



THE DIVERSITY, EQUITY, INCLUSION, AND ACCESS COMMITTEE PRESENTS

the Ascentria Cookbook

RECIPES FROM THE ASCENTRIA COMMUNITY



BREAKFAST

Crammed up Egg
Blueberry Muffins
Masa Hot Cakes

SIDES & SAUCES

Oatmeal Rolls
Tabbouli
Irish Soda Bread
Tabbouleh
Tomatillo Salsa
Roasted Butternut Squash, Kale and Cranberry couscous
Sopa De Fideo

SOUPS & SALADS

Lemon Asparagus Couscous Salad with Tomatoes Black
Bean Soup
Mushroom and Barley Soup
Zesty Quinoa Salad
Sweet and Sour Spinach Salad
Butternut Bisque

ENTREES

Puerto Rican Pork Roast
Penne Alla Vodka
Parmersan Crusted Haddock
Boiani e Kachaloo (Afghan Potato and Scallion Bread)
Ginger Chicken
Magoo
Indian Chicken Sheet Pan
Maple-Soy Salmon
Stuffed Peppers with Shrimp
Sweet Potato Burgers
Vegetarian Shepherd's Pie

DESSERT

Chocolate Pear Pudding
Coffee Cake Exceptional
Fruit Cocktail & Sweet Sauce
Healthy Mousse (for a sweet tooth)
Mr. Jelly's Blueberry Squares
Chocolate Crackle Cookies
Apple Noodle Kugel
Triple Berry Angel Food Cake Roll
Woopie Pies

breakfast



Recipe for

Crammed up Eggs

NAME OF DISH

FROM THE KITCHEN OF

Kat Alexander

SERVES several

PREP TIME 35 min

TOTAL TIME 45

OVEN TEMP 0

INGREDIENTS

eggs

Ranch seasoning -

1/3 c sourcream

1/2 packet or to taste

1/4 onion

1/4 colored bell pepper

2 pcs cooked bacon\bacon bits

1/3c - 1/4c mozzarella cheese

1/3 c mayo

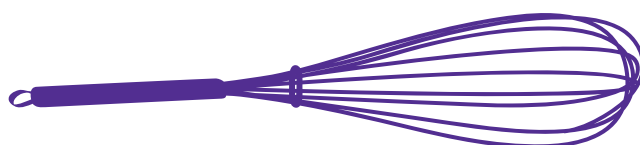
DIRECTIONS

Boil eggs (use your method of boiling eggs) then let cool to handle.

Cook bacon to crisp if using bacon strips.

Mix together all ingredients, if still dry add more mayo or sourcream to taste.

Crumble cooked bacon (bits) and add to mixture.



DIRECTIONS

Peel eggs and cut into halves, adding the yolks to the wet mixture.

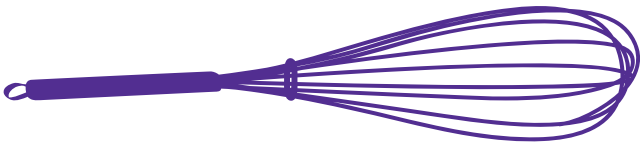
Mix well until the mixture is to your preferred consistency.

Spoon mixture into egg halves.

Sprinkle with Paprika (makes them look pretty).

Refrigerate to cool then enjoy.

NOTES



Recipe for

Blueberry Muffins

NAME OF DISH

FROM THE KITCHEN OF
The Fukuda Family

SERVES 12

PREP TIME 15 min

TOTAL TIME 45 min

OVEN TEMP 375 F

INGREDIENTS

1/2 cup salted butter, melted

2 cups all-purpose flour

1 cup sugar

1 tsp baking soda

2 eggs

Zest and juice of 1 lemon

1/2 cup plain yogurt

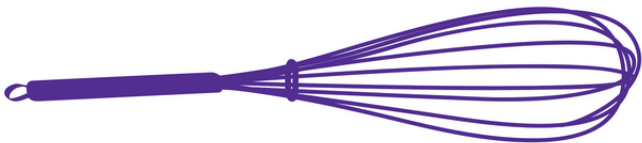
1 1/2 cups blueberries

1 heaping TBSP flour
for dusting blueberries

2 TBSP sugar, for dusting muffins

DIRECTIONS

1. Pre-heat the oven to 375 F.
2. Use cooking spray to grease two 6-cup muffin tins (or use paper liners).
3. In a large bowl, combine the sugar, eggs, and yogurt with a fork.
4. Mix in the melted butter once cooled (not too hot, or it will cook the eggs).



