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## Deacon Alice's Delectable Spinach Dip

*Mountain Manna*, March/April, 2003

Submitted by June Smith

- 1-10 ounce package of frozen chopped spinach: thaw and drain
- 1 cup small curd cottage cheese
- ¼ to ½ cup herb flavored goat cheese or cream cheese
- 1 small onion, finely chopped
- 1 cup mayonnaise
- ¼ teaspoon each of lemon juice, worstershire sauce, and garlic powder, to taste

Mix together for a delightful dip for chips or veggies.

The Rev. Deacon  
Alice Mason  
(deceased)

## Sausage Balls

Submitted by June Smith

- 1# bulk sausage
- 10 ounce extra sharp cheese, grated
- 1 teaspoon paprika
- 2 cups flour
- 1 tablespoon baking powder
- 1½ teaspoon salt

Have sausage and cheese at room temperature. Combine and mix well. Add paprika, flour, baking powder, and salt and mix well. Roll into small balls and bake at 350°F for 12-15 minutes or until lightly browned. Do not over brown. Makes 100 sausage balls. May be baked and frozen for quick reheating.

## Marinated Mushrooms

Submitted by June Smith

Combine ¾ cup olive oil, ⅓ cup red wine vinegar, 2 tablespoons lemon juice, 1 tablespoon. chopped chives., 1 clove chopped garlic, 1 teaspoon salt, ½ teaspoon sugar. Pour over 1 pound of mushrooms and marinate 4-5 hours. Drain and serve.

## Hot Crab Dip

Submitted by June Smith

- 8 ounces cream cheese
- 1 can crab meat
- Grated onion to taste
- Horseradish to taste
- Worcestershire sauce to taste

Mix and heat. Serve with crackers.



Here's to good eating in Rome and a long and happy life together!!

Worlds of love,  
June and Newt Smith

## Church Eggs

Submitted by Betsy Swift

Hard boil one dozen eggs. After eggs are cooled and peeled, cut in half and scoop out the yolks, reserving the white halves. Make filling: Mash egg yolks. Add commercially prepared, grated horseradish-2 heaping tablespoons. Add mustard-2 tablespoons and mix well. Add mayonnaise, about ½ cup or more, until desired consistency is achieved. Salt to taste. Spoon filling into reserved egg white halves. Sprinkle with paprika or red pepper (sparingly!) before serving.

May be doubled, tripled or endlessly multiplied. There are never leftovers!



Betsy Swift & Barbara Manke

## Fruit Platter

Submitted by Claire Marsh



Claire Marsh

To make a colorful fruit platter: Collect in-season fruit in different colors. Wash and dry the outside of a pineapple **KEEPING THE GREEN LEAVES ON**. Slice pineapple vertically through the fruit and through the green leaves. Take the two halves and cut each one again vertically. Slice away a little of the hard part in the middle of each quarter, then slice the edible part from the skin but leave it on the skin, then slice the edible part in pieces that can be lifted with a toothpick. Lay the quarters out on a large platter so that they make an X shape. Put toothpicks in some of the slices, then add the other fruit with the heaviest -such as orange slices- on the bottom between the quarters of the pineapple Scatter the rest of the fruit on and around the pineapple. Voila!

## Easy Breakfast Casserole

Submitted by Kathy Davidson

2 cans crescent rolls  
10 eggs beaten and slightly cooked  
1 pound sausage  
1½ cup shredded sharp cheddar cheese

Line 9x13 inch dish with 1 can of rolls rolled out flat. Brown sausage and drain; spread over rolls Add partially cooked eggs over sausage Sprinkle with cheese. Cover with 2<sup>nd</sup> can of rolls. Bake 14 to 16 minutes at 375°F.

## Red Pepper Pesto

From *The New Vegetarian Epicure* by Anna Thomas

Submitted by George Rector

This pesto is made of sweet red peppers—the garlic is the only thing that has any bite. You can roast fresh red pimiento peppers over hot coals and peel them, for superb results, or use the roasted and peeled red peppers that are available in cans or jars in good Italian delis and some supermarkets. Just don't buy the pickled ones.

This spread is fabulous on crostini, served with a sweet, fruity aperitif. It's great with fresh white goat cheese.

3 ounces sun-dried tomatoes  
1½ cups chopped roasted sweet red peppers  
½ cup Kalamata olives, pitted and finely chopped  
⅓ cup finely chopped flat-leaf parsley  
⅓ cup finely chopped fresh basil  
3-4 cloves garlic, minced  
3 tablespoons olive oil  
1 teaspoon balsamic vinegar  
Fresh-ground black pepper to taste  
Salt if needed



Joan Byrd & George Rector

Put the sun-dried tomatoes into a bowl and pour boiling water over them just to cover. Leave them to soak for 20-30 minutes.

If using canned peppers, rinse and drain them well, and blot them on paper towels, then chop them pretty finely. Combine them with the chopped Kalamata olives, the chopped fresh herbs, and the minced garlic.

Drain the sun-dried tomatoes reserving the water, and press them gently in a colander. Pulse them in a food processor until they are finely chopped. (I don't use the food processor for the other ingredients, as it can too easily turn them into mush, and you want to keep a little texture in this spread.) Add the olive oil and vinegar, pulse again, scraping down as needed, until no large chunks of tomato are left.

If you do not have a food processor, just finely chop the soaked sun-dried tomatoes as you do all the other ingredients. It will only take a little longer.

Combine the tomato mixture with the other ingredients, mix well, and taste. Grind in some black pepper if you like, and add some salt if needed, though probably the olives provide enough. If the pesto is too thick for your taste, moisten it with a few drops of the reserved tomato water until it has the consistency you like. The texture should be somewhere between thick pesto and soft pate.

Makes about 1 pint of intensely flavored spread.

## Deaf Chef Jeff Neff's Famous Sausage-and-Cheese Spheres

Submitted by Jeff Neff

Mix together:

1-pound ground sausage

1 cup Bisquick or equivalent

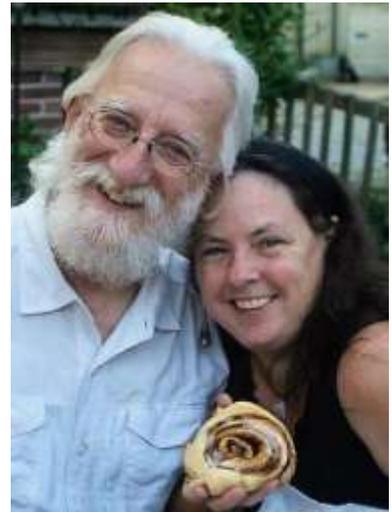
8 ounces (2 cups) grated sharp cheddar cheese

¼ cup grated parmesan cheese

Roll by hand into small balls. Place on baking sheet and bake at 350°F for 20 minutes.

Notes: Use ONLY high-quality sausage (e.g. Swaggerty's Natural, Snow Hill, Nantahala, etc.). DO NOT use the cheap stuff. It matters!

Variation: For more "Italian-style" flavor, use Italian sausage!



Jeff & Randi Neff

## Turkish Barley-Buttermilk Soup

Submitted by Randi Neff

My recipe comes from the book *Diet for a Small Planet*

2 tablespoons oil for sautéing

2 large onions, chopped

1 cup barley

5 cups seasoned stock

2 cups buttermilk or yogurt

1 teaspoon dill weed

1 pat or more butter

Heat oil in a heavy pot and sauté onions until translucent. Add barley and sauté, stirring lightly until toasty-smelling. When onion is well browned, add stock and cook until barley is well done, 45 minutes to 1 hour (25 min. in pressure cooker). Remove from heat, let cool a bit and slowly add buttermilk and more stock to thin it if necessary. Sprinkle in dill and add butter.

