

*our family cookbook*



# our family cookbook

Favorite recipes bind families, remind us of traditions, and are a key to the strength of a family. When I make Gramma Morey's Molasses Cookies, I feel her near me. When I bake the Cranberry Spice Bread, I remember long ago Christmases growing up when Nana filled the kitchen with its heady scent.

One year, my mother gave me a cookbook she made with handwritten recipes. I treasure it, and I thought that I would put together a cookbook for our family with some of our old favorites, as well as some staple recipes that aren't necessarily special, yet form the backbone of my daily menu plans.

No one told me when I was growing up that trying to figure out what to cook for dinner would be one of the most challenging tasks of managing a home. In this cookbook, in addition to the recipes there are menu plans for different seasons to spark ideas in case you, too, find it difficult to answer the question, "What's for dinner?" There's also a list of "quick fixin's" – things you can get from stove to table very quickly.

I also included our traditional holiday menus – the meals that often make it Thanksgiving or Christmas to us. Recipes in the menu plans that have an asterisk are included in the cookbook.

The recipes include notes and stories sharing my tips and the backstory of how the recipe came into my life. In this way, the cookbook is a kind of family history.

When we lived in Germany, I did a Bible study on hospitality that changed the way I thought of serving people food forever. Because of that, you will see references to meals that are good to take to people or to have on hand.

After toying with the idea of having this printed in a bound book, I decided to do it this way – simply – so that we can add to it as time goes by and new recipes find their place in the family.

Mutti

Christmas, 2016



compiled Christmas 2016 by Lisa Van Gement as a gift to her children

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## deviled eggs

### Ingredients:

12 hard cooked eggs, peeled  
1/2 cup mayonnaise  
1 1/2 tsp. white wine vinegar  
1 1/2 tsp. Dijon mustard  
1/8 tsp. kosher salt  
paprika for garnish

### Directions:

Slice eggs in half lengthwise and carefully remove yolks. Keep the white part intact & pretty!

Grate egg yolks using the small holes of a box grater, and then mash together the yolks, vinegar, mustard, and salt.

Spoon or pipe into the egg whites and sprinkle with paprika.

[To hard cook eggs: Place the eggs in a saucepan and fill with enough cold water to cover the eggs (they should sit in a single layer). Bring to a boil over medium-high heat. As soon as the water comes to a boil, turn off the heat and cover the pan; let sit for 13 minutes (15 minutes if you're cooking a dozen). Drain the eggs, then transfer to a bowl of ice water. Let cool completely. To peel, gently crack the eggs on the countertop all over, then roll them between your hands. Peel the eggs.]

Story: Everyone loves deviled eggs! Why? I'm not sure, but they're always a hit. This is the recipe from *Southern Living* magazine, and it's the perfect seasoning taste. The hard-cooked eggs recipe is not theirs, but it's the no-fail recipe I use. For extra pretty eggs, you can sprinkle snipped fresh chives on top, as well as paprika. Fresh eggs are harder to peel, so buy your eggs a few days ahead of boiling them.





## *insanely amazing jalapeno cheese dip*

### Ingredients:

1 4 oz. can diced jalapeno peppers  
1 cup shredded Parmesan cheese  
1/2 cup shredded cheddar cheese  
1 cup mayonnaise  
1 4 oz. can chopped green chilies  
1 round loaf sourdough bread

### Directions:

Preheat oven to 350 degrees.

Combine all of the ingredients except the bread in a bowl. Cut the top off of the bread and hollow out the center to create a bowl. Fill the bread bowl with the jalapeno mixture.

Bake for 30 minutes. Serve with the cut-up bread you hollowed out and/or tortilla chips or veggies.

Story: This is spicy, but not overly so, and it makes a perfect thing to take to parties or potluck events. Everyone loves it, and it's easy. I found the recipe at [Allrecipes.com](http://Allrecipes.com), and it's never failed. The bread is really optional. If you don't want to deal with that, simply mix the ingredients and bake it in a dish.



*All great change in America begins at the dinner table.*  
— Ronald Reagan

## *italian-style stuffed mushrooms*

### Ingredients:

16 large fresh mushrooms  
6 oz. sweet Italian sausage  
1 clove garlic, minced  
3 TBSP olive oil  
2 TBSP minced parsley  
1/4 cup grated Parmesan cheese

### Directions:

Preheat oven to 350.

Chop the mushrooms finely, including the stems.

Remove the sausage from the casing and put it in a skillet with the mushrooms, garlic, and 1 TBSP of the oil. Cook, breaking up the meat, until the sausage is browned. Add 1 TBSP oil, parsley, and cheese.

Fill the mushroom cavities, rounding up the tops.

Place them in a shallow baking pan. Put the remaining oil and 1/4 cup of water in the bottom of the pan. Bake about 20 minutes, and serve hot.

Story: This is Nana's recipe, and she used to make it at parties. It always feels so festive to me because it's delicious and takes some time and my mom made it at parties!

You can cook up the mixture and stuff the mushrooms ahead of time, and then bake it right before the party. If you do that, you need to add a little time to the baking.



## seven layer dip

### Ingredients:

1 large can refried beans  
1 tsp. chili powder  
1/2 tsp. garlic powder  
1/2 tsp. seasoned salt  
1 cup sour cream  
1 cup mayonnaise  
1 pkg. taco seasoning  
3 avocados, peeled and mashed

3 TBSP lemon juice  
1/2 tsp. garlic powder  
2 cans diced green chiles  
2 – 3 cups grated cheddar cheese  
3 tomatoes, diced  
2 green onions, diced  
2 small cans sliced olives

### Directions:

Layer 1: Mix refried beans with chili powder, garlic powder, and seasoned salt.

Layer 2: Mix sour cream, mayo, and taco seasoning.

Layer 3: Mix avocados, lemon juice, and 1/2 tsp. garlic powder

Layer 4: Diced green chiles

Layer 5: Grated cheese

Layer 6: Diced tomatoes and onions

Layer 7: Sliced olives.

Refrigerate. Serve with tortilla chips.

Story: This is one of the Arlington Stake Relief Society Cookbook recipes. It's from Sheri Warren, and it's really good. It can be made ahead of time. You can add shredded lettuce, too, if you like.



*"The best meals are those prepared by loving hands."*  
— Ken Poirot





# bread braid

## Ingredients:

1 pkg. yeast  
1/4 cup warm water  
1/4 cup sugar  
1/4 cup oil  
1 tsp. salt  
1 1/4 cups hot water  
2 eggs, well beaten  
4 1/2 to 5 cups flour  
Egg yolk  
Sesame seeds

## Directions:

Dissolve yeast in the 1/4 cup warm water. Set aside.

In a large bowl, combine sugar, oil, salt, hot water, beaten eggs, and 2 1/2 cups flour. Add dissolving yeast and beat mixture until smooth and well mixed. Add remaining flour to make a moderately stiff dough, kneading until dough is smooth. Cover and allow to rise 1 1/2 hours in a warm place. Punch down and cut into 8 equal portions.

Using four of the portions, roll each out on a floured surface until about 18 or 20 inches long and about an inch in diameter, like a long straw. Braid the four "straws" into a bread braid, brush with egg yolk, sprinkle with sesame seeds, and let rise 30 minutes.



Bake at 375 for 30 – 35 minutes.

Story: I learned to make this at Relief Society, and it was the first time I ever learned to make bread. I felt so proud of myself! Everything I needed to know I learned at Relief Society. This bread is simple to make, and it looks great, too. It makes a nice complement to soup, especially if you're taking a meal in to someone. It's so much easier to do that it looks.

(image of braiding: <http://www.popsugar.com/food/Challah-Recipe-24926952>)



## *cary's cornbread*

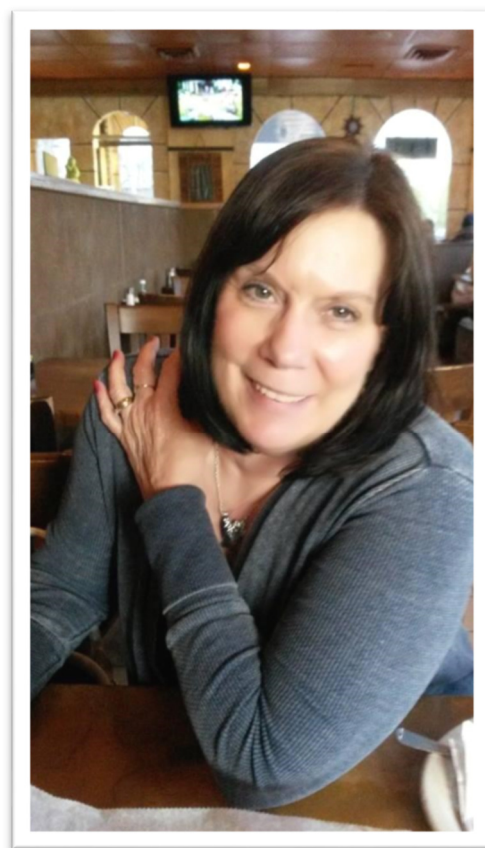
### Ingredients:

1 stick butter, melted and cooled  
1 cup milk  
2 beaten eggs  
2 cups Bisquick  
1 cup sugar  
½ tsp. baking soda  
4 TBSP cornmeal

### Directions:

Mix all ingredients and scrape into a greased 9x13 inch pan.

Bake at 350 for 30 minutes.



Story: So, this is really Corn Cake. It's so delicious, and so easy! The recipe came from my friend in Iowa, Cary Jacobs, pictured here. Iowa has truly amazing cooks. Cary was the Relief Society President in our ward in Cedar Rapids, and I think of her every time I make this wonderful bread. It goes great with chili and other soups.



*"People who love to eat are always the best people." – Julia Child*

## cinnamon donut muffins

### Ingredients:

1 $\frac{3}{4}$ cups flour	1 egg
1 $\frac{1}{2}$ tsp. baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tsp. salt	jam (any flavor)
$\frac{1}{4}$ tsp. nutmeg	TOPPING:
$\frac{1}{4}$ tsp. cinnamon	$\frac{1}{4}$ cup melted butter
$\frac{3}{4}$ cup sugar	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup vegetable oil	1 tsp. cinnamon

### Directions:

In a large bowl, combine dry ingredients. In a small bowl, combine oil, egg and milk. Mix well. Fill muffin tin cup (greased or lined) half full with batter. Add one tsp. of any flavor jam, jelly or preserves. Add batter to cover. Bake at 350 for 20 minutes. When done, dip muffins in melted butter, then cinnamon/sugar mixture.

Story: When we lived in Iowa, I began subscribing to a magazine called *Taste of Home*. Oh, how I love that magazine! This recipe was one from that magazine that was so easy and always delicious.



"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found." – Calvin Trillin

## cranberry spice bread

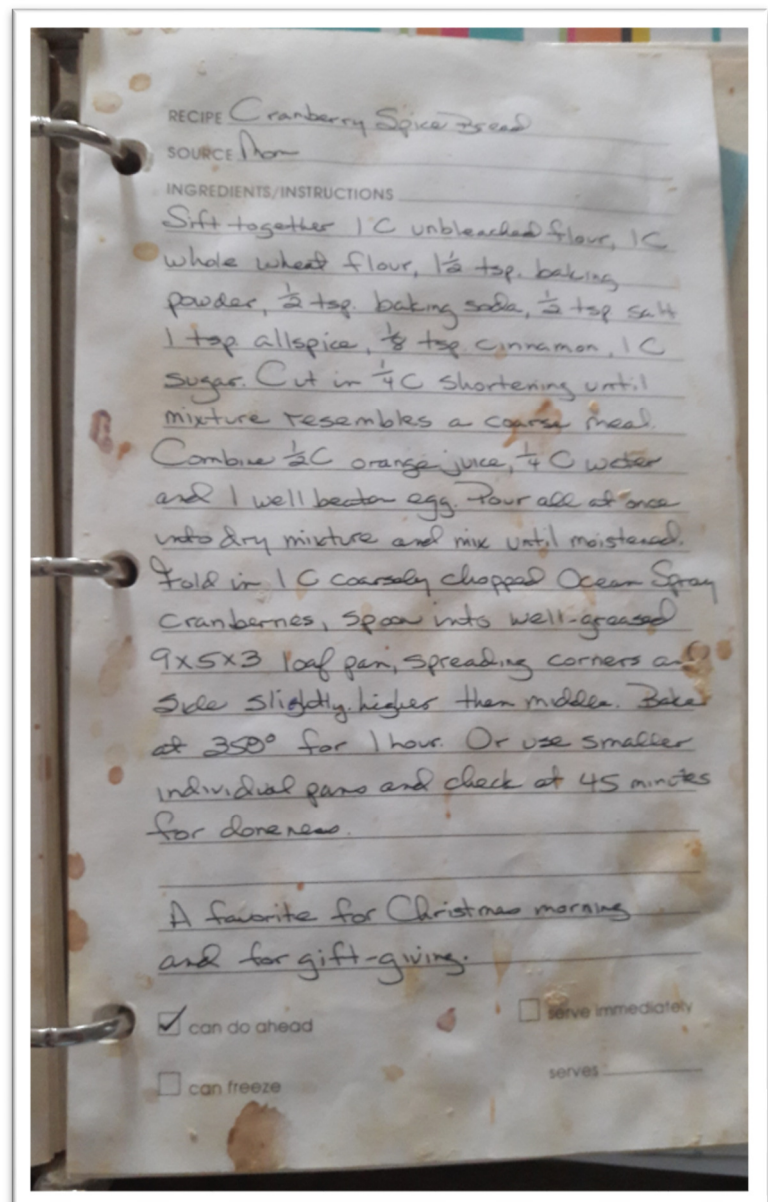
Sift together 1 cup unbleached flour, 1 cup whole wheat flour, 1 ½ tsp. baking powder, ½ tsp. baking soda, ½ tsp. salt, 1 tsp. allspice, 1/8 tsp. cinnamon, and 1 cup sugar.

Cut in ¼ cup shortening until mixture resembles a coarse meal. Combine ½ cup orange juice, ¼ cup water and 1 well-beaten egg. Pour all at once into dry mixture and mix well until moistened.

Fold in 1 cup coarsely chopped fresh cranberries. Spoon into well-greased 9x5x3 loaf pan, spreading corners and sides slightly higher than the middle.

Bake at 350 for 1 hour. You can also use smaller loaf pans and check at 45 minutes for doneness.

Story: This recipe of Nana's is a favorite for Christmas mornings in our family since the 1980s. It's also something we've often given as gifts. Its smell while cooking is amazing, and it is just not Christmas without this bread. It's delicious for breakfast, smothered in good butter. It freezes well, too. You can probably tell just by looking at this picture of the recipe written in my mother's hand how often I've baked it!





## glazed lemon bread

### Ingredients:

2 ½ cups sifted flour	1 tsp. salt
3 tsp. baking powder	1/3 cup butter
1 ¼ cups sugar, divided	2 eggs
2 TBSP lemon zest	1 cup milk
1/3 cup lemon juice	

### Directions:

Preheat oven to 325. Sift together flour, baking powder, salt, set aside. In a bowl, cream butter with 1 cup sugar and 1 TBSP lemon zest. Add eggs one at a time, stirring well after each addition. Add dry ingredients and milk, alternately half at a time, stirring until smooth.

Pour into greased 9x5x3 loaf pan and smooth top. Bake 60-70 minutes.

