon vanilla
extract**

Milk

- 1.** Whisk sugar and vanilla together.
- 2.** Drizzle milk in a little at a time until a glaze consistency is reached.

Pumpkin Spice Muffins

From the Kitchen of Anne Good Cave

1 ½ cup flour

1 cup sugar

½ teaspoon baking soda

½ teaspoon baking powder

½ teaspoon cinnamon

¼ teaspoon nutmeg

½ cup oil

½ cup canned pumpkin

2 eggs

½ cup chopped pecans

1. Heat oven to 350.
2. Prepare 12 muffin cups.
3. Mix dry ingredients.
4. Add wet ingredients and mix until combined.
5. Add pecans.
6. Divide into muffin cups.
7. Bake 25 minutes.

Spicy Zucchini Bread

From the Kitchen of Rachel Rubenson

3 Cups Flour

1 Teaspoon Baking Soda

¼ Teaspoon Baking Powder

1 ¼ Teaspoon Salt

2 ½ Teaspoon Cinnamon

¼ Teaspoon Nutmeg

3 Eggs

1 Cup Sugar

1 Cup Oil

2 Cup Grated Raw Unpeeled Zucchini

3 Teaspoon Vanilla

- 1.** Beat eggs with a spoon. Stir in sugar and oil. Mix well.
- 2.** Add flour and spices. Stir just enough to blend.
- 3.** Add zucchini and vanilla.
- 4.** Put in greased loaf pan & bake at 350 for about 50 minutes.



This is actually my mom's recipe. I like to pour into muffin tins instead of making a large loaf.

Breakfast



Blueberry Syrup

From the Kitchen of Anne Good Cave

- ½ cup sugar (a little more if using a more sour fruit like blackberries)**
- 2 tablespoons cornstarch**
- 1 cup water**
- 4 cups fresh or frozen blueberries or blackberries**

- 1.** In medium saucepan, combine sugar and cornstarch. Gradually stir in water.
- 2.** Add berries; bring to a boil over medium heat.
- 3.** Boil for 2 minutes, stirring constantly.

Yummy Buttermilk Syrup

From the Kitchen of Anne Good Cave

- 1 ½ cups sugar**
- ¾ cup buttermilk—or, you can substitute ½ cup milk + ¼ cup sour cream**
- 1/3 cup margarine**
- 2 tablespoons corn syrup**
- 1 teaspoon baking soda**
- 1 teaspoon vanilla**

- 1.** In large saucepan, combine the sugar, buttermilk, margarine, corn syrup, and baking soda; bring to a boil. Reduce heat and continue to boil for 7 minutes. NOTE: This is an important step; if you don't boil for 7 minutes, the syrup will separate. As the syrup boils, it increases in volume. It can boil over very quickly. Do not leave unattended! This is why you want to use a large pan. Remove from heat and stir in vanilla.



I discovered this recipe one Saturday morning—you know, pancake day—when I was out of syrup and desperate. We liked it so much I make it all the time!

Cheese Blintzes

From the Kitchen of Anne Good Cave

margarine

1 ½ cups milk

2/3 cup flour

½ teaspoon salt

4 large eggs (divided use)

2 8-oz. Packages cream cheese, softened

1 8-oz. Container cottage cheese

3 tablespoons confectioners' sugar

¾ teaspoon vanilla

½ 21-oz. Can blueberry pie filling

½ teaspoon grated lemon peel

sour cream (optional)

1. Day ahead: In blender, blend 2 tablespoons melted margarine with milk, flour, salt, and 3 eggs. Refrigerate 2 hours. Brush crepe pan (or small skillet) with margarine; heat over medium heat. Pour in scant ¼ cup batter. Cook 1 minute, one side only! Remove from pan and continue process until batter is used up. Store crepes in ziploc bag with waxed paper between each one.
2. To make blintzes: Heat pie filling with lemon peel; keep warm.
3. With mixer at medium speed, beat cheeses, sugar, vanilla, and 1 egg until smooth. (this step can also be done the day before)
4. Put ¼ cup cheese mixture in center of browned side of each crepe; fold to make a package.
5. In skillet, in 1 tablespoon hot margarine, cook blintzes until golden.
6. Serve hot with blueberry sauce and optional sour cream.



These are a lot of work, but totally worth it. We like to have them on special occasions like Mother's Day or Father's Day.

Cream Cheese French Toast Mix

From the Kitchen of Anne Good Cave

**Loaf of French Bread,
sliced in 1-in. slices OR
Loaf of Cinnamon-
Raisin Bread (without
frosting or glaze) Soft
Cream Cheese**

4-6 eggs

milk

cinnamon

1. Spread a thick layer of cream cheese between 2 slices of french or cinnamon-raisin bread.
2. Mix eggs in shallow bowl with a splash of milk (french toast batter).
3. Dip cream-cheese sandwiches in egg batter and cook on hot griddle.
4. Sprinkle with cinnamon while cooking.
5. Serve with syrup or powdered sugar.



Rubenson family twist: use challah bread, which is also sweet.

Makes a great Sunday morning treat!

Cheese Soufflé

From the Kitchen of Jeanne Good Rubenson

8 slices of bread, cubed

**1 pound sharp cheddar
cheese, grated**

6 eggs, beaten

1 pint milk

1. Spread cubed bread on bottom of a greased 2 qt casserole dish.
2. Put cheese on top.
3. Mix together beaten eggs and milk and pour over bread and cheese.
4. Refrigerate 6-8 hours.
5. Bake 350 for 45 minutes to an hour.
6. Sprinkle with paprika

Eggs Benedict

From the Kitchen of Jennica Reis

4 egg yolks

3 1/2 tablespoons lemon juice

1 pinch ground white pepper

1/8 teaspoon Worcestershire sauce

1 tablespoon water

1 cup butter, melted

1/4 teaspoon salt

8 eggs

1 teaspoon distilled white vinegar

8 slices turkey ham

4 English muffins, split

2 tablespoons butter, softened

1. To Make Hollandaise: Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.
2. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.
3. Preheat oven on broiler setting. To Poach Eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate
4. While eggs are poaching, brown the turkey ham in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.
5. Spread toasted muffins with softened butter, and top each one with a slice of turkey ham, followed by one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately.