## Endlessly Flexible Black Bean Salsa Fresca

Submitted by Gael Graham

This recipe also multiplies easily but doesn't sit well. Try to make only as much as you will use in a day. It is best with tortilla chips, but leftovers can be folded into a wrap, served over noodles, put in a taco or Mexican casserole, in a frittata or omelet, made into the base of a soup—pretty flexible here, too, but after a day it won't look pretty. All ingredients are according to your taste (taste a lot).

### Main ingredients:

Canned black beans, rinsed and drained  
Chopped fresh tomato—if making a large amount, a can of chopped tomatoes is fine  
Finely chopped red onion  
Chopped cilantro  
Finely chopped garlic  
Squeeze of lime



Kendra & Gael Graham

### Mix and match (taste, experiment):

Peeled and chopped peaches, nectarines, or orange segments (omit tomatoes if using fruit)  
Dried spices: chipotle powder, smoked paprika, garlic powder, cumin, chili powder (regular or Mexican), basil, cayenne pepper or red pepper flakes (HOT!)  
Chopped chipotles in adobo  
Chopped green or any color pepper  
Chopped jalapeno (for mild) or any hotter chili pepper  
Chopped white onion (has more bite than red)  
Corn kernels  
Dash of balsamic vinegar or red wine vinegar  
Dash of salt (taste with a chip before adding salt)

## Black-eyed Pea Salsa

Submitted by Pat Steinbrueck

Mix together:

2 cans black-eyed peas, rinsed and drained  
1 cup corn kernels  
1 cup halved cherry tomatoes  
¼ cup each (diced small):  
red onion  
green bell pepper  
red bell pepper  
yellow bell pepper  
¼ cup chopped parsley

Combine:

¼ cup balsamic vinegar  
¼ cup olive oil  
2 tablespoons sugar



Steve & Pat Steinbrueck

Toss dressing with veggies. Season with salt and pepper. This is best made ahead and refrigerated so flavors can blend. Serve with chips for dipping or as a side dish. It's also good mixed in a salad.

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## Cheese Straws

Submitted by Sloan Despeaux

I make these every Christmas. It's easier with a cookie press, and easier still if you add a little more melted butter (¼ cup more) so that the dough is a little more pliable. From *Being Dead is No Excuse: The Official Southern Ladies Guide to Hosting the Perfect Funeral*

4 cups all-purpose flour, measure before sifting  
2 scant teaspoons salt  
1½ tablespoons cayenne pepper  
Approximately 4 sticks salted butter, melted  
4 (10 ounce) packages of extra sharp cheddar cheese, finely shredded  
5 dashes Tabasco  
5 dashes Worcestershire



Sloan Despeaux

Sift the flour, salt, and cayenne together. Work the melted butter into the shredded cheese (WITH YOUR HANDS!) Note, the recipe reads 4 sticks of butter, approximately. Use the amount of melted butter to produce a consistency appropriate to your cookie press. Incorporate the flour mixture a little at a time (Still using your hands). Add the Tabasco and Worcestershire to taste. Fill the tube of a cookie press. Using the ribbon disk produces a real bite, while the smaller disc produces the familiar squiggle.

Bake at 350°F for approximately 12 minutes or until firm to the touch and slightly brown around the edges. Squiggles take only about 10 minutes. Makes about ten dozen.

## Blue Cheese Spread

Submitted by Betty Lynn Kirwan

8 ounces blue cheese  
4 ounces cream cheese  
2 ounces butter  
2 ounces port  
½ cup chopped toasted pecans

Mix all in a blender or food processor. You can also add chopped chives or raisins soaked in port.

## Coffee Cake

Submitted by Betty Lynn Kirwan  
Serves 12-16

½ cup margarine, melted  
1¾ cups sugar  
4 eggs  
1 teaspoon vanilla  
3 cups flour  
½ teaspoon baking powder  
1 can pie filling



Betty Lynn & Bill Kirwan

Mix all ingredients, except pie filling, together. Spread ½ of batter into greased cookie sheet or jelly roll pan (must have sides). Spread on pie filling. Dribble rest of batter over top. Bake 350°F for 25-30 minutes.

Glaze with a powdered sugar glaze: 1½ cups confectioner's sugar, sifted to remove any lumps, 3 to 4 tablespoons milk or water, 2 teaspoons vanilla (optional). Place the sugar in a medium bowl and slowly stir in the milk and vanilla, a little at a time, to make a smooth, pourable glaze.

## Apples

Submitted by Betty Lynn Kirwan

Quarter and core apples-leave skin on-place in a pan. Make puree: 2 cups sugar, 1 cup water, juice of a lemon, 1 tablespoon margarine. Pour over apples. Simmer. Make day ahead and reheat.

## Roasted Asparagus with Serrano Ham

Submitted by Karen Brown

Serves 4-6 as an appetizer

2 tablespoons olive oil  
6 slices Serrano ham  
12 asparagus spears  
Pepper  
Aioli sauce for dipping

Coat roasting pan with half the olive oil. Cut each slice of Serrano ham in half lengthwise. Trim and discard woody ends of the asparagus spears, then wrap a slice of ham around the stem end of each spear. Place the wrapped spears in the prepared roasting pan and lightly brush with the remaining olive oil. Season with pepper. Roast the asparagus spears in a preheated oven at 400°F/200°C for 5-10 minutes until tender but still firm. Serve hot with aioli dipping sauce.



Karen & Harry Brown

## Skillet Roasted Chicken Thighs with Vegetables

Submitted by Karen Brown

4 chicken thighs  
New potatoes  
Carrots  
Kale  
Coconut oil  
Red chili powder  
Cumin  
Garlic powder  
Salt and pepper

Pre-heat oven to 400°F.

Cut potatoes into bite-sized pieces. Pile in a bowl and season with a dusting of salt, garlic powder, and a little red chili powder. Peel carrots and cut into bite-sized pieces. Put carrots on top of potatoes and season with a dusting of salt and ground cumin. Wash kale and cut into smaller pieces trimming away the tough stems.

Add 1 tablespoon coconut oil to a cast iron Dutch oven over medium to high heat. Dust both sides of chicken with salt, garlic powder, and black pepper. Brown chicken 4 minutes on one side covering with a close-fitting lid to minimize splatter. Turn chicken over to brown 4 minutes on the other side. While the second side is browning, add potato and carrots to the pan and arrange around the chicken thighs. Add as much kale as you can; season with a light dusting of salt and add about ¼ cup water. Return lid to pan. Once the second side has had 4 minutes to brown move the skillet to the preheated oven and let everything roast together for 30 minutes.

## Shrimp Sea Island

Submitted by Gracia Slater

5 pounds shrimp, cooked with crab boil, lemon and salt  
10 small mild white onions (fewer, if they're not very small), sliced in thin rings

Peel and devein shrimp. Wash, drain.

Into deep, flat non-metal, non-plastic pan, place a layer of shrimp, then a layer of onions, alternating until ingredients are consumed.

Dressing:

1-pint extra virgin olive oil

$\frac{3}{4}$  pint good cider vinegar

1 large bottle capers, juice too

Season to taste with salt, sugar, Tabasco, and Worcestershire. Mix ingredients thoroughly and pour over shrimp and onions. Cover with waxed paper, then plastic wrap. Place in fridge for at least 12 hours.

(I always make this 48 hours ahead of when I plan to serve it.) Stir several times. Each time you stir, taste for seasoning. It may need some more salt or something else. The olive oil will coagulate. No problem. Just set it out on counter for at least 20 to 30 minutes before serving.



Gracia & John Slater

To serve, lift out of dressing. To serve as an hors d'oeuvre, put in glass or ceramic dish with a lip. Serve with toothpicks. To serve as a first course, buffet or salad dish, place on fresh lettuce leaves on a ceramic platter.

This dish is wildly popular. I kept this recipe as a secret for about 40 years. Now, it's time to pass the baton. The secrets of success are using the very best ingredients you can find. Don't use already cooked or peeled shrimp. When in Rome, you should be able to get some good shrimp locally. I use organic everything. I can't tell you exactly how much of everything I put in the dressing. I just mix it until it tastes good. You need a little sugar to cut the acidity, but not much.