Just before the end of the baking time, in a saucepan, combine lemon juice, remaining zest, and ¼ cup of sugar. Heat slowly, until sugar dissolves, stirring constantly. Pour evenly over bread immediately after taking it from the oven. Cool the bread in the pan on a rack for 30 minutes. Remove from pan and cool two more hours before slicing.

Story: We moved to a home at 1706 Mackinnon Street in Cardiff-by-the Sea when I was in fourth grade (1974). It was a magical home (here's a picture of it below), and it had a wonderful Ponderosa lemon tree in the backyard that Nana used to make this delicious bread.



## lemon poppy seed muffins

### Ingredients:

3 cups flour  
2  $\frac{1}{4}$  cups sugar  
1  $\frac{1}{2}$  TBSP poppy seeds  
1  $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
3 eggs  
1  $\frac{1}{2}$  cups milk  
1 cup vegetable oil  
1  $\frac{1}{2}$  tsp. lemon extract

### Directions:

Preheat oven to 350.

In a large bowl, combine dry ingredients. Add remaining ingredients, mixing only until thoroughly combined. Fill lined muffin tins  $\frac{3}{4}$  full and bake until toothpick inserted in center comes out clean (about 20 – 22 minutes).

Bake at 350 for 30 minutes.



Story: I love Bed & Breakfast recipes. They are usually pretty straightforward (as this one is), and they're always delicious. This recipe is from the Anniversary Inn in Colorado, and it's a nice, light-flavored muffin, perfect for breakfast or luncheons.

# *lion house rolls*

## Ingredients:

2 cups warm water (110 to 115° F)  
2/3 cup nonfat dry milk  
2 tablespoons active dry yeast  
1/4 cup granulated sugar  
2 tsp. salt  
1/3 cup butter, shortening, or margarine  
1 egg  
5 to 5 1/2 cup all-purpose flour or bread flour  
1/2 cup butter, melted

## Directions:

In large bowl of an electric mixer, combine water and dry milk powder, stirring until milk dissolves.

Add yeast, then sugar, salt, butter, egg, and 2 cups of the flour. Mix on low speed until ingredients are wet. Increase mixer speed to medium and mix for 2 minutes. Add 2 cups flour; mix on low speed until ingredients are wet, then for 2 minutes at medium speed. Add remaining flour, 1/2 cup at a time, and mix again until dough is soft, not overly sticky, and not stiff. (It is not necessary to use the entire amount of flour.)

Scrape dough off sides of bowl and pour about one tablespoon of vegetable oil; work oil all around sides of bowl. Turn dough over in bowl so it is covered with oil. (This helps prevent dough from drying out.) Cover with plastic wrap and allow to rise in warm place until doubled in size, about 1 1/2 hours. Sprinkle cutting board or counter with flour and place dough on floured board.

Divide dough in two. Turn dough over so it is floured on both sides and gently flatten to about an inch thick. With a rolling pin, roll out into a rectangle about 12 inches long, 8 inches wide, and 1/4 inch thick. Brush with melted butter.





With a pizza cutter, cut dough in half to make two strips about 4 inches wide. Cut dough into strips about 2 inches wide, making twelve pieces of dough. Roll up.

Place facing same direction on greased or parchment-lined baking pans. Cover lightly with plastic wrap. Let rise in warm place until rolls are doubled in size, about 1 to 1 1/2 hours.

Bake at 375° F for 15 to 20 minutes or until browned. Brush with melted butter while hot.

Story: The Lion House, Brigham Young's home in Salt Lake City that is now a restaurant and venue, is famous for these rolls.

Note: You can freeze shaped rolls for later use. Simply double the amount of yeast used when making dough. After the first rise, shape the rolls but do not rise again. Instead, place rolls on a baking sheet and immediately place in freezer. When dough is frozen solid, remove rolls from pan and place in a plastic bag, squeeze excess air out of bag and seal. Rolls can be frozen for 3 weeks.

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## *honey butter*

### Ingredients:

1/2 cup butter, softened  
1/2 tsp. vanilla  
1/2 cup honey

### Directions:

Whip softened butter until light and fluffy. Add in vanilla and honey gradually, and then walk away while your devoted Kitchen Aid mixer beats it for twenty more minutes. I love you, Kitchen Aid.



## poppy seed loaf

### Ingredients:

1 pkg. white or yellow cake mix  
1/2 cup oil  
4 eggs  
1/4 cup poppy seeds  
1 cup warm water  
1 tsp. almond flavoring (optional)

### Directions:

Preheat oven to 350.

Beat all ingredients with a mixer and bake in two greased loaf pans or one 9x13 inch pan for 45 minutes.

Story: This is a recipe from one of my closest friends in Germany, Debra Mucci. I love it because it's so simple, yet tastes so good. I usually slice it and serve it like bread. Hey, you only live once.



## pumpkin cinnamon swirl bread

### Ingredients:

2 eggs  
1 1/3 cups canned pumpkin\*  
1 1/2 cups sugar  
1/2 cup oil  
2 cups flour  
2 tsp. cinnamon  
2 tsp. baking powder  
1/2 tsp. salt  
1/3 cup sugar + 1 TBSP cinnamon



### Directions:

Preheat oven to 325. Grease four mini loaf pans.

Whisk together eggs, pumpkin, sugar, and oil.

Stir together flour, cinnamon baking powder, and salt. Add to wet ingredients and whisk until thoroughly combined.

Divide half of the batter between the four mini loaf pans.

Mix together the 1/3 cup sugar and 1 TBSP cinnamon in a small bowl. Sprinkle a heaping tablespoon over each of the loaves. Spread the remaining batter evenly between the four pans, then top with the remaining cinnamon sugar mixture.

Bake for about 40 minutes, or until a toothpick inserted in the center comes out clean.

Note: This recipe was a Pinterest find from a website called CreationsbyKara.com. It tastes amazing and makes your home smell like a glimpse into heaven. If all you have is a cup of pumpkin, that will work just fine. These are perfect for gift giving.





*breakfast*

## breakfast casserole

### Ingredients:

12 slices white bread  
1/4 cup butter, softened  
1 pound sausage, browned and crumbled  
8 oz. shredded cheddar cheese  
4 eggs  
3 cups milk

### Directions:

Trim crusts from bread. Spread lightly with butter. Arrange 6 slices buttered side up in greased 9x13 baking dish. Layer half of the sausage and cheese over the bread. Add remaining bread, sausage and cheese. Beat eggs with milk in bowl. Pour over casserole; press until milk saturates all layers. Chill overnight. Bake at 350 degrees for 45-50 minutes or until set and golden.

The story: When we lived in Cedar Rapids, a child came to the door selling wrapping paper for a school fundraiser. I didn't want the wrapping paper, but in the catalog I found a cookbook called *Homemade for the Holidays* that was a compilation of the favorite recipes of home economics teachers. It was the best money I've ever spent. This recipe was in it, and I've made it for Christmas breakfast every year since. That would have been 1992 or 1993.



## christmas breakfast menu

Breakfast Casserole  
Funeral Potatoes  
Fresh Fruit Salad  
Cranberry Bread  
Lemon Bread  
Cinnamon Rolls (sometimes)



All of the recipes for this menu are included, except for the fresh fruit salad, which is just cut up fruit of whatever looks good at the grocery store!

## crepes

### Ingredients:

1 cup flour  
1/4 tsp. salt  
1/2 cup milk  
1/2 cup water  
2 eggs

### Directions:

Add flour to a glass bowl. Add salt. Mix. Make a well in the center. Add/measure the milk & water together. Add beaten egg to this and give it a stir. Using a whisk, slowly incorporate the wet ingredients (best if at room temperature) a little at a time, stirring in small circular movements. Continue adding wet ingredients, stirring/whisking with whisk, until all the flour is incorporated.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Notes: Crepes are super versatile because they take on the flavor of whatever you fill them with. You can do something as simple as a nice jam or preserve, or you can make a savory filling. You can make the cooking easier by having a hot griddle nearby and transferring the crepes to that if you are struggling to turn them over in the same pan.

Crepes freeze well. To freeze: Place a stack of cooked, cooled **crepes** (between layers of wax paper or paper towels) inside a heavy-duty zip-top plastic bag. Refrigerate up to five days, or **freeze** up to two months. If frozen, thaw in the refrigerator. Remove stack from the bag, and reheat in a microwave at HIGH for 15 seconds.





salads *AND* sides



## *bow tie pasta salad*

### Salad Ingredients:

16 oz. bow tie pasta, cooked  
10 ounces baby spinach  
6 ounces dried cranberries  
2 11 oz. cans of Mandarin oranges  
6 oz. honey roasted peanuts  
1/8 cup sesame seeds  
1 cup green onions, chopped  
1 8 oz. cans sliced water chestnuts  
Grilled chicken (optional)

### Marinade Ingredients:

1/2 cup oil  
2/3 cup Teriyaki sauce  
1/2 tsp. salt  
1/2 tsp. pepper  
6 TBSP sugar  
2/3 cup vinegar

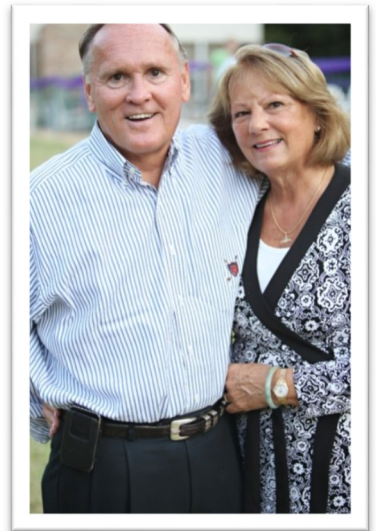
### Directions:

Mix marinade. Add cooked bow tie pasta to marinade and let sit eight hours or overnight. I usually use a zip lock bag for this.

Add marinated pasta to all other salad ingredients and toss.

Story: This is Linda Larsen's recipe, just one of the many amazing cooks I know. When the Larsens lived in Arlington before their move to Utah, any event where she was cooking was a party.

This salad is fun to make because it can be assembled ahead of time and then add the pasta right before serving. It's a good thing to make with the bread braid recipe because they both use sesame seeds. Adding the chicken makes it a main dish salad, perfect for warm nights.



## cucumber salad

### Ingredients:

1 cup mayonnaise  
1/4 cup sugar  
4 tsp. white vinegar  
1/2 tsp. dried dill  
1/2 tsp. seasoned salt  
4 medium cucumbers, peeled and sliced

### Directions:

In a large bowl, stir together the mayonnaise, sugar, vinegar, dill, and seasoned salt. Mix in the cucumber slices, tossing to coat.

Note: There's something about a cucumber salad that everyone loves. This recipe is simple, yet very flavorful. Don't slice the cucumbers too thin or the salad gets soggy.

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## easy cheesy beans (serves four)

### Ingredients:

1 cup refried beans  
1 tsp. lime juice  
6 TBSP mild salsa  
Kosher salt  
1/2 cup grated Monterey Jack cheese  
1/2 avocado, diced

### Directions:

Mix together the beans, lime juice, 3 TBSP of salsa, and a pinch of salt. Top with cheese. Microwave until the cheese is melted (40 seconds, perhaps). Top with the avocado and rest of salsa. Serve with tortilla chips.

Story: I got this recipe from *Real Simple* magazine, and it actually is really simple. It tastes great, and it's fun to put the individual servings in ramekins if you have them.

## *The fake salads*

Who are we kidding? These are desserts, masquerading as salad. They are colorful and can be made ahead. One is pink, and one is green. They have fruit, so that's healthy, right?

### *pink stuff*

#### Ingredients:

1 box strawberry Jell-O (or any flavor, really)  
16 oz. cottage cheese  
1 can mandarin oranges, drained  
1 can pineapple tidbits, drained

1 tub Cool Whip  
marshmallows (optional)  
strawberries, sliced (optional)  
bananas, sliced (optional)

#### Directions:

Combine everything except the Cool Whip. Mix well and then fold in the Cool Whip. If you want to use strawberries, you can lay them on top for garnish as well.

Story: This is Leslie Buer's recipe (she's in the Arlington 3<sup>rd</sup> Ward). I've made it for the lunch when Greg was in a group that all met for lunch each week at a different house. Leslie said her girls love it because it's pink.

### *pistachio salad*

#### Ingredients:

1 box instant pistachio pudding mix  
20 oz. can crushed pineapple, undrained  
1 cup miniature marshmallows  
1/2 cup chopped nuts  
1 tub Cool Whip, thawed

#### Directions:

Pour the pudding mix over the pineapple and mix. Add the marshmallows and nuts, and then slowly fold in the Cool Whip. Refrigerate 3-4 hours or overnight.

Story: This recipe is from Lucille Molen in the Arlington 3<sup>rd</sup> Ward. It's brightly colored, and you can make it the night before, so it's a great thing to serve after church or to entice reluctant kiddos.

## funeral potatoes

### Ingredients:

- 1 32-oz package frozen hashed brown or O'Brien potatoes, thawed
- 1 scant cup dried onions
- 1 10 oz. can cream of chicken soup
- 2 cups sour cream
- 1/2 cup melted butter
- 2 cups shredded sharp cheddar cheese

### Directions:

Combine all ingredients and mix well. Spoon into a greased 9x13 casserole dish. Bake at 375 for 1 1/4 hours. Cover with foil for first half hour.

Note: If you're making this with Breakfast Casserole, that needs to be baked at 350, so just bake this longer.

Story: For the story of this recipe, see *Breakfast Casserole*. They're called Funeral Potatoes because people always take them to lunches after funerals. Of course, it might be because if you eat them too often, you'll have a funeral of your own.



"No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice and menus of cooks present, the wisdom of cookbook writers."

— Laurie Colwin



## *greek style quinoa*

This can be made for a family or for a crowd. Follow the middle column for your family, and the right column for a crowd. All of the "extras" are optional, so just do what you like.

Quinoa	1 cup	2 quarts
Chicken or vegetable broth	2 cups	1 gallon
Lemon Juice	2 tbsp.	1 cup
Vinegar, red wine	2 tbsp.	1/2 cup
Garlic, chopped	1 tsp.	2 tbsp.
Olive oil	1 1/2 tbsp.	1/2 cup
Salt	1 tsp.	1 tbsp.
Pepper, white ground	1/4 tsp.	1 tsp.
Peppers, sweet red, chopped	1/2 cup	1 quart
Parsley, chopped (raw)	2 tbsp.	1 cup
Green onions, chopped, including tops & bulbs	1/4 cup	1 cup
Red onion, chopped	2 tbsp.	3/4 cup
Cherry tomato, halved	1/2 cup	1 quart
Black olives, sliced	2 tbsp.	1 cup
Feta cheese, crumbled	1 tbsp.	1 cup

Cook quinoa how you usually do using broth in place of plain water (I use my rice cooker) and let cool.

Mix next six ingredients (the dressing) and set aside.

Add any/all of the other ingredients to the quinoa, and then stir in the dressing mixture.

After refrigeration it may be dry, so if you're going to refrigerate it, keep some of the dressing aside in order to freshen up before serving.



## green bean bundles

### Ingredients:

8 slices bacon  
1 pound green beans, washed and trimmed  
4 tablespoons (1/2 stick) butter  
1 teaspoon salt  
1/2 teaspoon garlic powder  
3 tablespoons packed brown sugar  
Freshly cracked black pepper

### Directions:



Preheat oven to 400°F.

Line a large, rimmed baking sheet with heavy foil. Lay bacon strips on pan without overlapping. Bake for 10 minutes or until bacon is just starting to brown on the edges while remaining underdone and pliable. Drain bacon on a plate lined with paper towels and, once cool, cut each slice in half. Reduce oven temperature to 350°F.

