



CELEBRATING 50 YEARS OF FAMILY

THE PD COOKBOOK

WITH RECIPES FROM THE PD COMMUNITY

INTRODUCTION

In 1970, Providence Day School opened its doors to its first students. Since that date, many students have walked the halls, treasured friendships, filled their minds with knowledge, and prepared for the future.

Present and past teachers, staff parents, alumni, alumni parents and grandparents have made contributions to this cookbook. We are grateful for all who have shared. Many of these recipes were made for meaningful events and might even bring memories of your days at Providence Day. We hope that you will enjoy preparing these recipes as we celebrate our 50th Anniversary.

A special thanks goes to Golden Charger Coral Helms for creating the drawings for the divisions of the cookbook.

Betty Oelhafen

Golden Charger and Alumni Parent

Member of the 50th Anniversary Planning Committee

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APPETIZERS



7-LAYER MEXICAN DIP

- **1 (16 oz) can Refried Beans**
- **½ packet Taco Seasoning**
- **1 Avocado, chopped**
- **1 cup Sour Cream**
- **1 (4 oz) can Ripe Olives, sliced**
- **2 (large) Tomatoes, chopped**
- **1 (4 oz) can Green Chilies, chopped**
- **1 pkg Shredded Monterey Jack Cheese**

Mix refried beans with taco seasoning and spread in an 8x12 Pyrex glass dish.

Layer remaining ingredients in the order given above.

Heat at 325 degrees for 15 minutes. Serve with Tostitos scoops.

Roberta McKaig
Faculty and Alumni Parent

ARTICHOKE DIP

- **2 (12 oz) jars Artichoke Hearts**
- **1 (small) Red Pepper, diced**
- **1 ½ cups Parmesan Cheese, grated**
- **1 cup Mayonnaise**
- **½ cup Banana Pepper Rings**
- **1 Tbsp Garlic, chopped**
- **1 tsp Hot Pepper Flakes**
- **Pinch of Cayenne Pepper**

In a large bowl, mix together all ingredients.

Divide the mixture between two 16oz oven proof dishes.

Bake for 350 degrees for 25 minutes.

Serve with pita chips or bread.

Traci Hammond
Alumni Parent

CHEESE BALL

- 2 (8 oz) pkgs Cream Cheese
- ¼ cup Green Pepper, diced (I drain mine between 2 folded paper towels)
- 1 (18 ½ oz) can Crushed Pineapple, drained (do same as above)
- 2 Tbsps Onion, minced (drain as above)
- 2 tsps Seasoning Salt
- 2 cups Nuts, chopped (use 1 cup in cheese ball and other cup to roll when finished)

Mix all ingredients in a bowl and chill for a couple hours or until firm.

Shape into one ball or two (depending on how big you want them)

Roll in remaining nuts.

Wrap and chill for at least 2 days.

Note

This cheese ball freezes very well! Enjoy!

Bobbie Hinson
Archivist, Golden Charger, and Alumni Parent

CHEESE WAFERS

- **½ lb Sharp Cheddar, grated**
- **½ cup Confectioners 10X Sugar**
- **½ lb Margarine**
- **½ cup Pecans, chopped**
- **3 cups Flour**
- **Dash of Salt and Red Pepper**

Get the cheese and butter at room temperature.

Mix and add the remaining ingredient.

Roll in a long log, wrap in wax paper and chill overnight.

Slice wafer thin and bake in 350 degree oven for 10 minutes. Do not let them brown.

Cheryl Miller
Staff

CHIPPED BEEF DIP

COOKING TEMPERATURE: 350 DEGREES

COOKING TIME: 15-20 MINUTES

SERVES: 10-12

- **1 (8 oz) pkg Cream Cheese**
- **½ tsp Pepper**
- **2 Tbsps Green Onions, chopped**
- **2 Tbsps Milk**
- **½ cup Sour Cream**
- **1 (2 oz) jar Chipped Beef, finely chopped**
- **½ cup Crushed Pecans**

Blend cheese and milk. Add beef, onion, and pepper to cheese mixture.

Blend in sour cream. This dip can be done in a food processor.

Put in oven proof dish. Cover top with crushed pecans.

Serve hot with toasted rounds or crackers.

Beth Hunter
Golden Charger and Alumni Parent

COOL VEGGIE PIZZA

- **1 pkg Crescent Rolls**
- **1 pkg Cream Cheese**
- **1 ½ Tbsps Mayonnaise**
- **1 Tbsp Dill Weed**
- **Vegetables of your choice**

Roll out crescent rolls onto a large non-stick baking sheet.

Stretch and flatten to form a single rectangular shape and pinch together seams.

Bake at 350 degrees for 10-12 minutes.

In a separate bowl, combine cream cheese, mayo and dill weed.

Spread mixture evenly on cooled crust.

Sprinkle vegetables of your choice on the top and cut into squares.

Great vegetable suggestions include broccoli, tomatoes and onions.

Kacie Sullivan
Staff

EASY CHEDDAR DIP

- **2 cups Cheddar, finely shredded**
- **4 Scallions, finely chopped**
- **3 Tbsps Red Pepper Jelly**
- **2 Tbsps Chopped Pecans (or to taste)**
- **Wheat Thins**

Mix ingredients together just prior to serving with Wheat Thins.

Note

Can get runny if made ahead. Great texture and flavor!

Patricia Whelan
Faculty and Alumni Parent

HAM SLIDERS

- **2 pkgs (12-count) of Original Hawaiian Sweet Rolls**
- **24 slices Deli Ham**
- **6 slices Swiss Cheese, cut into fourths**
- **1 Tbsp Poppy Seeds**
- **2 Tbsps Yellow Mustard**
- **½ cup Butter, melted**
- **1 tsp Onion Powder**
- **1 ½ tsp Worcestershire Sauce**

Slice both packs of Hawaiian rolls in half.

Add ham and a ¼ slice of cheese to the bottom of each roll and replace the tops of the rolls.

In a bowl, whisk together poppy seeds, Dijon mustard, butter, onion powder, and Worcester sauce. Brush on top of rolls.

Cover with foil and bake at 350 degrees for 10 minutes.

Then, uncover and bake for 2 additional minutes until tops are crisped and brown.

Meggan Barber
Staff and Current Parent

MUSHROOM CROUSTADES

- **24 slices White Bread, thinly sliced**
- **⅛ tsp Cayenne**
- **¼ tsp Black Pepper**
- **5 Tbsps Butter, softened**
- **1 ½ Tbsps Chives, finely chopped**
- **4 Tbsps Scallions, minced**
- **2 Tbsps Parsley, finely chopped**
- **½ lb Mushrooms, minced**
- **½-1 tsp Lemon Juice**
- **2 Tbsps Flour**
- **Parmesan Cheese, grated**
- **1 cup Heavy Cream**
- **Butter**
- **½ tsp Salt**

Cut 24 rounds from each slice with 3-inch cutter.

Coat inside of tiny muffin tin pans with butter.

Lightly spread each side of bread rounds with butter.

Carefully fit into tins, pushing the center of bread rounds into the tin to make a little cup.

Preheat oven to 400 degrees.

Bake croustades until lightly browned. Remove from tins and cool.

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MUSHROOM CROUSTADES **CONTD.**

Filling:

Cook scallions with 5 Tbsp Butter in skillet for a few minutes.

Add mushrooms and stir occasionally for 10-15 min, until moisture has evaporated.

Remove from heat. Sprinkle flour over mushrooms and mix.

Pour in heavy cream, mix, and return to heat, bringing to boil.

Cook few minutes to cook flour. Sauce will thicken heavily.

Remove from heat and add salt, pepper, chives, parsley, and lemon juice. Taste and correct seasonings. Cool and refrigerate until ready to use.

Use a small spoon to fill croustades and mound with filling.

Sprinkle with freshly grated Parmesan cheese and dot with small pieces of butter.

Place on a cookie sheet. Preheat oven to 350 degrees and bake croustades about 10 minutes in the oven, or until filling bubbles. (Filled or unfilled croustades freeze well.)

Note

Sometimes I use fresh green onions, the white and green, instead of or along with scallions. I always use fresh ground pepper and good quality Parmesan cheese. Enjoy!

Anita McLeod
Faculty and Alumni Parent

PINEAPPLE MANGO SALSA

4-6 SERVINGS.

- **1 cup Fresh Pineapple, cut into ¼-inch tidbits**
- **1 cup Fresh Mango, cut into ¼-inch cubes**
- **½-1 Jalapeno Pepper, finely minced**
- **3 Green Onions, finely sliced**
- **3 Tbsps Fresh Mint, finely shredded**
- **1 Tbsp Fresh Ginger, grated (or 1 Tbsp of jarred or squeeze bottle fresh Ginger)**
- **1 tsp Salt (or more to taste)**
- **Juice of 1-2 Limes**

Combine all ingredients in a glass or ceramic bowl.

Chill until ready to serve, at least two hours.

Note

You can substitute fresh cilantro for the mint or use a combination of both. This recipe is great over grilled fish or with tortilla chips. This is GF, DF, Nut-free, Vegetarian, and Sugar-Free.

Caroline Marks
Current Parent and Alumni Parent

RESTAURANT STYLE QUESO BLANCO: WHITE CHEESE DIP

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

- **1 lb (20 oz) White American Cheese (from your grocery deli, ask them to cut one or two large pieces instead of slicing)**
- **$\frac{2}{3}$ cup Whole Milk**
- **$\frac{1}{2}$ cup Cold Water**
- **$\frac{1}{4}$ cup Green Chilies, diced**
- **2 Pickled Jalapenos, chopped**
- **1 oz Pickled Jalapeno Juice**
- **Pinch of Ground Cumin**

Grate American cheese on the large holes of a box grater or cut in $\frac{1}{2}$ -inch chunks and combine with milk and water in a large microwave safe bowl.

Microwave on high for 5 minutes, stopping to stir every minute or so. Mixture will be watery until all of the cheese is melted.

Remove from the microwave and stir in remaining ingredients.

Serve immediately with tortilla chips or as a sauce over your favorite Mexican dish.

Kathy Hess
Staff

RASPBERRY SALSA DIP

- **1 (8 oz) pkg Cream Cheese, softened**
- **¼ cup Red Onion, finely chopped**
- **1 can Black Beans, drained and rinsed**
- **8 oz Monterey-Jack Shredded Cheese**
- **1 jar Raspberry Salsa**

In a 9x9 baking dish, layer the above ingredients.

Bake at 350 degrees for 25-30 minutes.

Serve with chips.

Stephanie Melaragni
Grandparent

TACO DIP

- **2 pkgs Taco Seasoning**
- **1 (8 oz) pkg Cream Cheese**
- **16 oz Sour Cream**
- **1 jar Mild Salsa**
- **1 bag Shredded Lettuce**
- **4-5 Tomatoes, cut**
- **1 (8 oz) bag of Mexican Shredded Cheese**

Mix 2 packages taco seasoning with cream cheese and sour cream.

Beat with a mixer.

In large 9x11, spread the mixture on bottom.

Add 1 jar of mild salsa over the mixture.

Then top with lettuce, tomatoes and cheese.

Serve with Tostitos.

Enjoy!

Jane Balzer
Current Parent and Alumni Parent

TOMATO BRUSCHETTA

- **Cherry Tomatoes**
- **Baguette (preferred but any bread can work; if you want big pieces of bruschetta use a larger bread)**
- **Butter**
- **Extra Virgin Olive Oil**
- **Salt & Pepper**
- **Basil Leaves**
- **Prosciutto (optional)**

Cut baguette or loaf of bread into slices ($\frac{1}{2}$ -1 inch) and butter both sides. Cut cherry tomatoes in half and set to the side

Heat up a pan or skillet and add the buttered bread to toast on both sides. Once all the bread is toasty, turn off the heat and put all the halved tomatoes in the pan and let the residual heat cook them for about two minutes or until blistered.

Place a generous portion of tomatoes on each piece of bread.

Drizzle olive oil and balsamic glaze then sprinkle each piece with salt and pepper. Chop up a few basil leaves and sprinkle over the top.

Note

You can lay a piece of prosciutto down on the bread before you add the tomatoes

Ben Garnitz
Staff

VEGGIE DIP

- **1 cup Sour Cream**
- **½ cup Mayo**
- **1 Tbsp Sugar**
- **1 tsp Salt**
- **½ tsp Pepper (or ¼ tsp to taste)**
- **½ tsp Garlic Powder**
- **¼ cup Onion, finely chopped**
- **¼ cup Green Pepper, finely chopped**
- **¼ cup Radish, finely chopped**
- **¼ Cucumber, finely chopped**

After chopping veggies, spread/press in an even layer on paper towels to dry for about 30 minutes. This will keep the dip from becoming soupy.

Combine the first six ingredients and then add veggies.

Cover and refrigerate for at least 3 hours before serving.

Note
For best flavor, make the day ahead. Serve with everything from carrot sticks to pita chips. So good and crunchy!

Patricia Whelan
Faculty and Alumni Parent

SOUPS



CHICKEN TORTILLA SOUP

- **2 Boneless, Skinless Chicken Breasts**
- **2 (10 oz) cans Ro-Tel**
- **1 can Black Beans, rinsed and drained**
- **1 can Kidney Beans, rinsed and drained**
- **1 can Corn or 2 cups Frozen Corn**
- **1 Onion, chopped**
- **2 (14 ½ oz) cans Low-Sodium Chicken Broth**
- **1-2 cups Water**
- **1 Tbsp Garlic Powder**
- **1 Tbsp Chile Powder**
- **1 Tbsp Ground Cumin**

Put chopped onion, cans of beans, Ro-Tel, corn, chicken broth, water, and spices in a Crock pot and stir to mix.

Put chicken breasts on top of the mixture and make sure they're at least partly submerged in liquid.

Cook on high 6-7 hours or low 8-9 hours.

Before serving, remove the chicken breasts from soup and shred. Return chicken to the Crock pot, stir to combine.

Top the soup with tortilla strips, shredded cheddar cheese, sour cream, and avocado.

Lynette Allison
Current Parent and Alumni Parent

CROCK-POT CHICKEN GNOCCHI SOUP

- **1 lb Boneless, Skinless Chicken Breast**
- **2 cups Mirepoix (a mixture of chopped Onions, Celery, and Carrots)**
- **1-2 tsps Dried Basil**
- **1-2 tsps Italian Seasoning**
- **1 tsp Poultry Seasoning**
- **1 tsp Salt**
- **4 cups Chicken Broth**
- **3 Tbsps Cornstarch, dissolved in 2 Tbsps Water**
- **2 (12 oz) cans Evaporated Milk**
- **2 (1 lb) pkgs Gnocchi (about 4 cups)**
- **6 slices Bacon**
- **2-3 cloves Garlic, minced**
- **5 oz Fresh Baby Spinach**

Place chicken, mirepoix, basil, Italian seasoning, poultry seasoning, salt and broth in Crock-Pot. Cover and cook on high for 4-5 hours or low for 6-7 hours.

Shred chicken while in the Crock-Pot.

Add the cornstarch mixture, evaporated milk, and gnocchi. Stir and replace cover.

Cook another 45 minutes-1 hour until the soup has thickened and the gnocchi has softened.

While the soup is thickening, cut bacon into small pieces and fry until crispy.

Add the garlic and sauté for one minute.

Add the spinach and stir until wilted. Remove from heat.

Add the bacon and spinach to the Crock-Pot. Stir to combine.

Add any additional liquid as needed and season again with salt and pepper as needed.

Steve Bondurant '98
Alumnus and Staff

FRIDAY NIGHT GAME CHILI

In the Fall of 2006, the Charger Club had a chili cook-off at one of the football games. There were booths set up in front of the field house and everyone made a donation when they sampled the chili. Mimi Carbone and Diana Bell helped me make several batches. The judges were Brick Smith, Heidi Bilotti (chef and Observer food editor) and Doug Henry. There were maybe 10 entrants and my chili won 1st place!

SERVES: 10+

- **2 lbs Ground Meat**
- **2 (small) cans Tomato Sauce (plus water swirled in 1 empty can)**
- **2 cans Rotel (I use 1 hot and 1 with chipotle).**
- **2 cans Bush Smokehouse Chili Beans (any seasoned pinto beans will do)**
- **1 (large) White Onion, chopped**
- **3-4 Tbsps Chili Powder**
- **2 Tbsps Cumin**
- **1 Tbsp Chipotle Liquid (from the can) + 1 Chipotle Pepper, chopped (omit if you don't like it hot!)**
- **1 Tbsp Garlic Powder**
- **2 Tbsps Salt**
- **1 Tbsp Black Pepper**

TOPPINGS:

- **Cheddar Cheese, grated**
- **Onions, chopped**
- **Fritos**

Brown meat, add onions and spices half-way through and continue to cook until done.

Pour in tomato sauce, Rotel, and beans.

Stir, lower to medium low heat, cover and simmer for about 30 minutes.

Put on the toppings and enjoy!

Bonnie Downen
Alumni Parent

GRAND PA'S CHILI

- **1 (28 oz) can San Marzano Whole Tomatoes**
- **1 Green Pepper, chopped**
- **1 (large) Yellow Onion, chopped**
- **2 cans Red Kidney Beans (including liquid)**
- **2 tsp Chili Powder**
- **1 tsp Salt**
- **1 lb Ground Meat (beef, turkey, or chicken)**

Brown meat in a large saucepan or dutch oven until just brown on the outside.

Add chopped onion.

Mix well and cook until onions are tender, about 5 minutes.

Puree tomatoes in a blender or processor until smooth.

Add to sauce pan along with green pepper, 2 cans kidney beans including liquid, chili powder, and salt.

Bring to a boil. Simmer uncovered for one hour.

Stir occasionally.

Note

This is my version of comfort food. Growing up in Minnesota, there were a lot of bitterly cold nights. We ate this chili at least twice a month. Our favorite toppings are; sour cream, grated cheddar cheese, and diced avocado.

Gail Foresyth
Current Parent

GRANDMA'S CHILI SOUP

- **2 lbs Round Steak, cut into ½-inch cubes (or lean stew meat)**
- **1 (large) can Crushed Tomatoes**
- **1 Onion, chopped**
- **1 stalk Celery, diced**
- **3-4 Potatoes, cubed and peeled**
- **Salt, Pepper, and Chili Powder (to taste)**
- **1 qt Water**
- **1 can Chili Beans**
- **1 (small) can of V8 Juice (optional)**

Brown meat with the chopped onions in a large pot.

Add salt and pepper, chopped celery, and 1 quart of water.