DIRECTIONS

5. Do not mix it yet, but add the flour to the bowl.

6. Spread the baking soda over the top.

7. Grate and add the lemon zest.

8. Mix gently with a spatula, but do not mix and combine all of the flour.

You want to make it bumpy and leave some dry flour.

9. Put the blueberries in another bowl (or a ziploc bag), add TBSP of flour and mix to dust the blueberries.

10. Add this to the big bowl and mix gently. Do not combine all of the flour.

11. Spoon into muffin tin, heaping the batter above the rim.

12. Bake for approx. 30 minutes or until the tops are nearly done.

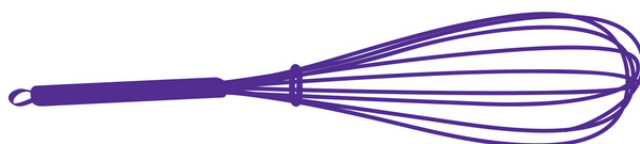
13. Mix the lemon juice and TBSP of sugar in a cup; brush onto muffin tops while still hot.

NOTES

1. Blueberries can be fresh or frozen.

2. If using unsalted butter, add 1/2 tsp of salt to mixture.

3. When filling muffin tin, try to put around the same amount in each, since they will all bake the same amount of time.



Recipe for

Masa Hot Cakes

NAME OF DISH

FROM THE KITCHEN OF
Becca P. - URM Staff

SERVES4

PREP TIME10 min

TOTAL TIME20 min

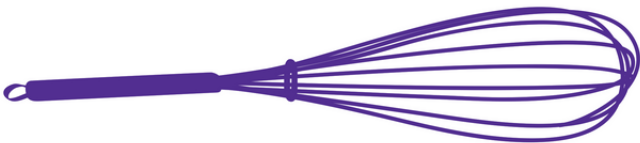
OVEN TEMPN/a

INGREDIENTS

1 1/2 cups maseca flour	1 1/4 cups milk
3 1/2 tsp baking powder	1 egg
1/4 tsp salt	3 tsp butter, melted
1 TBSP brown sugar	

DIRECTIONS

1. Combine all of the ingredients and mix until batter is smooth.
2. Cook on a skillet or pan, just as you would regular pancakes!
3. Serve topped with honey and fruit.



DIRECTIONS

Feed with 1/3 cup teff flour and 1/2 cup water. Loosely cover and allow to sit alone for at least 4 hrs before using to make injera. You should have about 2 cups.

Dough: Stir the starter to combine in all the liquid and any “starter sludge”

at the bottom. Rub a bit between 3 fingers; it will be very gritty. Place teff

starter, starting with one cup, in a blender or food processor and whiz starter

until it doesn't feel gritty when you rub between 3 fingers. Place whizzed

starter in a large bowl and repeat with the other cup of starter. Stir in self-rising

flour and add any water as necessary to get a medium thick batter (like

pancakes). Loosely cover with plastic wrap or a lid and set in a warm, draft

free place to rise for about 4-6 hours.