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## Cheese Cookies

Submitted by Gerlinde Lindy

1 cup butter, room temperature

8 ounces sharp cheddar cheese, shredded

2 cups flour

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

$\frac{1}{2}$  teaspoon cayenne pepper

garlic powder to taste

Cream butter and cheese with mixer or food processor. Add remaining ingredients. Form a roll with diameter the size of desired cookie; chill if necessary. Slice dough roll into  $\frac{1}{4}$ -inch cookies or roll into balls and flatten with a fork.

Bake on an ungreased cookie sheet at 325°F for 20 minutes. Increase baking time to 25 or 30 minutes if your cookies are especially thick.

## Scotch Shortbread

Submitted by Gerlinde Lindy

Preheat oven to 350°F. Beat in a large bowl:

¼ cup (1½ sticks) unsalted butter, softened

¼ cup confectioner's sugar

¼ cup sugar

¼ teaspoon salt

Stir in:

1½ cups all-purpose flour

(Optional: substitute ⅓ cup rice flour or cornstarch for ⅓ cup of the flour for a crumblier shortbread)

Lightly knead until blended. Press the dough evenly into the bottom of an ungreased 8" square baking pan or a rectangular shortbread mold. If baking in a pan, pierce the dough deeply with a fork all over in a decorative pattern.

Sprinkle with, if desired, 1-2 teaspoons sugar.

Bake until the shortbread is lightly browned and darker at the edges, 45 to 50 minutes. Immediately cut into bars while still warm, then cool in the pan or on a rack

## Skillet Almond Shortbread

Recipe courtesy of Trisha Yearwood. Recipe adapted from *Georgia Cooking in an Oklahoma Kitchen* by Trisha Yearwood (c) Clarkson Potter 2008

Submitted by Gerlinde Lindy

Total Time: 1 hour 5 minutes-Prep: 15 minutes-Inactive: 15 minutes-Cook: 35 minutes

Yield:10 servings

Non-stick cooking spray

1½ cups plus 2 tablespoons sugar

¾ cup (1½ sticks) butter, melted

2 large eggs

1½ cups all-purpose flour

½ teaspoon salt

1 teaspoon almond extract

½ cup sliced almonds with skins

Preheat the oven to 350°F. Spray a 10" iron skillet with non-stick cooking spray and line skillet with parchment paper (bottom and up sides). Clip parchment paper vertically around sides so it will fit more easily (It still will look a bit "ruffled", but that gives the edge of the shortbread a nice shape.) and spray the parchment with non-stick cooking spray as well.

In a large mixing bowl, stir 1½ cups of the sugar into the melted butter. Beat in the eggs one at a time. Sift the flour and add the salt into the batter. Add the flavoring, and stir well. Pour the batter into the skillet spreading around evenly. Top with sliced almonds and the remaining 2 tablespoons sugar (I use less—probably 1 tablespoon). Bake until lightly browned on top, about 30-35 minutes. Cool the shortbread in the skillet. When cool, use the parchment paper to lift the shortbread from the skillet; slide the shortbread off the parchment paper and cut shortbread into wedges.

Many people who posted reviews of this recipe mention cutting the sugar back to just 1 cup. One person even substituted ½ cup almond flour for ½ cup of the flour. I haven't tried either of these suggestions but may try cutting back on the sugar but haven't yet.

## Salmon Mousse with Sour Cream Dill Sauce

Submitted by Gerlinde Lindy

The Mousse:

1 envelope unflavored gelatin  
¼ cup cold water  
½ cup boiling water  
½ cup mayonnaise  
1 tablespoon lemon juice  
1 tablespoon grated onion  
½ teaspoon Tabasco sauce  
¼ teaspoon paprika  
1 teaspoon salt  
2(+) cups canned salmon, drained & finely chopped  
1 tablespoon chopped capers  
½ cup heavy cream



Gerlinde & Robert Lindy

1. Soften the gelatin in the cold water, add the boiling water and stir until the gelatin has dissolved. Cool to room temperature.

2. Add the mayonnaise, lemon juice, onion, Tabasco, paprika, and salt; mix well. Chill to the consistency of an unbeaten egg white (*this only takes a few minutes in the fridge—keep checking so it doesn't get too firm*).

3. Add the salmon and capers and beat well with a wooden spoon. Whip the cream, fold into the salmon mixture, and turn into an oiled mold (a fish mold if you have one). Chill until set, preferably overnight.

4. Dip the mold in hot water briefly, just enough to loosen the mousse for unmolding. Unmold onto a serving platter and garnish with lemon slices.

The Sour Cream Dill Sauce:

1 egg  
½ teaspoon salt  
Pinch freshly ground black pepper  
4 teaspoon lemon juice  
1 teaspoon grated onion  
2 tablespoons finely cut dill (fresh or dried)  
1½ cups sour cream

Beat the egg until fluffy and lemon-colored. Add the remaining ingredients, blending in the sour cream last. Stir until blended and chill.

## Cheese Ball

Submitted by Gerlinde Lindy

1 12-ounce container pimiento cheese  
1 8-ounce package cream cheese, softened  
1 small block (8-ounces) extra-sharp cheddar cheese, finely grated  
¼ teaspoon garlic powder

Mix thoroughly and form into 2 cheese balls. Roll in finely chopped pecans and store in refrigerator or freezer.

## Italian Sausage Soup

Submitted by Judy Robinson

- 1.5 pounds Italian sausage (use mild or hot as you prefer)
- 2 yellow onions, chopped
- 2 cloves garlic, minced
- 1 28-ounce can tomatoes
- 42 ounces beef or chicken broth (milder with latter)
- 2 cups red wine
- ½ teaspoon basil
- 3 tablespoons fresh parsley (dried is OK)
- 1 green pepper, cut to bite size pieces
- 1 or 2 cans white Italian beans (or vary with 3 fresh zucchini cut to bite size)
- 1½ cups pasta (bow tie works well)



Judy & Ron Robinson

Brown sausage and drain fat. Add garlic and onions, cook until limp. Stir in tomatoes, including liquid. Add broth, wine, and basil. Simmer uncovered for 30 minutes. Add parsley, green pepper, white beans or zucchini, and noodles. Simmer for 25 minutes. Serve with grated parmesan, a green salad and crusty bread.

Maleah, it will be interesting to discover if they actually make this in Italy! My friends and family love it. Sending it to you with love and very best wishes for married life and your Italian adventure! Would love to hear from you: [judyleroyrobinson@gmail.com](mailto:judyleroyrobinson@gmail.com)

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## Anne Long's Cornbread Recipe

Several people asked for this recipe at the recent church picnic. It was shared by a reader when I was writing *You Asked for It* for the St. Petersburg Times many years ago. I have made it dozens and dozens of times and shared it many times also. It is perfect for a covered dish affair.

Preparation time: 20 minutes Baking time: 50 minutes. Serves 8-12.

- 4 eggs, beaten
- 1 15.25 ounce can of kernel corn, drained
- 1 14.75 ounce can have creamed corn
- 2 8.5-ounce boxes of corn muffin mix
- 1-pint sour cream
- 1 stick butter or margarine, melted

1. Mix all ingredients in a mixing bowl
2. Pour mixture into a greased 9x13" baking pan
3. Bake at 350°F for 50 minutes or until golden brown on top
4. Let it cool a bit and slice into squares or triangles. Serve warm.
5. Wrap leftovers and refrigerate or freeze. Cornbread reheats well.