While bacon cooks, bring a large pot of water to a boil. Blanch green beans by plunging them into the boiling water for 3 minutes. Drain and immediately transfer beans to a large bowl of ice water to stop the cooking process.

In a small pot, melt the butter. Mix in salt, garlic powder, and brown sugar until well blended.

To assemble bundles, lay 6 or so beans in a pile. Take a half piece of bacon and wrap it around the top of the green bean bundle, tucking the ends underneath and secure with a toothpick. Lay the bundle on a baking sheet with the bacon seam-side down. Repeat with all green beans.

Using a spoon, evenly drizzle the butter/sugar mixture over each green bean bundle. Season with freshly cracked black pepper, to taste.

Roast at 350°F for 20 to 25 minutes or until bacon is crisp and cooked through. Allow to rest on the baking pan for 3 to 5 minutes before serving.

Story: These are so delicious. I've tried several variations, and this is my favorite. They look very festive, yet are actually quite simple.



# iceberg wedge salad

## Ingredients:

2 small tomatoes (about 8 ounces total), diced

Kosher salt

1 small red onion, minced

White wine vinegar, for soaking onion

4 ounces sliced bacon, cut into 1/2 inch pieces

2 ounces fresh bread crumbs (about 1/2 cup)

Freshly ground black pepper

1 head iceberg lettuce, outer leaves discarded and quartered through core so that each quarter holds together

Minced chives, for garnish

## For Dressing:

2 ounces mild blue cheese

1/2 cup mayonnaise

1/2 cup sour cream

1/2 cup buttermilk

1 TBSP fresh lemon juice

(or substitute bottled bleu cheese)

## Directions:

Set a fine mesh strainer over a bowl and add diced tomatoes. Sprinkle liberally with salt and toss. Put the chopped onion in a small bowl and cover with vinegar. Let these sit while you do the rest.

Cook the bacon in a skillet until crisp. Remove the bacon from the pan and put it on paper towels.

Add the bread crumbs to the grease in the pan (I know, I know) and cook the crumbs until they're brown and crisp (a few minutes).

In a medium bowl, mash up the bleu cheese with a whisk. Whisk in the mayo, sour cream, buttermilk, and lemon juice until a smooth (but slightly lumpy) dressing forms. Add pepper (no salt needed).

Put each wedge on a plate and spoon on the dressing. Drain the onions and sprinkle the wedges with the onions, tomato (discard the juice that drained out), bacon, toasted bread crumbs, and chives.

Story: Someone took me to one of those expensive steak places where you have to order everything à la carte. I ordered one of these salads, and I really liked it, but they are so expensive! I searched around to find out how to do them that tasted like the restaurant's, and this is it.

You salt the tomato to drain out extra water, which concentrates the flavor a little more. You quick pickle the onion to reduce the harshness of the onion, and it makes for a nice flavor.

Tips: Either chill the lettuce and serve really cold, or grill the wedges briefly before topping them. Substituting bottled bleu cheese dressing makes this go together really quickly.



## *roasted asparagus*

### Ingredients:

- 1 bunch asparagus, trimmed
- 3 TBSP olive oil
- 1 ½ TBSP grated Parmesan (optional, but delicious)
- 1 clove garlic, minced
- 1 tsp. sea or kosher salt
- ½ tsp. fresh ground black pepper
- 1 TBSP lemon juice

### Directions:

Preheat oven to 425.

Place asparagus in a bowl and drizzle with the olive oil, tossing to coat.

Sprinkle with Parmesan cheese, garlic, salt, and pepper.

Arrange in single layer on a baking sheet covered with parchment paper).

Bake just until tender (12 – 15 minutes). Sprinkle with lemon juice just before serving.



## salad tips

### Possible Ingredients:

lettuce  
crumbled bacon  
hardboiled eggs  
tomato  
chopped bell pepper (all colors)  
cheese (cheddar, feta, bleu)  
avocado  
green onions  
red onion (soak in vinegar to make less strongly flavored)  
mandarin oranges  
almond slices  
cucumber  
jicama  
dried cranberries  
sliced strawberries  
chopped walnuts  
snow peas  
sugar snap peas  
marinated artichoke hearts  
marinated asparagus spears

### Directions:

Put the lettuce in a big bowl and layer ingredients on top. Don't toss, just serve like that.

Notes: Being able to make a great salad is a skill every cook should have. Aunt Patti is the one who taught me the "no toss" rule, and it works so well. It's impossible to get a salad tossed well, so the layers not only look nice to serve, but they also help ingredients be more evenly spread.

The trick is to choose ingredients that balance (crunchy/soft; brightly colored/green; tart/sweet, etc.).



## sarah's salad

### Ingredients:

1 head iceberg lettuce  
3 strips bacon, cooked and crumbled  
1/2 10 oz. pkg. frozen peas  
1/4 tsp. sugar  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 cup shredded Swiss cheese  
2/3 cup chopped green onion  
1/2 cup mayonnaise

### Directions:

Wash and drain lettuce. Dry thoroughly. Run hot water over frozen peas and drain. Tear lettuce into bite-size pieces into salad bowl. Sprinkle with sugar, salt, and pepper. Layer peas, cheese, onion, and mayonnaise. Cover tightly and refrigerate overnight. Toss when ready to serve and garnish with bacon.

Story: This is a Lion House recipe, and I love it because it's one of the few salads you can make and dress ahead of time and it won't get soggy.



"If you are careful," Garp wrote, "if you use good ingredients, and you don't take any shortcuts, then you can usually cook something very good. Sometimes it is the only worthwhile product you can salvage from a day; what you make to eat. With writing, I find, you can have all the right ingredients, give plenty of time and care, and still get nothing. Also true of love. Cooking, therefore, can keep a person who tries hard sane."

— John Irving, *The World According to Garp*

## Three bean salad

### Ingredients:

2 cups cut green beans  
2 cups dark red kidney beans (or 1 15oz. can)  
2 cups garbanzo beans (or 1 15 oz. can)  
1 medium red onion, chopped  
1 medium green pepper, chopped  
1/2 cup canola oil  
1/2 cup white vinegar  
1/2 cup sugar  
1 tsp. salt  
1/4 tsp. white pepper

### Directions:

Cook green beans until tender. Drain canned beans and rinse. Toss beans with onion and green pepper.

Combine the oil with the remaining ingredients and pour over the beans.

Chill at least four hours.

Story: This recipe is a great one for potlucks, as it has to sit. You really can't let it sit too long – overnight is great. It's mostly pantry items, which is nice. A solid, old-fashioned recipe that is easy but great. Note: use fresh green beans. Canned green beans will not give nearly the results. If you **MUST** use canned, omit the salt from the recipe.



## watermelon feta salad

### Ingredients:

6 cups cubed watermelon  
1 cup crumbled feta cheese  
¼ cup thinly sliced red onion  
¼ cup chopped fresh mint  
¼ cup fresh lime juice  
1 TBSP extra virgin olive oil

### Directions:

Combine watermelon, feta cheese, red onion, and mint in a large bowl.  
Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat.  
Serve immediately.

Story: I got this recipe from PBS, which is weird. I like to make it the same week make the Greek quinoa salad because I've got the feta and red onion, which I use in both.



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*"Every salad you serve is a picture you have painted, a sculpture you have modeled, a drama you have created."*  
— Carol Truax, *The Art Of Salad Making*





## alfredo

### Ingredients:

Pasta (any type)

1 – 2 TBSP olive oil

2 jars alfredo sauce

1 jar or can marinated artichoke hearts

1 lb. pre-cooked shrimp

Salt and pepper to taste

Fresh Parmesan (optional)

### Directions:

Prepare pasta according to package directions.

Drain, return to pan, and toss with olive oil.

Add alfredo sauce, marinated artichoke hearts, shrimp, and heat through.

Add salt and pepper to taste and sprinkle with fresh Parmesan, if desired.

**Story:** This is one of my go-to easy recipes. It's so simple, but it's flavorful as well. The shrimp and artichokes are optional as well, really.

One thing that's nice about it is that all of the ingredients (with the exception of the Parmesan) are non-perishable, so if you keep frozen shrimp on hand in the freezer, you can make this at the spur of the moment and have a tasty dish on the table very quickly.



## baked pork chops

### Ingredients:

6 pork chops	4 TBSP olive oil
1 tsp garlic powder	1 can condensed cream of mushroom soup
1 tsp seasoning salt	1/2 cup milk
2 eggs, beaten	1/3 cup white cooking wine
2 cups Italian-style seasoned bread crumbs	

### Directions:

Preheat oven to 350.

Rinse pork chops, pat dry, and season with garlic powder and seasoning salt. Place the beaten eggs in a small bowl. Dredge the pork chops lightly in flour, dip in the egg, and then coat liberally with bread crumbs.

Heat the oil in a medium skillet over medium-high heat. Fry the pork chops five minutes per side, or until the breading appears well browned. Transfer the chops to a 9 x 13 inch baking dish, and cover with foil.

Bake in the preheated oven for one hour. While baking, combine the cream of mushroom soup, milk and white wine in a medium bowl. After the pork chops have baked for an hour, cover them with the soup mixture. Replace the foil and bake for another thirty minutes.

Suggestion: This goes wonderfully well with mashed potatoes and green beans. Although it takes some time to prepare because of the baking time, it gives you time while it's baking to do the sides. It's a good dish to take in to people who just had a baby because it's comfort food and not too spicy.



*My dog keeps looking at me as if he knows my secret, as if he and he alone can see my soul. That or he wants this pork chop.*

*Dana Gould*

# beef stroganoff

## Ingredients:

1 1/2 lbs. ground beef or beef sirloin steak, sliced 1/2 inch thick  
8 oz. fresh mushrooms, sliced  
2 medium onions, thinly sliced  
1 garlic clove, minced  
1/4 cup butter  
1 1/2 cups beef broth  
1/2 tsp. salt  
1 tsp. Worcestershire sauce  
1/4 cup flour  
1 1/2 cups sour cream  
3 cups hot cooked egg noodles

## Directions:

Cook mushrooms, onions and garlic in butter in 10-inch skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet.

Cook beef in same skillet until brown. Stir in 1 cup of the broth, the salt and Worcestershire sauce. Heat to boiling; reduce heat. Cover and simmer 15 minutes.

Stir remaining 1/2 cup broth into flour; stir into beef mixture. Add onion mixture; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sour cream; heat until hot (do not boil). Serve over noodles.

Story: This is the old, dependable Betty Crocker recipe. It's a wonderful meal and usually liked by everyone.

Using the sirloin amps it up a bit, so try that if you'd like to make it look more fancy!



# broccoli and noodles parmesan

## Ingredients:

- 1 bunch broccoli
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 can Cream of Mushroom soup
- ½ tsp. dried basil
- 1 cup shredded mozzarella
- ½ cup grated Parmesan
- 1 cup sour cream
- 1 lb. pasta, prepared according to package directions

## Directions:

Preheat oven to 350°.

Cut up the broccoli. In a 4-quart saucepan, cook broccoli for six minutes.

Sauté onion and garlic until tender. Stir in soup and basil. Add cheese. Stir until melted.

Stir in sour cream, broccoli, and cooked noodles. Pour into a 2-quart casserole dish. Cover and bake for 30 minutes.

Story: I got this recipe from my long-time friend Cheryl Rasmussen. She always has amazing, low-cost recipes. I like to use wagon wheel or shaped pasta for this dish, but you can use anything, even spaghetti.



## cafe rio sweet pork

### Ingredients:

#### step 1

2 pounds pork (rib meat or loin)

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

$\frac{1}{4}$  cup brown sugar

#### step 2

1 cup coke

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

$\frac{1}{2}$  teaspoon garlic salt

$\frac{1}{4}$  teaspoon onion salt

$\frac{1}{4}$  teaspoon chili powder

#### step 3

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

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

$\frac{1}{4}$  teaspoon chili powder

1 4 ounce can diced green chiles

10 ounces mild red enchilada sauce



### Directions:

**Step 1:** Place pork in a zip lock bag. Add coke and brown sugar and seal bag. Chill at least 1 hour or overnight.

**Step 2:** Add pork to slow cooker and discard marinade. Add coke, water, garlic salt, onion salt, and chili powder. Cover and cook on high 3 hours. Drain slow cooker and shred pork with two forks.

**Step 3:** Blend coke, brown sugar, chili powder, green chills, and enchilada sauce together in blender. Pour sauce into slow cooker. Cook 30 minutes longer. Serve with rice if desired.

**Notes:** This recipe can be served over rice, in enchiladas, tacos, on a sandwich or in a wrap, or in a salad. It's from a website called LeCremedelaCrumb and is a good one because it's delicious and also so versatile.





## cheeseburger soup

### Ingredients:

1/2 pound ground beef	4 cups peeled potatoes (1 3/4 pounds)
3/4 cup chopped onion	1/4 cup all-purpose flour
3/4 cup shredded carrots	8 oz. American cheese, cubed (Velveeta)
3/4 cup diced celery	1 1/2 cups of milk
1 tsp. dried basil	3/4 tsp. salt
1 tsp. dried parsley	1/2 tsp. pepper
4 TBSP butter, divided	1/4 cup sour cream
3 cups chicken broth	

### Directions:

In a large saucepan, brown beef, drain and set aside.

In the same pan, sauté onion, carrots, celery, basil, and parsley 1 TBSP butter until vegetables are tender (about ten minutes). Add broth, potatoes, and beef. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes or until potatoes are tender.

Meanwhile, in a small skillet, melt remaining butter. Add flour, cook, and stir for 3 – 5 minutes or until bubbly. Add to soup and bring to a boil. Cook and stir for two minutes. Reduce heat to low. Add cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and blend in sour cream.

Story: This recipe is from *Taste of Home* magazine (like so many of my favorites). It's so, so yummy on a cold night. It's essentially a potato soup, so you can use this recipe, leaving out the beef and cheese. Once in Germany, we had a soup party, and I made this and two other soups – huge pots of them. This was the hands-down favorite.

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*"I read recipes the same way I read science fiction. I get to the end and say to myself "well, that's not going to happen."*  
— Rita Rudner

## *cheesy taco skillet*

### Ingredients:

- 1 TBSP olive oil
- 1 onion, chopped
- 1 lb. ground beef
- 2 TBSP flour
- 1 packet taco seasoning mix
- 1 cup chicken stock or water
- 1 can tomato sauce
- 3 cups cooked white rice
- 1 cup cheddar cheese, divided
- 1 cup Monterey Jack cheese, divided
- 1/4 cup sour cream
- 1/4 cup green onion, thinly sliced

### Directions:

Preheat oven to 375. In a large oven-proof skillet, heat the olive oil over medium heat.

Sauté the onion until softened. Add the beef and cook until cooked through. Drain fat and return to pan. Stir in taco seasoning mix and cook another minute.

Add chicken stock (or water) and tomato sauce and bring to a boil. Reduce heat and let simmer for 5 - 7 minutes.

Stir in cooked rice, 1/2 cup cheddar, 1/2 cup Monterey Jack, and sour cream. Sprinkle the top with the remaining cheese.

Bake until golden brown (15 – 20 minutes).

Garnish with green onions.

Note: If you don't have an oven-proof skillet, it's fine. Just use a regular skillet, and then put the mixture in a baking dish before you sprinkle the top with cheese. This is a great, super-fast meal. It's about 35 minutes from start to table, so that's not bad. You can prep it the night before if you like, but you'll need to cook it longer.