Batter/Cooking: Stir dough mixture. If it is too thick, add more water until

right consistency. You should have about 4 cups of batter. Heat on stove on

medium heat, in an 8 in pan. Non-stick works best, or greased with neutral

tasting oil. Using between 1/8 - 1/4 cup of batter, pour into heated pan and

swirl around as if making a crepe. Allow Injera to cook until entire top of

bread is full of pockmarks. Do not turn over. Remove when batter is fixed and

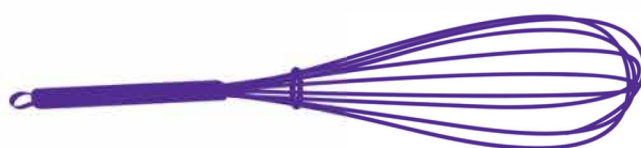
all the bubbles have popped. Using your fingers, remove Injera from pan, set

aside on a plate and allow to cool. Injera will be stiff when removed from pan

but will get spongy as it cools. Place cooled Injera on second plate and place

a piece of wax paper between each to prevent sticking. Repeat with remaining

batter.



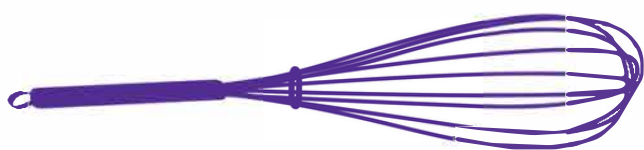
DIRECTIONS

Handwriting practice lines for the DIRECTIONS section, consisting of ten horizontal blue lines.

NOTES

For full details, tips and photos [visit this recipe online.](#)

Handwriting practice lines for the NOTES section, consisting of ten horizontal blue lines.



sides & sauces



Recipe for

Oatmeal Rolls

NAME OF DISH

FROM THE KITCHEN OF
My grandfather

SERVES 18 rolls or 2 loaves
PREP TIME N/A
TOTAL TIME 4 hours (needs to rise)
OVEN TEMP 350

INGREDIENTS

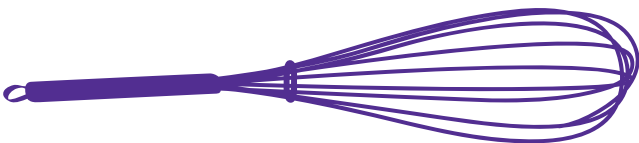
- | | |
|--------------------------|---------------------------|
| 1 Cup Quick Oatmeal | 2 Tablespoons Molasses |
| 1 teaspoon Salt | 2 Cups Boiling Water |
| 5 Tablespoons Shortening | 4 1/2 Cups Flour (+ or -) |
| 7/8 Cup Brown Sugar | 1 Package Yeast |

DIRECTIONS

Combine oats, salt, shortening, brown sugar, molasses and pour boiling water over it. Let cool.

While the mixture cools, dissolve package of yeast in 1/4 cup warm water.

Add yeast/water mixture to the main ingredients after they have cooled



DIRECTIONS

and stir.

Then, begin adding the flour (give or take 4.5 cups) until the dough can be kneaded. Knead dough until smooth. Place in greased bowl and cover (can use a dish towel to cover). Set aside on the counter top and let the dough rise to double its size.

Punch the dough down and let it rise again to double its size.

Form into rolls or 2 loaves. You can use round baking dish for rolls; grease the baking pans. Leave it out and let it rise a little before baking.

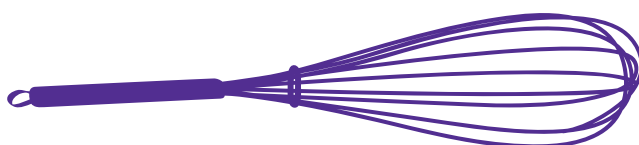
Bake at 350 degrees for about 25min for rolls or 30-45min for loaves.

NOTES

When you tap on top of roll/bread, it should sound hollow rather than solid when done.

Rolls are recommended.

If you're having trouble getting the dough to rise, place on top of oven and turn oven on. The heat should help it rise.