## Pimento Cheese by *The Pioneer Woman*

Submitted by Margot Wilcox

4 ounces cream cheese, softened  
½ cup mayonnaise  
1 tablespoon Dijon mustard (more to taste)  
1 tablespoon adobo sauce from canned chipotles (more to taste)  
½ teaspoon black pepper  
8 ounces sharp cheddar cheese, grated  
8 ounces Monterey Jack or Mozzarella cheese, grated  
4 ounces sliced pimentos, drained  
2 teaspoons chopped fresh dill (optional)



Margot & Tom Wilcox

Combine cream cheese, mayonnaise, Dijon, adobo and black pepper in the bowl of an electric mixer. Mix until totally combined—but if you have a few lumps from the cream cheese, no problem; you won't see them later!)

Add the cheddar and Monterey jack and mix gently until combined. Use a rubber spatula to scrape the bowl and make sure all ingredients are mixed together. Stir in the pimentos and dill (if used). Taste and mix in more of whatever you think it needs.

Refrigerate at least 2 hours before serving.



Serve with crackers, small hollowed-out peppers, carrot and celery sticks. Or make sandwiches or even grilled cheese with it.

\*\* For best results, make sure cheddar and jack cheeses are cold when you grate them.

When I first made this recipe, I didn't use the chipotle peppers, only the adobo sauce, but then that seemed wasteful. Now I chop the peppers very fine & use with the sauce.

## Mediterranean Rice Salad

Yield: Makes 6 to 8 generous servings

Total: 45 minutes

1½ teaspoons salt  
1½ cups long-grain rice (I used Jasmine rice which cooks up softer)  
¼ cup fresh lemon juice  
⅓ cup extra-virgin olive oil  
1 clove garlic, minced  
1 teaspoon fresh oregano, minced  
¼ teaspoon freshly-ground black pepper  
⅛ to ¼ teaspoon red pepper flakes (I use a scant ⅛ teaspoon; ¼ teaspoon makes it too hot for us)  
2 cups chopped spinach leaves  
1 red bell pepper, finely chopped  
½ cup chopped green onion  
½ cup chopped kalamata olives  
1 cup crumbled feta cheese

1. In a medium saucepan, bring 2½ cups water to a boil. Add ½ teaspoon salt and the rice. Turn heat to low, cover, and simmer 15 minutes. Remove from heat and let sit 5 minutes. Uncover and fluff with a fork.

2. In a large bowl, whisk lemon juice, olive oil, garlic, oregano, pepper, pepper flakes, and remaining teaspoon salt.

3. Add rice to dressing and toss to combine. Add spinach, toss, and let sit until no longer steaming, about 20 minutes. This has the effect of partially cooking the raw spinach. Add remaining ingredients (except feta) and toss to combine. I wait until rice is completely cooled before adding the feta cheese; don't want it to soften too much. Serve at room temperature or cold.

## Wesley's CrockPot Lentil Soup

Submitted by Wesley Satterwhite

1 cup green or brown lentils (rinsed and picked over—you do not need to soak)  
1 cup chopped carrots  
1 cup chopped celery  
1 onion, chopped  
Several cloves of garlic (I've used as many as six cloves, depending on my mood), peeled and diced  
Salt (to taste) and pepper  
Seasonings: lemon pepper, dried Italian blend (or oregano, thyme, and basil), cayenne (dash—a little goes a long way)  
6-8 cups chicken or vegetable stock  
Diced cooked ham, kielbasa, or other cooked sausage (I sometimes use turkey kielbasa or Italian-style chicken sausage; You could also add cooked chorizo if feeling spicy.)  
1-2 cups fresh baby spinach leaves  
A firm smoky cheese or Parmesan/Asiago cheese

Rinse and pick over 1 cup lentils. Place in CrockPot/slow cooker with: carrots, celery, onion, garlic. Season generously with salt. Use other seasonings to taste: I use some combo of Emeril's Essence seasoning, lemon pepper, dash cayenne pepper, Italian seasoning (or oregano and thyme). Add chicken or vegetable broth, more if needed (keeping in mind the lentils soak up a lot of liquid). Taste and adjust salt as needed. Cook on low for 6-8 hours.

In the last thirty minutes of cooking add: diced cooked ham, kielbasa, or sausage.

Just before serving, stir in a cup of fresh baby spinach leaves. Serve with a firm smoky cheese freshly grated on top or some Asiago or Parmesan. This soup doubles easily and freezes really well, especially before adding the spinach. Enjoy!



Wesley Satterwhite & Paul Yanik

## Wesley's Roasted Tomato and Caramelized Onion Soup

Submitted by Wesley Satterwhite

An abundance of heirloom tomatoes (they don't have to be the prettiest ones—just cut out the bad spots—but DO NOT use grocery-store tomatoes); You could also use high-quality, store-bought canned tomatoes, home-canned or otherwise put up from summer (if so, see alternate method of Step 1).

Fine sea salt or Kosher table salt

Good olive oil

3-4 large white onions (peeled, halved, and sliced)

Several cloves of garlic (sliced)

Vegetable stock (4-6 cups) (or if not trying to be vegan or vegetarian, chicken stock will do)

Your preferred seasonings (Italian seasoning blend is good as is a little freshly ground pepper, although you don't need much of anything extra as this soup packs a lot of flavor on its own).

**Part 1:** Heat oven to 400°F. Cut tomatoes into wedges and spread in one layer on a lined cookie sheet or roasting pan. Sprinkle generously with salt and drizzle with olive oil, then toss with your hands to coat, making sure to spread back out in one even layer when done. Roast in the oven for 40 minutes to an hour, until fragrant and juices are running.

Alternate method, if using canned tomatoes or those put up from summer: Drain tomatoes, reserving juices—I drain the jar through a sieve over a measuring cup or bowl to reserve juices. Heat oven to 350°F. Spread tomatoes on lined cookie sheet or roasting pan, salt generously, and drizzle a little olive oil. Then roast for 10-15 minutes to heat up and bring out the flavor. Add tomatoes, juices from the pan, and reserved juices in Part 3.

**Part 2:** Meanwhile, caramelize onions: Coat the bottom of a soup pot or Dutch oven with olive oil (or use a combination of olive oil and butter) and heat on med-high until oil shimmers. Add onion slices and toss to coat with the oil. Spread onions evenly over the pan and let cook, stirring occasionally. You may need to reduce the heat to medium or medium-low to prevent the onions from drying out. After about 10 minutes, sprinkle salt over the onions and, if you'd like, about a tablespoon of sugar (optional). Cover and cook, stirring every few minutes, for about 30-40 minutes. As soon as they start sticking to the pan, stir and scrape the brown bits in. You have to leave them alone enough to brown (if you stir too much they won't brown) but not so long they burn. They should release enough juices to keep from drying out but if they appear to be drying out anyway, add a little water and/or turn down the heat. Continue to cook and scrape, until the onions are a rich, brown color. (They will smell fantastic!)

Toward the end, add garlic and cook until fragrant but not browned. (Or you can roast whole cloves of garlic with the tomatoes in Step 1 and add them with the tomatoes in Part 3).

**Part 3:** Deglaze the soup pot with a little stock and stir to get all of the browned parts mixed in. Add tomatoes and their juices from the roasting pan. Add veggie stock (about 4 cups). Bring to a simmer. Taste and adjust seasoning (add Italian seasoning at this point, if using—I find it doesn't need much and is very flavorful on its own). Allow to simmer for about 10 minutes, until all ingredients are blended and hot.

At this point you can either: Leave it as is and serve; Puree (carefully and in batches) in a blender or with a hand-held immersion blender in the pot (this is what I do); OR use a potato masher to partially mash and blend the tomatoes, leaving it somewhat chunky (my family actually prefers it this way).

Serve hot with a wedge of Parmesan cheese to grate over top or topped with some sliced crusty bread (if vegan).

## Three Onion Soup

Submitted by Judy Annis

3 large yellow onions (9–11 ounce), sliced

2 large sweet onions (9–11) ounce, sliced

1 large red onion (9–11) ounce, sliced

This is about 1 quart of onions.