Egg Puffs

From the Kitchen of Jennifer Good Spires

6 Servings

1 cup water

**½ cup butter or
margarine**

½ teaspoon salt

1 cup flour

4 eggs

**3 ounces Swiss cheese,
optional**

1. Combine water, butter & salt in saucepan. Bring to a boil.
2. Add flour all at once and beat over low heat until mixture leaves the sides of the pan and does not separate (about 1 minute).
3. Remove from heat, beating to cool slightly for about 2 minutes.
4. Add eggs, one at a time, beating well after each one, until mixture has a satiny sheen. Stir in cheese. Spoon out onto a sprayed or greased cookie sheet in egg sized lumps.
5. Bake 375 degrees 40 minutes or until puffed and golden.
6. Serve warm.



If you make it without the cheese, serve with applesauce, cottage cheese, tuna salad, pudding or whatever you think will taste good stuffed inside the puff.

German Puff Pancake

From the Kitchen of Anne Good Cave

6 eggs

1 cup milk

1 cup flour

½ teaspoon salt

**2 tablespoons
margarine, melted**

1. Place the eggs, milk, flour, and salt in the blender; cover and process until smooth.
2. Put the butter into a 13x9 baking dish (you can place the unmelted margarine in the dish and then melt in the microwave while blending the other ingredients).
3. Pour batter into dish.
4. Bake, uncovered, at 400 for 20 minutes. When the 20 minutes is up, turn off the oven and leave pancake in the oven for another minute or 2. The pancake will puff up into beautiful shapes.



We always have this breakfast on Christmas day because it is so fast and easy. It only takes a few minutes to whip up the ingredients, and then it bakes in the oven while you open presents! What could be easier?

Healthy Whole-Wheat Pancake Mix

From the Kitchen of Shawn Nobles

6 Servings

Step 1:

2 ½ cup white flour

2 ½ cup whole wheat flour

6 tablespoon sugar

8 teaspoon baking powder

3 teaspoon salt

Step 2:

1 egg

1 1/3 cup milk

3 tablespoons oil

1. Mix step 1 ingredients in a Ziploc gallon bag. Label "Pancake Mix" and store in frig. Also, it helps to write step 2 on the bag so you know how to use mix.
2. To prepare: Measure out 1 ¼ Cup dry mix. Stir in egg, milk (great with soy milk) and oil. (This amount makes 12 pancakes, so if you have a big family, double this)
3. Put some oil on pancake griddle or pan and cook them up!



Why pay for expensive whole wheat pancake mix, when you can make your own and keep it in the frig? These are tender and slightly sweet and nutty tasting. My kids love this!

Sour Cream Pancakes

From the Kitchen of Anne Good Cave

2 cups flour

¼ cup sugar

4 teaspoons baking powder

½ teaspoon salt

2 eggs

1 ½ cups milk

1 cup sour cream

¼ cup butter or margarine, melted

- 1.** Combine dry ingredients in a bowl.
- 2.** In another bowl, beat the eggs. Add milk, sour cream, and butter; mix well.
- 3.** Stir into dry ingredients until blended.
- 4.** Pour batter by ¼ cupfuls onto hot griddle and cook, turning when bubbles form on top.



Saturday is pancake day in the Cave household. We are always looking for new pancake recipes to try. This is our favorite.



Desserts

Rum Cake

From the Kitchen of Judy Good

1 pkg Yellow Cake Mix

**1 pkg. Instant Vanilla
Pudding Mix**

½ cup Light Rum

½ cup Water

½ cup Oil

4 Eggs

½ cup chopped pecans

Glaze:

1 cup Sugar

1 stick Butter

¼ cup Rum

¼ cup Water

1. Beat together first six ingredients.
2. Grease and flour a bundt pan and sprinkle ½ cup chopped pecans.
3. Pour cake batter in bundt pan.
4. Bake at 325 degrees for 50-60 minutes until golden brown.
5. Meanwhile, prepare glaze:
6. Stir glaze ingredients and bring to a boil.
7. After you remove cake from oven, pour glaze over cake in the pan and let it sit for 30 minutes.
8. Remove from pan.
9. Lick the bowl, lick the pan, lick your fingers! Yum!

Almond Biscotti

From the Kitchen of Megan Elizabeth Reis

1 cup white sugar

1 cup brown sugar

2 cups all purpose flour

1 teaspoon baking powder

1/8 teaspoon cinnamon

3 tablespoons soft unsalted butter

3 cups whole almonds (skin on)

2 beaten eggs

3 tablespoons pure vanilla

1 beaten egg mixed with 1 tablespoon water, for egg wash

Preheat the oven to 350 degrees F.

- 1.** Put brown sugar, white sugar, flour, cinnamon, baking powder, butter, and almonds in a large mixing bowl. With mixer on low speed, add beaten eggs and vanilla. Mix just until dough holds together.
- 2.** Put dough on a floured surface. Cut in half. Roll each piece into a log. Place on parchment-lined cookie sheet. Flatten each log slightly with palm of the hand.
- 3.** Lightly brush the top of each log with egg wash.
- 4.** Bake for 25 minutes or until firm to touch. Remove from oven. Cut dough diagonally into biscotti.
- 5.** For harder biscotti, return to 300 degree F oven until sufficiently dry.

Banana Cupcakes

From the Kitchen of Jennifer Good Spires

2 cups Sugar

**½ cup Butter or
Margarine**

2 Eggs, beaten

4 medium Bananas

**2 teaspoons Baking
Soda**

2 tablespoons Milk

3 cups Flour

- 1.** Mash bananas and baking soda together in a small bowl.
- 2.** Mix ingredients in order given.
- 3.** Bake in muffin cups filled ½ full at 350 degrees for 20 minutes.
- 4.** Ice with sugar icing or whipped cream or eat them without icing.



These are the Spires' kids traditional birthday treat to take to school. The teachers used to request a Spires in their class just so they could have these.