Recipe for

Tabbouli

NAME OF DISH

FROM THE KITCHEN OF
Eliana Morado Bassil

SERVES4

PREP TIME30 minutes

TOTAL TIME30 minutes

OVEN TEMPN/A

INGREDIENTS

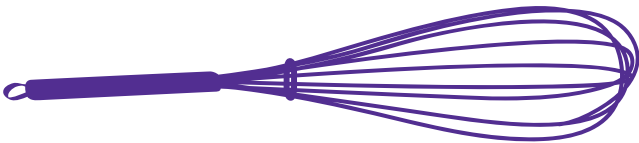
4 bunches of parsley	10 leaves of sweet mint
4 squeezed lemon	6 Plum Tomatoes
1 White onion	1/3 cup of burghul (#1)
Pinch of Salt	Pinch of 7 spices
Pinch of Sumac	1/2 Cup of Olive Oil

DIRECTIONS

Wash all the vegetables very well. For the parsley, make sure you pick the bad leaves out and wash it very well.

Let the parsley dry on a paper towel upside down so it makes it easier to cut.

Same with mint: pick, wash and let dry.



DIRECTIONS

Cut the onion and tomatoes to dices.

Chop the parsley and mint then add the diced tomatoes and onions to it.

Wash the burghul, drain water and squeeze it well before you add to the mix.

Add all the rest of the ingredients and mix the salad well.

NOTES

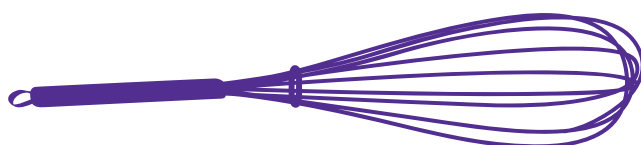
Add more salt or lemon as desired.

You may serve it with washed lettuce or fresh washed grape leaves.

Served as an appetizer or salad.

Spices and Sumac may be bought from the Mediterranean store.

Bon appétit!!



Recipe for

Irish Soda Bread

NAME OF DISH

FROM THE KITCHEN OF
Kimberly Sullivan

SERVES 4 small breads

PREP TIME

TOTAL TIME

OVEN TEMP 375

INGREDIENTS

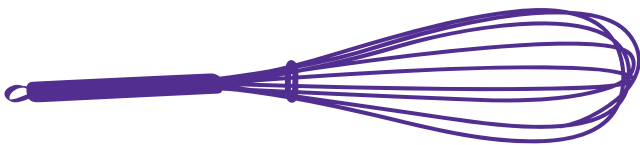
4 Cups flour	3/4 cup sugar	1tsp. salt,	2 tsp. baking powder
1tsp. baking soda		3 tsp. caraway seeds	
1 1/2 cup raisins		1 egg room temp	
2 Tbsp. melted butter		1 1/2 cup room temp buttermilk	

DIRECTIONS

Mix dry ingredients together.

Mix wet ingredients together. Add the two together. Makes two large loaves or 4 small.

Bake at 375 for 40 minutes.



Recipe for

Tabbouleh

NAME OF DISH

FROM THE KITCHEN OF
The Davenport Family

SERVES 2

PREP TIME 10 min

TOTAL TIME 25 min

OVEN TEMP n/a

INGREDIENTS

1 cup medium or fine bulgur

1/4 cup olive oil

1/4 cup lemon juice

1-2 tsp salt

1 1/2 tsp allspice

1 cup thinly sliced scallions

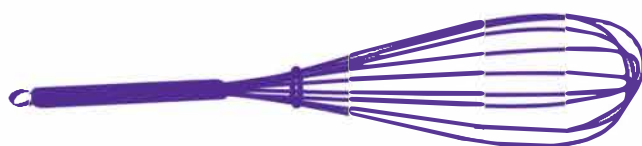
1 cup chopped parsley, discard
most of the stems

2 medium tomatoes, chopped

1/4-1/2 cup chopped fresh mint

DIRECTIONS

1. Put bulgur in a bowl. Add 1/4 cup water. Mix.
2. Cover, let stand 15 minutes or so. If still very crunchy add another 1/4 cup water, toss well and repeat.
3. Add first olive oil, then juice, salt, allspice.