8 tablespoons butter

2 quarts reduced-sodium chicken broth, more if needed

1 teaspoon beef bouillon

4 ounces brandy (optional)

½ baguette French bread, sliced and toasted

Grated cheese of your choice. (Romano, Parmesan, Gruyere)

Melt butter in a large sauce pan or Dutch oven that holds at least 5–6 quarts. Add onions and cook over medium heat until tender and golden stirring often, about 12–15 minutes. Add broth and bouillon; cover and bring to a boil. Reduce heat and simmer 12 minutes. Add brandy, if desired, and cook 2 minutes more. Season to taste.

To serve: ladle soup into a bowl and float toast on soup. Sprinkle with cheese.



Judy, Lisa, & Jere Annis

## Cold Cucumber Soup

Submitted by Judy Annis

1 quart of cucumbers peeled, deseeded, and chopped

½ onion, diced

16–20 ounces chicken broth

Old Bay seasoning, garlic powder, salt and pepper

12 ounces sour cream

Reserve 1 cup of cucumbers peeled, deseeded, and finely chopped

Combine the quart of cukes and half onion in a sauce pan. Add 1½ cans of chicken broth, about 16–20 ounces (enough to cover the chopped cukes in a sauce pan). Season with Old Bay, garlic powder, salt, and pepper. Bring to boil and cook until tender, about 20 minutes. Allow the cukes and onions to cool, then puree the mixture. Add 12 ounces sour cream and mix well. Add the finely chopped cukes, chill and enjoy

## Italian Cream Cake

Submitted by Judy Annis

### Cake:

5 large eggs, separated  
1 teaspoon baking soda  
2 cups (9 ounces) flour,  
1 (4ounce) stick of butter, softened  
½ cup shortening  
2 cups sugar,  
1 cup buttermilk  
1½ teaspoon vanilla  
1cup sweetened flaked coconut  
1 cup chopped pecans

### Frosting:

1 (8-ounce) pkg. cream cheese  
1 (4-ounce) stick butter, softened  
1 pound box confectioner's sugar  
1 teaspoon vanilla  
1 to 2 tablespoons cream as needed

Garnish: ¼ cup chopped pecans

Preheat oven to 350°F. Butter and flour three 8" cake pans. Separate 5 eggs, putting the egg whites in a glass bowl. Beat whites until stiff peaks form. Set aside

Combine the flour and baking soda in a bowl and whisk until mixed well.

In large bowl beat the butter and shortening until fluffy. Add the granulated sugar and cream until light and fluffy. Add the egg yolks and beat well. Add the flour and soda mixture to the creamed mixture alternating with buttermilk. Stir in the vanilla. Add coconut and chopped nuts. Fold in egg whites.

Pour evenly into the 3 pans. Bake for 25-30 minutes or until a toothpick comes out clean.

### **Frosting**

Beat the butter and cream cheese until smooth; beat in the confectioner's sugar, add vanilla and beat until smooth. If too thick can add a little cream until it is a good spreading consistency. Frost cake. Top with chopped pecans.



## Easy Peazy Beans

Submitted by Donna & Nicole McHarris

This is one of our favorite recipes to make when we don't have a lot of time. You can use canned or fresh ingredients.

Take the following items and mix them in a baking dish and place in the oven at 375°F for 25 minutes (longer if you like it a little more on the dry side)

2 cans of rinsed butter beans

1-2 tomatoes, chopped (or use canned chopped and drained)

drizzle olive oil

teaspoon of minced garlic (or more...to taste)

salt/pepper

basil (shake to your liking, no set amount)

(you can also adjust the flavors if you want to add oregano)

**Love Nicole, Donna, and the boys**



Nicole & Donna McHarris

## Phyllo-Wrapped Feta

Submitted by Donna & Nicole McHarris

This is similar to something that we ate in Greece. We will never forget how amazing it was. This is one of our go-to recipes for having guests because it is so easy. Adjust flavors to your liking

Phyllo dough

Olive oil

Block of feta cheese

Honey

Balsamic reduction (make your own or purchase)

Sesame seeds (optional)

Rosemary (optional)



Lay out a few sheets of phyllo. Cut your block of feta in half horizontally so that it is about 3/4 in thick. Dry it out a little. Lay the block on the phyllo and tightly roll the dough over it a couple of times, before wrapping the sides up like a present. Just adjust the block and the dough sheets to fit one another. Use water to seal the ends of the dough. Set in a pan of heated olive oil and cook till nice and golden on both sides. Remove and place on a dish and then drizzle with honey and balsamic reduction. Sprinkle with sesame seeds or rosemary

## Fish Tacos

Submitted by Linda Kinnear

1 pound firm white fish, such as tilapia, snapper, cod, mahi-mahi, or catfish  
2 medium limes, halved  
1 medium garlic clove, finely chopped  
¼ teaspoon ground cumin  
¼ teaspoon chili powder  
2 tablespoons vegetable oil, plus more for oiling the grill grates  
Kosher salt  
Freshly ground black pepper  
½ small head of green or red cabbage (about 14 ounces),  
cored and thinly sliced  
½ medium red onion, thinly sliced  
¼ cup coarsely chopped fresh cilantro  
6 to 8 soft (6-inch) corn tortillas  
Sliced avocado, for garnish (optional)  
Guacamole, for garnish (optional)  
Salsa, for garnish (optional)  
Sour cream, for garnish (optional)  
Hot sauce, for garnish (optional)



Linda & Terry Kinnear

Place the fish in a baking dish and squeeze a lime half over it. Add the garlic, cumin, chili powder, and 1 tablespoon of the oil. Season with salt and pepper and turn the fish in the marinade until evenly coated. Refrigerate and let marinate at least 15 minutes.

Meanwhile, make the slaw and warm the tortillas. Combine the cabbage, onion, and cilantro in a large bowl and squeeze a lime half over it. Drizzle with the remaining 1 tablespoon oil, season with salt and pepper, and toss to combine. Taste and add more salt and pepper if necessary; set aside.

Warm the tortillas by heating a medium frying pan over medium-high heat. Add 1 tortilla at a time, flipping to warm both sides, about 5 minutes total. Wrap the warm tortillas in a clean dishcloth and set aside while you prepare the fish.

Brush the grates of a grill pan or outdoor grill with oil and heat over medium-high heat until hot. Remove the fish from the marinade and place on the grill. Cook without moving until the underside of the fish has grill marks and is white and opaque on the bottom, about 3 minutes. Flip and grill the other side until white and opaque, about 2 to 3 minutes more. (It's OK if it breaks apart while you're flipping.) Transfer the fish to a plate.

Taste the slaw again and season as needed with more lime juice. Slice the remaining lime halves into wedges and serve with the tacos. To construct a taco, break up some of the cooked fish, place it in a warm tortilla, and top it with slaw and any optional garnishes.

## **Fancy Baked Chicken**

Submitted by Johanna Price Vinyard

½ cup butter, melted  
¾ cup Parmesan cheese  
1 teaspoon garlic powder  
½ teaspoon. salt  
4 boneless, skinless chicken breasts  
1½ cups breadcrumbs

Combine first 4 ingredients. Dip each piece of chicken in mixture, reserving remainder. Coat each piece of chicken with breadcrumbs. Place chicken in greased 9x13" pan. Spoon remaining butter mixture on top. Cook at 350°F for 40 minutes or until done.



Todd & Johanna Vinyard

## **Pecan Pie**

Submitted by Johanna Price Vinyard

¼ pound butter, melted  
3 tablespoons flour  
6 tablespoons milk  
1 box (16 ounces) light brown sugar  
3 eggs  
2 teaspoons vinegar  
1⅓ c. pecans

Mix. Then pour into 2 pie shells. Bake at 300 °F for 1 hour starting with a cold oven.