Bring to a boil and then simmer for 3-4 hours. I often add a small can of V8 juice as the liquid decreases somewhat.

Parboil the potatoes so they are semi tender before adding to the soup the last 45 minutes.

Add the can of chili beans at the very end and add chili powder or taste.

Note

This recipe has been a favorite of my family for 4 generations. It is great on a cold winter day and is even better on the second day! Enjoy!

Laurel Warfield
Golden Charger and Alumni Parent

GREEK GARBANZO STEW

SERVES: 4

- **1 (medium) Onion, diced**
- **1 Tbsp Olive Oil**
- **2 cloves Garlic, minced**
- **1 (28 oz) can Diced Tomatoes**
- **1 (16 oz) can Garbanzo Beans, rinsed and drained**
- **1 (14 oz) can Vegetable or Chicken Broth**
- **2 Tbsps Tomato Paste**
- **½ tsp Fresh or Dried Rosemary**
- **2 tsps Dried Oregano**
- **1 tsp Greek Seasoning**
- **¼ tsp Salt**
- **½ tsp Pepper**
- **1 (6 oz) pkg Fresh Baby Spinach**
- **2 Tbsps Fresh Parsley, chopped**
- **4 oz Feta Cheese, crumbled**

Sauté onion in hot oil in a Dutch oven over medium-high heat 4-5 minutes or until tender.

Add garlic and cook for 1 minute.

Stir in tomatoes and the next 8 ingredients.

Bring to a boil. Reduce heat to low and simmer, stirring occasionally, 15 minutes.

Stir in spinach and chopped parsley.

Cook for 5 minutes.

Top with crumbled feta cheese.

Rachel Ellis
Staff

HUNGARIAN GULYÀS SOUP

- 2 Tbsp Oil
- 2 (small) White Onion, chopped
- 2 Tbsp Sweet Paprika
- 2 lb Pork or Beef, cut in cubes
- 1 Bay Leaf
- 3-4 (medium) Carrots, cut in thick slices
- 4-6 (medium) Potatoes, cut in cubes
- 4 Tbsps Vinegar
- 32 oz Vegetable Broth
- 2-3 Tbsps Salt (you may need more it depends on the strength of the salt)
- 1-2 Tbsps Ground Black Pepper

Mix onion and oil and sauté until see through.

Add meat and paprika. Mix well and let it cook for a few minutes; let the mixture coat the meat.

Add bay leaf, salt, black pepper, and a cup of water.

Let it cook, stirring occasionally until meat is almost tender. I usually cook it until I clean the carrots and potatoes. About 20-30 minutes.

Add the carrots and the vegetable broth. Cook for 15-20 minutes on low fire.

Add the potatoes and water so everything is well covered by the broth and water. Let it cook until potatoes are fully cooked.

Add the vinegar and serve it with fresh bread.

Note

We love sourdough bread and butter with it.

Zsofia Mannava
Current Parent

ITALIAN WHITE BEAN SOUP

- **1 Tbsp Olive Oil**
- **1 lb Spicy Italian Sausage, ground**
- **1 (small) Yellow Onion, diced**
- **3 cloves Garlic, minced**
- **3 Carrots, peeled and diced**
- **2 stalks Celery, diced**
- **4 cups Chicken Broth**
- **1 tsp Salt**
- **¼ tsp crushed red pepper flakes**
- **2 (14 ½ oz) cans Cannellini White Beans, drained**
- **2 cups Fresh Spinach**
- **1 sprig Rosemary**
- **2 Bay Leaves**
- **1 (14 ½ oz) can Coconut Milk**

In a soup pot, heat oil over medium heat and cook the ground Italian sausage until cooked through.

Then add in the onion, carrots and celery. Cook for 3 minutes until the onions are translucent and the carrots are slightly tender.

Add in the garlic and cook for 1 minute.

Add in the chicken broth, salt, pepper flakes, beans, rosemary and bay leaves.

Bring to a boil and then reduce to a simmer. Let simmer for 15 minutes.

Discard rosemary and bay leaves.

Stir in the coconut milk and spinach.

Remove from heat and serve.

Katie Carmichael
Faculty

POTATO SOUP

- **4 Potatoes, diced**
- **1 (small) Onion, chopped**
- **Salt and Pepper (to taste)**
- **2 cubes Chicken Bouillon**
- **1 can Evaporated Milk**
- **3-4 heaping Tbsps Flour**
- **1 cup Milk**
- **Parmesan Cheese (optional)**
- **Bacon, cooked and crumbled (optional)**

In 2-3 inches of water in Dutch oven cook potatoes, onion, and salt and pepper until tender.

Add bouillon cubes, evaporated milk, flour, and milk.

Cook until thickened. Delicious with Parmesan cheese in the bottom of the bowl and crumbled bacon on top.

TORTELLINI SOUP

SERVES: 2-4

- **1 Tbsp Butter**
- **1-2 cloves Garlic, minced**
- **2 (14 ½ oz) cans Chicken Broth**
- **1 (9 oz) pkg Cheese Tortellini, refrigerated**
- **1 (14 ½ oz) can Stewed Tomatoes**
- **1 (small) bunch Spinach (or 1 big handful)**
- **Dried Basil**
- **Black Pepper**
- **Parmesan Cheese, grated or shaved (for topping)**

Melt butter in a large sauce pan and sauté garlic.

Stir in broth, basil, pepper, and tortellini. (Cover surface with basil and pepper; don't be shy with the basil.)

Bring to boil and reduce heat.

Stir in tomatoes, spinach, and simmer for a few minutes.

Top with Parmesan cheese.

Note

Serve with salad and crusty bread – fast and delicious!

Patricia Whelan
Faculty and Alumni Parent

VEGETABLE SOUP

- 2 ½-3 lbs Ground Beef
- 1 (48 oz) can V8 Juice
- 1 (16 oz) can Tomato Sauce
- 1 can Water
- 1 cube Beef Bouillon
- 2 pkgs Frozen Soup Vegetables
- 1 Onion, diced
- 2 tsps Salt
- 1 tsp Pepper

Brown beef and drain.

Add V8 juice, tomato sauce, water and bouillon. Heat through.

Add frozen vegetables and seasonings.

Simmer for 1 hour.

Note

Use any combination of vegetables. This was originally a Betty Feezor recipe.

Bobbie Hinson
Archivist, Golden Charger, and Alumni Parent

WRIGHT'S CROCK-POT CHILI

YIELDS: 5-6 QTS

- **2 lbs Ground Beef (seasoned with McCormick Grill mates hamburger seasoning)**
- **1 (26 oz) can Hanover Light Red Kidney Beans, drained**
- **1 (15 ½ oz) can Hanover Pinto Beans**
- **1 (29 oz) can Tuttorosso Tomato Sauce (green can)**
- **1 (15 oz) can of Harris Teeter Seasoned Black Beans, drained**
- **½ bag Harris Teeter Diced Onions (12 oz green pkg)**
- **½ cup Fire Roasted Green Chilies (about 4 oz), diced**
- **1 (28 oz) can Furmano's Tomatoes (yellow can), drained and diced**
- **1 tsp Black Pepper**
- **1 tsp Salt**
- **3 heaping Tbsps Chili Powder**
- **3 heaping tsps Cumin**

Season ground beef with McCormick seasoning when browning hamburger until done and drain off fat.

In a Crock-Pot, combine the beef plus all the remaining ingredients, stir and combine, cover.

Cook on low 4 hours (or high for 2 hours).

Enjoy with shredded cheese, sour cream and tortilla chips.

Note

Can cut in half to not make as much. Can also add some sausage for more flavor.

SALADS



CHICKEN TABBOULEH

DRESSING:

- **½ cup Extra Virgin Olive Oil**
- **Juice and Zest from 1 Orange**
- **¼ cup White Balsamic or White Wine Vinegar**
- **Salt and Freshly Ground Pepper (to taste)**
- **Pinch of Cayenne Pepper or Red Pepper Flakes**

SALAD:

- **3 Boneless, Skinless Chicken Breasts**
- **3 cups Chicken Broth**
- **1 cup Bulgur Wheat**
- **1 Red Bell Pepper, chopped**
- **½ cup Raisins**
- **3 Scallions, finely chopped**
- **1 cup Parsley, finely chopped**

Combine all the dressing ingredients in a jar or carafe and shake well or mix with a hand blender until fully emulsified and set aside.

Place washed chicken breasts in a medium-size sauce pan on high heat and cover with chicken broth. When this has come to a boil, turn down to low heat and simmer until chicken is fully cooked (usually takes about 15-20 minutes). Remove chicken breasts and allow to cool.

Add the cup of bulgur to the sauce pan and let this sit in the hot broth for 20 minutes. If after 20 minutes the bulgur is not completely cooked, turn the heat back on simmer and continue to let the bulgur cook until al dente stirring every few minutes to prevent sticking to the bottom of pan.

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CHICKEN TABBOULEH **CONTD.**

Add chopped bell pepper, scallions and parsley to a medium bowl and stir in the raisins.

Cut chicken into bite-sized pieces and add to the other chopped ingredients.

When the bulgur is fully cooked, add it to the chopped chicken and other ingredients, pour over the dressing and toss to fully combine everything.

Note

I usually serve this salad over romaine leaves with roasted asparagus on the side.

Meg Thompson
Alumni Parent

CORN SALAD

SALAD:

- **5-6 (large) ears of Corn or 7-8 (small) ears of Corn (Silver Queen if available)**
- **1 (large) Shallot or 2-3 (small) Shallots, finely chopped**
- **1 Red Bell Pepper, finely chopped**
- **½ cup Parmesan Cheese, grated**
- **3-4 Tbsps Fresh Basil, finely chopped**

DRESSING:

- **Juice of 1 (large) Lemon**
- **½ cup Extra Virgin Olive Oil**
- **¼ cup White Balsamic Vinegar**
- **Kosher Salt and Freshly Ground Black Pepper (to taste)**

Combine all the dressing ingredients in a small bowl and blend with a hand blender or whisk until fully emulsified and set aside.

Boil the ears of corn for 5 minutes on high and drain immediately in a colander in the sink.

Chop the shallots and red bell pepper and put in a medium-sized salad bowl.

Grate the cheese and finely chopping the basil, take each ear of corn, stand it up on either end and carefully cut the kernels off the cob and add to the shallots and red bell pepper.

Add the dressing to the chopped ingredients, add the cheese and basil, toss everything together, season with kosher salt and freshly ground black pepper to taste, and serve at room temperature.

GRADUATION SALAD

- **2 pkgs Ramen Noodles, broken apart**
- **1 pkg Coleslaw**
- **1 pkg Red Cabbage or Shredded Carrots (optional)**
- **4 Green Onion Tops**
- **1 cup Sunflower Seeds**
- **1 cup Slivered Almonds and Butter**
- **½ cup Oil**
- **½ cup Water**
- **⅓ cup Vinegar**
- **½ cup Sugar**
- **Ramen Noodle Seasoning Packets**

Sauté almonds in butter until fairly browned.

Mix noodles, slaw, cabbage, veggies, and sunflower seeds. Refrigerate.

For dressing, mix vinegar, oil, water, sugar, and seasoning packets from noodles.

Before serving, combine everything, adding almonds.

Jeanne White
Golden Charger

ORZO WITH ROASTED VEGETABLES

- **1 (small) Eggplant, peeled and diced**
- **1 Red Pepper, diced**
- **1 Yellow Pepper, diced**
- **1 Red Onion, peeled and diced**
- **2 cloves Garlic, minced**
- **⅓ cup Olive Oil**
- **1 ½ tsps Salt**
- **½ tsp Ground Black Pepper**
- **½ lb Orzo**

DRESSING:

- **⅓ cup Lemon Juice, freshly squeezed**
- **⅓ cup Olive Oil**
- **1 tsp Salt**
- **½ tsp Ground Black Pepper**

IN A SEPARATE BOWL:

- **4 Scallions, minced (green and white parts)**
- **¼ cup Pine Nuts, toasted**
- **15 Basil Leaves, cut into chiffonade**

Preheat the oven to 425 degrees. Toss the eggplant, bell peppers, onion and garlic with the olive oil, salt and pepper on a large baking sheet. Roast for 40 minutes, until browned, turning once with a spatula.

Meanwhile, cook the orzo in boiling salted water for 7-9 minutes, until tender. Drain and transfer to a large serving bowl.

Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.

For the dressing, combine the lemon juice, olive oil, salt and pepper and pour on the pasta and vegetables. Let cool to room temperature, then add the scallions, pine nuts and basil. Serve at room temperature.

Lynette Allison

Staff, Current Parent, and Alumni Parent

RASPBERRY PEAR SALAD

- **4 Pears**
- **½ cup Fresh Raspberries**
- **½ cup Pecans, toasted**
- **1 head Bibb Lettuce**

VINAIGRETTE DRESSING

- **½ cup Olive Oil**
- **¼ cup Raspberry Vinegar**
- **1 Tbsp Crème Fraîche**
- **1 tsp Sugar**

Prepare vinaigrette dressing and chill for several hours.

When ready to serve, cut and arrange pears on top of lettuce with raspberries and pecans.

Drizzle vinaigrette. Enjoy!

Stephanie Melaragni
Grandparent

REFRIGERATED SLAW

- **1 (large) head Cabbage, cut into thin strips (about 8 cups)**
- **1 Red Onion, thinly sliced**
- **½ Green Pepper, cut into thin strips**
- **1 cup White Granulated Sugar**
- **1 cup White Vinegar**
- **¾ cup Mazola Oil**
- **1 tsp Salt**
- **½ tsp Pepper**
- **½ tsp Garlic Juice (optional)**
- **1 tsp Dry Mustard**
- **1 tsp Celery Seed**

Layer cabbage, onion, and pepper in a large glass container.

Sprinkle with sugar.

Combine white vinegar, Mazola oil, salt, pepper, garlic juice, dry mustard, and celery seed. Bring to a boil and simmer until well-blended.

Pour over cabbage mixture, but do not stir.

Marinate covered in the refrigerator overnight. Stir and serve.

RHODE ISLAND SPINACH SALAD

- **1 (large) bag Fresh Spinach**

DRESSING

- **½ cup Vegetable Oil**
- **¼ cup Wine Vinegar**
- **Dash of Salt**
- **½ (small) Onion, chopped and diced**
- **⅓ cup Sugar**
- **1 ½ tsps Worcestershire Sauce**

Wash, sort and dry. Tear leaves into bite sized pieces and place in a large salad bowl.

Refrigerate until ready to serve.

Wisk all dressing ingredients together in a small bowl or shake together in a jar. Be sure the sugar dissolves. Refrigerate.

Toss dressing with prepared spinach immediately before serving.

SALAD WITH RASPBERRY VINAIGRETTE

- 1 ½ heads Red Leafy Lettuce
- 1 (medium) Red Onion, thinly sliced
- 1 pkg (or container) Feta Cheese, crumbled
- ¾ cup Pine Nuts, toasted

DRESSING:

- ⅓ cup Canola Oil (or other healthy oil; not olive oil)
- 3 Tbsps Pure Maple Syrup
- 2 Tbsps Raspberry Vinegar

Wash lettuce and dry thoroughly. Tear up and put into a large bowl.

Add thinly sliced onions, feta cheese, and toasted pine nuts. (Allow nuts to cool before adding to salad.)

Whisk together dressing ingredients. Add dressing and toss right before serving.

Beth Goldman
Current Parent

SOUTHERN SHRIMP SALAD

SERVES: 6

- **2 Tbsps Shrimp Boil, tied to cheesecloth**
- **2 lbs Shrimp, cleaned and peeled**
- **1 cup White Rice, uncooked**
- **½ Onion, chopped**
- **½ cup Green Olives, chopped**
- **Black Pepper**
- **1 cup Mayonnaise**
- **Paprika, Lemon, and Tomato Wedges; for garnish**

Bring 4 cups of water to a boil. Add shrimp boil sachet. Add shrimp and boil for 4 minutes.

Remove shrimp and reserve shrimp boil water.

Chop the shrimp into bite size chunks and place on paper towels.

To the shrimp water, add rice and cook until tender, 15-20 minutes.

Drain and allow to cool.

Add onion, olives and pepper to rice. Stir in mayo.

Add shrimp to the mixture and blend well.

Sprinkle with paprika and garnish with lemon and tomato.

Ben Topham
Golden Charger and Alumni Parent

TK SALAD

For several years this recipe was enjoyed by the TK Team whenever we celebrated a meal together..."Back to School" annual "Lake Retreat," professional days, etc. The recipe was originally shared to me by Kindergarten teacher, Anne Wililams. Little did she know it would become the favorite "TK SALAD"! Thanks, Anne!

SERVES: 8

- **4 Chicken Breasts**
- **1 bottle Allegro Original Marinade**
- **Green Leaf and Red Leaf Lettuce mix (or your choice)**
- **3 Green Onions, chopped**
- **3 oz Chinese Noodles**
- **4 oz Slivered Almonds**
- **¼ tsp Poppy Seed (or to taste)**

DRESSING

- **¼ cup Sugar (or less)**
- **2 Tsps Salt**
- **½ tsp Pepper**
- **½ cup Salad Oil**
- **¼ cup Rice Vinegar**

Pound chicken and marinade in Ziploc bag for at least 2 hours.
After marinating chicken, discard marinade. Grill chicken.

Pan fry almonds in a small amount of sugar.

Toss together all ingredients, except noodles.