## chicken and rice casserole

### Ingredients:

3 chicken breasts, cut into cubes  
2 cups water  
2 cups white rice  
1 can cream of chicken soup  
1 can cream of celery soup  
2 can cream of mushroom soup  
Salt and pepper to taste  
1/2 cup of butter, sliced into pats  
Additional seasonings (optional)  
1 cup sharp cheddar cheese (optional)

### Directions:

Preheat oven to 400. Grease sides and bottom of a 9x13 pan.

Stir chicken, water, rice, and soups together in the pan. Season with salt and pepper. (note: add any extra spices you want and/or cheese at this point).

Arrange butter pats over the top.

Bake for an hour to an hour and fifteen minutes (make sure rice is tender) and cool 15 minutes before serving.

### Story:

This is in my go-to file for dinners to take in to people because even little kids love it.

It's somewhat bland without extra spices, but that's good for sick people. If you're making it for your own dinner, you may wish to add some poultry seasoning or seasoned salt or rosemary/basil/thyme. You can also substitute a cup of milk for one of the cups of water.



# chicken enchilada casserole

## Ingredients:

4 cups cooked, shredded chicken	1 tsp. chili powder
3 TBSP butter	1 cup salsa verde (green salsa)
1 clove garlic, minced	1 cup sour cream
3 TBSP flour	salt & freshly ground pepper
1 cup milk	12 corn tortillas, quartered
1 1/2 cups chicken broth or stock, DIVIDED	8 ounces grated Monterrey Jack cheese
1 tsp. cumin	1 (4-ounce) can diced green chiles, drained
1 tsp. garlic powder	

## Directions:

Preheat oven to 350°F. Lightly spray a 9- by 13-inch baking dish with cooking spray.

Make the white sauce by melting butter in a medium saucepan over low heat. Add the garlic to the pot and sauté until fragrant and light golden brown, about 1 minute. Stir in the flour and whisk continuously for 1 minute. Slowly and gradually whisk in milk and 1/2 cup chicken stock. Increase heat to medium and stir continuously for several minutes until sauce is smooth and thickened. Remove pot from the heat and stir in cumin, garlic powder, and chili powder. Stir in the salsa verde and the sour cream until smooth. Add salt and freshly ground black pepper, to taste.

Evenly scatter half of the shredded chicken in the bottom of the baking dish. Dollop half of the sauce on top of the chicken and use the back of a spoon to spread it in an even layer. Arrange half of the corn tortilla quarters on top, overlapping slightly and tearing in half to fill in any gaps, if necessary. Sprinkle half of the grated cheese on top. Drizzle the entire surface with 1/2 cup of the remaining chicken broth, including corners and edges. Repeat layers of chicken, sauce, tortillas, cheese, and final 1/2 cup broth. Evenly sprinkle diced green chiles over the top of the casserole.

Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 30 minutes, until hot and bubbly.

## Notes:

You may use leftover chicken or cook it fresh by poaching, baking, grilling, cooking in the slow cooker, etc. I typically cook 4 (medium-sized) frozen chicken breasts for this recipe. Alternatively, a rotisserie chicken torn into chunks yields about 4 cups. For extra kick, you may use Pepper Jack cheese in lieu of the Monterrey Jack.

Story: This recipe is from a website called Five Heart Home, and I found it on Pinterest. It's a little extra effort to make the fresh salsa verde, but boy, is it good! Don't be intimidated by the long instructions. It's very straightforward and not at all difficult to make.

## chicken parmesan italiano

### Ingredients:

6 TBSP Italian-style bread crumbs  
6 TBSP freshly grated parmesan cheese  
1 ½ tsp. oregano, dried

Juice of 2 fresh lemons (1/3 – ½ cup)  
3 garlic cloves, finely-minced  
6 boneless skinless chicken breast halves

### Directions:

Heat oven to 425. Line a cookie sheet (with sides) with foil. Spray foil with vegetable spray.

Combine bread crumbs, parmesan cheese and oregano in a shallow bowl.

Combine lemon juice and minced garlic in another shallow bowl.

Dip chicken breasts into lemon juice mixture, then pat in bread crumb mixture, pressing crumbs into both sides of each chicken breast.

Place chicken pieces on foil and spray each with vegetable spray. Bake 20 -25 minutes.



Story: Even though Jan Brinkerhoff was best known for her outstanding cookies (a work of art!), this is my favorite recipe of hers. I've made it dozens of times, and it always comes out well. It's so easy, and you can easily double or triple it.

## chicken salad

### Ingredients:

4 chicken breasts, boiled and cubed  
4 stalks celery, chopped  
4 green onions, chopped  
1 large green apple, diced  
10 oz. crushed pineapple  
1 cup chopped red or green grapes  
1 cup chopped pecans  
1 cup sour cream  
1 cup mayonnaise  
dash of salt and pepper

### Directions:

Mix well and serve.

Story: This is Heidi Gallini's recipe, and it's really good, especially served on croissants with lettuce. Heidi's son Josh, pictured here with her, is a friend of Joseph's, and they were on their missions at the same time. She can feed boys like nobody's business, too!





# chicken soup

## Ingredients:

8 cups water  
8 TBSP Better than Bouillon  
shredded chicken  
1 pkg. frozen peas  
4 carrots, chopped  
4 stalks celery, chopped  
1 onion, chopped  
1 bay leaf  
1 pkg. egg noodles or 1 cup rice



## Directions:

Heat water to boiling and add Better than Bouillon. Turn down to simmer, and add all veggies, chicken, and bay leaf. Simmer as long as you've got, and then bring to boiling again and add the rice or egg noodles enough ahead of time to cook them (egg noodles according to package directions, rice 20 minutes). Remove bay leaf and serve.

Story: You can make chicken stock, but if you don't have time, I really recommend Better than Bouillon. It's so flavorful (I use the beef one to make a fabulous gravy or to make beef broth). I make chicken soup when people are sick or when it's cold. It's best with yummy rolls!



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*A soup like this is not the work of one man. It is the result of a constantly refined tradition. There are a thousand years of history in this soup. - Willa Cather, Death Comes for the Archbishop*



# chicken spaghetti

## Ingredients:

2 cups cut-up chicken (4 breasts or 1 whole chicken)  
1 lb. spaghetti  
3 cups cheddar cheese, shredded  
1 TBSP butter  
1 onion, chopped fine  
2 stalks celery, chopped fine  
1 can Cream of Chicken soup  
1 can tomato soup

## Directions:

Preheat oven to 350°.

Cook chicken in simmering water for twenty minutes (until cooked through). Remove chicken, keeping water. Cook the spaghetti in this water.

Meanwhile, sauté onion and celery in butter.

Drain spaghetti and add 2 cups shredded cheese, stirring until melted. Add in onion and celery. Add soups and chicken. Stir together (it should be very creamy). Top with remaining cheese.

Bake for 30 minutes.

Story: This is Linda Grimmett's recipe, and she is an amazing cook.

You can use a can of Ro-tel tomatoes instead of tomato soup to give it a little more of a kick. There are more complicated versions of this recipe, but I like it simple like this.

It's a great meal to take in to someone.



## chicken stuffing casserole

### Ingredients:

1 chicken or 4 breast halves to equal 2 cups, cooked  
1 pkg. stuffing mix  
1 cup sour cream  
1 cup chicken broth  
2 cans cream of chicken soup  
1/4 cup butter

### Directions:

Cook chicken and then cut into cubes. Place in the bottom of a 9x13 pan. Mix stuffing according to package directions and set aside. Stir together sour cream and soups. Spread mixture over chicken. Put prepared stuffing on top. Cut up the butter and dot the top. Pour chicken broth over all. Cover with foil and bake at 350 for 45 minutes. Uncover and bake 15 minutes more.

Story: This is another recipe of Linda Grimmert's. It's a good dish to take in to sick people because it's easy on the stomach, yet flavorful. You can use a rotisserie chicken to make it even faster.

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*"I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits. Feeding people is a way of loving them, in the same way that feeding ourselves is a way of honoring our own createdness and fragility."*

*Shauna Niequist*

*Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*



## chipotle burrito bowls

### Ingredients:

#### For chicken marinade:

4 boneless, skinless chicken breast halves  
1/2 a lime, juiced  
1/4 cup olive oil  
1 packet taco seasoning mix  
1/2 tsp. tomato paste (optional)

#### For the rice:

2 cups long grain rice  
2 tsp. salt  
3 1/2 cups water  
2 TBSP butter

#### For the burrito salad:

3/4 cup sliced bell pepper (any color)  
1/2 cup diced tomato  
1/2 cup diced onion  
1/2 cup canned corn (or frozen, thawed)  
1/4 cup sour cream



1/2 lime  
1 bunch cilantro

1/2 cup canned black beans  
1 cup chopped Romaine lettuce  
2 green onions, chopped  
Small bunch cilantro, chopped

### Directions:

Prepare rice in your favorite way. Place 2 tablespoons of butter on the rice to melt with the heat off. Cover and set aside. The cilantro and lime juice will be added later before serving.

In a medium bowl, mix the halved chicken breast with the olive oil, tomato paste (if using), and taco spice mix. Squeeze half of a lime on the mixture and mix. Cover the chicken and allow to marinate in fridge for anywhere from 15 minutes-3 days.

Heat a grill, griddle or pan on medium-high heat, place chicken on grill and cook for 5 minutes on each side. remove from heat and set aside. While the chicken is on the grill chop all of the veggies, and salad.

After the chicken has finished cooking and the rice is ready, toss the rice with minced cilantro, salt, and the juice of half a lime. Spoon the rice into bowls, top with salad mixture (beans, corn, bell peppers, tomatoes, onions, and cilantro). Place chicken on top and top with 1 teaspoon of sour cream and chopped scallions.

Story: I got this from a website called Gimme Delicious (where the picture came from) via Pinterest, and it was an instant hit. It's a great summer meal because it tastes so fresh. You can prep a lot of it ahead of time (maybe Sunday night for Monday), which makes it great for busy weeknights.

## cobb salad

Ingredients (for four main dish servings):

Romaine lettuce, chopped  
6 slices bacon, browned, crispy, and crumbled  
3 eggs, hardboiled  
3 cups chopped, cooked chicken meat  
2 tomatoes, seeded and chopped  
 $\frac{3}{4}$  cup bleu cheese, crumbled (use feta for milder taste)  
1 avocado, peeled, pitted, and diced  
3 green onions, chopped  
1 8 oz. bottle Ranch-style dressing

Directions:

Arrange lettuce on plates.

Arrange rest of ingredients in rows on top of lettuce and drizzle with dressing.

Notes: Cobb salad looks great on a plate, so it's a nice company meal for summer. You can prep most of it ahead of time to make it go together more quickly. You can use another dressing, if you prefer. You can also put the dressing in a small container off to the side instead of drizzling it.



## corn dog casserole

### Ingredients:

2 cups thinly sliced celery  
2 TBSP butter  
1 1/2 cups sliced green onions  
1 1/2 pounds hot dogs  
2 eggs  
1 1/2 cups milk  
2 tsp. rubbed sage  
1/4 tsp. pepper  
2 8 1/2 oz. packages cornbread/muffin mix  
2 cups shredded sharp cheddar cheese, divided

### Directions:

In a skillet, sauté celery in butter for five minutes. Add onion; sauté for five minutes. Place in a large bowl; set aside. Cut hot dogs lengthwise into quarters, then cut into thirds. In the same skillet, sauté the hot dogs for five minutes or until lightly browned; add to vegetables. Set aside one cup.

In a large bowl, combine eggs, milk, sage, and pepper. Add the remaining hot dog mixture. Stir in corn bread mixes. Add 1 1/2 cups of cheese. Spread into a 9 x 13 inch baking dish. Top with reserved hot dog mixture and remaining cheese. Bake uncovered at 400 for 30 minutes or until golden brown.

Story: This recipe is from *Taste of Home* magazine. It's a great dish to take in to families because kids love it.





# *crockpot king ranch casserole*

## Ingredients:

4 cups cooked chicken  
1 onion, chopped and sautéed  
1 red bell pepper, chopped and sautéed  
1 10 oz. can Cream of Chicken soup  
1 10 oz. can Cream of Mushroom soup  
1 10 oz. can diced mild Rotel  
2 tsp. minced garlic  
2 tsp. chili powder  
12 6-inch corn tortillas  
3 cups shredded sharp Cheddar cheese

## Directions:

Stir together the first eight ingredients in a large bowl. Cut the tortillas into one-inch pieces and divide into thirds. (I use kitchen shears or a pizza cutter for this.) Layer 1/3 of the tortilla pieces in a lightly greased slow cooker. Top with 1/3 of the chicken mixture and 1 cup of cheese.

Repeat the layers twice.

Cover and cook on low for 3 1/2 hours.

**Story:** I got this recipe at a Stake Relief Society lunch in April of 2013. It's got a lot of flavor, and it makes a great make-ahead meal.

You can serve it as a soup-like dish in a bowl, or you can serve it like a dip with tortilla chips.

Don't cook it too long, or it will get too soupy.





## enchilada casserole

### Ingredients:

12 corn tortillas, cut up into strips or pieces  
1 lb. ground beef or turkey  
1/2 onion, chopped  
2 cans red enchilada sauce  
4 cups shredded cheddar (or Mexican blend) cheese

### Optional:

sliced olives  
chopped green chiles  
corn  
black beans

### Directions:

Preheat oven to 350. Grease bottom of a 9x13 pan.

Brown beef and onion. Set aside. Layer 1/4 of the tortillas on the bottom of the pan. Add 1/2 of the meat/onion mixture. Pour 1/3 of the enchilada sauce over to cover. Sprinkle 1/3 of the cheese on top.

Repeat.

Layer remaining tortillas, enchilada sauce and cheese, making sure to cover the tortillas.

Bake for 30 minutes until hot and bubbly.

### Note:

It was hard to even write a recipe for this because I just kind of throw it together. I often substitute chicken for the meat (leaving out the onion), and if you pick up a rotisserie chicken, it makes it super fast! You can also add chopped green chilis or corn or sliced olives or black beans. You can put shredded lettuce, chopped tomato, sour cream on top after baking.

It goes great with chips, salsa, and guacamole or cilantro lime rice.



## fiesta meat loaf

### Ingredients:

1/2 cup onion, chopped  
1/2 cup celery, chopped  
1/4 cup green pepper, chopped  
2 TBSP butter  
1 bottle Heinz Chili Sauce  
1 1/2 lbs. ground beef  
1 cup bread crumbs  
1 egg, slightly beaten  
1/2 tsp. salt  
1/8 tsp. pepper

### Directions:

Preheat oven to 350.



Sauté onion, celery, and green pepper in butter until veggies are tender. Stir in chili sauce. Combine 1/2 cup of this mixture with ground beef, bread crumbs, egg, salt, and pepper. Form into a loaf in a bread pan. Bake for an hour. Let stand five minutes before slicing. Serve remaining sauce over the top of the loaf.

Story: This is one of those recipes that companies put in magazine ads (in this case, Heinz). I hardly ever try these, but this one I did, and I'm so glad. I found it in 1988, and I've been making it ever since. It's super flavorful, and never fails.