## **Posh Squash**

Submitted by Johanna Price Vinyard

2 pounds yellow squash  
½ small onion, chopped  
1 cup mayonnaise  
1 egg  
1 cup Parmesan cheese  
½ teaspoon salt  
⅛ t. pepper  
⅛ t. garlic powder

Slice squash, cover with water, and boil 12 minutes. Mix other ingredients together and add to well-drained squash, mixing gently. Bake at 350 °F for 30 minutes.

### **Vinaigrette**

Submitted by Johanna Price Vinyard

- 2½ tablespoons cider vinegar
- 2½ teaspoons honey
- ½ teaspoon lemon juice
- ½ teaspoon paprika
- ½ cup sugar
- ½ teaspoon dry mustard
- ½ teaspoon celery seed
- ½ teaspoon dried or minced onion
- ½ cup olive oil

Mix all ingredients except oil in a pint jar. Heat in microwave for 30-45 seconds. Add oil and shake well. Dressing can be made ahead and refrigerated. When ready to serve, warm in microwave for 30-45 seconds and shake well.

### **Strawberry Pie**

Submitted by Johanna Price Vinyard

- 1 9-inch pie crust, baked
- 1 quart strawberries
- 1 cup sugar
- 3 tablespoons cornstarch
- ¾ cup water
- ½ cup heavy whipping cream

Arrange ½ of berries in baked pastry shell. Mash remaining berries and combine with sugar in a medium saucepan. Place saucepan over medium heat and bring to a boil, stirring frequently.

In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly. Puree with immersion blender, if desired. Pour mixture over berries in pastry shell. Chill for several hours before serving. In a small bowl, whip cream until soft peaks form. Serve each slice of pie with a dollop of whipped cream.



Josh & Mary Frances Vinyard

### **Peanut Butter Bars**

(for hungry kids and their friends ☺)

Submitted by Johanna Price Vinyard

- 16 ounces peanut butter
- 2 eggs
- 2 teaspoons baking soda
- 1 cup honey

Combine all ingredients with hand mixer until blended. Bake at 350 in 9 X 13 pan for 20 minutes. Can sprinkle chocolate chips or spread jam on top before baking.

## Seafood Manicotti

Submitted by Nancie Wilson

For 4 people:

- 8 ounces fresh seafood (shrimp, scallops, lobster, or crabmeat)
- 8 ounces angel hair pasta, uncooked
- $\frac{3}{4}$  cup sliced fresh mushrooms
- $\frac{1}{3}$  cup chopped green onions
- 2 ounces dry white wine
- 1 clove garlic, minced
- 2 tablespoon(s) reduced-calorie stick margarine
- $\frac{1}{8}$  cup flour
- 1 cup skim milk
- 5 tablespoons nonfat sour cream
- $\frac{1}{2}$  teaspoon paprika



Nancie Wilson



Cook pasta according to package directions, omitting salt. Drain well. Set aside and keep warm. Combine mushrooms, green onions, white wine, and garlic in a large nonstick skillet. Bring to a boil. Reduce heat and simmer, uncovered, until liquid evaporates. Add margarine stirring to melt. Add flour and cook stirring constantly for 1 minute. Gradually stir in milk. Cook over medium heat, stirring until mixture thickens and begins to boil. Stir in seafood and sour cream; cook an additional 2-4 minutes until seafood is opaque and thoroughly heated. Spoon over pasta; sprinkle with paprika. Ready in 30 minutes with 10 min preparation time.

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## Pasta Mediterranean

Submitted by Maggie Bowles

For 8 servings:

- 1 pound linguine or other pasta of your choice
- Canned artichokes, about a pound
- Kalamata Olives, about a cup
- 1 onion
- 1 large bell pepper or several small ones
- 8 ounces feta cheese
- Grated parmesan cheese
- Good olive oil
- Balsamic vinegar



Maggie & Jim Bowles

This is a loose recipe and can be adapted according to the number of servings needed and, to some extent, the ingredients you have on hand. Cook the pasta al dente. Sauté the onion and bell pepper until softened. Add the artichokes, olives, and feta cheese. Drain pasta and add to the sautéed ingredients. Toss to mix and top with parmesan cheese.

## Baked Ziti

Submitted by Jane Coburn

Makes 8 servings

16 ounce box of Ziti

1 pound ground beef OR 1 pound ground mild Italian sausage

15 ounces Ricotta cheese

½ cup parmesan cheese

¼ cup chopped parsley

1 egg, slightly beaten

¾ teaspoon salt

¼ teaspoon pepper

½ teaspoon oregano

½ teaspoon basil

30 ounces tomato sauce

8 ounces shredded mozzarella cheese



Jane & Andy Coburn

Prepare ziti as label directs; drain, lightly coat with olive oil and set aside.

In Dutch oven brown ground beef or sausage over medium-high heat until well browned—about ten minutes. Remove Dutch oven from heat and stir in Ricotta and next 7 ingredients. Add half of the tomato sauce and mix well. Add the ziti and stir gently to coat well.

Spoon mixture into 13 x 9" baking pan and pour remaining tomato sauce evenly over the ziti mixture. Sprinkle with shredded mozzarella cheese. Bake at 350°F for 20 minutes or until hot and bubbly.

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## Chicken Dressing Casserole—Southern Comfort

Submitted by Faye Jacobson

For Boiled Chicken: 5 or 6 thighs or breasts . Boil until tender; cool; remove skin and bones.

8 ounces Pepperidge Farm Herb Stuffing

1 can mushroom soup

1 can cream of chicken soup

2⅔ cups chicken broth

1 stick of butter

Melt butter and mix with Herb stuffing. Add 1⅓ cups of chicken broth to each can of soup. Place one layer of stuffing in a greased 9 x 13" baking dish. Top with a layer of chicken. Pour mushroom soup/broth mixture over the top to cover. Add another layer of stuffing, another layer of chicken, and pour cream of chicken over the top. Save a little of the stuffing to sprinkle over the top of the casserole. Make the day before if possible. Good left over and heated in the microwave. Bake at 350°F until bubbly—between 35 and 45 minutes. Freezes well but better if thawed before cooking. Great for Thanksgiving or Christmas for a small family. Add favorite holiday sides, dessert, and the meal is done.

**Much happiness!! Faye and Jake**

## Roasted Curried Vegetables

Submitted by Valori Sherer+

Chop veggies of your choice. I usually use onions, peppers (all colors), mushrooms, anise (aka fennel), cherry tomatoes sliced in half, squash (yellow, butternut), zucchini, broccoli. Put in a large roasting pan and sprinkle with olive oil, salt, pepper, garlic powder, chopped basil (fresh or dry). Toss.

Roast at 415°F for 20-30 minutes till brown edges appear on some of the veggies. Remove from oven and reduce heat to 375 °F.

Add 1 can coconut milk (full fat) and 1 cup chicken broth (no sodium added). Add more salt, pepper, garlic powder, and basil to taste. Add 2 tablespoons curry powder. Stir gently to blend the sauce. Roast 10-15 more minutes at 350 °F to heat the sauce.

Serve over rice. Add sautéed chicken or Italian sausage for meat-eaters!



Valori+ & Steve Sherer and family

## Valori's Turkey Burgers

Submitted by Valori Sherer+

1 pound ground turkey  
½ onion, chopped finely  
1 pound portobello mushrooms, chopped finely  
½ pound bleu cheese or gorgonzola, crumbled  
1-2 tablespoons parsley  
1 teaspoon cayenne (or to taste)

Mix ingredients and form into patties. Makes 5 or 6.

Grill and serve on whole grain or rye bread. Add condiments of your choice. We use mayo and ketchup.

## Steve's Pulled Pork

Submitted by Valori Sherer+

Lightly coat a 6-pound Boston butt with olive oil. Season with salt, pepper, onion powder, garlic powder, and lightly with red pepper flakes (optional). Do not add water. Place in crock pot and cook for 6-7 hours until the meat flakes easily with a fork.

Steve's sauce is secret!