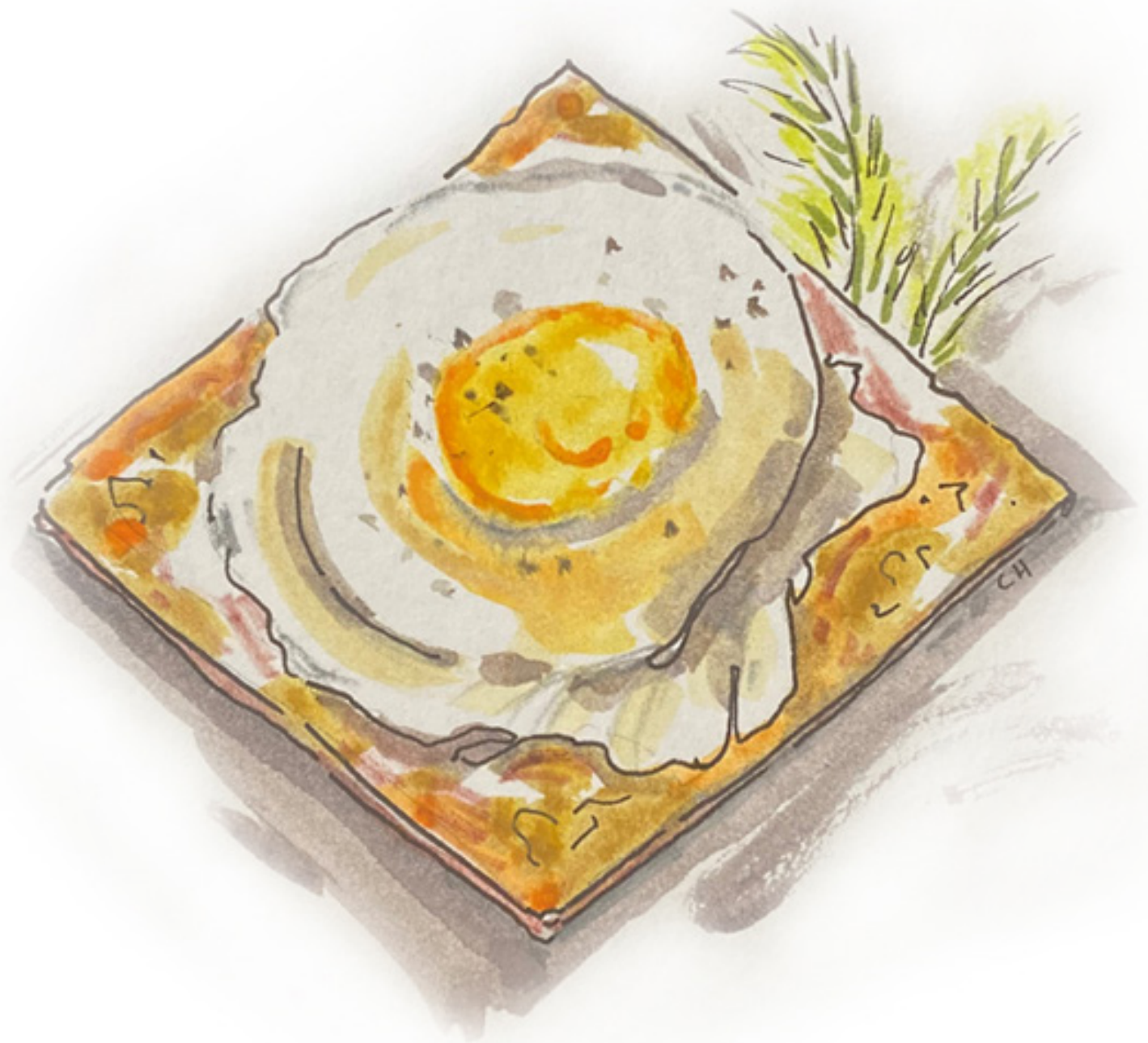
Add dressing to salad.

Add noodles right before serving. Slice chicken and serve on top of salad.

Vicky Hovis

Golden Charger, Alumni Parent, and Grandparent

BRUNCH



BAKED FRENCH TOAST

SERVES: 8-10

- **1 (small) Loaf French Bread**
- **3 Eggs**
- **3 Tbsps Sugar**
- **1 tsp Vanilla**
- **2 ¼ cups Milk**
- **½ cup Flour**
- **6 Tbsps Brown Sugar**
- **½ tsp Cinnamon**
- **¼ cup Butter**
- **1 cup Blueberries, Strawberries, or Raspberries**

Grease a 9x13 baking dish. Cut bread into 1-inch slides and place in the dish.

In a medium bowl beat eggs, white sugar and vanilla.

Stir in milk.

Pour over bread in the dish, turning slices to coat well.

Cover and refrigerate overnight.

Preheat oven to 375 degrees.

In a small bowl combine flour, brown sugar and cinnamon.

Cut in butter until mixture resembles coarse crumbs.

Turn bread slices over in dish.

Scatter fruit over the bread (blueberries or strawberries or raspberries), and sprinkle evenly with crumb mixture.

Bake for 40 minutes.

Patrick Hawk
Current Parent and Alumni Parent

BANANA BREAD

- **1 cup Sugar**
- **½ cup Butter (1 stick softened)**
- **2 Eggs**
- **1 tsp Vanilla**
- **3 (large) Ripe Bananas**
- **1 ½ cups Flour**
- **1 tsp Baking Soda**
- **Pinch of Salt**
- **½ cup Nuts (optional)**

Cream butter and sugar add eggs one at a time mix well.

Mash bananas and add to butter mixture.

Sift together flour, baking soda, salt add to banana mixture.

Mix well. Pour batter into well greased loaf pan.

Cook at 325 degrees for 1 ½ hours.

Laura Shirey
Current Parent

BANANA BREAD BAKED OATMEAL

This easy banana bread baked oatmeal takes just 10 minutes to prep and has big banana and cinnamon flavors, making it perfect for a delicious healthy breakfast! Plus it's gluten-free and naturally sweetened.

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

SERVES: 9

- **2 cups Old Fashioned Rolled Oats**
- **½ cup Walnuts, chopped**
- **1 tsp Baking Powder**
- **1 ½ tsps Ground Cinnamon**
- **½ tsp Kosher Salt**
- **2 (medium) Ripe Bananas**
- **1 (large) Egg**
- **1 ½ cups Milk of choice**
- **½ cup Unsweetened Applesauce**
- **⅓ cup Maple Syrup**
- **2 Tbsps Unsalted Butter, melted**
- **1 tsp Vanilla**

Preheat the oven to 375 degrees.

Mix the first 5 ingredients (oats through salt) together in a large bowl

In a separate medium bowl, mash the banana with a fork. Then beat in the egg and add remaining ingredients (through vanilla). Mix well.

Add the wet ingredients to the dry ingredients and stir to combine.

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BANANA BREAD BAKED OATMEAL **CONTD.**

Pour the mixture into a greased 8x8 pan. It will be very liquid-y and very full.

Bake at 375 for about 35 minutes, until set and cooked through.

Let sit for at least 5-10 minutes before slicing
and serving so it sets up all the way.

Enjoy warm or cold.

Note

This baked oatmeal will keep covered, on the counter, for up to 2 days. After that, it's best stored in the fridge, where it will keep for another 2-3 days.

You can also freeze the leftovers. Cut your baked oatmeal, once cooled, into squares. Place them in a freezer-safe Ziploc bag (that's labeled!) and freeze for up to 6 months.

For a fun treat, you can also add ½ cup of chocolate chips to the batter.

Kathryn Monroe Doherty '00
Alumna and Current Parent

CRABMEAT QUICHE

SERVES: 6-8

- **½ cup Mayonnaise**
- **2 Tbsps Flour**
- **2 Eggs, beaten (I use 3)**
- **½ cup Milk**
- **2 (6 oz) pkgs Alaskan Crab Meat**
- **8 oz Swiss Cheese, shredded**
- **⅓ cup Green Onion, chopped**
- **¼ cup Green Pepper, diced**
- **1 (small) can Mushrooms, drained (I use fresh mushrooms)**
- **4 strips Bacon, cooked and crumbled**

Mix ingredients together in a large bowl and then pour into a baking dish.

Bake at 350 degrees for 40-45 minutes.

Jeanne White
Golden Charger

CREME BRULEE FRENCH TOAST

- **1 stick Unsalted Butter**
- **1 cup Brown Sugar, packed**
- **2 Tbsps Light Corn Syrup**
- **1 loaf Country-Style Bread, unsliced**
- **5 (large) Eggs**
- **1 ½ cups Half & Half**
- **1 tsp Vanilla**
- **1 tsp Grand Marnier or Orange Juice**
- **¼ tsp Salt**

In a small saucepan, melt butter with brown sugar and corn syrup over moderate heat, stirring, until smooth.

Pour into a 13x9x2 inch baking dish.

Arrange thick bread slices in one layer in a baking dish over mixture – squeezing them in to fit.

In a bowl whisk together eggs, half & half, vanilla, orange juice, and salt until combined well. Pour evenly over bread.

Cover and refrigerate for at least 8 hours and up to one day.

Preheat the oven to 350 degrees and bring bread to room temperature.

Bake uncovered until puffed and edges are pale golden for 35-40 minutes.

Sarah Halligan
Alumni Parent

CRUNCHY HAM CASSEROLE

- **8 oz Elbow Macaroni or Egg Noodles, cooked and drained**
- **2 cups Ham or 17 ½ oz Boneless Anytime Smithfield Smoked Pork Chops, cooked and cubed**
- **8 oz (cut) Broccoli, cooked and drained (can use frozen broccoli which microwaves quickly)**
- **1 ½ cups Sour Cream**
- **1 can Cream of Chicken or Cream of Mushroom Soup**
- **1 cup Milk**
- **¼ tsp Pepper**
- **2 cups Shredded Cheddar Cheese**
- **1 (small) can Fried Onion Rings**

OPTIONAL CORNFLAKE TOPPING:

- **2 cups Cornflakes**
- **¼ cup Melted Butter**

In a mixing bowl, combine sour cream, soup, milk, and pepper.

Pour over macaroni, ham and broccoli.

Add shredded cheddar cheese and fried onion rings.

Mix this all together and put in a 9x13 pan.

Top with the cornflake/butter mixture (optional).

Bake at 350 degrees for approximately 30-40 minutes or until bubbly in center.

Note

I like to double the recipe, putting one casserole in a foil pan to freeze before baking at a later time.

Jane Cook
Golden Charger

GRANOLA

- **3 ½ cups Oats**
- **1 cup Almonds**
- **1 cup Cashews**
- **1 cup Walnuts**
- **½ cup Sunflower Seeds**
- **½ cup Pumpkin Seeds**
- **1 cup Unsweetened Coconut Flakes**
- **2 tsps Cinnamon**
- **1 ½ tsps Ground Ginger**
- **½ tsp Nutmeg**
- **6-7 Tbsps Coconut Oil**
- **½ cup honey**
- **2 tsps Vanilla**

Combine all ingredients (except coconut oil, honey, and vanilla) in a bowl.

Heat coconut oil and honey in a small saucepan until combined. Remove from heat and add vanilla.

Add wet to dry ingredients. Spread on a baking sheet lined with parchment paper.

Bake at 250 degrees for 15 minutes, stirring occasionally.

Lynette Allison

Staff, Current Parent, and Alumni Parent

OATMEAL MUFFINS / BREAKFAST BARS

DRY INGREDIENTS:

- **3 cups Oats (not instant)**
- **¼ cup Semi-Sweet Chocolate Chips**
- **¼ cup Walnuts or Pecans**
- **¼ cup Dried Cranberries or Cherries**
- **2 Tbsps Brown Sugar (if you want them sweeter)**
- **1 Tbsp Cinnamon**
- **½ tsp Nutmeg**
- **½ tsp Baking Soda**
- **½ tsp Baking Powder**
- **½ tsp Salt**

WET INGREDIENTS:

- **2 (medium) Ripe Bananas**
- **¾ cup Unsweetened Applesauce**
- **2 Eggs**
- **3 Tbsps Oil (Olive, Coconut, or Vegetable)**
- **½ cup Water**
- **1 tsp Vanilla**

Mix dry ingredients together.

Mix wet ingredients together.

Combine wet and dry ingredients.

Coat cupcake pan or liners with oil or cooking spray (if you're doing muffins; otherwise just spread mixture in 8.5x11 baking dish).

Bake at 350 degrees for 16-18 minutes.

Note

Any of the nuts and dried fruit can be left out or substituted for other kinds.

You can omit the sugar if you prefer your baked goods to not be as sweet.

Lindsay Sugg
Faculty

PERSSON PUMPKIN BREAD

- **4 Eggs**
- **2 cups Sugar**
- **1 cup Oil**
- **2 cans Canned Pumpkin**
- **2 cups All-Purpose Flour**
- **2 tsps Baking Soda**
- **1 tsp Baking Powder**
- **2 tsps Pumpkin Pie Spice**
- **2 tsps Cinnamon**
- **½ tsp Salt**

ICING:

- **1 stick Butter,**
- **1 (8-oz) package Cream Cheese**
- **1 box Confectioners Sugar**

Combine eggs, sugar, oil, and canned pumpkin in a bowl and beat until mixed.

Sift together all-purpose flour, baking soda, baking powder, pumpkin pie spice, cinnamon, and salt.

Add sifted mixture to the creamed mixture. Beat for an additional 4 minutes.

Pour mixture into one loaf pan or 4 mini loaf pans.

Bake at 350 degrees for approximately 40-50 minutes.

While bread is baking, mix together butter, cream cheese, and confectioners sugar to create the icing. Beat until creamy. Drizzle over the top and enjoy!

Angie Persson
Current Parent

POPOVERS

- **1 cup Flour**
- **¼ tsp Salt**
- **1 Tbsp Butter, melted**
- **1 cup Milk, room temperature**
- **2 Eggs, room temperature**

Preheat the oven to 450 degrees.

Oil the popover pans (can use muffin tins) and place in the oven for 5-8 minutes (if using non-stick pans, they do not need to be oiled first).

In a mixing bowl, combine flour and salt.

Meanwhile, combine butter and milk and pour into the flour mixture. Mix thoroughly to a smooth batter.

Add eggs, one at a time, beating until just mixed.

Pour batter into hot cups and fill $\frac{2}{3}$ full.

Bake in a 450-degree oven for 15 minutes then reduce heat to 350 degrees and bake for another 10-15 minutes or until brown and crisp on the outside.

ROSEMARY AND PROSCIUTTO SCONES

YIELDS: 8 LARGE SCONES OR 16 SMALL SCONES

- **2 cups All-Purpose Flour**
- **1 Tbsp Baking Powder**
- **½ tsp Salt**
- **½ cup Butter**
- **Prosciutto (can use ham or pancetta), chopped
(cut into 4 thin slices – around 2 ½ oz)**
- **½ cup Parmesan Cheese, freshly grated**
- **1 ½ tsps Rosemary, chopped**
- **1 ¼ cups Heavy Whipping Cream**
- **1 egg, lightly beaten**

Preheat the oven to 450 degrees.

Combine the first 3 ingredients in a food processor. Add butter and pulse until mixture forms a coarse crumble.

Add prosciutto, cheese, and rosemary; pulse to combine. Add cream, pulsing just until combined. (Dough will be crumbly.)

For large scones: Press or pat the dough into an 8-inch circle and cut into 8 wedges. For smaller scones (which I prefer), press or pat the dough into two 4-inch circles and cut each into 8 wedges.

Place wedges 2 inches apart on a lightly greased or parchment-lined baking sheet. Brush tops with egg.

Bake large scones 12-15 minutes or until golden brown.

Bake small scones 10-12 minutes or until golden brown.

Note

These scones are very light. They are delicious served with a dollop of pimiento cheese on top!

Joanne Compton

Golden Charger and Alumni Parent

SOURDOUGH CINNAMON ROLLS

Teachers, parents, and students of the late 1980s at Providence Day may recall that these cinnamon rolls appeared in the teacher's lounge (and take-home bags for parents) regularly for two school years, baked by me and fellow student Eric Dishman '87, using a yeast starter and recipe passed down from his mother Jennie Dishman (also mom of Jeff Dishman '82). It relies on a potato flake sourdough starter, for which many recipes exist online (or you can ask for a cup from a current sourdough baker, including me – I've kept mine going since the 1980s). Once you've got a starter going, here's the procedure:

YIELDS: 2 DOZEN CINNAMON ROLLS

SOURDOUGH:

- **4 ½ cups Bread Flour**
- **1 ½ cups Whole Wheat Flour**
- **⅓ cup Sugar**
- **1 Tbsp Salt**
- **⅓ cup Vegetable Oil**
- **1 cup Potato Flake Sourdough Starter, room temperature (here is one example of an online recipe: www.thespruceeats.com/potato-flake-sourdough-1806084)**
- **1-1 ¼ cup warm water**

CINNAMON TOPPING:

- **¼ cup Butter**
- **1 cup Brown Sugar, tightly packed**
- **1 Tbsp Cinnamon**

GLAZE:

- **(At least) 2 cups Powdered Sugar**
- **(Several) Tbsps Milk**
- **1 tsp Vanilla Extract**

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SOURDOUGH CINNAMON ROLLS **CONTD.**

Mix the dry ingredients, then add oil, starter, and 1 cup of water. Mix until dry ingredients are absorbed, adding more water if necessary. Cover bowl loosely with foil and allow dough to rise in a warm place for approximately 8 hours.

"Punch down" the risen dough and knead it on a floured surface, separating into three equally sized portions, and then separating each portion in half, and each half into four small sections (24 sections total). Roll each ball in flour and smooth into a roll-sized shape, and place onto a lightly greased baking sheet.

Let rolls rise again overnight until they are at their final size.

Melt the butter in microwave or stovetop and add brown sugar and cinnamon, stirring until incorporated. Put a generous spoonful of cinnamon mixture on top of each roll.

Bake at 350 degrees for 20 minutes or until rolls are golden.

Allow to cool. Mix powdered sugar, vanilla, and small quantities of milk until the glaze is thick but will drip down the sides of the rolls. Put a spoonful of glaze on top of each roll.

Leigh Dyer '88
Alumna, Staff, and Current Parent

SWEET POTATO BISCUITS

WITH COUNTRY HAM

- **1 (1 lb 4 oz) box of Bisquick, plus extra flour for rolling out dough**
- **4 oz Butter, melted and cooled**
- **3 cups Sweet Potatoes (about 3 large potatoes), cooked**
- **½ cup Sugar**
- **¼ tsp Salt**
- **Butter, room temperature**
- **Country Ham (¾ lb thin-sliced works for one full recipe of biscuits, but I use 2 pkgs per recipe; you can buy it in the same area of the grocery that you find bacon, sausage, etc.)**

Cook sweet potatoes and mash them. (You can bake in a 375 degree oven for 45 minutes to 1 hour or pierce them with a knife and microwave for about 10-15 minutes.)

Bake ham per package directions (usually 30 minutes under foil at 350 degrees).

Mix first 5 ingredients until well-mixed and good consistency for rolling out. (A hand mixer works fine or just a wooden spoon.)

Roll out dough to ½-inch to ¾-inch thickness.
(Just flatten them with your hand.)

Cut to desired size and place on a lightly greased baking sheet (or parchment paper).

Bake at 350 degrees for 12-15 minutes.

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SWEET POTATO BISCUITS

WITH COUNTRY HAM **CONTD.**

Count out how many biscuits you made (approximately 3 dozen).

Then using kitchen scissors, ration your ham into the same number of pieces.

Keep these pieces in its juices under foil so they don't dry out while you're waiting to do the last step.

Cool biscuits then slice and place a pat of butter and the country ham on the inside.