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She asked why I wanted to be friends, and I replied, "I love meatloaf." Of all the things I could have said, that summed up what I hoped our relationship would one day become. - Jarod Kintz



## *fish tacos*

### Ingredients:

2 lbs. fish filets (orange roughy, trout, flounder, tilapia, or snapper)  
1 packet taco seasoning mix  
2 TBSP lime juice  
2 cups shredded cabbage (red or green)  
1/3 cup sour cream  
1 TBSP mayonnaise  
1 bunch of green onions, chopped  
salt and pepper to taste  
8 corn tortillas  
1 cup chopped tomatoes

### Directions:

In a medium bowl, coat the fish with taco seasoning and lime juice.

In a large non-stick skillet, sauté fish over medium heat for 5 – 7 minutes or until it flakes with a fork.

In a medium bowl, combine the cabbage, sour cream, mayonnaise, green onions, and salt and pepper.

Warm tortillas and fill with fish, coleslaw, and tomatoes. Fold in half and serve.

Story: I got this recipe from a diabetes cookbook, which is random, I know. It's super easy and surprisingly yummy. You can make it really quick to put together if you buy a bag of preshredded cabbage.



# *fried burritos*

## Ingredients:

1 dozen flour burrito-size tortillas  
2 cans refried beans  
3 cups shredded cheddar  
Salsa & sour cream (for serving)

## Directions:

Place a couple of scoops of refried beans down middle of each tortilla, sprinkle with cheese, and then roll up. Fry the burritos, then serve with salsa and sour cream.

You can really fry them with oil, or you can just cook them on the griddle with no oil.

Story: This is the first recipe I learned to cook from Aunt Patti's mom, Vicki, whom I also called Mom. She had a lot of these really simple recipes because she was feeding seven kids on a very tight budget.

I think of her every time I make them.



## garlic butter spaghetti with herbs

### Ingredients:

1 lb. spaghetti (can use whole wheat)  
6 TBSP butter (plus more for serving)  
8 cloves garlic, minced  
1 large bunch basil, chopped  
1 large bunch baby spinach, chopped  
2 tsp. salt  
1 tsp. black pepper  
Parmigiano Reggiano cheese for topping

### Directions:

Cook spaghetti according to package directions.

Meanwhile heat the butter in a large nonstick skillet over medium low heat. Add the minced garlic and sauté for 3 – 5 minutes, until soft and fragrant. Do not burn or over-brown the garlic.

Chop the spinach and basil. Into bite-sized pieces and add to the skillet, stirring for just a minute or two. Serve with an additional pat of butter and the Parmigiano Reggiano.

Story: This is ready in half an hour, which is awesome. It's from a website called Pinch of Yum (credit for the picture), and I love it. One of the best things is the idea for using it for leftovers. You can add a can of roughly chopped fire-roasted whole tomatoes and some vegetable broth and simmer for about ten minutes.





## *greek chicken*

### Ingredients:

6 boneless chicken breasts  
salt and pepper to taste  
1 box of frozen spinach, thawed and drained well  
8 oz. feta cheese  
1/2 cup mayonnaise  
1 clove garlic, minced  
1/2 tsp. paprika  
12 slices bacon

### Directions:

Preheat oven to 325°.

If your chicken is very thick, pound the chicken breasts with mallet to thin out the thicker parts.

Salt and pepper them.

Mix the mayonnaise, garlic, spinach, and feta cheese together.

Slice the chicken horizontally to create a pocket in the chicken. Stuff the breasts, holding them together with toothpicks.

Sprinkle with paprika and wrap with 2 slices of bacon (optional.)

Bake uncovered for 45 minutes or until done.

Story: I got this from a website called Deliciously Thin via Pinterest, and I really like it. It's impressive looking even though it's super simple to make.



(photo: deliciously-thin.com)

## hearty black bean quesadillas

### Ingredients:

1 15 oz. can black beans  
1 cup frozen corn  
½ small red onion  
1 clove garlic  
¼ bunch fresh cilantro  
2 cups shredded cheese  
taco seasoning (one package or make your own)  
10 taco-sized tortillas

### Directions:

Drain the can of beans and rinse lightly. Place the beans in a large bowl along with the corn (no need to thaw).

Rinse the cilantro, remove the leaves, and chop roughly. Dice the onion and mince the garlic. Add the cilantro, onion, garlic, and shredded cheese to the bowl with the beans and corn. Lastly, mix up a batch of taco seasoning and add to the bowl. Stir everything until evenly mixed.

Place a half cup of the filling on one side of each tortilla and fold over. Cook in a skillet on both sides over medium heat until brown and crispy and the cheesy filling has melted.

To freeze the quesadillas, simply fill each one and place on a baking sheet lined with parchment paper. Place in the freezer for one hour to solidify the quesadillas and then transfer to a freezer bag. To reheat either microwave (for a soft quesadilla) or cook in a skillet on low heat (make sure to use low heat so that the filling has time to thaw and melt before the outside burns).

Story: I got this recipe from a website called Budget Bytes, via Pinterest. It is easy, delicious, and very filling (surprisingly so). The fact that it freezes well is an added plus. It's also super cheap to make (hence, you know, Budget Bytes).





# lasagna

## Ingredients:

1/2 lb. lasagna noodles, prepared according to package directions	
2 lbs. Italian sausage	1 tsp. red pepper flakes
1 onion, chopped	1/4 tsp. black pepper
2 cloves garlic, minced	2 15 oz. containers ricotta cheese
1 28 oz. can whole tomatoes	1 egg, beaten
1 12 oz. can tomato paste	1/3 cup chopped parsley
2 tsp. sugar	1 tsp. salt
2 tsp. salt	4 cups shredded mozzarella
1 1/2 tsp. dried basil	1 cup grated parmesan

## Directions:

Combine sausage, onion, and garlic in Dutch oven or heavy pot. Cook until sausage is cooked through. Add next seven ingredients (through black pepper). Simmer as long as you can.

In a bowl, mix ricotta, egg, parsley, and salt.

Spread a thin layer of sauce in large baking pan and layer 1/3 of the noodles, ricotta mixture, mozzarella, and sauce. Repeat twice and then top with parmesan.

Bake at 375° for an hour.

Story: I got this recipe, which serves twelve people, from a magazine. I've not found a lasagna recipe I like as well. I've been making this one for over twenty-five years.

It's a little work, simply because of all of the ingredients, but it works well to make the sauce ahead of time (even a couple of days or to freeze).



## lemon chicken

### Ingredients:

2 large or 4 small chicken breasts  
flour for dredging  
olive oil  
1 large shallot, thinly sliced  
2 cloves garlic, minced  
1 cup chicken broth  
1 large lemon, juiced  
1 – 2 TBSP cornstarch  
salt & pepper  
½ cup sour cream

### Directions:

Filet chicken breast for quick cooking. Dredge in flour seasoned with salt and pepper. Heat olive oil in a large skillet and brown the chicken breast. Remove from pan.

Sauté the shallots and garlic in the chicken drippings.

Mix chicken broth, cornstarch, and lemon juice together and stir into shallot and garlic mixture. If it's too thick, add water, but keep in mind that the sour cream will also thin the sauce.

Add the chicken breasts back in, add sour cream, and simmer a few more minutes.

Story: This is one of Linda Larsen's recipes, who is really one of the best cooks I've ever met. She calls it Chicken Cutlets with a Lemon Velvet Sauce, which sounds way better but is pretty long. Serve it over rice, pasta, or steamed spinach (if you're feeling virtuous).



# macaroni and cheese

## Ingredients:

9 oz. macaroni, cooked (2 oz. = 1/2 cup of dry macaroni)  
2 cups cheese sauce  
1/2 cup cheddar cheese  
1/2 cup bread crumbs

## Cheese Sauce:

4 TBSP butter  
4 TBSP flour  
2 cup milk, heated  
salt and pepper to taste  
1 cup grated cheddar

## Directions:

To make cheese sauce: melt the butter in a heavy bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit – but don't let it brown – about two minutes. Add the milk, continuing to stir as the sauce thickens. Bring to a boil. Add salt and pepper, lower the heat, and cook, stirring, for 2 – 3 minutes more. Remove from heat. Stir in the cheese until melted.

Cook the macaroni. Make the cheese sauce. Butter a 9x13 pan. Put the cooked macaroni into the dish and pour the cheese sauce over it. Mix gently. Sprinkle grated cheese evenly over the top and spread the bread crumbs over the cheese. Bake uncovered at 375 for thirty minutes until the top is golden and the cheese is bubbling.

Story: This is our family's most popular recipe. The cheese sauce is so versatile. If you make it with mozzarella instead of cheddar, rigatoni instead of macaroni, and add ham, you have baked rigatoni with ham.

I take it in to sick people all of the time – or just to make someone happy.



# nachos

## Ingredients:

tortilla chips	chopped onion
refried beans	jalapeños
enchilada sauce	sour cream
cheddar cheese	salsa
chopped green chiles	guacamole
sliced black olives	chopped tomatoes
shredded lettuce	

## Directions:

Cover a baking sheet with parchment paper. Spread tortilla chips out and top with enchilada sauce and sprinkle cheese to cover.

Bake in the oven (you can broil them) until cheese is bubbly.

Top with any or all of the remaining ingredients and serve.

Notes: Nachos are one of the most versatile meals you can make because you can have everyone make their own, adding in what they want.





## *new orleans chili*

### Ingredients:

1 14 ½ oz. can Del Monte Cajun Stewed Tomatoes (or other flavor)  
1 8 oz. can tomato sauce  
2 cups browned ground beef  
1 onion, chopped  
1 green pepper, chopped  
1 TBSP chili powder  
½ tsp. cumin  
1/8 tsp. cayenne pepper  
1 15 ¼ oz. can kidney beans  
Shredded cheddar cheese

### Directions:

Combine everything except the kidney beans. Cover and simmer 15 minutes. Add the kidney beans and cook uncovered 10 minutes. Garnish with shredded cheddar cheese.

Story: I love this recipe because it's so quick! Most chili recipes take hours to simmer, but this one actually cooks up in about half an hour. Pair it with Cary's Cornbread, and it is delicioso!



## oven tacos

### Ingredients:

2 lbs. ground beef (or turkey)  
1 small onion, diced  
1 4 oz. can diced green chiles  
1 packet taco seasoning  
1 8 oz. can tomato sauce  
1 16 oz. can refried beans  
2 cups shredded Colby-Jack cheese  
18-20 hard taco shells

### Directions:

Preheat oven to 400 degrees.

In a large skillet, brown the ground beef and onion over medium-high heat. Drain off any excess liquid. Return it to the pan and add the chilies, refried beans, tomato sauce and taco seasoning. Mix it all together and cook it for a few minutes.



Spoon the taco meat mixture into the taco shells and place them into a 9x13 baking dish, with the shells standing up. Sprinkle cheese over the top of the taco meat in each shell. Bake for 10 – 12 minutes (until cheese is melted and tacos are heated through). Remove from oven and top with any optional condiments (lettuce, guac, tomato, etc.)

Story: Joseph says these are "like a restaurant," which I think is a compliment. I found the recipe at [mommyimhungry.blogspot.com](http://mommyimhungry.blogspot.com) (where the picture is from), and it's one of my favorite internet finds.

---

***I EAT TACOS OVER ANOTHER TORTILLA  
SO WHEN STUFF FALLS OUT, BOOM! ANOTHER TACO.***

## *pasta meatball stew*

### Ingredients:

#### Meatballs:

1 lb. ground beef  
1 egg, lightly beaten  
1/4 cup dry bread crumbs  
1/4 cup milk  
1/2 tsp. dry mustard  
1/2 tsp. salt  
1/2 tsp. pepper  
1 TBSP cooking oil

#### Sauce:

1 cup chopped onion	1 1/2 cups sliced carrots
2 garlic cloves, minced	1 1/2 cups chopped zucchini
1 TBSP cooking oil	1 cup chopped green pepper
2 TBSP all-purpose flour	1 cup chopped red pepper
1 1/2 cups beef broth	1 TBSP minced fresh parsley
1 14 1/2 oz. can diced tomatoes, drained	2 cups cooked pasta
2 TBSP tomato paste	
1 bay leaf	
3/4 tsp. dried thyme	
1/2 tsp. salt	

#### Directions:

Combine all of the meatball ingredients (except the oil) and mix well. Shape into 1-inch balls. In a pot over medium heat, brown the meatballs in the oil. Drain and set aside.

In the same pan, sauté the onion and garlic in oil until the onion is tender. Blend in the flour. Gradually add the broth, stirring constantly. Bring to a boil. Cook and stir 1-2 minutes or until thickened.

Add tomatoes, paste, bay leaf, thyme, and salt. Mix well. Add the meatballs and carrots. Bring to a boil. Reduce heat, cover, and simmer 30 minutes. Add zucchini and peppers. Bring to a boil. Reduce heat, cover, and simmer 10-15 minutes (or until vegetables are tender). Add parsley and pasta. Heat through. Remove bay leaf. (6-8 servings)

Note: This one is quite a lot of prep and a lot of ingredients, but it's rewarding. It's a great winter meal, and you really feel like you cooked something. One tip: if you're making pasta one night, just cook up some extra to use for this. It tastes great the second day (and the third). I always double the recipe. You can also do the meatballs ahead of time and freeze them.





## raspberry balsamic chicken

### Ingredients:

1 tsp. olive oil  
1/4 cup chopped red onion  
1/2 tsp. dried thyme  
1/2 tsp. salt, divided

4 boneless, skinless chicken breasts  
1/3 cup seedless raspberry jam  
2 TSBP balsamic vinegar  
1/4 tsp. pepper

### Directions:

Heat oil in a non-stick skillet over medium high heat. Add onion and sauté. Add chicken and sprinkle thyme and 1/4 tsp. salt over chicken. Sauté until done. Remove chicken from pan and keep warm.

Reduce heat to medium. Add 1/4 tsp. salt, jam, vinegar, and pepper to pan, stirring constantly until jam melts. Spoon sauce over chicken.

**Story:** This is one of the Arlington Stake Relief Society Cookbook recipes. It's from Angie Mathewson. It is very yummy. You can use other preserves, such as apricot, blackberry, or peach. It cooks up very quickly, so you can't really do anything else at the same time, so throw rice in the rice cooker. You can double the sauce if you like – it's great on the rice.

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*"Cooking is not about convenience and it's not about shortcuts. Our hunger for the twenty-minute gourmet meal, for one-pot ease and prewashed, precut ingredients has severed our lifeline to the satisfactions of cooking. Take your time. Take a long time. Move slowly and deliberately and with great attention."*

*Thomas Keller, The French Laundry Cookbook*



## rice casserole

### Ingredients:

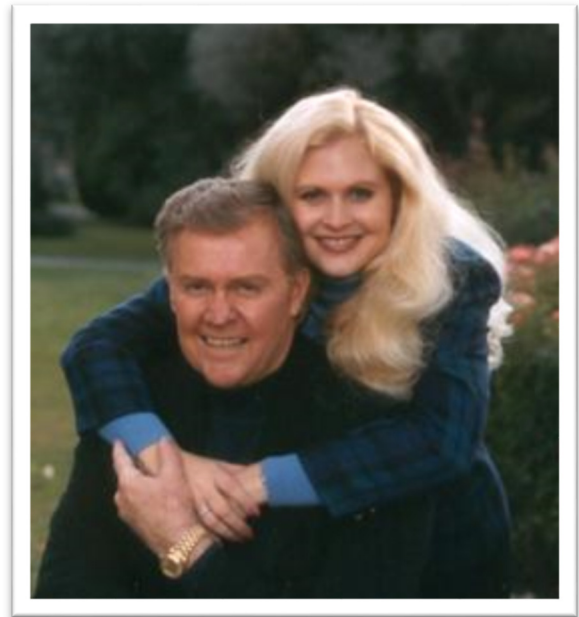
2 cups Monterey Jack cheese  
2 cups sour cream  
1 small can chopped green chiles  
3 cups cooked rice  
Salt and pepper to taste  
1/2 cup shredded cheddar cheese

### Directions:

Mix all ingredients, except cheddar. Spoon into a buttered baking dish and then top with cheddar. Bake at 350 for 30 minutes.