Black Forest Cake

From the Kitchen of Megan Elizabeth Reis

**1 pkg. (2-layer size)
chocolate cake mix**

**1 pkg. (4-serving size)
JELL-O Chocolate
Flavor Instant Pudding
& Pie Filling**

**1 can (21 oz.) cherry pie
filling, drained**

**1/4 cup kirsch (cherry
brandy)**

**1 tub (8 oz.) COOL WHIP
French Vanilla
Whipped Topping,
thawed, divided**

**1 square BAKER'S Semi-
Sweet Baking
Chocolate, coarsely
grated**

1. Preheat oven to 350°F. Prepare cake batter as directed on package. Add dry pudding mix; beat until well blended. Pour evenly into 2 greased and floured 9-inch round cake pans.
2. Bake 30 minutes or until toothpick inserted in centers comes out clean. Cool 15 minutes; remove from pans. Cool completely on wire racks
3. Mix cherry pie filling and kirsch in medium bowl. Reserve 1/2 cup each of the cherry mixture and whipped topping for garnish; spoon remaining cherry mixture evenly over one of the cake layers on serving plate.
4. Spread 1 cup of the remaining whipped topping evenly over the cherry mixture; top with second cake layer. Spread 1-1/2 cups of the remaining whipped topping onto side and top of the cake. Top with dollops of the remaining whipped topping.
5. Garnish with reserved cherry mixture and the grated chocolate.
6. Refrigerate until ready to serve. Store leftover cake in refrigerator.

Blonde Brownies

From the Kitchen of Jennifer Good Spires

1 stick Margarine

2 cups Brown Sugar

2 Eggs, beaten

2 cups Flour

2 teaspoons Baking Powder

6 ounces chocolate chips (optional)

1. Melt margarine.
2. Stir in sugar and eggs.
3. Stir in remaining ingredients to make a stiff batter.
4. Spread in a 9x13 inch pan that has been sprayed with cooking spray or greased.
5. Bake 325 degrees for 20 minutes until a toothpick inserted in center comes out clean.

Carrot Cake

From the Kitchen of Evy Reis

3 cups flour

¾ cup nuts

2 teaspoons baking soda

2 cups sugar

½ teaspoon salt

2 teaspoons cinnamon

2 cups carrots, grated

1 cup pineapple, crushed (drain juice and set aside)

1 ½ cups cooking oil

3 eggs, beaten

2 teaspoons vanilla

Powdered sugar

1. Put juice and powdered sugar aside.
2. Mix remaining ingredients, pour into well-greased and floured bundt or large loaf pan.
3. Bake at 350 degrees for 1 hour.
4. Add enough powdered sugar to pineapple juice to thicken it. Glaze cake with mixture.

Blueberry Buckle

From the Kitchen of Jeanne Good Rubenson

2 cups Flour

$\frac{3}{4}$ cup sugar

$2\frac{1}{2}$ tsp baking powder

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ cup shortening

$\frac{3}{4}$ cup milk

2 cups blueberries

1 egg

Topping:

$\frac{1}{2}$ c sugar

$\frac{1}{3}$ c flour

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ c soft butter

- 1.** Heat oven to 375. Grease 8x8 pan.
- 2.** By hand, blend all ingredients. Beat $\frac{1}{2}$ min. Spread in pan. Sprinkle topping over batter.
- 3.** Bake 45-50 minutes.

Buckeyes

From the Kitchen of Jennifer Good Spires

2 cups Peanut Butter

**1 cup Butter or
Margarine**

**4-5 cups Powdered
Sugar**

**12 ounces Chocolate
Chips**

2 tablespoons shortening

1. Cream butters and sugar.
2. Form into one inch balls. Refrigerate until firm.
3. Melt chocolate and shortening in a double boiler. If you melt it in the microwave, be very careful to not burn it and don't get any moisture in it from steam condensing in the microwave. A double boiler is a better way to do this.
4. Use a toothpick to pick up each peanut butter ball and dip it into the chocolate, leaving a circle of peanut butter visible to make it look like a buckeye.
5. Cool on wax paper.



If you want to make these a little more nutritious and a little less sweet, replace half the sugar with powdered milk. You can also leave out the shortening.

Grandma Reis' Buckeyes

From the Kitchen of Evy Reis

3 cups Rice Krispies

1 stick margarine

4 cups powdered sugar

2 cups peanut butter

**2 packages chocolate
chips**

½ stick paraffin or 3 t oil

1. Mix together first 4 ingredients. Form into small balls. Place on wax paper.
2. Melt chocolate chips and paraffin or oil in microwave. Dip balls in chocolate and place on wax paper to dry.
3. Store in frig or freezer. Yummy frozen!

Makes gobs—about 7-8 dozen depending on size of balls.

Chocolate Cherry Biscotti

From the Kitchen of Megan Elizabeth Reis

2 cups flour
¼ cup cocoa powder
2 teaspoons baking powder
Pinch of salt
¼ teaspoon cinnamon
1 cup unbleached whole almonds
1 cup dried cherries
3 large eggs
¾ cup sugar
1 teaspoon pure vanilla extract
8 ounces semisweet chocolate, melted

1. Preheat the oven to 350 degrees F.
2. In a mixing bowl, sift the flour, cocoa powder, baking powder, salt and cinnamon. Stir in the almonds and cherries.
3. In another mixing bowl, whisk the eggs, sugar, and vanilla until smooth. Stir the dry ingredients into the egg mixture. Mix well.
4. Lightly flour the work surface. Turn the dough onto the surface and knead the dough a couple of times. Shape the dough into a log, about 12 inches long and 4 inches wide.
5. Place the dough on a parchment lined baking sheet and bake for about 30 minutes, or until golden and firm to the touch.
6. Remove from the oven and cool completely on a wire rack. Using a serrated knife, slice the bread diagonally into 1/4-inch slices. Place the slices on a parchment lined baking sheet and bake for an additional 12 to 14 minutes or until golden and crispy.
7. Remove from the oven and cool completely a second time on a wire rack.
8. Dip half of each biscotti in the melted chocolate and place on a parchment lined baking sheet and refrigerate until the chocolate sets.

Chocolate Chip Cheesecake

From the Kitchen of Rachel Rubenson

Crust

1 ½ Cups Cookie Crumbs

1/3 Cup White Sugar

1/3 Cup Butter, Melted

Cake

**3 (8 oz) Packages of
Cream Cheese
(whipped works best)**

**1 Can Sweetened
Condensed Milk**

3 Eggs

1 Teaspoon Vanilla

**1 Cup Mini Chocolate
Chips**

1 Tablespoon Flour

- 1.** Mix crust. Press onto sides and bottom of 9" springform pan. Set aside.
- 2.** Beat cream cheese until smooth.
- 3.** Add sweetened condensed milk. Beat well.
- 4.** Add vanilla and eggs. Beat until smooth.
- 5.** Toss mini chips into flour to coat. Pour into cheese mixture.
- 6.** Pour cheese mixture into crust.
- 7.** Bake for 1 hour.
- 8.** Leave cake in oven to cool another hour.
- 9.** Refrigerate several hours before slicing.