## St. Patrick's Day Corned Beef Dinner

Submitted by Valori Sherer+

3-5-pound beef brisket  
1 head cabbage  
1 onion  
3-4 carrots

To Boil the Meat: Put the meat into a large Dutch oven or covered pot. Cover with water and add the following:

¼ cup Himalayan salt (has nutrient minerals and tastes better)  
1 stick of cinnamon  
2 tablespoons coconut sugar or brown sugar  
1 tablespoon mustard seeds  
3 tablespoons peppercorns  
8-10 whole cloves  
1 teaspoon allspice  
1 tablespoon coriander seeds  
1 tablespoon fresh minced ginger (or the kind in the tube)  
1 tablespoon dried thyme  
lots of garlic (always!) ¼ cup granulated—NOT garlic salt  
bay leaves—about 3

¼ cup beet juice—this is really just for color. Store bought corned beef is reddish. Fresh brisket won't be unless you add this. It's a matter of visual palatability—which might matter to your guests.

Bring to a boil, then lower to a very low boil for 3 hours or until fork tender. Cover the pot, but leave a vent so it doesn't boil over. While that's cooking make the sauce to brush on during the browning.

Roast the Meat After Boiling: When the meat is done boiling, brush it with the sauce (ingredients below) and roast it at 400°F for 20 minutes, brushing with more sauce twice during the 20 minutes.

The Sauce: Mix together the following:

¼ cup prepared mustard  
3 tablespoons horseradish  
¼ cup red wine vinegar  
¼ cup molasses

The Potatoes: Traditionally, the potatoes are boiled, but that depletes them of nutrients. I roast mine. If you're going to roast them, slice the potatoes into large chunks, salt and pepper them, drizzle with a little olive oil and roast them at 425°F for the 20 minutes the meat is roasting.

The Cabbage: While the meat is roasting, chop the onions, carrots, and the cabbage into large chunks and put them into the pot and water from which you just took the meat. Note: I cut the cabbage in half, then slice each half twice. The chunks are large (which is the idea) but they fit better in the pot that way. Bring the water back to a boil, then lower to a medium boil for 15 minutes.

**Enjoy! Erin go Braugh!**

## Pumpkin Spaghetti with Sautéed Onion and Mushrooms

Submitted by Valori Sherer+

(Makes 5 cups sauce)

- 1 medium yellow onion, sliced into ¼" pieces
- 1 pound small Portobello mushrooms, sliced
- ½ cup flat leaf (Italian) parsley, chopped
- 2 teaspoon olive oil or butter
- 1 (15 ounces) can pumpkin (not pumpkin pie filling)
- 1-2 teaspoon garlic powder (to taste)
- 1 cup low-sodium chicken broth, no sugar added
- ⅔ cup coconut milk (canned, not from a carton)
- ½ cup parmesan cheese
- 1 pound whole-grain spaghetti, cooked to package directions

In a large skillet, sauté the onion, mushrooms and parsley in the olive oil or butter over low to medium heat until the mushrooms are wilted. Stir in the pumpkin, chicken broth, garlic powder and coconut milk. Stir and warm through, mixing thoroughly with a whisk. Stir in the parmesan cheese and immediately remove the sauce from heat. Pour sauce over your pasta and serve. Enjoy!

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## Chicken and Lemon Polpettine

Submitted by Joyce Lantz, a friend of St. David's

From Kevin Jacob's *A Garden for the House*

Preparation Time: 5 minutes    Cook Time: 8 minutes    Yield: Enough for 4 servings

These old world Italian meatballs are flavored with fragrant herbs and a big burst of lemon. Serve them on mashed potatoes, pasta, or warmed cannellini beans. They do not require a sauce of any kind.

- 1 pound ground chicken (or turkey)
- 1¼ cups fresh breadcrumbs (see note below)
- Juice and zest of one lemon
- 1 teaspoon kosher salt (more or less to taste) and some freshly ground black pepper
- ¼ cup (or slightly more) fresh, minced flat-leaf parsley
- 1 generous teaspoon dried thyme leaves (triple this amount for fresh, chopped leaves)
- ¼ cup finely grated Parmesan (or Asiago or Romano) cheese
- 2 tablespoons olive oil
- 3 tablespoons unsalted butter

Garnish: fresh, minced parsley

For serving: pasta, mashed potatoes, or warmed cannellini beans

Put the ground chicken in a large bowl. Add the breadcrumbs, lemon juice and zest, salt, pepper, parsley, thyme, and cheese, and mix them all together with perfectly clean hands. Pull off small clumps of the mixture and form them into balls about 1 inch in diameter. Flatten the balls slightly for faster cooking.

Warm the olive oil and butter in a heavy skillet (cast-iron works well) over medium heat. Fry the polpettine until a brown crust forms—3-4 minutes per side.

Serve the balls on pasta, mashed potatoes, or warmed cannellini beans. Garnish with fresh, minced parsley.



Joyce Lantz

## Prosciutto Bread sticks

Submitted by Betsey Hamlet

Good yeast dough suitable for bread sticks or possibly pizza. You will need to be able to twist the dough. US version calls for a refrigerated tube of bread sticks; think Pillsbury Dough Boy.

Thinly sliced prosciutto - one slice for each 2 bread sticks

Large egg, lightly beaten

Finely grated Parmesan cheese-freshly grated and use the good stuff. Shreds don't work well  
Herb of choice, original recipe calls for fennel seed, I usually use thyme or oregano.

Preheat oven suitable for chosen bread dough—US version is 375°Fdegrees. Line a large baking sheet with parchment paper or silicone mat. Cut prosciutto slices in half length-wise and chill until ready to use. Roll dough to roughly ¼ inch thick. Cut into strips 1.5" wide and about 1.5" longer than strips of prosciutto. For each strip, fold a strip of prosciutto in half vertically and place on a strip of dough. Holding the meat and dough together, twist to form a spiral stick more or less enclosing the dough. Place each twisted strip on baking sheet, pressing down the ends so they don't unravel. Brush completed strips with egg. Sprinkle generously with Parmesan cheese - I like a lot. Sprinkle with herb of choice.

Bake as suitable for dough of choice—US version says 10-13 minutes. You want them to be lightly brown. Cool slightly. You can cut into smaller pieces for appetizers or serve a whole stick to accompany a soup or salad meal.



Betsey & Ed Hamlet

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## Iva Tabb's Party Punch

Submitted by Kelley Holzknacht Dinkelmeyer

This is a punch served at "lady parties" by my good friend Iva Tabb of Colquitt, Georgia. You know you want to use that punch bowl you got for your wedding—pull it out and invite some people over! This punch pairs well with finger sandwiches, tiny desserts and juicy gossip. Warning—if your husband has a tendency to store his "hard liquor" in your old Southern Comfort bottles, you may need to hire drivers to get your guests home safely or set up the guest room ahead of time.

1 Fifth of Southern Comfort

3 quarts of 7-Up soda (or Diet 7-Up if the ladies are so inclined, but really, do we need to worry about calories here?)

6 ounces freshly squeezed lemon juice

One 6-ounce can frozen orange juice concentrate (don't dilute)

One 6-ounce can frozen limeade concentrate (don't dilute)

Fruit slices for garnish

Pour all except the 7-Up into punch bowl. Right before party, pour in 7-Up. Garnish with lovely floating lemon or other fruit slices. Use your best glasses and manners and save your best bit of gossip for the SECOND cup of punch.

## Cheese Cake

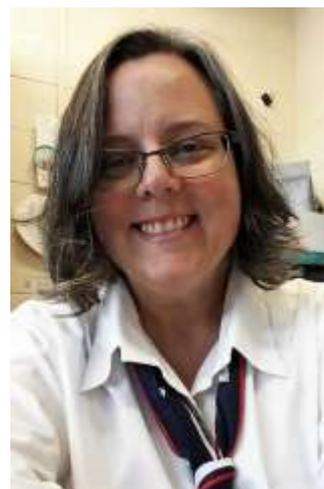
Submitted by Kelley Holzknacht Dinkelmeyer

Here's the silly background story to this recipe. I was dating a fellow graduate student. One of his old undergrad profs was giving a talk at our university. The boyfriend asked me to ask him for his wife's cheesecake recipe because he had tasted some at a dinner at their house once and thought it was the best cheesecake he'd ever had in his life (his words). So, after this complete stranger got through giving his talk, I went to the luncheon for him and asked him if he'd get his wife to send this recipe. And she did. And it **IS** awesome cheesecake. Thank you to the wife of Dr. David Farrell of Case Western Reserve University!