Story: This recipe is from a friend in our ward in Iowa named Joni Hilton. Once, when I was pregnant with Joseph and very, very sick, she brought a get-well basket full of fun things, including a copy of the Little Golden Book, *Dr. Dan, the Band-aid Man*. I've never forgotten it, and I think of her time I make this dish.

Dad and I like it by itself, but it also makes a great dip for tortilla chips. It also can be prepared ahead of time and cooked longer.



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***I LIKE RICE. RICE IS GREAT IF YOU'RE HUNGRY  
AND WANT 2,000 OF SOMETHING.  
- MITCH HEDBERG***

## roast chicken

### Ingredients:

1 whole chicken  
1 ½ tsp. kosher salt, divided  
1 lemon half  
1 tsp. seasoned pepper  
1 tsp. dried rosemary  
1 TBSP olive oil  
1 TBSP butter, melted

### Directions:

Preheat oven to 450°. If applicable, remove neck and giblets from chicken. Rinse chicken with cold water and drain cavity well. Pat dry with paper towels. Sprinkle ½ tsp. salt inside the cavity. Place lemon half in the cavity.



Stir together pepper, rosemary, and remaining ½ tsp. salt. Brush outside of chicken with oil. Rub 2 ½ tsp. pepper mixture into skin. Sprinkle remaining pepper mixture over both sides of breast. Place chicken, breast side up, on a lightly greased shallow roasting pan. Add ¾ cup water to pan.

Bake at 450° for 20 minutes. Reduce heat to 375° and bake 30 minutes. Baste chicken with pan juices; drizzle with melted butter. Bake 15 – 25 minutes or until meat thermometer in thigh registers 165°, shielding with aluminum foil to prevent excessive browning, if necessary. Remove chicken from oven and baste with pan juices. Let stand 10 minutes before slicing.

Story: This is the recipe from *Southern Living* magazine, and it's worth the babysitting you have to do of the chicken. It's kind of nice for pacing actually, because you can make the sides then.

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*You can always judge the quality of a cook or a restaurant by roast chicken ... We never seem to tire of chicken in our house, even though I have fed my husband upon it for weeks, even months at a time ... I can go on eating chicken forever. - Julia Child*

## roast turkey

1 turkey

½ cup (2 sticks) unsalted butter, softened

1 ½ quarts turkey stock

salt & pepper

optional: onions, garlic, oranges, lemons, rosemary

1. Preheat oven to 325°. Place rack in the lowest position of the oven. I often use a roaster to free up my oven.
2. Remove the turkey neck and giblets, rinse the turkey, and pat dry with paper towels. It is critical. Place the turkey, breast side up, on a rack in the roasting pan. This is also mission critical. Rub the skin with the softened butter, and season with salt and pepper. Tuck the wings under the body if you can. Position an aluminum foil tent over the turkey.
3. This is where the optional part comes in. You can cut up onions, garlic, oranges, and lemons and stuff them in the cavity (not so tight that air can't circulate). You can tuck rosemary under the skin or in the cavity as well.
4. Place turkey in the oven, and pour 2 cups turkey stock into the bottom of the roasting pan. Baste all over every 30 minutes with the juices on the bottom of the pan. Whenever the drippings evaporate, add stock to moisten them, about 1 to 2 cups at a time. Remove aluminum foil after 2 ½ hours. Roast until a meat thermometer inserted in the meaty part of the thigh reads 180 degrees, about 4 hours for an 18-lb. turkey.
5. Transfer the turkey to a large serving platter, and let it stand for at least 20 to 30 minutes before carving.

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Note: Turkey is so easy to cook. Don't be intimidated! I love to stock up on them when they are on sale and eat a lot of turkey. Also, don't overcook. Avoid being taken in by the stories of people who get up at 4am to put the bird in the oven. Think dry turkey in manner of *National Lampoon's Christmas Vacation*.



# seafood enchiladas

## Ingredients:

### Sauce:

4 TBSP butter  
4 TBSP flour  
1 can vegetable broth  
1 cup milk  
1/3 cup Monterey Jack cheese, shredded  
1/8 tsp. cayenne

### Enchiladas:

1 lb. imitation crab meat  
1/2 cup mushrooms, sliced  
2 TBSP butter  
3 green onions, sliced  
2 cups Monterey Jack cheese, shredded  
12 flour tortillas

## Directions:

Preheat oven to 350°.

**Sauce:** Add flour, broth, and milk to melted butter. Microwave for six minutes, stirring every two minutes. Add cayenne and cheese.

**Enchiladas:** Saute onions and mushrooms. Add crab meat and cheese. Place in tortillas. Pour the sauce over the top. Bake for 20 minutes.

**Story:** I copied this recipe on a visit to my friend Monica Walker's house from one of her cookbooks. I love being at Monica's. I always come home with a giant list of things to do to my home to make it feel as lovely and homey as hers. The reason we have a game table in our family room is because of Monica's house.

Part of what I love about her home is that she always takes the time to cook yummy, healthy foods that make me feel special, like she really cares we're there.





## *easy shepherd's pie*

### Ingredients:

3 - 4 cups mashed potatoes  
1 lb. ground beef  
½ onion, chopped  
1 pkg. frozen peas and carrots, thawed  
2 cans beef gravy (or make your own)  
paprika  
fresh ground pepper and salt

### Directions:

Preheat oven to 350.

Brown ground beef in skillet. Add in chopped onion and cook until onions are softened. Add in vegetables and gravy. Put mixture in a pie pan or 8 x 8. Top with mashed potatoes, sprinkle with paprika, salt, and pepper, and bake 30 minutes.

Suggestion: I use leftover mashed potatoes, but you can also make them fresh (of course) or you can use instant mashed potatoes (please don't). You can prep this the night before.



# sloppy joe mac and cheese

## Ingredients:

12 oz. macaroni  
1 lb. ground beef  
Kosher salt  
freshly ground pepper  
2 garlic cloves, minced  
1 onion, diced  
1 TBSP brown sugar  
2 cups crushed tomatoes  
2 tsp. Worcestershire  
2 tsp. chili powder  
2 cups grated mozzarella cheese  
1/4 cup chopped fresh parsley, plus  
extra (if desired)



## Directions:

Cook pasta according to package directions for al dente.

While that's cooking, in a large skillet over medium-high heat, brown beef. Add 1 tsp salt and 1/2 tsp black pepper. Drain fat. Add garlic and onions to beef and cook until (a couple of minutes). Add brown sugar, tomatoes, Worcestershire, and chili powder, and then simmer 10 minutes.

Drain the pasta and add to the skillet over low heat. Stir in half the cheese and parsley; quickly toss together to evenly coat the pasta. Top with remaining cheese and cover with lid to melt cheese.

Garnish with parsley and dig in.

Note: This is a kid-friendly meal, especially when they hear "sloppy joe"! Don't let the long ingredients list daunt you – it goes together very quickly and is yummy. I serve it with a lettuce wedge salad.





# *sloppy joes*

## Ingredients:

2 lbs. ground beef  
1 medium onion, finely chopped  
1 can tomato soup  
1/2 cup ketchup  
2 TBSP brown sugar, packed  
1 1/2 tsp. chili powder  
1 1/2 tsp. Worcestershire sauce  
1 tsp. salt  
1 1/2 tsp. dry mustard  
1/2 tsp. curry powder (optional)  
hamburger buns

## Directions:

Brown the ground beef and the onions together, breaking up the meat. Drain and discard grease. Add all other ingredients and simmer for 20 minutes. Serve on hamburger buns.

Story: This is Lorraine McPhee's recipe, and I like it for its simplicity. It's also super tasty.



## *sour cream chili bake*

### Ingredients:

1 lb. ground beef or turkey  
1 TBSP dried onion or ½ cup white or yellow onion, chopped  
1 15 oz. can kidney or pinto beans  
1 10 oz. can enchilada sauce  
1 8 oz. can tomato sauce  
2 cups shredded Monterey Jack cheese, divided  
6 oz. corn chips, crushed + extra for sprinkling on top  
1 cup sour cream

### Directions:

Lightly grease a pie pan. Brown the meat and onion. Drain. Stir in beans, enchilada sauce, tomato sauce, 1½ cups of the cheese, and crushed corn chips.

Bake at 350 for 30 minutes, then take out of the oven and sprinkle whole corn chips around edge of the casserole and put sour cream in the center.

Bake in the oven for 2 – 3 minutes. Sprinkle remained cheese on top of sour cream and serve!

Story: I got this recipe from a woman named Mona Brodie in a ward we lived in. I don't actually remember where! She served it once, and I asked her for the recipe. It's so easy, and it can be made ahead and then baked before serving, so it's pretty versatile. Please excuse how I forgot to take a picture before we started serving it!



# spaghetti sauce

## Ingredients:

5 pounds ground beef	2 whole large yellow onions, diced
3 TBSP olive oil	6 cloves garlic, minced
2 whole green bell pepper, seeded and diced	2 28-ounce cans crushed tomatoes
1 cup beef broth	1 4-ounce can tomato paste
1 14-ounce can crushed tomatoes	1 tsp. ground oregano
1 jar good store-bought marinara sauce	4 whole bay leaves
1 teaspoon ground thyme	2 tsp. kosher salt
2 TBSP sugar	1/4 cup finely minced fresh parsley (or 3 TBSP parsley flakes), more to taste
1/2 tsp. crushed red pepper (optional)	1/2 cup grated parmesan cheese (optional)
1 whole rind from one wedge parmesan (optional)	extra minced parsley, for serving
2 pounds spaghetti, cooked al dente and tossed with olive oil	extra parmesan cheese, for serving

## Directions:

In a large pot over medium-high heat, brown the ground beef until totally browned. Remove meat from pot with a slotted spoon and put into a bowl. Set aside. Discard any grease in pot, but do not clean the pot. Drizzle in olive oil. When it is heated, throw in the diced onion and diced bell pepper. Stir it around for 1 1/2 minutes, then add the garlic. Stir and cook for an additional minute.

Pour in the beef broth and allow it to bubble up and reduce for about 1 1/2 minutes. Add crushed tomatoes, tomato paste, and marinara sauce. Stir to combine, then add oregano, thyme, sugar, salt, bay leaves, and crushed red pepper (if using). Stir, then add cooked ground beef and stir to combine. Place the lid on the pot and allow to simmer for 1 hour, stirring occasionally. Add a little water or some low-sodium broth if it needs more liquid

After an hour, add the minced parsley and the rind from a wedge of Parmesan (or grated Parmesan if you prefer--or both!) Stir to combine, then put the lid back on and allow it to simmer for another 30 minutes or so. Discard bay leaves before serving.

**Story:** This is the Pioneer Woman recipe, and I love it! It's great because you need only a part of it for serving, and you can freeze the rest. It's a great sauce to use for lasagna, stuffed shells, or anything that calls for pasta sauce. Don't let the long list of ingredients dissuade you. This is a workhorse recipe you will use again and again.

# stuffed shells

## Ingredients:

- 1 12 oz. package jumbo pasta shells, prepared according to package directions
- 2 eggs, beaten
- 1 32 oz. container ricotta cheese
- 1 pound shredded mozzarella, cheese, divided
- 8 oz. grated parmesan cheese, divided
- 1 TBSP dried parsley
- 2 tsp. salt
- 1 tsp. ground black pepper
- 1 28 oz. jar pasta sauce (or make your own using the recipe for Spaghetti Sauce)
- 8 oz. sliced fresh mushrooms

## Directions:

Preheat oven to 350.

In a large bowl, mix eggs, ricotta, half of the mozzarella, half of the Parmesan, parsley, salt and pepper until well combined. Stuff cooked shells with ricotta mixture and place in a 9x13 inch baking dish.

In a medium bowl, stir together pasta sauce, mushrooms and reserved cheeses. Pour over stuffed shells and spread around to cover.

Bake 45 – 60 minutes (until edges are bubbly). Cover half-way through cooking time with aluminum foil.

Story: This is a go-to staple recipe for me, and has been for years. It's equally good for a family dinner as for taking in to someone for a meal.

If you use manicotti instead of shells, it works just the same. When I make manicotti, I slit the noodle lengthwise, fill it, and then put the slit side down in the pan. It's easier than trying to stuff them.





## swedish meatballs

### Ingredients:

1 lb. ground beef  
1 lb. ground pork  
½ cup breadcrumbs  
2 large egg yolks  
¼ tsp. allspice  
¼ tsp. nutmeg  
Kosher salt  
½ white onion, chopped  
4 TBSP butter  
1 TBSP olive oil  
3 TBSP flour  
3 cups beef broth  
¼ cup heavy cream  
¼ cup fresh parsley, chopped  
freshly ground pepper  
egg noodles, cooked according to package directions



### Directions:

In a large bowl mix together meats, breadcrumbs, egg yolks, allspice, nutmeg, and sprinkle with salt. Stir and then add the onion. Form into meatballs.

In a large skillet over medium heat, melt 1 TBSP butter and olive oil. Brown meatballs until golden (about 3 minutes each side). Remove from skillet and drain out the fat.

Make the gravy: Melt the rest of the butter. Whisk in the flour until golden (about 2 minutes) and add broth. Keep whisking until there are no lumps. Bring it to a simmer and let it thicken (about another 2 minutes).

Add the heavy cream and parsley and return the meatballs to the skillet. Spoon gravy over the meatballs and let simmer in the sauce until cooked through (at least 5 more minutes). Season with freshly ground pepper

Serve over egg noodles.

### Note:

These are like IKEA's, and even though it looks like a long recipe, it's pretty straightforward. You can make the meatballs ahead and then just cook it through, if you're pressed for time.

## *sweet glazed salmon*

### Ingredients:

1 TBSP packed brown sugar  
1 TBSP butter, melted  
1 TBSP olive oil  
1 TBSP honey  
1 TBSP soy sauce  
1 clove garlic, finely chopped  
1 large salmon filet (about 2 lbs.), cut into 8 smaller filets  
Black sesame seeds (optional)

### Directions:

In a small bowl, mix all of the marinade ingredients.

Place the salmon in a glass or plastic dish (not metal) and pour marinade over it. Cover and refrigerate for at least 30 minutes, but no more than an hour (If you let them marinade longer than an hour, the salt in the soy actually starts to cook the meat!).

Grill skin side down over medium heat for 10 – 20 minutes, brushing 2-3 times with the marinade, until salmon flakes easily with a fork.

If you don't want to grill, you can just cook it on the stove in a non-stick pan.

Serve over rice and sprinkle with black sesame seeds, if desired.

Serve with rice, salad, and asparagus (if it's in season – if not, green beans).

Story: When Dad and I were visiting his childhood friend Chris Qureshi and his family in Sydney, and they made this marinated salmon with rice. The black sesame seeds sprinkled on top look so festive and foodie!

Tips: When you buy salmon, King salmon is the best, but also most expensive. After that, look for sockeye. If you want to be picky, sockeye from the Copper River are especially good. Look for brightly colored salmon that looks moist. Fresh is not necessarily better than frozen, especially when you live far from the source.