Chocolate-Pecan Truffles

From the Kitchen of Megan Elizabeth Reis

**1 package (8 squares)
semi-sweet baking
chocolate, chopped**

¼ cup whipping cream

**4 ounces (½ of 8-oz.
pkg.) cream cheese,
softened**

1 cup powdered sugar

**1 cup finely chopped
toasted pecans**

- 1.** Place chocolate and cream in small saucepan; cook on low heat until chocolate is completely melted, stirring frequently. Cool slightly.
- 2.** Beat cream cheese and powdered sugar in small bowl with electric mixer on medium speed until well blended. Gradually add chocolate mixture, mixing well after each addition; cover.
- 3.** Refrigerate 4 hours.
- 4.** Shape chocolate mixture into 1-inch balls, using melon baller or teaspoon; roll in pecans.
- 5.** If you do not like nuts, you can substitute powdered hot cocoa mix or even powdered instant coffees.
- 6.** Store in airtight container in refrigerator for up to 1 week. Serve in paper liners.

Chocolate Rum Truffles

From the Kitchen of Megan Elizabeth Reis

2 cups of milk chocolate chips

½ butter, softened (don't melt in microwave, just sit it on the counter for a little while)

3 egg yolks

3 tablespoons of any liquor you like (I prefer rum or brandy)

1. Melt the chocolates over hot water in a double boiler. Remove from the heat but keep the chocolates over the heated water.
2. Add the butter and egg yolks and beat until smooth then add your liquor and mix well.
3. Refrigerate 4 hours.
4. Shape chocolate mixture into 1-inch balls, using melon baller or teaspoon roll powered hot cocoa mix or even powdered instant coffees.
5. Store in airtight container in refrigerator for up to 1 week. Serve in paper liners.



I like to use the International Coffee powered flavored coffees. Swiss Chocolate and the Hazelnut flavors are my favorite to use. If you are, make this for children use different flavoring like imitation orange or even peppermint oil. If you use peppermint oil, roll the balls in crushed peppermints.

Chocolate Roll

From the Kitchen of Jeanne Good Rubenson

4 eggs

1/3 cocoa powder

1/3 cup of flour

Egg whites

1 tsp vanilla

1 cup sugar

1 tsp baking powder

2 tbsp powdered sugar

½ pint whipping cream

- 1.** Grease 11x17 cake roll pan; line with wax paper.
- 2.** Separate 4 eggs. Add 2 tablespoons of water to the yolks.
- 3.** Sift together 1/3 cup of cocoa and 1/3 cup of flour. Sift 4 or 5 times to mix well.
- 4.** Beat egg whites, slowly adding 1 cup of sugar and 1 tsp baking powder.
- 5.** Add egg yolks and 1 tsp vanilla to egg whites mixture.
- 6.** Fold in flour/cocoa.
- 7.** Pour into pan.
- 8.** Bake 325° for 15-18 minutes. Cake should pull away from sides; don't overcook.
- 9.** Sprinkle a towel with sugar, turn cake onto towel, roll up and let cool.
- 10.** Mix ½ pint whipping cream with 2 tablespoons powdered sugar.
- 11.** Unroll cake, spread on whip cream; re-roll. Refrigerate.

Cinnamon Cream Apple Crumb Pie

From the Kitchen of Judy Good

Step 1:

7 cups tart apples, sliced

**2/3 cups granulated
sugar**

2 tablespoons flour

¼ teaspoon salt

1/8 teaspoon nutmeg

1 pie shell

- 1.** Combine ingredients from Step 1 and pour into pie shell.
- 2.** Combine ingredients from Step 2 and sprinkle over apples.
- 3.** Bake at 400 degrees for 55-60 minutes.
- 4.** Immediately after removing from oven, poke small holes in top with tines of large fork, then combine ingredients from Step 3 and pour over top of pie.

Step 2:

¾ cups flour

**6 tablespoons brown
sugar**

6 tablespoons butter

Step 3:

¾ teaspoon cinnamon

½ cup whipping cream

Espresso Biscotti

From the Kitchen of Megan Elizabeth Reis

2 cups all-purpose flour

2 tablespoons ground espresso powder

½ teaspoon ground cinnamon

½ teaspoon baking soda

½ teaspoon baking powder

1 cup sugar

½ teaspoon salt, or to taste

2 tablespoons grated orange zest

3 large eggs

1 teaspoon vanilla

¾ cups natural almonds, toasted and chopped

1. Preheat oven to 350 degrees F.
2. In a bowl with an electric mixer mix together the flour, espresso powder, cinnamon, baking soda and powder, sugar, salt and orange zest.
3. In a small bowl beat together the eggs and vanilla. Add them all at once to the dry ingredients and beat until a dough is formed.
4. Stir in almonds.
5. Turn the dough out onto a floured board and knead it into a ball. Halve it and form each half into a log approximately 12 inches long and 2 inches wide. Arrange logs on a buttered and floured baking sheet about 3 inches apart.
6. Bake logs in the middle of oven for 40 minutes or until they are firm all over and browned.
7. Remove them from the oven, let cool for a few minutes. On a cutting board slice logs on a diagonal about 1/2 inch thick.
8. Arrange the slices back on baking sheet and bake them for approximately 10 minutes on each side or until golden throughout.