Place them between wax paper in an airtight container in the refrigerator (can be done a day ahead, or frozen).

Or, put them in gallon Ziploc bags and suck the air out using a straw while sealing.

Before serving, place on cookie sheet, warm at 200 degrees until butter on inside is melted (about 10 minutes or so)

Note

You can freeze and warm on cookie sheet from frozen state at 350 degrees for about 10 minutes.

MAIN DISHES



ACTUALLY DELICIOUS TURKEY BURGERS

- **3 lbs Ground Turkey**
- **¼ cup Seasoned Bread Crumbs**
- **¼ cup Onion, finely diced (or 1 Tbsp Dried Minced Onion)**
- **2 Egg Whites, lightly beaten**
- **¼ cup Fresh Parsley, chopped (or 4 tsp Dried Parsley)**
- **1 clove Garlic, peeled and minced (or ¼ tsp Garlic Powder)**
- **1 tsp Salt**
- **¼ tsp Ground Black Pepper**

In a large bowl, mix ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper. Form into 12 patties.

Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees.

Note
The patties freeze very well. The recipe can also be used for meatballs or meat loaves.

Becky Montgomery Grubbs '80
Alumnus and Current Parent

ANGEL HAIR PASTA WITH FRESH TOMATO AND BASIL

- **1 lb (very ripe) Fresh Tomatoes, peeled and chopped**
- **1 cup Fresh Basil, chopped**
- **Salt and pepper (to taste)**
- **3 Tbsps Sherry**
- **1 lb Angel Hair Pasta, cooked and drained**
- **½ cup Olive Oil**
- **Fresh Parmesan Cheese or Mozzarella Cheese**

Combine tomatoes and basil.

Let it stand at room temperature for one hour or refrigerate overnight.

Mix the sherry, salt, and pepper into the tomato mixture.

Toss the hot pasta with the olive oil and blend with tomato basil mixture.

Top with fresh grated Parmesan cheese or mozzarella.

Serve immediately.

Note

This is a great summer recipe!

Debra Nagy
Faculty and Alumni Parent

AUNT LYNN'S SALMON

- **4-5 Salmon Fillets (individual)**
- **1 Tbsp Dijon Mustard**
- **1 Tbsp Honey**
- **2 Tbsp Soy Sauce**
- **1 Tbsp Vegetable Oil**
- **1 tsp Chili Powder**
- **$\frac{1}{8}$ – $\frac{1}{4}$ tsp Sesame Oil (based on preference, I like less; toasted sesame oil is fine to use)**
- **Juice of 1 Lemon**
- **Salt and Pepper (to taste)**

Preheat oven to 375 degrees.

In a bowl, mix all ingredients and pour over salmon.

Recommend marinating for 30 minutes–2 hours.

Can also pop it straight in the oven if needed.

Bake for 20 minutes.

Spoon sauce over salmon and serve. Enjoy!

Nicola Rivera
Current Parent

CANDIED SALMON

- **⅓ cup Soy Sauce**
- **¼ cup Brown sugar**
- **3 Tbsps Bourbon**
- **1 Tbsp Vegetable Oil**

Mix ingredients well in a small bowl. Pour over salmon fillets or salmon steaks.

Refrigerate up to 6 hours.

The longer the fish marinates the more brown sugar and bourbon is soaked up by the fish.

Grill on a barbecue until the fish is done.

Serve with rice and a vegetable.

Note

For an added yummy bonus, make additional marinade and use it on your veggies!

Kristen Jorgensen
Current Parent

CARISSA'S NO FAIL CROCK-POT ROAST

- **1 Chuck Roast**
- **1 pack French Onion Soup Mix**
- **1 can Cream of Mushroom Soup**
- **1 container (or 2 small cans) Fresh Mushrooms**
- **Fresh Baby Carrots (or canned carrots, drained)**

Sear meat and place into a crock-pot.

Pour in French onion soup mix, cream of mushroom soup, mushrooms, and carrots (if they are fresh; add carrots later if they are already cooked).

Cook on low in the crock-pot for 8-10 hours.

You can add canned carrots for the last hour.

Note

For bigger roasts double everything! You will want to add water but don't!

The meat creates juice that mixes with the soups and it makes a yummy gravy.

Carissa Goddard
Staff and Current Parent

CAT CAY GROUPE

- **1 lb Grouper (substitute Sea Bass or any white fish)**
- **⅓ cup Lemon or Lime juice**
- **½ (medium) Onion, diced**
- **½ (medium) Bell Pepper, diced**
- **3 Tbsps Butter or Margarine, melted**
- **1 (medium-large) Tomato, peeled and diced**
- **Salt and pepper (to taste)**
- **1 cup Mozzarella Cheese, shredded**
- **¼ cup Black Olives, sliced**

Place fish fillets in a shallow container. Pour lemon juice over fish and refrigerate for 2 hours.

Saute onion and pepper in butter for 5 minutes.

Add tomatoes and cook an additional 2 minutes.

Remove from heat and set aside.

Remove fish from lemon juice. Place skin side down in lightly greased baking dish.

Sprinkle it with salt and pepper.

Bake uncovered at 350 degrees for 20-30 minutes (depending on thickness).

Spoon vegetable mixture over the fish; sprinkle with cheese.

Bake for an additional 15 minutes or until cheese is melted and fish flakes easily when tested with a fork.

Sprinkle with olives.

Katherine Wolfe Wallace
Current Parent

CHICKEN, BROCCOLI, AND RICE CASSEROLE

- **4-6 Boneless Chicken Breasts**
- **2 (small) jars Cheese Whiz**
- **2 cups Rice, uncooked**
- **2 cans Cream of Chicken Soup**
- **1 cup Broccoli Flowerets**
- **1 ½ cups Chicken Broth**
- **½ cup Mayonnaise**
- **1 cup Shredded Cheddar Cheese**
- **¼-½ tsp Pepper**

Boil chicken breasts until well cooked, 30 minutes or so. Cut into small pieces.

Cook rice according to directions. Place rice in a 9x13 baking dish.

Cook broccoli in boiling until fork tender. Drain. Place over rice in pan.

Combine mayo, cheese whiz, salt, pepper and broth and soup in bowl. Whip together with a whisk.

Pour over top of the casserole. Added shredded cheese on top.

Bake in a foil-covered pan at 350 degrees for 35 minutes.

Remove foil when baking time is complete. Brown in the oven for 5 minutes.

Note

Place a cookie sheet under the casserole pan as it may overflow while baking.

Remove foil when baking time is complete. Recipe is easy and delicious! Good for covered dish events!

Judy Bennett
Golden Charger and Alumni Parent

CHICKEN DELICIOUS

In 1985, our “Super Saturday” chairs, Marie Baker and Donna Hodgkins, decided to offer a PDS cookbook as a part of the annual fundraiser. One recipe came from teacher Kathy Tanner. Mrs. Tanner taught my 3rd child, Casey Field, and she will always hold a special place in my family’s long list of wonderful PDS teachers. Here is her recipe that became a family favorite from “back in the day”.

SERVE: 8

- **8 Boneless, Skinless Chicken Breasts**
- **Salt (to taste)**
- **1 pkg Pressed Beef (or a jar of Dried, Chipped Beef)**
- **8 slices Bacon**
- **1 can Cream of Mushroom Soup**
- **1 cup Sour Cream**

Flatten chicken with a rolling pin.

In a buttered casserole dish, place each chicken breast on 2 or more slices of beef. Place one bacon piece on top of each piece of chicken.

In a bowl, mix soup and sour cream. Spoon over chicken.

Cover with foil and bake at 350 degrees for 45 minutes.

Uncover and bake until bacon browns – about 15 additional minutes.

Candy Hambacher

Golden Charger, Alumni Parent, and Grandparent

CHICKEN ENCHILADAS

- **1 Tbsp Butter**
- **1 (medium) Onion, chopped**
- **2 (4 ½ oz) cans Green Chilis (I use “Ortega” in the blue can)**
- **8 oz Cream Cheese, softened**
- **3 ½ cups Shredded Chicken, cooked**
- **8-inch Flour Tortillas**
- **4 oz Pepper Jack Cheese**
- **4 oz Sharp Cheddar Cheese**
- **1-1 ½ cups Whipping Cream**

Melt butter in a large skillet over medium heat.

Add onions and sauté for 5 minutes.

Add green chilis and sauté for one more minute.

Stir in cream cheese let melt. Then add cooked chicken.

Spoon the chicken mixture down the center of each tortilla.

Roll them up and place seam down in a lightly greased 9x13 baking dish.

Cover with pepper jack and cheddar cheese.

Pour the whipping cream over that.

Bake at 350 degrees for about 30-40 minutes.

CHICKEN MARBELLA

- **Choose a mixture of everyone's favorite chicken pieces – Bone-In Breasts, Legs, Thighs, Wings – or purchase Pick of the Chick pkgs or Chicken Quarters to equal 8 lbs**
- **1 (12 oz) pkg Bite-Sized Dried Plums, pitted,**
- **1 (3 ½ oz) jar Capers**
- **1 (½ oz) bottle Dried Oregano**
- **6 Bay Leaves**
- **1 Garlic Bulb, minced (about 1 Tbsp)**
- **1 cup Pimento-Stuffed Olives**
- **½ cup Red Wine Vinegar**
- **½ cup Olive Oil**
- **1 Tbsp Course Sea Salt**
- **2 tsps Pepper**
- **8 lbs Mixed Chicken Pieces (bone-in preferred)**
- **1 cup Brown Sugar**
- **1 cup Dry White Wine**
- **¼ cup Fresh Parsley, chopped**

Combine the first 10 ingredients in a large Ziploc bag. Add chicken, turning to coat and chill for at least 8 hrs, turning chicken occasionally.

Arrange chicken in a single layer in a 13x9 pan. Pour marinade evenly over chicken. Sprinkle evenly with brown sugar and pour wine around pieces.

Continued on next page...

CHICKEN MARBELLA CONTD.

Bake at 350 degrees for 1 hour, basting frequently.

Remove chicken, plums, olives and capers to a serving platter.

Drizzle with pan juices, sprinkle parsley over the top. Delicious!!

Note

You can make lots of chicken with the marinade. Even make and freeze with chicken in Ziploc bags. When you defrost, the chicken will marinate even more and it helps for an easy and fast dinner party! We use bone-in chicken quarters for a great looking dinner for company.

Kathy Cater
Current Parent and Alumni Parent

CHICKEN PESTO BAKE

SERVES: 4-6

- **2 cups Chicken Breasts, cooked and diced**
- **1 cup Onions, chopped**
- **1 cup Mushrooms, sliced**
- **1 cup Zucchini, sliced**
- **½ cup Celery, chopped**
- **1 clove Garlic, minced**
- **3 Tbsps butter**
- **1 (14 oz) can Diced Tomatoes**
- **1 Tbsp Dried Basil**
- **½ tsp Salt**
- **½ tsp Cracked Black Pepper**
- **8 oz Penne Pasta**
- **1 ½ cups Whipping Cream**
- **8 oz (or more) Monterey Jack Cheese**
- **½ cup Parmesan Cheese, plus some for topping**
- **2 Tbsp (or more) Pesto**

Sauté in butter the onion, mushrooms, zucchini, celery and garlic until crisp tender. Add tomatoes, basil, salt and pepper. Cook and drain penne pasta.

Combine everything in a large bowl and set aside.

Cook whipping cream, cheeses and pesto over low heat until cheese melts stirring constantly. Pour over the pasta mixture.

Spoon into a 9x13 casserole and sprinkle with additional Parmesan cheese.

Bake covered 40 minutes at 350 degrees.

Note

You can also freeze this and bake at another time!

Kathy Cater
Current Parent and Alumni Parent

CHICKEN SUPREME

SERVES: 8

- **4 Chicken Breasts, boned and halved**
- **8 strips Bacon**
- **Chipped Beef**
- **½ pint Sour Cream**
- **1 can Mushroom Soup**

Wrap each breast half with a slice of bacon.

Line baking dish with chipped beef. Place chicken on top.

Combine sour cream and soup. Pour over chicken.

Cook uncovered for 3 hours at 250-300 degrees.

Note

This is a family favorite!

Betty Oelhafen
Golden Charger and Alumni Parent

CHICKEN, ZUCCHINI, AND CORN

CHICKEN:

- **1 lb Chicken Breasts, cut into 1-inch pieces**
- **1 tsp Avocado Oil**
- **1 (large) Garlic Clove, crushed**
- **¼ tsp Salt**
- **Ground Black Pepper (to taste)**

ZUCCHINI AND CORN:

- **1 ½ lbs (about 3 medium) Zucchini, cut into half-moon shapes**
- **2 cups Corn (frozen or fresh)**
- **1 tsp Avocado Oil**
- **1 (large) Garlic Clove, crushed**
- **½ tsp Salt**
- **Ground Black Pepper (to taste)**

GARNISH:

- **1 Garlic Clove, crushed (optional)**
- **¼ cup Dill, Parsley, or Green Onions; chopped**

Chicken Instructions

Preheat cast iron skillet on medium heat and swirl oil to coat.

Add garlic and cook for 10 seconds.

Add chicken; sprinkle with salt and pepper to taste.

Cook for 8-10 minutes uncovered, stirring occasionally.

Transfer to a bowl and set aside.

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CHICKEN, ZUCCHINI, AND CORN **CONTD.**

Zucchini and Corn Instructions

Cook the same way as chicken but for 5 minutes.

Add chicken back to the skillet and stir.

Remove from heat, sprinkle with herbs and more garlic if you wish, stir.

Serve hot or cold with any salad or brown rice, quinoa, potatoes, etc.

Note

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Store and refrigerate in a glass airtight container for up to 5 days.

Becky Montgomery Grubbs '80
Alumnus and Parent

COUNTRY CHICKEN

- **4 Boneless Chicken Breast (or whole Chicken, deboned)**
- **1 Onion, chopped**
- **1 Green Pepper, chopped**
- **3 cloves Garlic, chopped**
- **1 cup Water**
- **1 cup Red Wine**
- **1 tsp Salt**
- **½ tsp Pepper**
- **2 (heaping) tsps Curry Powder**
- **1 tsp Parsley**
- **1 tsp Thyme**
- **2 cans Stewed Tomatoes**
- **Almond and Currants**

Brown chicken in olive oil.

Remove and sauté vegetables.

Add spices and tomatoes.

Pour over chicken and simmer for 45 minutes.

Serve over rice. Top with Slivered almond and currants.

Note

This is a great “make ahead of time” dinner and tastes better every time it’s reheated!

Elaine Foster

Golden Charger, Alumni Parent, and Grandparent

CRAB-SHRIMP CASSEROLE

PREP TIME: ~30 MINUTES.

SERVES 10-12

COOKING TIME: ~30 MINUTES.

- **1 cup Mayonnaise**
- **2 tsps Worcestershire Sauce**
- **2 Tbsps Prepared Mustard**
- **½ cup Sherry**
- **1 tsp Salt**
- **Dash of Cayenne Pepper**
- **1 tsp Curry Powder**
- **2 Tbsps Parsley**
- **½ cup Onion, chopped**
- **½ cup Celery, chopped**
- **2 ½ cups Shredded Bread**
- **1 can Mushroom Soup**
- **1 lb King Crab, cooked**
- **2 lbs Shrimp, cleaned and cooked**

Combine all ingredients in a baking dish.

Bake at 350 degrees for about 30 minutes.

Note

It can be served plain, in patty shells, or on toast points. My favorite is with a slice of cornbread underneath. I sometimes add lobster as well as the shrimp and crab, and if I know the tastes of my guests, I will increase the amount of curry.

Jeanne White
Golden Charger

CRANBERRY CHICKEN CASSEROLE

- **1 (6 ¼ oz) Uncle Ben's Regular Long Grain and Wild Rice**
- **6-8 Bone-In Chicken Thighs, with only some of the skin left on**
- **1 (16 oz) can Whole Berry Cranberry Sauce**
- **3 Tbsps Butter**
- **3 Tbsps Soy Sauce**
- **1 Tbsp Lemon Juice**
- **1 ¼ cups Water**

Bring the above to boil in a sauce pan. Preheat oven to 325 degrees.

Spray bottom of 10x13 pan with Pam.

Sprinkle rice from box on bottom.

Sprinkle the seasoning pkg over rice.

Arrange chicken pieces skin side up on top.

Pour the cranberry sauce over the chicken.

Cover with foil and bake 1 hour.

Uncover and bake an additional 15 minutes.

Let sit about 5 minutes covered before serving.

Freezes great in individual servings.

Beth Ralston
Golden Charger and Alumni Parent

CREAMY CHICKEN BAKE

- **4-6 Chicken Breasts**
- **4-6 slices Swiss Cheese**
- **1 can Cream of Chicken Soup**
- **¾ cup (or one tiny bottle) White Wine**
- **1 cup Pepperidge Farm Stuffing Crumbs**
- **3-4 Tbsps Butter melted**

Place chicken breasts in casserole dish and top with slice of Swiss cheese.

Mix together soup and wine. Pour over chicken and cheese.

Sprinkle stuffing crumbs evenly over top.

Drizzle with butter.

Bake at 350 degrees for 45-50 minutes until chicken is cooked/topping golden.

Note

Yummy served with brown rice and broccoli and any left over wine.

Patricia Whelan
Faculty and Alumni Parent

CRISP CURRY SHRIMP

- **2 Tbsps All-Purpose Flour**
- **½ tsp Curry Powder**
- **⅛ tsp Cayenne Pepper**
- **¾ lb Shrimp, peeled and deveined (medium-large size recommended)**
- **2 Tbl Olive Oil**
- **1 bunch Scallions, cut into 2-in lengths**

In a bowl, stir together flour, curry, cayenne, and salt to taste.

Add shrimp to flour mixture, tossing to coat.

In a large heavy skillet, heat oil over moderately high heat until hot but not smoking.

Saute scallions until well browned and almost tender.

Add shrimp to scallions and saute, stirring/flipping occasionally for about 4 minutes until shrimp are opaque throughout.

Note

Serve with basmati rice and your favorite veg or salad. Enjoy!

Nicola Rivera
Current Parent

CROCK-POT MACARONI AND CHEESE

- **1 (16 oz) box Macaroni Noodles**
- **4 cups Extra Sharp Cheddar Cheese, grated**
(save a few thin slices for the top)
- **2 Eggs, well beaten**
- **1 ½ cups Milk**
- **1 (tall) can Evaporated Milk**
- **1 tsp Salt**
- **¼ cup Butter or Margarine, melted**
- **Black Pepper**
- **Paprika**

Cook and drain the macaroni noodles.