# Tuna casserole

## Ingredients:

2 cans of tuna  
1 package of egg noodles  
1/4 cup onion, chopped  
1 cup peas (frozen or canned)  
2 cans Cream of Mushroom soup  
milk  
Salt and pepper to taste  
1/2 tsp. dried thyme

## Optional Ingredients:

green pepper, chopped  
shredded cheddar cheese  
celery, chopped  
canned mushrooms, sliced  
green onions

## Optional Toppings:

crushed potato chips  
chow mein noodles  
French-fried onions  
Cheetos

## Directions:

Prepare the egg noodles according to package directions. If you use frozen peas, put them in a colander and pour the noodles over them to drain. That will thaw them enough. Return the noodles to the pot.

While the noodles are cooking, sauté the onion. After the noodles have been cooked, drained, and returned to the pot, add in the tuna sautéed onions, and the soup. Fill the soup cans with milk and add that in. If you used canned peas, add them in now, too. Add salt, pepper, and thyme.

Add in any other ingredients you like. The crushed potato chips work great if you top the casserole with them and bake (see below).

Story: Okay, so this is one of those recipes that you can do really quickly and cheaply, or you can take more time and use more quality stuff. It's entirely up to you. You can bake it or you can just do it on the stove top. You can let it sit overnight and then bake it the next day. It's super flexible and forgiving. Toppings really amp it up and give it variety.

If you bake it from the stove top, it only needs about 15 – 20 minutes in a 375° oven.

You can tempt little ones with crushed Cheetos or potato chips on top instead of potato chips. Just sayin'.



# *tuna melt sandwiches*

## Ingredients:

tuna salad (however you like it – I use mayo, diced celery, and pickle)

tomato

cheddar cheese

sourdough bread

## Directions:

Prepare the tuna salad.

Layer cheese and tomato on one side of the sourdough. Top with tuna salad. Put another piece of bread.

Either butter the outsides of the bread and cook on a griddle or in a frying pan, or broil a few minutes until the cheese melts.

Story: I love tuna melt, and it is perfect for summer or winter. In winter, I serve it with soup, and in the summer, it's great with chips or fries. In the summer, you can make them on the stove top or griddle and avoid heating up your kitchen.





## apple pecan crumble

### Ingredients:

2 cans apple pie filling  
2 tsp. cinnamon  
1 pkg. yellow cake mix  
1 stick butter, melted  
1 1/2 (ish) cups pecans

### Directions:

Preheat oven to 350. Put the two cans of pie filling and cinnamon in a 9x13 inch pan. Sprinkle the cake mix on top, pour melted butter on top and then arrange the pecans on top. Bake for an hour and serve with ice cream if you love people.



### Story:

I got this recipe from one of the people who works at Arlington Charities when I was volunteering there one day. It's so, so yummy and embarrassingly easy. Because it calls for mostly pantry ingredients (except the butter), it's a good one to have on hand for meals to take in to people last minute.



## apple pie enchiladas

### Ingredients:

1 21 oz. can apple pie filling  
6 8-inch flour tortillas  
1 tsp. ground cinnamon  
1/2 cup butter  
1/2 cup sugar  
1/2 cup brown sugar  
1/2 cup water

### Directions:

Preheat oven to 350. Grease 9x13 inch pan.



Spoon about one heaping quarter cup of pie filling evenly down the center of each tortilla.

Sprinkle with cinnamon. Roll up, tucking in edges, and place seam-side down in the prepared pan.

In a medium saucepan over medium heat, combine butter, sugars, and water. Bring to a boil, stirring constantly. Reduce heat and simmer three minutes.

Pour sauce over enchiladas and let stand 45. Don't rush the 45 minute resting time for the sauce on the enchiladas before baking, this step helps to magically transforms the flour tortillas into a faux pastry dough.

Bake 20 minutes or until golden.

Note: This recipe was a Pinterest find from a website called JustaPinch.com. These are easy and so delicious. You can use cherry or peach pie filling instead of apple, if you like. All delicious. I'd skip the cinnamon if you use cherry pie filling. Serve with vanilla ice cream.





## cherry pudding cake

### Ingredients:

2 cups flour  
2 ½ cups sugar, divided  
4 tsp. baking powder  
1 cup milk  
2 TBSP oil  
1 14 ½ oz. cans cherries, drained  
2 -3 drops red food coloring  
1/8 tsp. almond flavoring  
Ice cream

### Directions:

Preheat oven to 375.

Mix flour, 1 cup of sugar, baking powder, milk, and oil. Pour into 3 quart baking dish (or 9x13).

In a bowl, combine cherries, food coloring, extract, and remaining sugar. Spoon over batter.

Bake for 40 – 45 minutes and serve à la mode.

Note: This is a cross between a cake and a cobbler. I love it because it's easy to make, and it's all pantry ingredients – it doesn't even need eggs! It's best served warm and with ice cream.

Warning: it's not very sweet. It's a good subtle flavor, though.



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*A party without a cake is just a meeting – Julia Child*





## chocolate chip pan cookies

### Ingredients:

2 ¼ cups all-purpose flour  
1 tsp. baking soda  
1 tsp. salt  
1 cup butter, softened  
¾ cup granulated sugar

¾ cup packed brown sugar  
1 tsp. vanilla extract  
2 eggs  
1 12 oz. package semi-sweet chocolate chips  
1 cup chopped nuts (optional)

### Directions:

Preheat oven to 375 degrees, and grease a 15x10 jelly roll pan.

Combine the flour, baking soda, and salt in a small bowl. Beat the butter with both sugars and the vanilla in a large mixer bowl. Add the eggs one at a time, mixing well after each egg. Gradually beat flour mixture into butter mixture. Stir in chocolate chips and nuts (optional). Spread in the prepared pan. Bake 20 – 25 minutes until golden brown.

Story: This is the Nestle Toll House recipe, and it's a super handy one to have. The cookie bars come out great, and it takes less time than individual cookies.

## frosting

### Ingredients:

4 cups of powdered sugar  
1 cup (2 sticks) of Softened butter (we have used both salted and unsalted, but we normally use salted.)  
2-3 tsp. vanilla (instead of all vanilla, you can use almond or other flavorings)  
1-2 TBSP milk

### Directions:

If your powdered sugar is lumpy, you can beat it in your mixer for a little bit to break up the lumps. Add the rest of the ingredients, mixing well. You should add the milk a little at a time after the first tablespoon so that you can get just the consistency you want.

Notes: This will make enough to frost the top of a 9x13 pan or a thin layer on 24 cupcakes. For actual decorating, double it.

## lemon squares

### Crust Ingredients:

6 TBSP butter  
1/4 cup sugar  
1/4 tsp. salt  
1 cup flour

### Filling Ingredients:

2 eggs  
3/4 cup sugar  
2 TBSP flour  
1/4 tsp. lemon zest  
3 TBSP lemon juice  
1/4 tsp. baking powder  
Powdered sugar



### Directions:

Preheat oven to 350.

Grease an 8x8 pan. Beat the butter for 30 seconds. Add 1/4 cup sugar and 1/4 tsp. salt. Beat until fluffy. Stir in flour. Pat dough in bottom of pan and bake for 15 minutes. Remove from oven.

Beat the eggs and then add the rest of the filling ingredients. Beat for three minutes. Pour over baked crust layer. Bake 25 – 30 minutes until filling is firm. Sift powdered sugar on top.

Story: This recipe is from my old friend Cheryl Rasmussen. Cheryl lived down the street from us in West Jordan, Utah. She is a wonderful, practical cook, and this recipe is a no-fail dessert. I usually at least double it (if I do, I use a 9x13 pan).



## molasses cookies

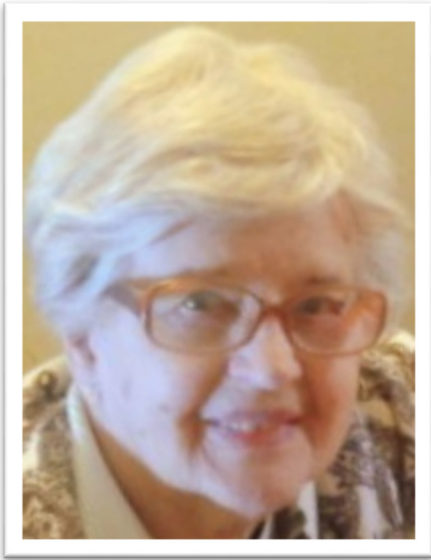
### Ingredients:

3/4 cup oil  
4 TBSP molasses  
1 cup sugar  
1 egg  
2 cups flour  
2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. ginger

### Directions:

Preheat oven to 350.

Combine first four ingredients and set aside. Combine remaining ingredients and add to the wet ingredients. Roll into walnut-sized balls. Bake for 15 minutes.



**Story:** This is Gramma Morey's recipe, and I've made it dozens of times. It's always a hit. They don't taste overly sweet.

The cookies do get hard, so you have to be careful not to overbake them, and put a piece of bread in the container to keep them soft.

**Note:** If you don't have or don't want to use corn syrup, you can substitute 1 cup of sugar and 1/4 cup water for light corn syrup. This recipe doesn't call for it, but for each cup of dark corn syrup, substitute 1 cup of packed brown sugar and 1/4 cup water.



## orange chiffon cake

### Cake Ingredients:

2 cups flour  
1 1/2 cups sugar  
4 tsp. baking powder  
1 tsp. salt  
6 eggs, separated  
3/4 cup fresh orange juice  
1/2 cup vegetable oil  
2 TBSP grated orange peel  
1/2 tsp. Cream of Tartar

### Orange Glaze Ingredients:

1/2 cup butter  
2 cups powdered sugar  
2 – 4 TBSP fresh orange juice  
1/2 tsp. orange zest

### Directions:

Preheat oven to 350.

In a large bowl, combine the first four ingredients. Add egg yolks, orange juice, oil, and peel. Beat until smooth (about five minutes).

In another bowl, beat egg whites and Cream of Tartar until stiff but not dry. Fold into orange mixture. Spoon into ungreased tube/bundt pan. Bake at 350 for 40-45 minutes (until cake tests clean with a toothpick).

Immediately invert pan to cool. When cool, remove cake from pan. For glaze, melt butter in small saucepan. Add remaining glaze ingredients. Stir until smooth. Pour over cake, allowing it to drizzle down sides.

Story: This is a recipe from Germany friend Debra Mucci. It's a fabulous warm weather dessert, fresh tasting and light. It takes a little extra time because of the beating of the whites and other ingredients, but it's worth it, and with a little help from Kitchen Aid, it's very do-able.



## peach hand pies

### Ingredients:

2 boxes refrigerated pie crust  
1 can peach pie filling  
1 tsp. cinnamon  
2 1/2 cups powdered sugar  
1/4 cup milk  
1 egg white, beaten

### Directions:

Preheat oven to 425. Remove pie crusts from package and allow them to come to room temperature while you prepare the filling.

Dump the pie filling in a shallow bowl and dice the peaches using a fork and knife (make the pieces small). Add in the cinnamon and mix until blended. Set them aside.

Unroll the pie crusts and cut 6 circles from each crust using a 4-inch biscuit cutter. You will have to re-roll the scraps to get the 6<sup>th</sup> circle.

Using a cookie scoop, drop peach pie filling into the center of each pie crust circle. Fold in half and pinch edges completely. Fold pinched edges over and press with the tines of a fork to seal. Poke hand pie with fork once, to prevent bursting.

Beat egg white in a small bowl until frothy. Brush over the tops of each hand pie. Bake on a parchment paper-lined baking sheet an inch apart for about fifteen minutes, until browned.

While pies are baking, whisk together the powdered sugar and milk until smooth. Remove cooked pies from baking sheet and drop (while warm) into glaze, coating it completely. Return to parchment paper and allow to set (about five minutes).

Story: I made this recipe for Joseph's homecoming party – it was one of the pies! It's from this website Shugary Sweets. The recipe called for using a TBSP cookie scoop, but I couldn't fit that much filling in, and used a teaspoon. It takes a while to put them together, but boy are they worth it! So yummy! The size is perfect, and they are absolutely delicious.





# peanut butter cookies

## Ingredients:

1 cup butter  
1 cup sugar  
1 cup brown sugar  
2 eggs  
1 tsp. vanilla  
1 cup peanut butter  
3 cups sifted flour  
2 tsp. baking soda  
1/2 tsp. salt  
1 cup chocolate chips (optional)



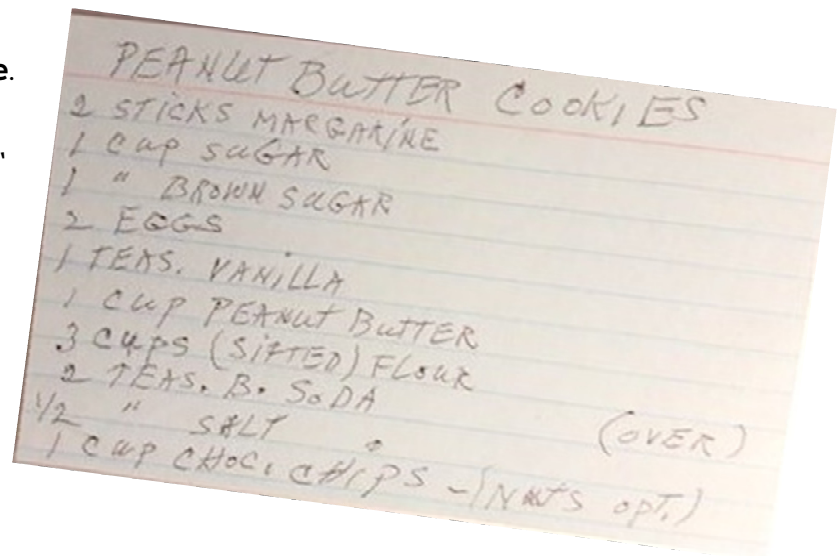
## Directions:

Preheat oven to 350°.

In a large bowl, cream butter, then add sugar and mix well. Add beaten eggs, vanilla, and peanut butter and mix well.

Mix baking soda, salt, and flour. Add to wet ingredients. Add chocolate chips, if desired. Roll into small balls (or use a cookie scoop) and flatten with a fork. Place on a greased pan (or parchment paper). Bake about 15 minutes, or until slightly brown.

Story: This is Gramma Morey's recipe. I've eaten it dozens of times when she made it, and I've made it myself, too. I love seeing her writing on the recipe card.





## pie crust

### Ingredients:

3 cups flour  
1/2 tsp. salt  
2 TBSP sugar  
1 1/4 cups shortening, cold  
1 egg, cold  
1 TBSP white vinegar, cold  
5 TBSP cold water  
sugar



### Directions:

Mix flour, salt, and sugar in a bowl. Cut in shortening with a pastry blender. Add egg, vinegar, and 3 TBSP water. Mix lightly. If dough is too dry, add more water. Mix with your hands (this is no job for your beloved Kitchen-Aid. Don't overmix – mix just until the dough sticks together. Divide into thirds, and roll out to make three pie crusts. When using for the top of a pie, sprinkle sugar on top.

Story: I got this recipe from Living on a Dime. They are the best at inexpensive recipes that really work.

This recipe works well and can be frozen (leave in balls of dough to freeze). To get a glossy crust, brush egg white over the crust before baking. If you have leftover pie crust, roll it out, cut into strips with a pizza cutter, sprinkle with cinnamon and sugar and bake for 10 - 15 minutes at 425° for a yummy treat.