German Chocolate Cake

From the Kitchen of Megan Elizabeth Reis

**1 pkg. (4 oz.) BAKER'S
GERMAN'S Sweet
Chocolate**

2 cups flour

1 tsp. baking soda

1/4 tsp. Salt

**1 cup (2 sticks) butter
softened**

2 cups sugar

4 eggs, separated

1 tsp. Vanilla

1 cup buttermilk

Filling and Topping

**1 can (12 oz.) evaporated
milk**

1-1/2 cups sugar

**3/4 cup (1-1/2 sticks)
butter or margarine**

**4 egg yolks, slightly
beaten**

1-1/2 tsp. Vanilla

**1 pkg. (7 oz.) BAKER'S
ANGEL FLAKE Coconut
(about 2-2/3 cups)**

**1-1/2 cups chopped
pecans**

1. Preheat oven to 350°F. Line bottoms of 3 (9-inch) round cake pans with wax paper; grease side of pans.
2. Microwave chocolate and 1/2 cup water in large microwavable bowl on High 1-1/2 to 2 minutes or until chocolate is almost melted, stirring after 1 minute. Stir until chocolate is completely melted.
3. Mix flour, baking soda and salt; set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg yolks, 1 at a time, beating well after each addition. Stir in chocolate and vanilla. Add flour mixture alternately with buttermilk, beating until well blended after each addition.
4. Beat egg whites in small bowl with electric mixer on high speed until stiff peaks form. Gently stir into batter. Pour evenly into prepared pans.
5. Mix milk, sugar, butter, egg yolks and vanilla in large saucepan. Cook on medium heat 12 minutes or until thickened and golden brown, stirring constantly. Remove from heat.
6. Add coconut and pecans; mix well. Cool to room temperature and of desired spreading consistency. Bake 30 minutes or until toothpick inserted in centers comes out clean. Immediately run small metal spatula around cake layers in pans. Cool 15 minutes; remove from pans. Remove wax paper; discard. Cool cake layers completely on wire racks.
7. Spread Coconut-Pecan Filling and Frosting between cake layers and onto top of cake.
8. Mix milk, sugar, butter, egg yolks and vanilla in large saucepan. Cook on medium heat 12 minutes or until thickened and golden brown, stirring constantly. Remove from heat. Makes enough to fill and frost top of 3-layer cake or tops of 2 (13x9-inch) cakes or 36 cupcakes.

Gingerbread Boys

From the Kitchen of Shawn Nobles

1 Cup shortening

1 Cup Sugar

1 egg

1 Cup molasses

2 Tablespoon vinegar

5 Cups sifted Flour

1 ½ teaspoon soda

½ teaspoon Salt

2 teaspoon ginger

1 teaspoon cinnamon

1 teaspoon cloves

**cinnamon candies or
icing for decorating**

1. Cream shortening with Sugar. Stir in egg, molasses, and vinegar, beat well.
2. Sift together dry ingredients; stir into molasses mixture. Chill at least 3 hours.
3. On lightly Floured surface, roll dough to 1/8 inch thickness. Cut with gingerbread boy cutters. Place 1 inch apart on greased cookie sheet. Put on candies for eyes, buttons.
4. Bake in 375 degree oven for 5 to 6 minutes.
5. Cool slightly; remove from cookie sheets and cool
6. Makes 5 dozen cookies.



This is a holiday tradition in Kevin's family. One Christmas, he was making these with Grace (2 years old). She was in charge of putting on the cinnamon candies for buttons and eyes. So, she put too many buttons on this one gingerbread boy and Kevin said, "no more candies!" She wailed, "how can he see, he has no eyes!" We take gingerbread boys very seriously in this house!

Grandma's Bundt Cake

From the Kitchen of Irene Good

Cake:

**2 sticks margarine or
oleo, creamed**

1 ½ cups sugar

2 eggs

2 cups flour

1 cup sour cream

½ teaspoon baking soda

**1 teaspoon baking
powder**

1 teaspoon vanilla

Filling:

4 tablespoons sugar

1 teaspoon cinnamon

½ cup nuts

- 1.** Combine cake ingredients, beating for 3 minutes. Pour half into bundt pan.
- 2.** Combine filling ingredients. Pour into bundt pan.
- 3.** Add remaining cake mixture. Bake at 325 degrees for 1 hour.

Grandma Reis' Old-Fashioned Sugar Cookies

From the Kitchen of Evy Reis

¾ cup margarine

1 cup oil

**1 teaspoon butter
flavoring**

1 cup powdered sugar

1 cup granulated sugar

1 teaspoon vanilla

2 eggs

4 cups flour

1 teaspoon baking soda

**1 teaspoon cream of
tartar**

1 teaspoon salt

- 1.** Cream together first 6 ingredients, then add 2 Eggs and beat.
- 2.** Mix together dry ingredients (last 4). Add to butter mixture. Beat well.
- 3.** Refrigerate dough several hours or overnight.
- 4.** Roll into walnut-sized balls. Roll in white sugar. Put on cookie sheet and mash down. You can use a glass bottom or a meat hammer.
- 5.** Bake 12 minutes at 350 degrees. Makes oodles and oodles.

Grandmother's Pound Cake

From the Kitchen of Irene Good or Minnie Roloson

2 cups sugar
5 eggs
1 cup butter
2 cups flour
1 teaspoon vanilla

- 1.** Mix.
- 2.** Bake at 325 degrees for 1 ½ hours.

Impossible Pie

From the Kitchen of Gloria Palkovic

½ cup Bisquick
½ cup sugar
1 cup milk
4 eggs
1 cup coconut
1 teaspoon vanilla
3 tablespoons margarine
Fruit (optional)

- 1.** Heat oven to 400 degrees.
- 2.** Put ingredients into blender and blend. Pour into buttered 9" pie plate.
- 3.** Bake until set, about 25 minutes. Can be served warm or chilled. Put optional fruit (strawberries are good) over pie after serving.

Kevin's Famous Strawberry Shortcake

From the Kitchen of Kevin Nobles

8 Servings

¼ cup sugar

1 ¾ cup all-purpose flour

½ cup shortening

1/3 cup milk

1 egg

1 tablespoon baking powder

1 teaspoon grated lemon peel

¾ teaspoon salt

2 pints strawberries, sliced and sugared

Whipped cream

Ice cream

- 1.** Preheat oven to 450 degrees F.
- 2.** Prepare shortcake: grease cookie sheet. Into bowl, measure ¼ Cup Sugar, and next 7 ingredients. With mixer at medium speed, beat until well combined and a soft dough forms.
- 3.** Drop dough in 8 equal mounds about 2 inches apart on greased cookie sheets.
- 4.** Bake 10 minutes or until golden.
- 5.** Let cool slightly. Split and top with strawberries, ice cream and whipped cream.



One of our most requested recipes. This shortcake is a buttery biscuit, lightly flavored with lemon (the crowning touch!). Serve with ice cream, whipped cream and fresh strawberries.