Mix all ingredients together and put in a well greased Crock-Pot.

Cut several thin slices of cheese and put on top.

Sprinkle with paprika. Cook 3-4 hours on low.

Note
You can adjust the amount of macaroni noodles depending on how cheesy you like it. You could use ¾ of the noodles instead of the whole box if you'd like it cheesier.

Courtney Inscoe '06
Alumna and Faculty

FALAFEL

SERVINGS: 10

- **12 cups Chickpeas, canned**
- **2 Tbsps Baking Soda**
- **2 Tbsps Ground Coriander**
- **2 cups Parsley Stems and Leaves, roughly chopped**
- **2 cups Coriander (Cilantro) Stems and Leaves, roughly chopped**
- **3 Tbsps Ground Cumin**
- **3 bunches Scallions, rough chopped**
- **Salt and White Pepper (to taste)**
- **8 cloves Garlic, Minced**
- **Flour or Chickpea Flour (as needed)**

Gather Mise En Place.

Drain chickpeas and rinse. Add the next six ingredients and mix well to coat.

Run the mixture through the fine dye of a grinder.

Season the mixture and test to adjust the seasoning and consistency with flour.

Test fry one patty to be sure that they have the proper consistency and favor. Make necessary adjustments.

Use 3oz-scoop to portion out sizes on a sheet tray. To make portions are firm enough, put in the freezer for about 10 minutes.

Form into patties or round balls.

Deep-fry until crisp. Keep warm on steam table or in the oven until ready to serve.

Robert Brener
Current Parent

GRILLED PORK TENDERLOIN AND RICE

MARINADE:

- 1/4 cup soy sauce
- 1/4 cup lemon juice
- 1/4 cup oil
- 1 tablespoon brown sugar
- Pinch of ginger

CONSOMME RICE:

- 1 cup rice
- 2 cans beef consomme
- 1/2 cup onion, chopped
- 3/4 stick butter
- 1 6oz jar sliced mushrooms

Pork Instructions

Mix marinade ingredients and pour over tenderloin in a dish or plastic baggie.

Marinate for at least 2 hours.

Grill on high for 12 minutes each side. Should come out medium-well (juicy and slightly pink inside). Cook a little longer if you want it well-done.

Rice Instructions

Saute onion in butter. Add rice, consomme, and mushrooms and heat through.

Season with pepper.

Cook in a covered casserole at 350 degrees for one hour.

Katherine Wolfe Wallace
Current Parent

KALE PESTO PASTA

- **⅓ cup + 2 Tbsp Walnuts**
- **1 (5-6 oz) bag Kale; torn, thick stems discarded**
- **1 cup Pecorino, grated (plus more for serving)**
- **1 (small) Garlic Clove**
- **Kosher Salt and Black Pepper (to taste)**
- **½ cup Extra Virgin Olive Oil**
- **1 lb Short Pasta**

Heat oven to 350 degrees.

Spread walnuts on a rimmed baking sheet and toast, tossing occasionally, until fragrant, 6-8 minutes.

Let cool. Chop 2 tablespoons of the walnuts and set aside.

Meanwhile bring a large pot of salted water to a boil.

Add the kale and cook until bright green, 30 seconds.

Transfer to a colander (reserve the cooking water) and squeeze dry when cool enough to handle.

In a food processor, combine kale, pecorino, garlic, ⅓ cup unchopped walnuts, ½ teaspoon salt and ¼ teaspoon pepper.

Process, adding olive oil through the feed tube in a slow, steady stream.

Cook the pasta, reserving ½ cup cooking water.

Drain and return the pasta to the pot.

Add the pesto and ¼ cup water and toss to coat.

Serve with sprinkled pecorino and chopped walnuts on top.

Jennifer Anderson
Current Parent

KEVIN'S POT ROAST

- **1 ½ lb Chuck Roast**
- **2 Tbsps Flour**
- **¼ cup Olive Oil**
- **24 oz All-Natural Apple Juice**
- **1 (16 oz) can Dr. Pepper**
- **3 Celery Stalks, chopped**
- **3-4 Carrots, chopped**
- **3-4 Potatoes, cubed**
- **4 Beef Bouillon Cubes**
- **1 Tbsp Celery Salt**

Turn the Crockpot on high and add apple juice, Dr. Pepper, and beef bouillon cubes.

Place roast in a Ziploc bag and add flour. Shake until roast is covered.

Place in a skillet with olive oil and brown the outside well.

Place the roast into a Crockpot and cook for 2-3 hours.

Add celery, carrots, and potatoes to the Crockpot and continue to cook for 2-3 hours until the vegetables are tender.

Add celery salt and pepper to taste.

KIDS FAVORITE MACARONI AND CHEESE

- **1 Tbsp Vegetable Oil**
- **1 lb Elbow Macaroni**
- **1 stick plus 1 Tbsp Butter**
- **½ cup (2 oz) Shredded Muenster Cheese**
- **½ cup Shredded Mild Cheddar Cheese**
- **½ cup Shredded Sharp Cheddar Cheese**
- **½ cup Shredded Monterey Jack Cheese**
- **2 cups Half & Half**
- **1 cup (8 oz) Velveeta, cut into cubes**
- **2 (large) Eggs**
- **¼ tsp Seasoned Salt**
- **⅛ tsp Ground Black Pepper**

Preheat oven to 350 degrees. Spray 9x13 casserole (I do two square casseroles and freeze one).

Salt water, boil, add veg oil and boil macaroni about 7 minutes. Do not overcook. Drain and return to the pot.

Melt stick of butter. Stir into the macaroni.

In a large bowl mix the 4 cheeses.

To the macaroni add half & half, most of cheese, Velveeta and eggs. Season with salt and pepper.

Put all in a casserole and sprinkle with remaining cheese. Dot with remaining 1 tablespoon of butter.

Bake until bubbling around edges - about 35 minutes.

If too thick, add some milk or water and stir.

Kathy Cater
Current Parent and Alumni Parent

KUNAFa

- **1 pkg Kunafa Dough (store bought)**
- **500 g White Soft Cheese (Akkawi or Nabulsi)**
- **1 cup Mozzarella Cheese, grated**
- **3 Tbsp Butter or Ghee**
- **1 tsp Orange Food Coloring**
- **½ cup Ground Pistachios**
- **2 cups Sugar Syrup (Qater; ingredients below)**

QATER (SUGAR SYRUP)

- **2 cups White Sugar**
- **1 cup Water**
- **Juice from ½ of a Lemon**
- **1 Tbsp Flower Water**

Boil water and sugar together until sugar dissolves, let boil.

Slice and soak your cheese in cold water changing water a few times for at least 2 hours or until salt is washed out completely.

Squeeze cheese well with paper towel to dry out.

Ground your kunafa dough in food processor until fine (if you don't want it fine, do by hand).

Mix food coloring with 3 tablespoons of ghee.

Place your dough in a bowl. Add ghee to your dough (gradually mix it by hand until well combined and dough color is light orange.

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KUNAFa CONTD.

Place half the kunafa dough in the bottom of a 14-inch round oven proof dish and press firmly.

Sprinkle the mozzarella cheese first. Arrange sliced cheese.

Top with remaining dough.

Bake for 30 minutes at 350 degrees.

Flip kunafa into a serving dish, drizzle with cooled syrup and sprinkle with ground pistachios.

Note

You can do a drop of red food coloring and one tsp of yellow food coloring to create orange. If after you flip your kunafa, you think it needs to be more golden, place under the broiler for 5min before adding syrup and pistachios.

LINDA WALKER'S BEEF STEW

This was a favorite in the old Counseling House. Linda Walker would have it cooking in the Crock-Pot in the kitchen there, the smells driving everyone crazy! It was sweet of her to share the recipe with many of us.

- **1 lb (good) Stew Beef (steak tips are great)**
- **Yukon Gold Potatoes**
- **½ Onion**
- **4 stalks Celery**
- **Carrots**
- **1 can Golden Mushroom Soup**
- **1 can Tomato Soup**
- **Red Wine (to taste)**
- **Salt and Pepper (to taste)**

Place stew beef in the bottom of a pan and sprinkle with salt and pepper.

Layer with potatoes, onion, celery, and carrots.

Mix cans of golden mushroom soup and tomato soup along with a little bottle of red wine (Cabernet Sauvignon). Salt and pepper to taste.

Cook for 2 hours at 325-350 degrees or let it sit in the Crock-Pot all day.

Patricia Whelan
Faculty and Alumni Parent

MARYLAND-STYLE CRAB IMPERIAL

- **1 lb Backfin Crab Meat or Lump Crab Meat**
- **3 Tbsps Butter**
- **1 Tbsp Flour**
- **½ cup Milk**
- **1 tsp Instant Minced Onion**
- **1 ½ tsp Worcestershire Sauce**
- **2 slices Bread, cubed**
- **½ cup Mayonnaise**
- **1 Tbsp Lemon Juice**
- **½ tsp Salt**
- **½ tsp Pepper**
- **1 tsp Old Bay Seasoning (add more for taste)**
- **Paprika (for sprinkling)**

In a medium pan, melt half of butter. Mix in flour. Slowly add milk, stirring constantly until mixture is boiling and free of lumps. Mixture should be thickened.

Stir in onion, Worcestershire sauce, Old Bay, and bread cubes. Let cool.

Fold in mayonnaise, lemon juice, and salt and pepper.

In another pan, melt remaining butter until lightly brown. Add crab meat and toss lightly. Combine with sauce mixture.

Place into individual bowls. Sprinkle Paprika on top.

Bake at 450 degrees until hot and bubbly – about 10-15 minutes.

Sprinkle more Old Bay on top for additional flavor.

Lana Cummings
Faculty and Alumni Parent

MEXICAN QUINOA CASSEROLE

SERVES: 6

- **½ cup Quinoa**
- **2 Orange Bell Peppers, diced**
- **1 (15 oz) can Black Beans, drained and rinsed**
- **½ cup Red Onion, chopped**
- **1 cup Frozen Corn Kernels**
- **1 tsp Cumin**
- **1 cup Cherry Tomatoes**
- **1 tsp Salt**
- **1 cup Monterey Jack Cheese, grated**

Place quinoa in a small saucepan and add $\frac{2}{3}$ cup water.

Bring to a boil, then reduce heat to low.

Simmer until most of the liquid is absorbed, 15-20 minutes. Fluff with a fork.

Preheat oven to 400 degrees.

Combine all the ingredients except $\frac{1}{2}$ cup of the cheese in a large bowl.

Spoon into an 8-inch greased square baking dish. Bake for 30 minutes.

Sprinkle $\frac{1}{2}$ cup cheese on top and bake for another 5 minutes. Serve warm.

Note

Since we have some vegetarians in our family, this comes together easily and quickly and everyone enjoys it. It's good for anyone for a Meatless Monday.

Janet Haines
Golden Charger

NANA'S MEATLOAF

- **2 lbs Ground Chuck**
- **2 Eggs**
- **1 Onion, chopped**
- **1 cup Milk**
- **1 cup Dried Bread, cubed**
- **4 Tbsps Dark Brown Sugar**
- **4 Tbsps Prepared Mustard**
- **3 cups Ketchup**
- **4 strips Bacon**

Spray a large loaf pan with Pam.

Line pan with 2 strips of bacon.

Mix the first five ingredients well and put in pan.

Mix sugar, mustard, and ketchup and pour on meat.

Top with 2 strips of bacon.

Bake for 1 hour at 350 degrees.

Clara Ellen Peeler
Golden Charger and Alumni Parent

ONE-POT VEGETARIAN SPAGHETTI

*Vegetarian spaghetti with mushrooms and spinach
makes an easy, healthy one-pot pasta!*

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4

- **2 tsps Extra Virgin Olive Oil**
- **½ (medium) Yellow Onion, chopped**
- **1 (8 oz) pkg Button Mushrooms, sliced**
- **2 cloves Garlic, minced**
- **½ tsp Salt**
- **¼ tsp Black Pepper**
- **¼ tsp Red Pepper Flakes (optional)**
- **2 cups (low sodium) Vegetable Broth**
- **1 (14 ½ oz.) can Fire-Roasted Tomatoes, diced**
- **10 oz (thin) Spaghetti Noodles (I use whole wheat)**
- **3 cups Fresh Spinach or Baby Spinach**
- **¼ cup Parmesan Cheese, grated (plus extra for serving)**
- **¼ cup Fresh Basil or Parsley, chopped (for serving; optional)**

Heat olive oil in a medium pot over medium heat. Add onion and mushrooms and sauté for 5-7 minutes, until tender and the liquid from the mushrooms has been mostly cooked off.

Add garlic and season with salt, pepper and red pepper flakes (if using) and sauté another 30 seconds.

Increase heat to high then add canned tomatoes and vegetable broth. Bring to a boil.

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ONE-POT VEGETARIAN SPAGHETTI **CONTD.**

Add spaghetti noodles and stir until they wilt and fit in the pot. Cover the pot, reduce heat to medium-low and cook for 5 minutes. (Your liquid should be at a low boil this whole time.)

Remove the lid and add fresh spinach, a couple of handfuls at a time, stirring to get the spinach mixed in and wilted.

Remove from heat and let spaghetti sit, covered, for a few minutes

Stir in Parmesan cheese, taste and adjust seasonings.

Serve with fresh basil or parsley and extra Parmesan cheese, if desired.

Note

You can substitute Cremini or Portobello mushrooms for the regular button mushrooms if you prefer. And you can add any extra veggies you have on hand: peppers, zucchini and broccoli would all be great. Add them with the onions and mushrooms and sauté everything together until it's slightly tender.

Kathryn Monroe Doherty '00
Alumna and Current Parent

POPPY SEED CHICKEN

SERVES: 4

- **4 Boneless, Skinless Chicken Breasts**
- **1 can Cream of Chicken Soup**
- **8 oz Sour Cream**
- **Ritz Crackers**
- **½ cup Butter**
- **2 Tbsps Poppy Seeds**

Boil chicken until cooked, cool, and cut into small pieces. Place chicken in a 9x13 dish.

Mix together sour cream and soup.

Pour mixture over chicken.

Crumble Ritz and sprinkle on top.

Pour butter over the top and then sprinkle the poppy seeds.

Bake 350 degrees for 35-40 minutes. Serve over rice.

Note

A fun recipe for kids to help with and mine loved breaking up the Ritz crackers.

Ellen Groves
Faculty and Alumni Parent

SAUSAGE, BEANS, AND RICE

- **1 (18 oz) pkg Frozen Black-Eyed Peas (I use the equivalent amount of canned black-eyed peas)**
- **1 cup Rice, uncooked**
- **1 lb Hot Sausage**
- **1 lb Mild Sausage**
- **1 (large) Onion, chopped**
- **2 Bay Leaves**
- **2 (medium) Green Peppers, chopped**
- **1 cup Fresh Chopped Mushrooms (optional)**
- **5 cloves Garlic, minced**
- **1 tsp Salt (I use a little less)**
- **1 Tbsp Black Pepper**

Preheat oven to 300 degrees .

If using frozen peas, cook peas as directed and then drain. (Do not overcook) . If using canned peas, drain thoroughly and set aside.

Cook rice.

Crumble and cook sausage. Drain thoroughly reserving just enough to sauté vegetables.

Sauté garlic, onion, peppers, and mushroom.

Add salt, pepper, and bay leaves to vegetables.

Combine rice, peas, sausage and vegetables in a large baking dish. (May refrigerate or freeze at this point or immediately cook)

Heat (covered) at 300 degrees for 1-1 ½ hours.

SEAFOOD LASAGNA

- **1 cup Onion, chopped**
- **2 Tbsps Butter**
- **1 (8 oz) pkg Cream Cheese, softened**
- **1 ½ cups Creamy Cottage Cheese**
- **1 Egg, beaten**
- **1 tsp Dried Basil**
- **½ tsp Salt**
- **⅛ tsp Pepper**
- **1 can Cream of Mushroom or Cream of Chicken Soup**
- **1 can Cream of Shrimp Soup**
- **⅓ cup Milk**
- **1 lb Shrimp, shelled (cooked for two minutes)**
- **1 lb Scallops, slightly sautéed**
- **1 pkg Artificial Crab Meat, cut into chunks**
- **8 Lasagna Noodles, cooked according to directions and drained**

Cook onions in butter until tender. Blend in cream cheese.

Add cottage cheese, egg, dried basil, salt, and pepper to cream cheese mixture and set aside.

Combine soups and milk. Stir in seafood.

Arrange 4 noodles in a 9x13 greased casserole dish. Layer half of the cottage cheese mixture over the noodles. Spread half of the seafood mixture over the cottage cheese layer.

Repeat layers of noodles, cheese mixture, and seafood mixture.

Sprinkle with Parmesan cheese. Bake uncovered at 350 degrees for 45 minutes.

Top with shredded American or Monterey Jack cheese. Bake 2-3 minutes more.

Let stand 10-15 minutes before serving.

Roberta McKaig
Faculty and Alumni Parent

SHEPHERD'S PIE

- **1 ½-2 lbs Potatoes, peeled and quartered (about 3 large Potatoes)**
- **8 Tbsps (1 stick) butter**
- **1 (medium) Onion, chopped (about 1 ½ cups)**
- **1-2 cups Vegetables (Carrots, Corn, Peas), diced**
- **1 ½ lbs Ground Round Beef**
- **½ cup Beef Broth**
- **1 tsp Worcestershire Sauce**
- **Salt, Pepper, and other Seasonings of choice**

Boil the potatoes: Place the peeled and quartered potatoes in a medium sized pot. Cover with at least an inch of cold water. Add 1 teaspoon of salt.

Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

Sauté vegetables: While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6-10 minutes.

If you are including vegetables, add them according to their cooking time.

Carrots should be cooked with the onions, because they take as long to cook as the onions do.

If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.

Continued on next page...

SHEPHERD'S PIE **CONTD.**

Add the ground beef, then the Worcestershire sauce and broth.

Add ground beef to the pan with the onions and vegetables.
Cook until no longer pink. Season with salt and pepper.

Add the Worcestershire sauce and beef broth.

Bring the broth to a simmer and reduce heat to low.
Cook uncovered for 10 minutes, adding more beef broth
if necessary to keep the meat from drying out.

Mash the cooked potatoes: When the potatoes are done cooking
(a fork can easily pierce), remove them from the pot and place
them in a bowl with the remaining 4 tablespoons of butter.

Mash with a fork or potato masher, and season with salt and pepper to taste.