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## cherry pie filling

1 1/4 cups sugar  
2 1/2 TBSP flour  
1/4 tsp. salt  
1 quart tart red cherries, pitted  
2 TBPS butter  
1 pie crust

Preheat oven to 425°. Line pie pan with pie crust. Mix sugar, flour, salt, and cherries together. Pour into pie crust and dot with butter. Add top crust. Bake at 425° for 10 minutes, then reduce heat to 350° and bake for 25 more minutes.

## pumpkin cake

### Cake Ingredients:

2 cups sugar  
1 cup oil  
4 eggs  
2 cups flour  
2 tsp. cinnamon  
2 tsp. baking soda  
2 cups pumpkin (a can, not of pie filling, just pumpkin)

### Cream Cheese Frosting Ingredients:

1 8 oz. pkg. cream cheese, softened  
1 stick butter, softened  
1 lb. powdered sugar  
2 tsp. vanilla

### Directions:

Preheat oven to 350. Grease a bundt/tube pan.

Cream sugar and eggs. Add oil and mix very well (at least three minutes). Add flour, baking soda, and cinnamon. Blend in pumpkin. Pour into pan and bake one hour. Cool well.

Combine all frosting ingredients and pile on top and sides of cooled cake.

Story: This recipe is from my good friend Germany, Michelle Lowdermilk. She is an amazing homemaker – truly amazing – and this is perhaps one of my ten best recipes. She is also a devoted Christian, and the Bible verse on the bottom of the recipe card, Romans 12:13, reads, "Distributing to the necessity of saints; given to hospitality." She lives that.

I use the cream cheese frosting recipe all of the time, not just on this cake.



# sugar cookies

## Ingredients:

$\frac{3}{4}$  cup shortening  
1 cup sugar  
2 eggs  
1 tsp. vanilla  
2  $\frac{1}{2}$  cups flour  
1 tsp. powder  
1 tsp. salt

## Triple recipe:

2  $\frac{1}{4}$  cup shortening  
3 cup sugar  
6 eggs  
3 tsp. vanilla  
7  $\frac{1}{2}$  cups flour  
3 tsp. powder  
3 tsp. salt

## Directions:

Preheat oven to 400.

In a large bowl, combine first four ingredients. Combine the dry ingredients and add all at once to the wet ingredients. Mix and chill for two hours. Roll out to any thickness (they can even do nice, thick cookies) and bake. For normal thickness cookies, check after 8 minutes. Cool on a cookie rack and frost.



Story: This is the best sugar cookie recipe I've ever found, which is crazy because of how simple it is. It's another awesome Iowa recipe, and I've made it hundreds of times without its ever failing me.

It's Deniece Schofield's recipe, and she was one of my closest friends while we lived there. Deniece is a home organization expert and has written many books. This picture was taken at her home in Iowa, and I've sat on this loveseat many times. I think of her whenever I make them.

## Tim's chocolate cake

### Ingredients:

2 cups sugar  
1  $\frac{3}{4}$  cups flour  
 $\frac{3}{4}$  cup cocoa  
1  $\frac{1}{2}$  tsp. baking soda  
1  $\frac{1}{2}$  tsp. baking powder  
 $\frac{3}{4}$  tsp. salt

$\frac{1}{2}$  cup melted salted butter  
2 large eggs  
1 cup buttermilk  
3 tsp. vanilla extract

### Directions:

Preheat oven to 350 degrees. Butter and flour a 9x13 inch pan.

Blend the first set of ingredients (through the salt). Stir in the rest of the ingredients. Beat on medium speed until well incorporated and then turn to slowest speed and add 1 cup boiling water. When mixed, pour into prepared pan.

Bake until done (about 35 minutes). The cake may fall a little bit – that's fine; just fill with yummy frosting!

### Frosting:

2 pounds powdered sugar  
 $\frac{3}{4}$  cup cocoa  
 $\frac{1}{2}$  pound butter, softened  
3 tsp. vanilla extract  
1  $\frac{1}{2}$  - 2 cups heavy whipping cream (depends on thickness of cream)

Gently blend together first three ingredients. Add vanilla and whipping cream, turn to high speed, and whip for three minutes or so.

Story: Stephen Black requested this cake for his groom's cake, and it was delicious! It's actually quite simple for a scratch chocolate cake, and it doesn't have that bitter taste homemade chocolate cake can have. Make pancakes with the leftover buttermilk. The frosting is fabulous on cookies, too.





# Trifle

## Ingredients:

1 package pound cake (16 oz.) cut into 18 slices (or 2 3oz. packages ladyfingers)  
2 packages (3.4 oz.) instant vanilla pudding mix  
1 18oz jar raspberry jam  
1 ½ pints fresh raspberries  
Whipped cream and fresh raspberries for garnish

## Directions:

Arrange one-third of sliced cake in the bottom of a trifle dish or large decorative bowl.

Prepare pudding according to package directions and place one-third more of the cake pieces around the inside of the bowl, using half of the pudding to hold them in place.

Gently stir together the jam and raspberries. Spoon half over the pudding. Cover with the remaining cake pieces.

Layer the remaining pudding and raspberry mixture. Chill.

Garnish with whipped cream and fresh raspberries.

Story: This recipe is from *Taste of Home* and is soooo easy! Any berry can be substituted for the raspberries, so you could do strawberries with strawberry jam, or blackberries with blackberry jam. Because it needs to chill, it's a great dessert for company – no rushing to get it ready in time for them!



## \$25,000 *washington cherry bars*

### Ingredients:

1 pkg. chocolate cake mix	1 cup sugar
1 21 oz. can cherry pie filling	5 TBSP butter
1 tsp. almond flavoring	1/3 cup milk
2 eggs	1 cup chocolate chips

### Directions:

Preheat oven to 350.

Mix cake mix, pie filling, almond flavoring, and eggs. Pour in greased 9x13 pan. Bake for 25 minutes, or until done. Cool.

In a saucepan, mix sugar, butter, and milk. Boil one minute. Stir in chocolate chips. Beat until smooth. Pour over cake.

**Story:** This is one of Sheri Warren's recipes from the Arlington Texas Stake Relief Society Cookbook. It's hands-down the best dessert recipe I have because it's so easy, you can keep it all in the pantry (I keep chocolate chips in the freezer), and it's delicious! Oh, so good. The cherry pie filling makes it so moist, but doesn't really taste like cherry. I love keeping people guessing.



"Give two cooks the same ingredients and the same recipe; it is fascinating to observe how, like handwriting, their results differ. After you cook a dish repeatedly, you begin to understand it. Then you can reinvent it a bit and make it yours. A written recipe can be useful, but sometimes the notes scribbled in the margin are the key to a superlative rendition. Each new version may inspire improvisation based on fresh understanding. It doesn't have to be as dramatic as all that, but such exciting minor epiphanies keep cooking lively."

David Tanis, *Heart of the Artichoke: and Other Kitchen Journeys*







## hot chocolate mix

### Ingredients:

8 cups dry milk  
1  $\frac{3}{4}$  cups cocoa  
1 small package instant chocolate pudding mix  
4  $\frac{3}{4}$  cups powdered sugar  
1  $\frac{1}{2}$  cups non-dairy creamer

### Directions:

Stir it all up in a big bowl and store in an airtight container. For every cup of hot chocolate, add 5 TBSP of the mix to one cup of hot water. Marshmallows or whipped cream optional!



## spiced cider

### Ingredients:

2 qts. cider  
3 TBSP brown sugar  
1  $\frac{1}{2}$  tsp. apple pie spice  
grated orange zest  
8 cinnamon sticks

### Directions:

Combine ingredients in a pot and bring to a boil. Cover and remove from stove. Steep 30 minutes before serving.

Note: This can also be done in a crockpot on low. It's a nice holiday beverage, and it makes the whole house smell delicious.



# Taco seasoning

## Ingredients:

1 TBSP chili powder  
1 tsp smoked paprika  
1 tsp cumin  
¼ tsp cayenne pepper  
½ tsp oregano  
½ tsp salt  
½ tsp (15 cranks) fresh black pepper  
½ tsp corn starch (optional)

## Directions:

Mix and store or use. It makes the equivalent of one packet of taco seasoning mix for about half the price (or even less).

If you're not going to use garlic or onion in the recipe, you'll want to add a little garlic or onion powder.



“...food is capable of feeding far more than a rumbling stomach. Food is life; our well-being demands it. Food is art and magic; it evokes emotion and colors memory, and in skilled hands, meals become greater than the sum of their ingredients. Food is self-evident; plucked right from the ground or vine or sea, its power to delight is immediate. Food is discovery; finding an untried spice or cuisine is for me like uncovering a new element. Food is evolution; how we interpret it remains ever fluid. Food is humanitarian: sharing it bridges cultures, making friends of strangers pleasantly surprised to learn how much common ground they ultimately share.”

Anthony Beal



## quick fixin's

When you're in a hurry, here are some meals that you can have on the table very, very quickly. The recipes for the ones with the asterisks (\*) are in the cookbook:

- Alfredo\*
- Baked Spaghetti (take leftover spaghetti, put it into a 9x13, top with cheese, & nuke)
- BLTs
- Crepes
- Fried Burritos\*
- Frozen fish filets (put on rolls or hamburger buns with lettuce and tartar sauce)
- Nachos\*/Taco Salad
- Pancakes or Waffles (serve with Nutella or fruit on top)
- Ravioli (the frozen kind cooks in seriously like five minutes) with marinara or alfredo sauce
- Spaghetti (keep some ground beef browned with onion in the freezer in small packages)
- Tuna casserole\*
- Tuna Melts\*

Note: Being able to throw a meal on the table quickly is mission critical. If you can't, you will find yourself eating out far more often than is healthy for your body or your wallet. Many of these use only non-perishable ingredients. Keep those on hand as a back-up. Don't fool yourself: going out takes far more time than cooking any of these meals does.



*Crepes are a must in any cook's bag of fundamentals, not only because they are so easy to make - they are always among the first dishes one is taught in any beginners cooking class - but also because, with a stack of those paper-thin French pancakes on hand in the freezer - you can look forward to any emergency situation that will draw them out. - Julia Child*

## *easter menu*

Baked Ham  
Green Bean Bundles\*  
Mashed Potatoes & Gravy  
Roasted Asparagus\*  
Sarah's Salad\*  
Lion House Rolls\*  
Easter Basket Cake

Story: I love making an Easter Basket Cake for Easter, and it ends the meal with a festive feel.



Easter is a strange holiday sometimes, because if you have late church, it can be tricky to have a holiday meal on the table. This menu is a great one for getting a fancy meal on the table quickly, mostly because of its do-ahead nature. The only thing that's tricky for that is the rolls. Use frozen ones or ...

If you want to get it on the table quickly, here's your plan:

The night before:

- 🕒 Prepare Sarah's Salad. Cover tightly and place in fridge.
- 🕒 Peel the ends of the asparagus stalks (the thick, bottom part), and store upright in a container with water at the bottom.
- 🕒 Cut a lemon into 8 wedges.
- 🕒 Prepare green beans and roll into the bundles. Cover and store in fridge.



When you get home from church:

- 🕒 Remove ham from oven and set aside.
- 🕒 Put Green Bean Bundles in the oven.
- 🕒 Heat oven to 425. Baste asparagus with the oil, grind salt & pepper over it, lay the lemon wedges over it, and put in the oven to roast.
- 🕒 Heat up (or make) the gravy.
- 🕒 Put mashed potatoes in serving dish.

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*The spirit of him who raised Jesus from the dead is living in you. Romans 8:11*

## Thanksgiving menu

Veggie Platter  
Sarah's Salad\*  
Roast Turkey\*  
Stuffing  
Cranberry Sauce  
Mashed Potatoes & Gravy  
Sweet Potato Casserole\*  
Green Bean Casserole\*  
Lion House Rolls\*  
Pies and Pumpkin Cake

Story: I love a basic Thanksgiving meal, with nothing really crazy. I've found that the Pepperidge Farm stuffing is the best, and better than any other I've had. I sauté onion and celery to add to it, and it's never failed me.

Sometimes I also cook other sides, like carrots. I use the recipe on the bag of cranberries (1 cup water, 1 cup sugar, 1 pkg cranberries). The veggie platter is just celery and onions and small pickles.



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The Christmas menu is described on the Breakfast Casserole recipe page.



## monthly menu plan – spring/summer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast for dinner	Chicken Salad* sliced veggies and dip	BLTs cheese & crackers sliced fruit	Seafood Enchiladas* Cucumber Salad* chips & salsa	Nachos*	Chicken Parmesan Italiano* couscous salad	hamburgers baked beans cole slaw or potato salad
crockpot roast vegetables salad	Chipotle Burrito Bowls* Cilantro-Lime Rice*	Fish Tacos* rice chips & salsa	spaghetti garlic bread salad	chili dogs cole slaw fries or chips	Cobb Salad* bread sticks	hot dogs potato salad carrot sticks
Raspberry Balsamic Chicken* steamed broccoli Lemon Poppy Seed Muffins*	Baked Potato Bar*	Bow Tie Pasta Salad* Bread Braid*	Greek Chicken* Greek-style Quinoa* Poppy seed Loaf*	Sweet Glazed Salmon* Roasted Asparagus*	Sloppy Joe Mac & Cheese* Iceberg Wedge Salad*	BBQ ribs in crockpot corn on the cob baked beans
Café Rio Sweet Pork* rice corn or tortilla chips & salsa	Lemon Chicken* Watermelon Feta Salad* salad	Cheesy Taco Skillet* rice fresh fruit	Swedish Meatballs* green beans salad	Hearty Black Bean Quesadillas* Easy Cheesy Beans*	pizza	Garlic Spaghetti with Herbs* French bread sliced strawberries

## monthly menu plan – fall/winter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baked Pork Chops*	Macaroni and Cheese*	Shepherd's Pie*	Baked Spaghetti	Fiesta Meat Loaf*	Chicken & Rice Casserole*	Chicken Soup*
baked sweet potatoes	green salad	sliced fruit	green salad	Smashed Potatoes*	steamed broccoli	Rolls*
peas		biscuits	garlic bread	Green Bean Bundles*	carrot & celery sticks	veggies & dip
Cheeseburger Soup*	Chicken Enchilada Casserole*	Rice Casserole*	Stuffed Shells*	Fried Burritos*	Chicken Spaghetti*	Oven-baked Tacos*
Crackers	Cary's Cornbread*	tortilla chips & salsa	green salad	Easy Cheesy Beans*	salad	chips and salsa and/or guacamole
Chicken & Stuffing Casserole*	rice or beans	sliced bananas & strawberries	garlic bread		French bread	
	Baked Pork Chops*	Alfredo*	Crockpot King Ranch Casserole*	Tuna Casserole*	Lasagna*	Sour Cream Chili Bake*
mashed potatoes	baked sweet potatoes	green salad	green salad	potato chips	Pistachio Salad*	tater tots
green beans	mixed veggies	rolls		glazed carrots	garlic bread	green beans
Corn Dog Casserole*	Broccoli and Noodles Parmesan*	New Orleans Chili*	Chicken Parmesan Italiano*	Pasta Meatball Stew*	Tuna Melt*	orange rolls
waffle fries		Cary's Cornbread*			sweet potato fries	Beef Stroganoff*
fruit	baked acorn squash		mixed veggies	Lion House Rolls* or crackers	carrot & celery sticks	rice or egg noodles
			French bread			green salad