1¾ cups graham crumbs (I smash up graham crackers for this in a zip lock bag)  
1 stick melted butter (or more as needed)  
18 ounces cream cheese  
1 cup sugar  
2 eggs  
Pinch of salt  
2 cups sour cream (16 ounce)  
1 teaspoon vanilla

Mix crumbs and butter and smush into a pie pan to form the crust. Beat cream cheese, sugar, salt, and eggs until creamy. Fold in sour cream and vanilla. Pour into crust.

Bake at 350°F for 35 minutes or until solid. Chill and serve and try to think fondly of your own former physics teacher.



Kelley Dinkelmeyer

## Spinach Quiche

Submitted by Kelley Holzknacht Dinkelmeyer

The credit for this recipe goes to a former boyfriend, Guy Danner, who was a vegetarian. The romance didn't last, but I'm really glad I got a couple of recipes and a friendship out of the deal. This is my "go-to" recipe for vegetarian friends. It also travels well, so it's good for taking to picnics and potluck dinners.

10-ounce box of frozen chopped spinach  
1 package/brick of feta cheese  
2 teaspoons sweet basil  
3 or 4 eggs, depending on how "fluffy" you want this  
Salt/pepper to taste (I don't usually even put in salt since the feta is so salty)  
1 pie shell (I usually buy a frozen pie shell and let it thaw a bit while I'm mixing ingredients)

Thaw/defrost the spinach (or cook some fresh spinach yourself). Squeeze the devil out of it! The dryer the spinach is, the better. You don't want to end up with a soggy quiche.

Beat the eggs with a fork in a mixing bowl and then toss in the rest of the ingredients and mix. Pour the mix into the pie shell. Bake at 400°F for 15 minutes, then turn the oven down to 350 °F and bake for 30 minutes or until it doesn't seem wet and soggy.

## Grandy's Meringues (Kind of like cookies)

Submitted by Donna Ross

3 egg whites  
1 cup sugar  
½ teaspoon vinegar  
1 teaspoon vanilla

Beat egg whites until stiff and dry, gradually adding sugar and vinegar. Flavor with vanilla. Shape into circular nest-like shells on brown paper (placed on a cookie sheet). Bake at 225°F for 1 hour. This is not so much a baking process as drying out. Store well-covered. Fill with ice cream and pour strawberry or other sauce over. This meringue turns out like a pavlova. (Makes 9)



Donna Ross

This was my grandmother's recipe. She used a brown grocery store bag cut open to put the meringues on. I use the same but put a cookie sheet under the brown bag. I think you could also use parchment paper. Over the years I have changed the size to make



small nests which can be filled with anything, usually lemon curd and blueberries or whipped cream and Hershey's kisses. For U.S. Independence Day, I used cherry jam and blueberries (pictured). Could also use blueberry jam and raspberries or strawberries or pineapple and toasted coconut. (One batch makes about 60 small nests.)

Recently I tried adding 1-2 tablespoons of Hershey's 100% unsweetened cocoa; then filled the small nest with mint jelly and topped with Nestles chocolate mini morsels. Pretty good!

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## Frazier Family Cake

**This is not an original recipe for the Frazier family, but it is one we love!**

Submitted by Sandy and Elizabeth Frazier

It was first introduced to us as a lemon Bundt cake using lemon pudding and lemon/lime soda, but we have found that it can be used with any cake, any pudding, and any "white" soda.



Box of cake mix  
Eggs (3)  
Vegetable oil (½ cup)  
Box of pudding



Replace liquid requirement with 1 can  
Ginger Ale or lemon/lime soda.  
Bake at 350°F 35-40 minutes until  
toothpick comes out clean



Elizabeth Frazier, Lois Tebo, Sandy Frazier

## Gâteau Ganache

Submitted by Nan Watkins

6 egg whites  
1½ teaspoon white wine vinegar  
1½ cups sugar  
1 teaspoon vanilla  
1½ cups pecans or walnuts finely chopped  
Parchment paper or large paper bag

Place the egg whites in a large mixing bowl and let stand till they are room temperature. Prepare two 8" or 9" round cake pans: place the cake pans on the paper, draw their outline, then cut two rounds of paper to fit the bottom of the pans. Grease and lightly flour cake pans, grease and lightly flour the two pieces of paper, then cover the bottom of the pans with the paper.

Preheat oven to 325°F. Beat the egg whites until stiff. Add the sugar and nuts all at once, folding in gently with a large metal spoon. Add vinegar and vanilla and spoon lightly into prepared pans. Pop immediately into oven.

Bake at 325°F for 30 to 40 minutes until crusty to the touch. Be careful not to burn.

Have two wire racks ready. Remove pans from oven and run knife around edges; cover the meringues with upside-down racks, then quickly turn over so meringues rest on the racks. Remove pans at once and carefully peel off paper (I use a sharp knife to help the meringue stay intact). Allow meringues to cool on racks. Done! Meringues can be stored several days in tightly closed tins before using.



Nan Watkins

### Filling and Topping

3 ounces semi-sweet chocolate  
½ pint whipping cream  
A little bitter chocolate for grating

Melt semi-sweet chocolate in double boiler and while cooling, whip cream until very stiff. Put half of the cream in a separate bowl and add half of the melted chocolate. Stir gently until mixed. Place one meringue (top side up) on serving platter and cover with this mixture. Top with second meringue. Cover this one with balance of whipped cream. With a spatula, dip into the remaining melted chocolate and make swirls on the whipped cream so that it has a marbled effect. Use plenty of chocolate, for it will harden and add lots of interest and deliciousness. Finely grate a little bitter chocolate over the top as gentle dusting.

Store in refrigerator until ready to serve and enjoy.

## Crazy Chocolate Cake (Vegan)

Submitted by Nan Watkins

### Dry Ingredients

3 cups flour  
2 teaspoons baking soda  
2 cups sugar  
1/3 cup cocoa powder  
1 teaspoon salt

### Wet Ingredients

1 teaspoon vanilla  
2 tablespoons vinegar  
3/4 cup salad oil  
2 cups water, room temperature

Sift 5 dry ingredients together 3 times. Spread into a 9" x 13" ungreased pan. Make 3 wells: small, medium, and large. In first put vanilla, in second put vinegar, in third put oil. Pour water over everything. Stir lengthwise with a fork until well blended. Bake at 350°F for 30 minutes. Cool and serve in squares or rectangles.

Over the years, my daughter Ellen and I have poured this batter into other size cake pans, such as Bundt, two-layer pans, even cupcakes. It always produces a good moist chocolate cake. And it's vegan!

*Dear Maleah,*

*What a wonderful opportunity you have to begin your married life with your beloved husband in the Grand City of Rome! We will all be thinking of you often and wishing you well. You have been a great joy for all of us during your time here at St. David's.*

*I'm sending along two recipes, both are cakes that include chocolate. They are very different in spirit: The Gateau Ganache is light and elegant and looks fancy, and the Crazy Cake (it's original name back in the '60s) is a humble vegan creation that can be adapted to any size pan or even cupcakes. You can certainly add an icing if you like, but the cake is so moist and delicious on its own that I never bother with icing.*

*Both cakes are great fun and easy to make. If you follow the steps for the gateau, you can't go wrong. Assemble it all as peacefully and quickly as you comfortably can.*

*With much love for happiness in your new life,*

*Nan*