Layer the meat mixture and mashed potatoes in a casserole dish. Preheat
the oven to 400 degrees. Spread the beef, onions, and vegetables (if
using) in an even layer in a large baking dish (9x13 casserole).

Glyn and Darlene Cowlshaw

Head of School

Steve Wainwright

School Friend

SPAGHETTI CASSEROLE

- **1 ½ lbs (lean) Ground Beef**
- **Garlic Salt (to taste)**
- **1 (15 oz) can Tomato Sauce**
- **6 oz (very thin, fine) Egg Noodles**
- **3 oz Cream Cheese**
- **8 oz Sour Cream**
- **6 Green Onions, minced**
- **1 cup Cheddar Cheese, grated**

Sauté ground beef. Add garlic salt and tomato sauce. Simmer for about 10 minutes.

Cook noodles as directed on the package. Drain.

Mix together cream cheese, sour cream and green onions.

Layer ingredients in a 9x13 dish beginning with noodles, meat sauce and sour cream mixture and ending with grated cheese on top.

Cover and bake 1 hour at 350 degrees.

Note

I take the cover off 10 minutes before it's done so it can brown on top.

Laura Miralia
Alumni Parent

SPICY BAKED SHRIMP

- **½ cup Olive Oil**
- **1-1 ½ Tbsps Cajun or Creole Seasoning (or to taste)**
- **2 Tbsps Lemon Juice**
- **2 Tbsps Parsley, chopped**
- **1 Tbsp Honey**
- **1 Tbsp Soy Sauce**
- **Pinch of Cayenne Pepper**
- **1-1 ½ lbs (large) Shrimp, peeled and de-veined**

Combine the first 7 ingredients in a 9x13 baking dish.

Add shrimp and toss to coat.

Refrigerate one hour or longer.

Preheat oven to 450 degrees. Bake for about 10 minutes, stirring once.

Serve over rice.

Suzanne DeGeorge
Staff and Alumni Parent

SWEET AND SOUR MEATLOAF

From 1986-1990, Providence Day School had a group of single Lower School teachers who would go out every Friday night to listen to music. A 4th grade teacher, Lukie Rousseaux had a daughter, Judy Rousseaux VanNamen who taught 2nd grade, Judy met the man of her dreams, became engaged and married. Susanne Little Robards (3rd grade) was single, met James and they became engaged and married. I had been dating Jon for almost 2 years and he never proposed to me. Judy suggested I serve Jon her special meatloaf. So I made this delicious meatloaf and Jon raved about it! A few months later, he decided to propose to me, he said it was because he loved that meatloaf so much, it truly is that good!

MEATLOAF:

- **1 lb (lean) Ground Beef**
- **1 (small) Onion, chopped**
- **1 (small) can Diced Tomato**
- **1 Egg**
- **¼ cup Breadcrumbs**
- **1 Tbsp Basil**
- **1 clove Garlic, crushed**

SAUCE:

- **1 (16 oz) can Tomato Sauce**
- **1 cup Water**
- **¼ cup Vinegar**
- **¼ cup Brown Sugar**
- **2 Tbsps Mustard**

Mix all of the meatloaf ingredients in a large bowl and form into a football shape. Preheat oven to 350 degrees.

Spray baking pan lightly with oil. Put the meatloaf into the pan and cover.

Continued on next page...

SWEET AND SOUR MEATLOAF **CONTD.**

Mix sauce ingredients and stir well so that the mustard and brown sugar are mixed.

Pour over meatloaf, cover and bake for 1 hour, every so often baste the meatloaf with the sauce.

Uncover meatloaf for the last 20 minutes of baking or until sauce thickens.

Note

For the Sauce, I double this recipe because there is never enough sauce for the meatloaf and potatoes! Make mashed potatoes to serve and any other vegetable works well, but fresh corn cut off the cob tastes the best!

TERIYAKI STEAK

- **½ cup Soy Sauce**
- **½ cup Brown Sugar**
- **2 Tbsps Olive Oil**
- **½ tsp Dry Ginger**
- **2 cloves Garlic, minced**
- **1-1 ½ lbs Flank Steak**

Mix together the first 5 ingredients. Add flank steak, stir to coat.

Marinate overnight.

Broil over hot coals, 10 minutes each side.

Once the meat is cooked, slice flank steak into strips.

Patrick Hawk
Current Parent and Alumni Parent

TOMATO VIDALIA PIE

- **1 Deep Dish 9" Pie Crust**
- **9 pieces Bacon**
- **½ Vidalia Onion, sliced in rings**
- **2-3 (large) Tomatoes, sliced and drained on paper towels**
- **Salt and Pepper (to taste)**
- **1 cup Fresh Basil, chopped**
- **1 cup Cheddar Cheese, grated**
- **1 cup Mozzarella Cheese, grated**
- **½ cup Mayonnaise**

Cook pie crust according to directions. Remove crust from oven but leave oven temp at 350 degrees.

Meanwhile, fry bacon until done. Remove bacon from the pan and pour off all of the grease except for enough to brown the onion slices. Break bacon into small pieces when cool. Brown onions in the same pan until caramelized. Remove onion from pan and drain on paper towels.

Layer sliced tomatoes in browned pie crust. Sprinkle it with salt and pepper. Top with basil and onions.

In a medium bowl, combine cheeses, mayonnaise, and bacon. Press mixture over vegetable mixture in pie crust.

Bake at 350 degrees until brown, about 25 minutes. Let cool slightly before serving.

Note

Can be assembled ahead of time, brought to room temperature and cooked the next day.

Reheats well in a slow oven covered with foil for 12-15 minutes.

Kathy Cater
Current Parent and Alumni Parent

TURKEY TACO RICE SKILLET

Turkey taco rice skillet is an easy 20-minute one-pot dinner with ground turkey, fluffy brown rice (or white rice) and all your favorite taco flavors! Great for a quick weeknight meal!

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

SERVES: 6

- **1 Tbsp Extra Virgin Olive Oil**
- **1 (small) Onion, chopped**
- **1 (small) Bell Pepper, chopped (any color)**
- **1 (small) Zucchini, chopped (optional)**
- **2 cloves Garlic, minced**
- **1 lb (lean) Ground Turkey (such as 93% lean)**
- **3 Tbsps Taco Seasoning**
- **1 (15 oz) can Black Beans, rinsed and drained**
- **1 (15 oz) can Petite Diced Tomatoes, drained**
- **1 (11 oz) can Mexicorn, drained**
- **3 cups Brown or White Rice, cooked (from about 1 cup uncooked)**

OPTIONAL TOPPINGS:

- **Shredded Cheese**
- **Avocado, sliced or diced**
- **Sour Cream or Greek Yogurt,**
- **Cilantro, Salsa or Pico de Gallo; chopped**
- **Hot Sauce or Pickled Jalapeños, etc.**

Heat a large skillet over medium heat. Add olive oil.

Add chopped onion, bell pepper and zucchini, if using. Sauté for 3-4 minutes, then add garlic and stir well.

Continued on next page...

TURKEY TACO RICE SKILLET **CONTD.**

Add ground turkey and cook, breaking up with a spatula, until cooked through and no pink remains, about 5-6 minutes.

Sprinkle everything with taco seasoning and stir well.

Add black beans, tomatoes and corn. Bring to a simmer and let cook for 3-5 minutes over medium heat to get everything heated through and allow any extra liquid to cook off.

Stir in cooked brown rice then turn off heat.

Season to taste with salt and pepper if needed.

Serve hot with desired toppings and enjoy!

Kathryn Monroe Doherty '00
Alumna and Current Parent

SHEILA DEAL'S BAKED CHICKEN

- **Chicken Tenders or Breasts**
- **Ken's Lite Vidalia Onion Salad Dressing**
- **Pepperidge Farm Herb Dressing**

Prepare chicken pieces and coat with salad dressing.

Pound dressing mix in a large plastic bag to create crumbs.

Coat baking dish with spray or butter and preheat oven to 350-375 degrees.

Remove chicken from salad dressing and coat with crumbs.

Place in a baking dish and cook covered for 25-30 minutes.

Remove lid or foil covering for the last 5 minutes to allow browning if needed.

Bobbie Hinson

Archivist, Golden Charger, and Alumni Parent

VEGETABLE LASAGNA (GLUTEN-FREE)

SERVES: 6

- **2-3 Zucchini's, sliced long ways**
- **1 Onion, chopped**
- **1 Red Pepper, chopped**
- **1 Green Pepper, chopped**
- **1 pkg Fresh Sliced Mushrooms.**
- **1 tsp Garlic**
- **1 (8 oz) pkg Ricotta Cheese**
- **1 Egg**
- **4-6 oz Parmesan Cheese (depending on taste)**
- **4-8 oz Mozzarella cheese (depending on taste)**
- **1 (small) jar Spaghetti Sauce of your choice**
- **Ground Chicken or Beef (optional)**

Slice several zucchinis into long thin slices (resembling short lasagna noodles). These will be used instead of lasagna noodles. Salt each side of each slice of lasagna and place on a towel or paper towel and let it set to draw out the liquid.

Beat egg and add ricotta together. Set aside until ready to layer.

Sauté your favorite vegetables with one tsp of garlic.
I use onions, red and green peppers, and mushrooms.
(I use so many vegetables that I need several pans.)

Continued on next page...

VEGETABLE LASAGNA (GLUTEN-FREE) CONTD.

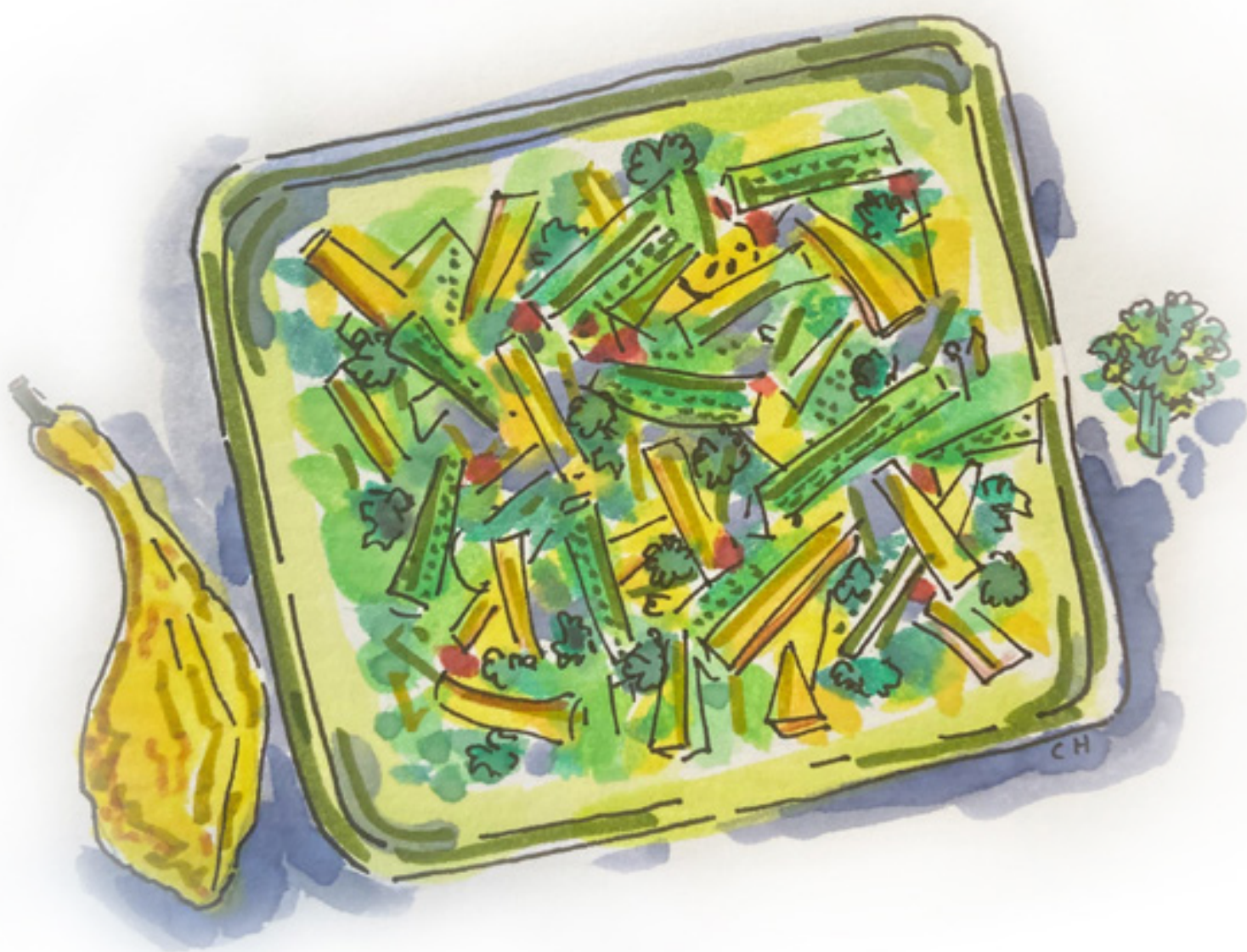
Add spaghetti sauce to the vegetables once they are sautéed and use as much sauce as desired. (The more you add the more liquid you will have. I make mine pretty thick so I don't use a lot of sauce—maybe equal to a small jar of sauce—depends on how many vegetables you have.)

Rinse the salt off of the zucchini and pat dry the zucchini.

In a 9x13 pan that is lightly greased, layer zucchini, ricotta cheese mixed with egg, (browned meat such as ground chicken or ground beef, if desired), spaghetti vegetable mixture, sprinkle Parmesan cheese to taste (I use a thin layer), and sprinkle mozzarella cheese (I use a thin layer).

Cover with aluminum foil and bake at 350 degrees for about 45 minutes. Enjoy!

SIDE DISHES



ASPARAGUS CASSEROLE

SERVES: 8

- **1 (large) can Asparagus**
- **4 Eggs, hard cooked**
- **¼ lb Blanched Almonds (optional)**
- **2 cans Condensed Mushroom Soup**
- **1 (small) jar Pimento, finely cut**
- **Ritz Crackers**

Place layer of asparagus on bottom of buttered casserole dish.

Add a layer of almonds, sliced eggs, pimento, mushroom soup, and cracker crumbs.

Repeat if the casserole dish is deep.

Sprinkle cracker crumbs over top, dot with butter.

Bake at 350 degrees until brown (approximately 20-30 minutes).

Maria Hedinger
Faculty and Current Parent

AU GRATIN POTATOES

- **6 (large) Idaho Baking Potatoes**
- **1 stick Butter**
- **3 Tbsps Flour**
- **1 tsp of Salt**
- **½ tsp Black Pepper**
- **Dash nutmeg**
- **Dash paprika**
- **2 cups Milk**
- **1 stick Cheddar Cheese, grated**

Peel and dice potatoes.

Cook 15 minutes in boiling water until slightly tender.

Drain and place in a 9x13 casserole dish.

Blend butter and flour over low heat until bubbly. Add seasonings.

Add milk gradually, stirring to make a thin white sauce.

Add some of the grated cheese to white sauce and stir.

Pour sauce over potatoes. Top with remaining cheese and bake at 350 degrees for 30 minutes.

BBQ CARROTS

- 1 lb Carrots, peeled and cut into 3-inch-long, ½-inch-wide planks (or use Baby Carrots, cut in half lengthwise if wide. I've also used up to 2 lb of carrots without altering the rest of the recipe)
- 1 cup + 1 Tbsp BBQ Rub (recipe follows)
- 1 Tbsp Extra Virgin Olive Oil
- ¼ cup Pecan Pieces, toasted
- Yogurt Dill Sauce (recipe follows)
- Salt (to taste)
- ½ Tbsp Lemon Juice

BBQ RUB

- ½ cup Brown Sugar
- ½ cup Kosher salt
- 4 Tbsps Smoked Paprika (or Hot Smoked Paprika)
- 1 Tbsp Black Pepper
- 1 Tbsp Garlic Powder
- 1 Tbsp Onion Powder
- 1 Tbsp Cayenne Pepper
- 1 Tbsp Ground Cumin
- ½ Tbsp Celery Salt

YOGURT DILL SAUCE

- ½ cup Plain Greek Yogurt
- 1 Tbsp Fresh Dill, chopped
- ½ Tbsp Lemon Juice
- ⅛ cup Milk
- ⅛ Tbsp White Vinegar (I usually just use ½ tsp OR you can use ⅛ cup Buttermilk instead of the Milk and Vinegar. If that is the case, just combine all ingredients and chill.)
- ¼ tsp Salt (or to taste)

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BBQ CARROTS **CONTD.**

Rub Instructions

Combine all ingredients and store in an air-proof container. Makes 1-½ cups. You will have a little extra. If you have your own favorite BBQ Rub, feel free to substitute. I've also used Montreal Steak Seasoning in a pinch.

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Yogurt Instructions

Combine milk and white vinegar and let sit for 10 minutes.

Combine all ingredients and chill for at least one hour. Makes ½ cup.

Note: We use almost all, but the original recipe calls for only 2 tablespoons. You can easily double the number of carrots cooked without doubling the yogurt sauce.

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Carrot Instructions

Bring a very large pot of water, 1 cup of BBQ Rub, and ¼ cup of salt to boil.

If possible use 2 gallons of water. If your pot isn't big enough, just fill as much as possible.

You can cut back a little on the rub and salt if you have less water, but I haven't found that to be necessary.

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BBQ CARROTS **CONTD.**

Add carrots and cook for about 5 minutes. You do not want them to be fully cooked.

Drain the carrots and reserve for the grill.

Heat the grill to medium-high.

In a bowl, toss the carrots with the olive oil and the remaining 1 tablespoon of BBQ Rub.

Arrange on a grill screen and grill over direct heat until finished. Toss as necessary.

You want the carrots to have some deep browning/grill marks.

Arrange carrots on a platter. Drizzle with lemon juice and garnish with pecans and Yogurt Dill Sauce.

Caroline Marks

Faculty, Current Parent, and Alumni Parent

CARROT SOUFFLE

- **2 cans Sliced Carrots, drained well and mashed**
- **1 stick Butter, melted**
- **2 Eggs, beaten**
- **3 Tbsps Flour**
- **1 tsp Baking Powder**
- **1 cup Sugar**
- **Pinch of Cinnamon**

Blend all ingredients and place in a greased casserole dish.

Bake at 400 degrees for 15 minutes.

Turn heat down to 350 degrees and bake for an additional 45 minutes.