Lebkuchen

From the Kitchen of Anne Good Cave

½ c. honey
½ t. baking soda
½ c. molasses
1 t. cinnamon
¾ c. packed brown sugar
½ t. ground cloves
1 egg
1 t. allspice
1 t. grated lemon rind
½ t. nutmeg
1 T. lemon juice
**1/3 c. finely chopped
citron (citron can be
found in produce dept.
or with dried fruit)**
1 ½ c. whole wheat flour
**½ c. finely chopped
walnuts**
1 ½ c. white flour
Lemon frosting

1. Bring honey and molasses to boil in saucepan, stirring constantly. Pour into large bowl.
2. Stir in brown sugar, egg, lemon rind, and lemon juice.
3. Add mixture of whole wheat flour, white flour, baking soda, cinnamon, cloves, allspice, and nutmeg; mix well. Stir in citron and walnuts. Cover and chill for 12 hours.
4. Roll on lightly floured surface.
5. Cut into 2x2-inch squares.
6. Place squares on greased cookie sheet. Bake at 350° for 10-12 min. or until firm and lightly browned.
7. Cookies will harden as they cool. Once cool, frost with Lemon frosting. Allow frosting to dry.
8. Place cookies in airtight container, layered with waxed paper, and place apple half or quarters on waxed paper in container. Change apple every other day for 1 week or until cookies are soft. Yield: approx. 4 dozen cookies



This is a very old family recipe. My husband's grandmother was not yet born when her family came from Germany in the early 1900's, and it was their recipe. I usually double the recipe to make a lot, because it is our family's favorite Christmas cookie.

Lemon Frosting

From the Kitchen of Anne Good Cave

¼ c. margarine, softened

2 T. lemon juice

¼ t. grated lemon rind

2 c. confectioner's sugar

- 1.** Beat margarine, lemon rind, lemon juice, and confectioners' sugar in mixer bowl until smooth.
- 2.** May add water if frosting is too stiff.
- 3.** May tint with food coloring if desired.

Creamy Chocolate Fudge

From the Kitchen of Jennica Reis

**1 (7 ounce) jar
marshmallow creme**

1 1/2 cups white sugar

2/3 cup evaporated milk

1/4 cup butter

1/4 teaspoon salt

**2 cups milk chocolate
chips**

**1 cup semisweet
chocolate chips**

1/2 cup chopped nuts

**1 teaspoon vanilla
extract**

- 1.** Line an 8x8 inch pan with aluminum foil. Set aside.
- 2.** In a large saucepan over medium heat, combine marshmallow cream, sugar, evaporated milk, butter and salt. Bring to a full boil, and cook for 5 minutes, stirring constantly.
- 3.** Remove from heat and pour in semisweet chocolate chips and milk chocolate chips. Stir until chocolate is melted and mixture is smooth. Stir in nuts and vanilla. Pour into prepared pan. Chill in refrigerator for 2 hours, or until firm.

Megan's Famous Chocolate Chip Chunk Cookies

From the Kitchen of Megan Elizabeth Reis

- 2 1/2 cups all-purpose flour**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1 cup (2 sticks) unsalted butter, at room temperature**
- 1/2 cup white sugar**
- 3/4 cup packed light brown sugar**
- 1 teaspoon pure vanilla extract**
- 2 large eggs**
- 1 bag of Chocolate chips or chocolate chunks (I like Nestle milk chocolate chips and Hershey's chocolate chunks.)**

- 1.** Preheat the oven to 350 degrees F.
- 2.** Line 2 cookie sheets with parchment paper. Sift together the flour, baking soda, and salt into a medium bowl and set aside.
- 3.** Place the butter, sugar, and brown sugar in the bowl of an electric mixer; cream together on medium speed until light and fluffy. Scrape down the sides of the bowl with a rubber spatula. Beat in the vanilla and eggs. Gradually add the dry ingredients to the creamed mixture and continue to mix until a smooth batter forms. Turn off the mixer and fold in the chocolate chips or chunks using the spatula.
- 4.** To form the cookies, scoop a large teaspoon of cookie dough into your hands and roll it around into a ball or just scoop onto the prepared cookie sheets; you should get about 9 to 12 on each pan. Press down the tops of the dough slightly and bake until the cookies are light brown, 12 minutes for chewy cookies, or about 15 minutes for crispy cookies.
- 5.** Allow the cookies to cool on the baking sheets for 5 minutes before transferring to a wire rack to cool completely. Repeat with remaining dough/cookie sheets.

Meri's Apple Cake

From the Kitchen of Shawn Nobles

¾ cup butter or margarine

1 ½ cup sugar

2 eggs

1 teaspoon vanilla

2 ¼ cup flour

1 ½ teaspoon baking soda

½ teaspoon salt

¾ cup cold coffee

3 cups chopped apples

- 1.** In bowl, beat together Butter, Sugar, Vanilla and Eggs.
- 2.** In second bowl, mix dry ingredients.
- 3.** Add dry ingredients and coffee to Butter mixture a little at a time, alternating until well mixed (can be lumpy). Mix in apples with a spoon.
- 4.** Pour into greased and floured 9 x 13 baking dish. Sprinkle with topping.
- 5.** Bake in 350 degree oven for 45 minutes.

Topping:

½ cup brown sugar

1 teaspoon cinnamon



This is my friend Meri's family recipe. Her family owns an apple orchard, so you know it's good! I call it "ugly cake" but it is so delicious and is even better the day after you make it.

No Bake Cookies

From the Kitchen of Jennifer Good Spires

1 ½ cups Sugar

¼ cup Butter

½ cup Milk

2 tablespoons cocoa

**3 cups quick cooking
Oats**

½ cup Peanut Butter

**1 ½ cups mini
Marshmallows
(optional)**

- 1.** Mix sugar, butter and milk in a saucepan. Bring to a boil and boil for one minute.
- 2.** Mix remaining ingredients in large mixing bowl.
- 3.** Pour milk mixture over. Stir well.
- 4.** Drop by spoonfuls on waxed paper & chill until firm.

Pale Chocolate Chip Cookies

From the Kitchen of Jennifer Good Spires

½ cup Shortening

1 cup Sugar

1 Egg

½ teaspoon Baking Soda

½ teaspoon Salt

**½ cup sour Milk (1/2
teaspoon vinegar in
milk)**

**1 teaspoon Vanilla
Extract**

2 cups Flour

**12 ounces Chocolate
Chips or raisins or
M&Ms or other flavor
baking chips**

- 1.** Mix in order given.
- 2.** Refrigerate 15-20 minutes.
- 3.** Drop on ungreased cookie sheet.
- 4.** Bake 350 degrees for 10 minutes. Do not brown.