Roberta McKaig
Faculty and Alumni Parent

CREAMY MASHED POTATOES

Potatoes are actually cooked and mashed out of the Crock-Pot then cooked for a couple of hours to blend the flavors. This recipe is perfect for the holidays or anytime because you don't have the last minute mashing and beating of potatoes.

PREP TIME: 25 MINUTES

COOK TIME: 3 HOURS

SERVES: 8-10

- **5 lbs Red Potatoes, cut into chunks (peeled if you like)**
- **1 Tbsp Garlic, minced**
- **2 cubes Chicken Bouillon**
- **1 (8 oz) container Sour Cream**
- **1 (8 oz) pkg Cream Cheese, softened**
- **½ cup Butter, softened**
- **Salt and Pepper (to taste)**

Bring a large pot of salted water to a boil.

Add potatoes, garlic, and chicken bouillon cubes.

Cook potatoes until tender but still firm, about 15 minutes.

Drain and reserve a little of the cooking water.

Mash potatoes with sour cream and cream cheese, adding reserved cooking water to reach desired consistency.

Transfer to a 4-quart Crock-Pot, cover, and cook on low for 2-3 hours.

Just before serving, stir in butter and season with salt and pepper to taste.

Georgette LePage
Faculty and Current Parent

GREEN BEAN MEDLEY

- **2 cans French-Cut Green Beans**
- **1 can Chicken and Rice Soup (Chicken and Stars works too)**
- **1 lb Ground Beef or Turkey**
- **2 (small) cans Mushrooms (or 1 big can)**
- **1 (small-medium) Onion**
- **Garlic Powder (to taste)**
- **Instant Rice**

Brown ground meat with chopped onions and drained mushrooms.

Drain meat if needed.

Add green beans with the juice, chicken & rice soup and garlic powder.

Mix together and let simmer for about 20–30 minutes.

In a separate pan boil your rice.

When it is all finished, scoop rice into a bowl and then top with the Green Bean Medley.

Carissa Goddard
Staff and Current Parent

LEAH'S CORNBREAD

- **2 boxes Jiffy Corn Muffin Mix**
- **1 cup Sour Cream**
- **3 Eggs, beaten**
- **½ cup Butter or Margarine, melted**
- **1 tsp Salt**
- **1 (16 oz) can Creamed Corn**

Mix all ingredients together and pour into a greased 9x13 baking dish.

Bake at 375 degrees for 35 minutes .

Note

Watch it in your oven so it doesn't overcook!

Laura Shirey
Current Parent

MARINATED TOMATOES

- **6 (large) Tomatoes, cut into wedges**
- **3 Tbsps Fresh Parsley, chopped**
- **2 Tbsps Fresh Basil, chopped**
- **1 Tbsp sugar**
- **1 ½ tsps Garlic Salt**
- **½ tsp Salt**
- **1 ½ tsps Ground Black Pepper**
- **¾ tsp Thyme**
- **¾ cup Extra Virgin Olive Oil**
- **½ cup Red Wine Vinegar**

Cut your tomatoes into medium-sized wedges and place in a shallow bowl.

Combine all other ingredients and pour over the tomatoes.

Allow the tomatoes to marinate at room temperature for at least two hours.

Stir the mixture and re-coat every so often.

Leftover tomatoes can be refrigerated.

Note

Leftover marinade is perfect for dipping with your favorite bread!

Kacie Sullivan
Staff

SQUASH CASSEROLE

- **2 lbs Squash (combination of Summer Squash and Zucchini)**
- **1 (small) Onion, chopped (optional)**
- **½ Green Pepper, chopped**
- **2 Carrots, Grated**
- **1 can Cream of Chicken Soup**
- **½ pint Sour Cream**
- **1 pkg Seasoned Croutons**
- **1 stick Butter**
- **Grated Cheddar Cheese**

Cut squash into bite-sized pieces.

Cook squash (and onion) in boiling water until tender.

Drain excess water.

Melt butter and add croutons, stirring to coat.

Mix all ingredients and pour into a 9x13 casserole dish.

Bake at 350 degrees for 35 minutes, or until the cheese melts and casserole is bubbly.

SWEET CORN PUDDING

- **4 cups Frozen Corn Kernels, thawed**
- **4 (large) Eggs**
- **1 cup Whipping Cream**
- **½ cup Whole Milk**
- **6 Tbsps Sugar**
- **¼ cup Butter (room temp)**
- **2 Tbsps All-Purpose Flour**
- **2 tsps Baking Powder**
- **1 tsp Salt**

Preheat the oven to 350 degrees.

Butter an 8x8x2 inch glass baking dish.

Squeeze excess water out of thawed corn kernels.

Blend all ingredients in a processor until almost smooth.

Pour batter into the prepared dish.

Bake pudding until browned and center is just set.

Check for done-ness after 45 minutes. (It takes 70 minutes in my oven, but oven times vary.)

Cool for 10 minutes before serving.

Note

This is an easy side dish that reheats well.

Brenda Fisher
Golden Charger and Alumni Parent

TEXAS FRIJOLES (PINTO BEANS)

- **1 lb Pinto Beans, well rinsed**
- **1 (medium) Onion, diced**
- **1 clove Garlic, diced**
- **1 tsp Black Pepper**
- **½ tsp Celery Seed**
- **½ tsp Dominos, whole or powdered**
- **1 whole Jalapeño Pepper, canned or fresh**
- **1 Tbsp Chili Powder**
- **Salt (to taste)**

Put all ingredients in a large pot and cover with a close fitting lid.

Add water to cover beans, and let simmer over low heat approximately 3 hours and 40 minutes. Check periodically to ensure water is covering beans.

During the last hour, add salt to taste. Beans should be plump, but not mushy.

Note

This recipe is by Marsha Small's Dad, Harry Trodler.

Marsha Small
Golden Charger

ZUCCHINI AND SQUASH CASSEROLE

SERVES: 6

- **4 cups Zucchini and Squash, sliced**
- **2 Eggs**
- **1 cup Mayonnaise**
- **1 (small) Onion, chopped (or sliced green onions to taste)**
- **½ cup Celery, chopped**
- **1 (small) jar Sliced Mushrooms**
- **1 ½ cups Parmesan Cheese**
- **1 cup Cheddar Cheese**
- **Butter**
- **2 Tbsps Italian Bread Crumbs**

Cook zucchini and squash in small amount of water until slightly tender.

Drain water. Spray casserole dish with cooking spray.

Pour zucchini and squash into casserole dish.

In bowl, mix eggs, mayonnaise, onion, mushrooms, both types of cheese and celery.

Pour mixture over zucchini and squash.
Sprinkle bread crumbs over top of mixture.

Place small pats of butter over the bread crumbs.

Bake for 30 minutes at 400 degrees.

Note
Add or subtract amount of cheese and onion to taste. You can make this recipe ahead of time and refrigerate until you are ready to cook and serve.

Vanessa Davis
Current Parent

DESSERTS



A.B.'S FAMOUS PEANUT BUTTER PIE

- **8 oz Cream Cheese, softened**
- **1 cup Confectionery Sugar**
- **⅓ cup Milk**
- **½ cup Peanut Butter**
- **1 tub Cool Whip**
- **1 (large) Graham Cracker Pie Crust (or 1 large Chocolate Graham Cracker Crust)**
- **2 packs Reese's Cup Candy Bars, cut into small pieces (optional)**

Blend cream cheese, confectionery sugar, and milk together
(add milk gradually – you may not need all of it)

Stir in peanut butter and cool whip

Pour into pie shell. Sprinkle Reese's cup pieces on top of pie (optional).

Chill for at least 2 hours.

Note

This was a recipe from their great-grandmother Artie Belle Primm from Hillsville, VA. Hope this brings as much joy to your family as it has to ours!

Mason Nobili '28 and Mabel Nobili '32
Current Students

ALMOND BROWNIE CAKE

- **3 Eggs (Unpasteurized Eggs whip best)**
- **4 oz Unsweetened Chocolate**
- **12 Tbsps (1 ½ sticks) Butter or 8 Tbsps Butter + 3 Tbsps Canola Oil**
- **1 ¾ cups Sugar**
- **1 tsp Vanilla**
- **1 cup Almond Flour**
- **⅛ tsp Salt**
- **Powdered Sugar**

EQUIPMENT:

- **Stand Mixer**
- **Double Boiler**
- **Spring Form Pan**

Preheat oven to 350 degrees.

Grease springform pan well and put parchment paper on bottom. Grease again.

Place aluminum foil on a baking sheet and put springform pan on baking sheet.

Put eggs in a stand mixer and beat on medium-high while melting chocolate and butter/oil over a double boiler. Allow eggs to keep mixing; eggs will get thick and creamy (5-10 minutes).

Stop the mixer and let the chocolate/butter mixture cool for a few minutes.

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ALMOND BROWNIE CAKE **CONTD.**

With the mixer on a low/medium speed, add sugar and then (very slowly) drizzle chocolate/butter mixture into egg/sugar mixture. You do not want to cook the eggs!

With mixing continuing, add vanilla, then almond flour, then salt.

Pour batter into prepared pan.

Bake for 45 minutes. An inserted toothpick will come out moist. You can stop, or go another 5 minutes, depending on how firm you want your cake.

Let the cake sit a few minutes out of the oven, then move the cake (in the pan) to a cooling rack.

After the cake has cooled another few minutes (but well before it has cooled completely), insert a knife along the edges of the pan to loosen the cake, then undo the spring form pan slowly.

If the top of the cake cracks, don't worry, just push the sides back into a circle.

Cover in powdered sugar. Let the cake sit for two hours.

After two hours, sift powdered sugar on the cake until the cake is completely covered.

AUNT OLLIE'S SCOTCH A ROOS

- **1 cup Sugar**
- **1 cup Karo Syrup**
- **1 cup Peanut Butter**
- **6 cups Rice Krispies**
- **6 oz Semi-Sweet Chocolate Bits**
- **6 oz Butterscotch Bits**

Bring sugar and Karo syrup to a boil in a saucepan.
(Don't boil more than one minute)

Stir in peanut butter.

Put Rice Krispies in a large bowl and stir in the sugar/
syrup mixture immediately while hot.

Press into a buttered 13x9 pan. (it helps if your hands are buttered too)

Melt together 6 ounces semi-sweet chocolate bits and 6 ounces butterscotch bits over water in a double boiler or in a saucepan on very low heat.

Frost scotch-a-roos immediately while Rice Krispie mix is still warm.

When cool, cut into small squares and serve.

BANANA PUDDING

- **2 pkgs Pepperidge Farm Chessman Butter Cookies**
- **2 boxes Instant French Vanilla Pudding**
- **16 oz Cool Whip**
- **3 Bananas**
- **8 oz Cream Cheese, softened**
- **1 (14 oz) can Sweetened Condensed Milk**

Prepare pudding as directed on the package. Blend in half of the cool whip, sweetened condensed milk, and softened cream cheese.

On the bottom of a 9x13 dish, layer the cookies (saving a few to crumble on top), bananas, pudding mixture, remaining cool whip.

Top with remaining cookie crumbles.

Glyn and Darlene Cowlshaw
Head of School

BEBE'S CHOCOLATE PIE

- **2 Eggs**
- **2 (heaping) Tbsps Cocoa Powder**
- **1 (small) can Evaporated Milk**
- **1 ½ cups Granulated Sugar**
- **1 stick Margarine**
- **1 tsp Vanilla**
- **9-inch Unbaked Pie Shell**

Preheat the oven to 325 degrees.

Melt margarine and stir in cocoa until blended.

Add remaining ingredients, using an electric mixer at medium speed.

Pour in unbaked pie shell.

Bake for 45 minutes or until a toothpick inserted in the middle of the pie comes out clean.

Let it cool completely.

Optional: top with whipped cream and serve.

Carrie Dunham
Current Parent

BLUEBERRY CRUNCH

- **1 cup Graham Cracker Crumbs, crushed**
- **½ stick Butter, melted**
- **½ cup Sugar (scant)**
- **1 (8 oz) pkg Cream Cheese**
- **2 Eggs**
- **1 cup Sugar**
- **1 tsp Vanilla**
- **1 can Blueberry Pie Filling**
- **Cool Whip (for topping)**

Mix together (saving 4 tablespoons of crumb mixture for topping) and press into a 9x13 greased dish.

Mix cream cheese, eggs, sugar, and vanilla well and pour over the crumb crust.

Bake at 375 degrees for 15 minutes.

When cool, top with 1 can of blueberry pie filling.

Top this layer with Cool Whip and sprinkle with reserved crumbs.

Refrigerate until ready to serve.

BOBBIE'S PECAN PIE

YIELDS: 2 PIES

- **1 cup Sugar**
- **4 Tbsps Butter or Margarine**
- **4 Eggs**
- **4 Tbsps Flour**
- **½ tsp Salt**
- **2 tsp Vanilla**
- **2 cups White Karo Syrup (or 1 bottle; store brand is fine, too)**
- **2 cups Pecans, chopped (break into small pieces)**

Cream butter and sugar.

Add beaten eggs, flour, salt, extract, syrup and stir well.

Add pecans and stir well.

Pour into unbaked pie crusts (use regular, not deep dish shells). Bake approximately 45 minutes in moderate oven – 350 degrees.

Cover the pie crust edges with foil or rims cut from used pie pans.

Remove the rims after 45 minutes and watch the pies for the next 5-15 minutes. Pies are done when you press lightly in the middle and feel some resistance (not too runny).

Remove the pies and let them cool.

Note

I cover mine with plastic wrap when they are still warm and store them at room temperature. They freeze well for months! Enjoy!

Bobbie Hinson

Archivist, Golden Charger, and Alumni Parent

CHOCOLATE CHIP POUND CAKE

- **1 pkg Butter Recipe Golden Cake Mix**
- **⅓ cup Sugar**
- **8 oz Sour Cream (do not use low fat)**
- **⅔ cup Vegetable Oil**
- **3 (large) Eggs**
- **1 tsp Vanilla**
- **1 pkg (12 oz) Mini Semi-Sweet Chocolate Chips**

Preheat oven to 325 degrees. Grease and flour bundt pan.

In a large bowl (with a mixer), blend cake mix, sugar, sour cream, and oil on low for one minute.

Add eggs one at a time. Increase speed to medium for 4 minutes. Add vanilla.

Fold in chocolate chips by hand until well distributed.

Pour batter into pan and bake for 50 minutes (or until tester comes out clean)

Remove from the oven and allow to cool in the pan.

CHOCOLATE COVERED RICE KRISPY BARS

- **1 cup White Karo Syrup**
- **1 cup Granulated Sugar**
- **1 cup Peanut Butter**
- **6 cups Rice Krispies**
- **1 (6 oz) pkg. Chocolate Chips (I sometimes use 12 oz. when feeling sinful.)**
- **1 (6 oz) pkg Butterscotch Chips**

Stir Karo and sugar over heat until it boils and the sugar melts, only until then.

Remove from heat and add peanut butter and blend.

Add Rice Krispies and turn into a buttered 9x13 pan.

Smooth out but don't compress the cereal mixture too much.

Melt the chocolate and butterscotch chips together over low heat or in the microwave in 1 minute increments, then spread over Rice Krispy mixture.

Cool in the refrigerator for just one hour to help the chocolate solidify.

If you leave it in there indefinitely, the bars will be really hard to cut.

Note

Made with love for years by my mom, Sue Fields.

Jane Cook
Golden Charger

CHOCOLATE CRUNCH BROWNIE

- **Brownie Mix of choice**
- **1 cup Peanut Butter**
- **2 cups Chocolate Chips**
- **1 (7 oz) jar Marshmallow Cream**
- **3 cups Rice Krispies**

Bake brownie mix in a 9x13 pan. Let cool.

Spread marshmallow cream over brownies.

In a saucepan, melt peanut butter and chocolate chips together.

Add Rice Krispies.

Spread over marshmallow cream.

Chill before cutting.

Lynette Allison

Staff, Current Parent, and Alumni Parent

COCONUT CHOCOLATE CANDIES

- **⅓ cup Unsweetened Coconut, finely shredded**
- **6 oz (½ bag) Semi-Sweet or Dark Chocolate Chips (if you want this recipe to be sugar-free, use a chocolate chip made with Stevia such as Lily's brand)**
- **1 Tbsp Coconut Oil**

Spread shredded coconut on a baking sheet and place in an oven set at 300 degrees. Toast until golden. Watch carefully, depending on the heat of your oven the coconut can burn quickly. Usually, this takes only about 3 minutes. Remove from the oven and set aside.

Combine chocolate chips and coconut oil in a microwave-safe mixing bowl. Microwave on high for one minute. Stir vigorously until the chips are completely melted. If necessary, continue to microwave and stir in 10-second increments until the mixture is melted and smooth.

Add the toasted coconut to the chocolate mixture and stir to combine.

Drop by tablespoon full onto a parchment-covered baking sheet and place in the freezer until firm. Alternately, you can fill 12 silicone mini-muffin tin holes with the mixture and freeze in this.

Once frozen you can place the candies in a Ziploc bag. Store in the freezer.

Note

You can eat these from frozen or allow to thaw for a minute before eating. A lot of the organic, unsweetened coconut comes in bigger flakes. For this recipe, I use the finely shredded, unsweetened coconut that comes in a plastic bag. This is GF, DF, nut free and can be sugar free. Also, you can skip the toasting step for Coconut Chocolate Candies.

Caroline Marks

Faculty, Current Parent, and Alumni Parent

DOUBLE-CHOCOLATE SOUFFLÉS

- **2 Tbsps (¼ stick) Unsalted Butter**
- **2 Tbsps All-Purpose Flour**
- **1 cup Whole Milk**
- **8 oz Bittersweet or Semi-Sweet Chocolate, chopped**
- **6 Tbsps Sugar, divided**
- **1 oz Unsweetened Chocolate, chopped**
- **4 (large) Eggs, separated**
- **¼ tsp Salt**
- **Lightly Sweetened Whipped Cream**

Butter eight ¾-cup ramekins, dust with sugar.
Arrange dishes on rimmed baking sheet.

Melt 2 tablespoons butter in a heavy medium saucepan over medium heat.

Add 2 tablespoons flour, whisk until mixture is bubbling,
about 1 minute. Increase heat to medium-high.

Gradually whisk in 1 cup milk. Cook until mixture thickens and
boils, whisking constantly, about 2 minutes. Remove from heat.

Add bittersweet chocolate, 4 tablespoons sugar and
unsweetened chocolate; whisk until melted and smooth.

Pour soufflé base into a large bowl. Cool to room
temperature stirring occasionally.

Continued on next page...

DOUBLE-CHOCOLATE SOUFFLÉS **CONTD.**

Whisk egg yolks into souffle base. Using an electric mixer, beat egg whites and salt in a medium bowl until soft peaks form.

Gradually add remaining 2 tablespoons sugar, beating until stiff and glossy.

Fold $\frac{1}{4}$ of whites into souffle base.

Fold in remaining whites in 2 additions.

Divide soufflé mixture among prepared ramekins.

Preheat oven to 400 degrees.

Bake souffles uncovered on a rimmed baking sheet until puffed and centers move slightly when baking sheet is shaken gently, about 17 minutes for fresh (or chilled soufflés or 22 minutes from frozen.)

Serve with whipped cream.

Note

Can be prepared ahead. Cover and refrigerate up to 2 days or freeze up to 1 week; do not thaw frozen soufflés before baking.

Rachel Ellis
Staff

EGG CUSTARD PIE

- **4 Eggs, slightly beaten**
- **½ cup Sugar**
- **¼ tsp Salt**
- **½ tsp Vanilla**
- **⅛ tsp Almond Extract**
- **2 ½ cups Milk, scalded**
- **Nutmeg**

Blend eggs, sugar, salt, vanilla, and almond extract.

Gradually stir in scalded milk.

Pour into the prepared pie shell.

Sprinkle with nutmeg.

Bake at 400 degrees for 25-30 minutes until a knife inserted halfway between the center and the outside edge comes out clean.

Cool on a rack for 15-20 minutes, then chill in the refrigerator.

FRESH PEACH PIE

- **4-6 Peaches, peeled and sliced**
- **1 Shortbread Crumb Pie Shell**
- **1 stick Butter, softened**
- **$\frac{1}{3}$ cup Flour**
- **$\frac{3}{4}$ -1 cup Sugar**
- **1 Egg, beaten**
- **1 tsp Vanilla**

Peel and slice 4-6 peaches into a shortbread crumb pie shell.

Mix butter, flour, sugar, egg, and vanilla together.

Spread this mixture over the peaches.

Bake at 300-325 degrees for 45 minutes or until set.

Roberta McKaig
Faculty and Alumni Parent

GRANNY BAXTER'S STRAWBERRY PRETZEL STUFF

- 2 cups crushed pretzels
- 3/4 cup melted butter (softened)
- 3 tbs. brown sugar
- 1-8 oz. cream cheese
- 2 cups Cool Whip
- 1 cup white sugar
- 2 boxes strawberry Jello
- 2 cups boiling water
- 2-10 oz. frozen strawberries

Bottom Layer Instructions

Mix pretzels, butter and brown sugar.

Press in a 9x13 pan. Bake for 8 minutes at 400 degrees. Let cool.

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Middle Layer Instructions

Mix softened cream cheese and white sugar beat until smooth.

Add cool whip and spread over cooled pretzels.

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Top Layer Instructions

Mix the Jello in boiling water. Stir until dissolved then add strawberries. Stir well and let it gel a little. Pour over the second layer. (I like to make mine several hours ahead.)

Place in the fridge to cool overnight. Serve cold.

Carissa Goddard
Staff and Current Parent

HUMMINGBIRD CAKE

- **2 ½ cups Flour**
- **2 cups Sugar**
- **1 tsp Salt**
- **1 ½ tsp Soda**
- **1 tsp Ground Cinnamon**
- **3 Eggs**
- **1 ½ cup Vegetable Oil**
- **1 ½ tsp Vanilla**
- **1 (small) can Crushed Pineapple, undrained**
- **3 Bananas, mashed**

FROSTING:

- **1 (large) pkg Cream Cheese, softened**
- **½ stick Butter, softened**
- **1 box Powdered Sugar**
- **1 tsp Vanilla**

Combine dry ingredients.

In another bowl, mix eggs, oil and vanilla. Add dry ingredients and stir just until mixed.

Stir in pineapple and bananas.

Pour batter into 3 well greased and floured 9-inch cake pans. Bake at 350 degrees for 25-30 minutes. Cool in pan for 10 minutes.

Remove from the pan and cool completely.

For the frosting, combine cream cheese and butter. Cream until smooth. Add sugar beating until light and fluffy.

Frost the cake with cream cheese frosting. Sprinkle top with nuts if desired.

Anne Williams
Faculty and Alumni Parent

INDIVIDUAL SCHAUM TORTE

YIELDS: 15 SCHAUM TORTES

- **6 Egg Whites**
- **1 Tbsp Water**
- **2 ¼ cups Sugar, sifted**
- **½ tsp Cream of Tartar**
- **1 Tbsp Vinegar**
- **½ tsp Vanilla**

Beat egg whites and water to a point.

Continue beating and add 1 cup of sugar, cream of tartar, and vinegar.

Continue beating and add vanilla and remaining sugar.

Beat 10 minutes longer. Drop a large spoonful on a greased cookie sheet.

Bake 1 hour at 250 degrees. Turn off the oven and leave tortes in the oven for ½ hour longer.

Break off tops and fill with fresh fruit like peaches or strawberries.

Serve with whipped cream or ice cream.

Betty Oelhafen
Golden Charger and Alumni Parent

KATIE'S FAVORITE BROWNIES

- **1 stick ($\frac{1}{2}$ cup) Unsalted Butter**
- **2 oz Baking Chocolate (prefer Baker's Semi-Sweet Chocolate Baking Bar)**
- **1 cup Sugar**
- **2 Eggs**
- **1 tsp Vanilla Extract**
- **$\frac{1}{2}$ cup Chopped Nuts or Candy Pieces (optional)**
- **$\frac{3}{4}$ cup All-Purpose Flour (enriched and unbleached)**
- **$\frac{1}{2}$ tsp Baking Powder**
- **$\frac{1}{2}$ tsp Salt**

Preheat oven to 350 degrees.

Melt butter and chocolate in a saucepan over low heat.

Remove from heat and add sugar.

Add one unbeaten egg and mix well with a fork.

Add another egg and mix until combined.

Add vanilla (and optional nuts or other add-ins).

Add flour, baking powder, and salt. Mix thoroughly by hand.

Pour into a greased baking pan. (Glass 8-inch pan works better than metal pan.)

Bake 25-30 minutes. Remove pan from oven.

Cut into squares while still warm. Remove from the pan when completely cool.

Katie Posnanski '23
Current Student

LADY BIRD DESSERT

YIELDS: 12 SQUARES

- **1 stick Butter**
- **1 cup Graham Cracker Crumbs**
- **1 cup Shredded Coconut**
- **1 cup Chocolate Chips**
- **1 cup Walnuts**
- **1 can Sweetened Condensed Milk**

Melt stick of butter in an 8x8 pan.

Add a cup of graham crackers, coconut, chocolate chips and walnuts on top.

Pour 1 can of condensed milk over everything and
bake for 30 minutes at 350 degrees.

LAYER CHOCOLATE YEAZELL CAKE

- **¾ cup Margarine or Shortening**
- **2 cups Sugar**
- **2 Eggs**
- **1 cup Sour Milk or Buttermilk**
- **2 ½ cups Flour**
- **1 ½ Tbsps Baking Powder**
- **¼ tsp Allspice**
- **1 tsp Cloves**
- **1 tsp cinnamon**
- **10 tsps Cocoa**
- **Pinch of Salt**
- **1 cup Water, boiling**
- **1 tsp Baking Soda**

ICING

- **4 Tbsps Margarine**
- **3 cups Powdered Sugar**
- **¾ tsp Vanilla**
- **¼ tsp Salt**
- **4 tsps Cocoa**
- **4 Tbsps Hot Milk**

Cream margarine (or shortening) with sugar and eggs.

Add dry ingredients to creamed mixture alternately with milk.

Dissolve soda in boiling water and add last. Batter will be thin.

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LAYER CHOCOLATE YEAZELL CAKE **CONTD.**

Pour into three 8-inch or 9-inch round cake pans.

Bake 25-30 minutes at 350 degrees.

Prepare icing: cream the margarine, add sugar, vanilla and cocoa.

Add hot milk and beat until creamy.

Note

Most of the time I double icing as that really makes the cake yummy! The best advice I ever got was to put the 3 cakes and pans in the freezer for about ½ hour before frosting. No more falling apart cakes! You can use this method on any cake.

Shawn Paulk
Current Parent

NESTLE TOLL HOUSE COOKIE CAKE

- **2 ¼ cups All-Purpose Flour**
- **1 tsp Baking Soda**
- **1 tsp Salt**
- **1 cup (2 sticks) Butter, softened**
- **¾ cup Granulated Sugar**
- **¾ cup Brown Sugar, packed**
- **1 tsp Vanilla**
- **2 (large) Eggs**
- **2 cups Nestle Toll House Semi-Sweet Chocolate Chips**

Combine flour, baking soda and salt in a small bowl.

Beat butter, sugars and vanilla in a large mixer bowl until creamy.

Add eggs, one at a time, beating well after each addition.

Gradually beat in flour mixture.

Stir in chocolate chip morsels.

Grease a 13x9 pan with butter.

Spread batter into pan.

Bake at 350 degrees for 20-25 minutes or until golden brown.

Christy Godwin
Current Parent and Alumni Parent

PEANUT CHOCOLATE CANDY

- **1 jar Planters Lightly Salted Roasted Peanuts**
- **1 (12 oz) bag Nestle Toll House Semi-Sweet Chocolate Morsels**
- **1 (12 oz) bag of Nestle Toll House Milk Chocolate Morsels**
- **1 (10 oz) bag Reese's Peanut Butter Chips**
- **4 squares Almond Bark (the package reads "Almond Bark Vanilla-Flavored Coating"; there are 12 squares in a package)**

In a Crock-Pot, pour peanuts first followed by the next three bags.

Then on top of all of these, place four squares of bark. Set the covered Crock-Pot on low. Cook for 1 hour, stir, put the top back on the Crock-Pot and continue to cook on low for one half hour more.

I put non-stick aluminum foil on three cookie sheets. Take the pot out of the Crock-Pot, take a tablespoon stir thoroughly and drop the candy on the sheets (any size you like).

Let the candy set up on a counter or table for at least 3 hours.

I put the candy in plastic containers with tight lids. If you like cold candy, you can put the containers in the refrigerator. If you don't have cookie sheets, plates will work too – covered with not-stick foil.

Jane Moore

Golden Charger and Alumni Parent

PEGGY'S PECAN PIE

YIELDS: 2 PIES

- **1 stick Margarine, melted**
- **1 box Brown Sugar**
- **2 cups Pecan Halves or Pecan Pieces**
- **2 Tbsps Cornmeal**
- **2 Tbsps Water**
- **4 Eggs, beaten**
- **1 tsp Vanilla**
- **Pinch of Salt**

Use a rotary beater to beat the melted margarine and brown sugar.

Add and blend the cornmeal, water, eggs, vanilla, and salt.

Pour into two 9-inch pie shells, then add pecan halves or pieces to the tops (using approximately 1 cup pecans for each pie).

Bake at 325 degrees for 45 minutes.

Maria Hedinger
Faculty and Current Parent

PIG PICKIN' CAKE

CAKE MIX:

- **1 box Yellow Cake Mix**
- **2 (small) cans Mandarin Oranges (or 1 large can)**
- **½ cup Vegetable Oil**
- **4 Eggs**

FROSTING:

- **1 (9 oz) Cool Whip**
- **1 (large) can Crushed Pineapple**
- **1 (small) box Instant Vanilla Pudding**

In a mix-master, blend cake mix, oranges (and juice), oil, and eggs.

Bake 350 degrees (in 3 layers in prepared cake pans) for 20 minutes. Cool cake.

Mix Cool Whip, crushed pineapple (and juice) and instant pudding.
Frost between layers, top and sides of cake. Refrigerate!

Note

This is a family favorite – all ages love it!

Elaine Foster

Golden Charger, Alumni Parent, and Grandparent

PUMPKIN BREAD

- 1 tsp Nutmeg
- 2 tsps Cinnamon
- 1 tsp Cloves
- ½ tsp Ginger
- 3 cups Sugar (2 cups of honey may be used in place of sugar)
- 1 cup Oil
- 1 tsp Salt
- 4 Eggs
- 1 (15-16 oz) can Pumpkin
- ⅔ cup Water (if using honey instead of sugar, reduce amount of water to ¼ cup)
- 2 tsps Baking Soda
- 3 cups Flour
- 1 cup Dates, Raisins, or Chocolate Chips; chopped
- 1 ½ cups Walnuts (if walnuts are not desired, may substitute more of dates, raisins, or chocolate chips)

Mix the first 8 ingredients together.

Add and mix in order: pumpkin, water, baking soda, flour.

Add dates, raisins or chocolate chips along with walnuts.

Grease and flour 2 regular size loaf pans or 3 small loaf pans.

Fill pans ⅔ full.

Bake at 350 degrees 30-45 minutes. Do not over bake.

Cool well before removing from pans.

Debbie Fisher
Golden Charger and Alumni Parent

SHERRY POUND CAKE

- **1 box Duncan Hines Classic Yellow Cake Mix**
- **1 cup Wesson Vegetable Oil**
- **1 cup Fairbanks Cocktail Sherry**
- **4 Eggs**
- **Couple of shakes of Ground McCormick Nutmeg**

Put all ingredients in a mixing bowl and beat on an electric mixer for 4 minutes on high.

Bake in a pound cake pan on 350 degrees for 55 minutes.

When the cake comes out of the oven, dump it on a cooling rack until completely cool, sift some Domino Confectioners Sugar on top of the cake, then wrap it in foil.

Note

If you should give it away, please tell them they do not have to put the cake in the refrigerator. It will last at least a week wrapped on the kitchen counter.

Jane Moore
Golden Charger and Alumni Parent

SOUR CREAM POUND CAKE

- **1 cup Shortening**
- **¼ tsp Soda**
- **3 cups Sugar**
- **2 Tbsps Milk**
- **6 Eggs**
- **1 tsp Lemon Extract**
- **3 cups All-Purpose Flour**
- **1 tsp Vanilla**
- **1 pinch Salt**
- **1 cup Sour Cream**

GLAZE (OPTIONAL)

- **½ box Confectioners' Sugar**
- **1 tsp Lemon Juice**
- **½ stick Margarine, melted**
- **1 tsp Vanilla**

Mix and beat all ingredients (except glaze) for 4 minutes.

Bake in a greased and floured tube pan for 1 hour at 350 degrees.

Mix glaze ingredients and sufficient milk to spread.

Spread on warm cake. Let run down sides.

Jane Warwick
Golden Charger

STRAWBERRY SHORTCAKE

- **4 cups Strawberries, sliced**
- **¼ cup Sugar**
- **2 Tbsps Shortening**
- **½ cup Sugar**
- **1 Egg**
- **1 ½ cups Self-Rising Flour**
- **½ cup Milk**
- **1 tsp Vanilla**
- **1 cup Whipping Cream, whipped**

Combine strawberries and sugar; chill.

With an electric mixer, cream shortening and ½ cup of sugar. Add egg and beat well.

Add flour to the creamed mixture – alternate with milk and flour. Stir in vanilla.

Spoon batter into a greased and floured 9-inch cake pan.
Bake at 350 degrees for 25 minutes until golden brown.

Remove from the pan and cool on a wire rack.

Slice shortcake into two equal parts. Place the bottom half of shortcake, cut side up, on a serving plate. Spoon half of strawberries onto bottom layer.

Top with the second layer of shortcake, cut side down.

Spoon remaining strawberries and top with whipped cream.

Note
If you don't have self-rising flour, add 1 ½ teaspoon baking powder and ½ teaspoon salt to 1 cup all purpose flour. Mix thoroughly.

Ben Topham
Golden Charger and Alumni Parent

WHITE CHOCOLATE CRANBERRY COOKIES

- **¾ cup (or 1 ½ cups) Unsalted Butter, softened to room temperature**
- **¾ cup Dark Brown Sugar, packed**
- **¼ cup Granulated Sugar**
- **1 (large) Egg, room temperature**
- **2 tsps Pure Vanilla Extract**
- **2 cups All-Purpose Flour**
- **2 tsps Cornstarch**
- **1 tsp Baking Soda**
- **½ tsp Salt**
- **¾ cup White Chocolate Chips**
- **¾ cup Dried Cranberries**

In a large bowl using a hand-held mixer or stand mixer with paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy.

Add the brown sugar and granulated sugar and mix on medium-high speed until fluffy and light in color.

Beat in egg and vanilla on high speed.

Scrape down the sides and bottom of the bowl as needed.

In a separate bowl, whisk the flour, cornstarch, baking soda and salt together until combined. On low speed, slowly mix into the wet ingredients until combined.

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WHITE CHOCOLATE CRANBERRY COOKIES

CONTD.

Add the white chocolate chips and dried cranberries. Mix on low for about 5-10 seconds until evenly disbursed.

Cover dough tightly with plastic wrap and chill for at least 2 hours (and up to 2 days). Chilling is mandatory for this cookie dough.

Remove cookie dough from the refrigerator and allow to sit at room temperature for 10 minutes– if the cookie dough chilled longer than 2 hours, let it sit at room temperature for about 30 minutes. This makes the cookie dough easier to scoop and roll.

Preheat oven to 350 degrees. Line two large baking sheets with parchment paper or silicone baking mats. Set aside.

Scoop and roll balls of dough (about 1 tablespoon of dough each) into balls. Place 10-12 on each baking sheet. Bake in batches for 8-10 minutes, until barely golden brown around the edges. They will look extremely soft when you remove them from the oven. Allow to cool for 5 minutes on the cookie sheet. If the cookies are too puffy, try gently pressing down on them with the back of a spoon. They will slightly deflate as you let them cool. Transfer to cooling rack to cool completely.

Nancy Johnson
Golden Charger

WRIGHT'S FANTASY FUDGE

YIELDS: 3 LBS

- **3 cups Sugar**
- **1 ½ sticks Butter**
- **1 (5 oz) can Evaporated Milk**
- **1 cup Semi-Sweet Chocolate Chips**
- **1 (7 oz) jar Marshmallow Cream**
- **1 cup Walnuts, chopped**
- **2 tsps Vanilla**

Grease 8x8 pan with butter .

Combine sugar, milk, and butter in a pan.

Heat to a boil, stirring constantly. Cook exactly 5 minutes (This step is very important. Adjust to medium heat after about 2 minutes and continue stirring for another 3 minutes.)

Remove from heat and add chocolate chips. Stir until almost melted.

Add marshmallow cream and vanilla. Stir until well blended.

Finally, add the nuts and pour into a greased 8x8 pan.

Cool. Cut into squares.

Bonnie Wright
Faculty