Pecan Tassies

From the Kitchen of Joyce Good Henderson

6 ounces cream cheese
1 cup butter
2 cup flour
1 1/3 c. chopped pecans

Filling:

2 tablespoons butter
1 1/2 cup brown sugar
1 tablespoon vanilla
2 eggs

- 1.** Soften the cream cheese and butter and blend together with flour. Chill dough 1 hr.
- 2.** Make 48 little balls of chilled dough and press into greased muffin tins.
- 3.** Sprinkle each with a few chopped pecans, place 1 teaspoon of filling on each and sprinkle with more pecans.
- 4.** Bake at 350 degrees for 12-15 minutes. Remove from tins immediately.
- 5.** For filling: cream butter, brown sugar, vanilla and eggs and beat well.

Peppermint Bark

From the Kitchen of Mary Good Hanning

**1 (12 oz) pkg semi-sweet
chocolate morsels**

**14 oz white chocolate
bark**

**6oz starlight mints or
candy canes (about 30
unwrapped, crushed
into small pieces)**

1. In microwave melt semi-sweet chocolate chips on HIGH for 1 minute. Stir and microwave for an additional 30 seconds; repeat if necessary for an additional 30 seconds.
2. Spread melted chocolate with a spatula on a 10 X 15" jelly roll pan or cookie sheet lined with wax paper or a Tupperware Silicone Wonder Mat. Refrigerate 10 minutes or until set.
3. Melt white bark in microwave on HIGH for 1 minute. Stir and microwave for additional 30 seconds, if necessary. Gently spread mixture over chocolate.
4. Sprinkle crushed mints over white bark. Allow to set before breaking into pieces.



Variations: Instead of peppermint chips, top with crushed walnuts, pistachios or cranraisins. Or just eat the chocolate chips & white bark right out of the package! (Jamie's favorite!)

Pumpkin Pie with Pecan Topping

From the Kitchen of Judy Good

Filling:

- 1 can pumpkin (15 ounces)**
- ¾ cup heavy cream**
- ½ cup milk**
- 3 eggs**
- ½ cup brown sugar**
- 1 ½ teaspoon cinnamon**
- ½ teaspoon salt**
- ¼ teaspoon nutmeg**
- ¼ teaspoon ginger**
- ¼ teaspoon cloves**

- 1.** Mix filling ingredients. Pour into pie shell. Bake at 350 for 50-60 minutes. Allow to cool.
- 2.** Mix first five ingredients of topping. Bring to boil, simmer 5 minutes, stirring. Remove from heat.
- 3.** Add pecans and vanilla.
- 4.** Pour mixture over pie evenly.
- 5.** Refrigerate at least 4 hours or overnight.

Topping:

- 1 cup brown sugar**
- ¼ cup cream**
- 2 tablespoons light corn syrup or honey**
- 2 tablespoons butter**
- 1 teaspoon white vinegar**
- 1 cup pecans, toasted and broken**
- 1 teaspoon vanilla**

- 1 pie shell**

Snicker Doodles

From the Kitchen of Jennifer Good Spires

1 cup Shortening

$\frac{3}{4}$ cup Sugar

2 Eggs

2 $\frac{3}{4}$ cup Flour

2 teaspoons Cream of Tartar

1 teaspoon Baking Soda

$\frac{1}{2}$ teaspoon Salt

$\frac{1}{2}$ teaspoon Vanilla Extract

- 1.** Mix in order given.
- 2.** Chill dough.
- 3.** Roll into balls the size of a walnut. Roll each in a mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased cookie sheet.
- 4.** Bake 375 degrees for 8 minutes, until light brown but still soft.

Strawberry Pie

From the Kitchen of Gloria Palkovic

$\frac{1}{2}$ cup sugar

2 tablespoons cornstarch

1 cup cold water

**$\frac{1}{2}$ small package Jell-O
(or 3 tablespoons)**

**1 pint fresh strawberries,
sliced**

1 pie shell

- 1.** Mix first three ingredients and cook until thick. Then add Jell-O.
- 2.** Put berries in pie shell and pour mixture over top.
- 3.** Refrigerate.
- 4.** Mop floor and take bath.

Toll House Pie

From the Kitchen of Jennifer Good Spires

2 Eggs

½ cup Flour

1/2 cup Sugar {1/4 cup}

½ cup Brown Sugar {1/4 cup}

¾ (1 ½ sticks) cup Butter {1/2 cup}

1 cup Chocolate Chips

1 9 inch unbaked pie crust

Whipped Cream or Ice Cream

1. Beat eggs at high speed until foamy, about 3 minutes.
2. Beat in flour, sugar, and brown sugar.
3. Beat in butter.
4. Stir in chocolate chips by hand.
5. Bake 325 degrees for 55-60 minutes until knife inserted halfway between edge and center comes out clean.
6. Cool completely. Top with whipped cream or ice cream.



This pie is almost too rich, if that's possible. If you want to make it a little less so use the amounts in brackets.

Valone's Butterscotch Squares

From the Kitchen of Valone Roloson Darnell

¼ cup butter
1 cup brown sugar
1 egg
¾ cup flour
1 teaspoon baking powder
1 teaspoon vanilla
¼ cup chopped nuts

- 1.** Heat butter and sugar together in a saucepan. Stir until smooth, not too hot. Cool to lukewarm.
- 2.** Add egg.
- 3.** Sift flour & baking powder, add it and all other ingredients.
- 4.** Spread into 8" square baking dish lined with wax paper.
- 5.** Bake 30 min at 300 degrees.

Vera's Date Pudding

From the Kitchen of Vera Darnell

1 cup chopped dates
1 cup water
1 teaspoon baking soda
1 cup brown sugar
1 teaspoon baking powder
1½ cup flour
1 tablespoon butter
½ cup chopped nuts

- 1.** Let chopped dates sit in water and baking soda for one hour.
- 2.** Mix ingredients.
- 3.** Spread into 8" square baking dish, bake 25 minutes at 325 degrees.



Drinks

Coffee Liquor

From the Kitchen of Jennifer Good Spires

1 Serving

2 Cups Water
1 Cup Brown Sugar
2 Ounces Instant Coffee
1 Cup 151 Rum
1 Tablespoon Vanilla Extract

1. Make a syrup with sugar & water by bringing it to a boil and stirring until sugar is completely dissolved (in microwave or on stove).
2. Stir in remaining ingredients.
3. Cool, bottle and age for 30 days. (Aging is easy; leaving the liquor alone for 30 days is *not!*)

Jell-O Shots

From the Kitchen of Jennifer Good Spires

Package of gelatin
Boiling Water
Liquor

1. Follow the package directions for making gelatin: add boiling water to the gelatin and stir until dissolved. Substitute liquor for the cold water. Pour into shot glasses. Chill until firm.

I like to experiment with different flavors.

Favorites:

Cherry Jell-O with Amaretto
 Pineapple Jell-O with Coconut Rum
 Lime Jell-O with Tequila and Triple Sec

Other flavors I've tried:

Orange Jell-O with Peach Schnapps
 Raspberry Jell-O with Razz Ma Tazz Liquor

A game we play at every party is to figure out how many Jell-O shots equal a drink.

Orange Julius

From the Kitchen of Jennifer Good Spires

6 Servings

6 oz. frozen orange juice concentrate

1 cup milk

1 cup water

½ cup sugar

1 teaspoon vanilla

10-12 ice cubes

- 1.** Combine ingredients, except ice, in blender.
- 2.** While blender is running, drop ice in one cube at a time, blend until smooth.

A photograph of a plate of food. The plate is dark green and contains spaghetti with a thick red tomato sauce. There are several golden-brown fried chicken nuggets. At the bottom of the plate, there are sliced pickles and a small pile of yellow corn kernels. A silver fork is visible at the top left of the plate. The text "Culinary Catastrophes" is overlaid in white in the center of the image.

Culinary Catastrophes

As recipes came in to this project, so did the family stories. It was suggested they be compiled in a chapter, what I call Culinary Catastrophes. Please enjoy, laugh, joke with the family about these stories, but please do not try to recreate them!

David Good

Unpuffed Pancakes

By Shawn Nobles

So here is my anecdote for Puffed Oven Pancakes. When Sophia was a little baby, we had house guests. I was too ambitious and decided besides getting myself and baby Sophia and toddler Grace ready for church, I was also going to make these pancakes for breakfast. So, I actually had Kevin start the recipe while I got dressed. Then, I came in the kitchen and took over so he could get dressed. I poured the batter in the pan and put it in the oven. But it didn't rise! I couldn't figure out why, so I asked Kevin if he beat the eggs long enough. He looked at me and said, "Did you add the flour?" Well, of course I thought he added the flour. Yuck! Breakfast ruined. Too many cooks...; so we all went to church hungry.

Spicy Stromboli

By Anne Good Cave

A few years ago, I had a very busy day. I made Stromboli for dinner, but I had to go pick up a kid from some activity or something. So I put the Stromboli in the oven and set the timer (I have a timer to turn the oven on a certain time, and then shut down to a keep warm phase when it's done). I asked Alex to make the sauce while I was gone.

When I got home, everything was ready, the table was set, and we sat down to eat. The first thing I noticed was that the sauce was BLACK. Stromboli sauce has a lot of herbs in it, so it is usually dark red with lots of specks of black, but this sauce was flat-out black.

I asked Alex if he burned the sauce. He said no. We started eating. The stromboli tasted fine, but the sauce was a little strange. It was pretty hot. Spicy hot. It was the kind of hot that you don't really notice until you stop eating. And then you drink and you drink and nothing stops the burning.

I asked Alex if he had followed the recipe: 2 sm. cans tomato sauce, 2 t. oregano, 2 t. basil, 1/4 t. garlic. He insisted he had followed the recipe.

When I was cleaning up the kitchen later, I found the problem. When I had made the Stromboli earlier, I had put the wrong lids on the spice jars. The oregano lid and the black pepper lid had been switched -- (my spice jars have the labels on the lids.) So when Alex thought he was putting in 2 t. oregano, he was actually putting in 2 t. black pepper. Being a kid, he didn't notice that the oregano was black and grainy instead of being dried leaves!

Shrimp Bites Back

By Shawn Nobles

One time, Kevin was making shrimp curry. The recipe called for 2 tsp red pepper flakes. But he put in 2 tsp ground red pepper. Big difference! It was so spicy that it made me feel sick eating it.

The Recipe

By Anne Good Cave

Mike's great-grandparents came here from Germany and were proud of their German heritage. They passed down many recipes to his Grandmother. When I married into the family, I was given The Recipe.

The Recipe refers to the recipe for Lebkuchen, which is like a gingerbread cookie. It is a very old recipe and contains no sugar--only honey and molasses as sweeteners. So for my first Christmas as a Cave, I wanted to surprise Mike and uphold the family tradition by making Lebkuchen.

Well, The Recipe only had the ingredients listed. I guess the instructions were genetically programmed or something. So I mixed the ingredients together, rolled out, and baked the cookies. They came out of the oven smelling wonderful, but as they cooled, they got harder and harder. By the time they were cool, they were like little bricks. I was so embarrassed that I had somehow messed up The Recipe. I didn't want to be evicted from the family. I didn't want to disappoint my new husband. So, I threw the entire batch of cookies into the trash and didn't say a word about it to anyone.

Years later, I had the opportunity to bake Lebkuchen with Mike's mother. Her batch of cookies got rock-hard as they cooled, too! I asked her about it and she said, "Oh, you have to put them through the softening process. Didn't you know that?" You see, (remember, this was genetically programmed and I am missing that gene) you have to put

these cookies in a container with some apple slices, and the cookies take a week or so to soften to where you can eat them without chipping a tooth! And no, I didn't know that! So I make Lebkuchen every year now, and they are my kids' favorite Christmas cookies. Also, this explains the gingerbread house in the story of Hansel and Gretel.

Tomato Sauce Curse

By Joyce Good Henderson

When mother was in the hospital having some baby--either Anne or David, I was supposed to make spaghetti sauce for dinner. Her recipe called for 1 tablespoon of sugar to sweeten the acidity of the tomatoes. I mistakenly put in 1 cup and it was the equivalent of tomato kool-aid.

The second tomato sauce disaster was when Shawn was a baby. We were visiting and I was helping mother in the kitchen. She had already opened a can of tomato sauce but she left the lid in place. Actually, it wasn't the lid but the bottom because she had turned the can upside down and opened it. She asked me to put the tomato sauce in the pan but I didn't know it was opened already and I turned it right side up to open it. The bottom fell out and the sauce went into the electric push-button panel controlling the stove. Fortunately for me, Shawn needed to be nursed right then so Daddy and Jerry had to shut off the electricity to the kitchen and take apart the stove to clean up the mess. Thank you, Shawn.

I was very glad when the low-carb diet came out and I no longer make anything with pasta and tomato sauce.



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Sorry, you won't find this recipe in this cookbook.

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This looks really good. Sorry it's not in this cookbook. But there really are some good recipes in here. Check it out.

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