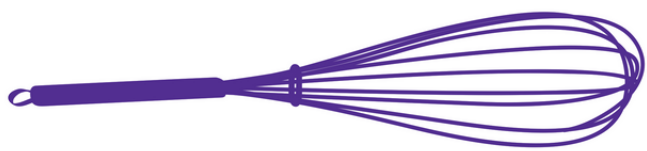


DIRECTIONS

- 4. Add chopped vegetables.
- 5. Serve chilled over lettuce or with pita bread!

NOTES

- 1. For best results, grind your own allspice.
- 2. Triple the recipe for a large serving.



Recipe for

Tomatillo Salsa

NAME OF DISH

FROM THE KITCHEN OF
Becca P. - URM Staff

SERVES 4

PREP TIME 10 min

TOTAL TIME 20 min

OVEN TEMP n/a

INGREDIENTS

1 TBSP olive oil

1 tsp cumin

10(ish) tomatillos

A pinch of pepper

1/2 white onion, chopped

1 large handful fresh cilantro

3 cloves garlic, smashed

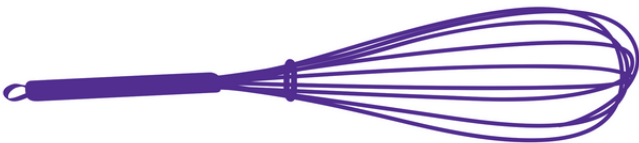
1 TBSP olive oil for blending

1 tsp salt (to taste)

1 ripe avocado, peeled &
quartered

DIRECTIONS

1. Peel and rinse all of the tomatillos.
2. Heat olive oil in a pan over medium heat.
3. Add the tomatillos to the pan, along with about 1/2 cup of water.
4. Cook, flipping the tomatillos occasionally until the color changes to a



DIRECTIONS

lighter green and the skin looks soft.

5. Pour the tomatillos along with the water in the pan into a blender.

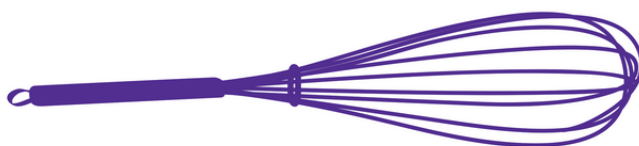
6. Add the rest of the ingredients to the blender, blend until smooth, add water if needed to reach desired texture.

NOTES

1. Optional: Roast 1 jalapeno, add to blender (or more depending on taste).

2. Optional: Cook the onion along with the tomatillos.

3. Use as sauce over scrambled eggs, mixed into rice, soups & more for added flavor.



Recipe for

Roasted Butternut Squash, Kale & Cranberry Couscous

NAME OF DISH

FROM THE KITCHEN OF

Christina F. - URM Staff

SERVES 4

PREP TIME 10 min

TOTAL TIME 35 min

OVEN TEMP 425 F

INGREDIENTS

1 small butternut squash, peeled, seeded & diced into 1/2 in. cubes

1/3 cup dried cranberries

2 TBSP olive oil

1/3 cup chopped walnuts

Salt and freshly-cracked pepper

2 oz goat cheese, crumbled

1 cup dry Israeli (pearl) couscous cooked according to instructions

Easy Orange Vinaigrette
(recipe below)

2 cups kale leaves, chopped

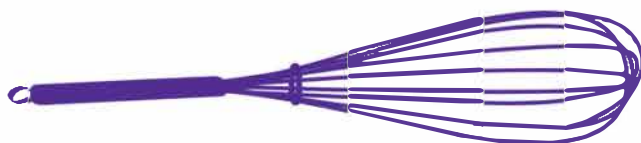
Vinaigrette Ingredients: 2 TBSP apple cider vinegar, 2 TBSP extra virgin olive oil, 2 TBSP freshly-squeezed orange juice, pinch of salt and pepper, to taste

DIRECTIONS

1. Heat oven to 425 F.

2. In a large mixing bowl, toss cubed butternut squash with olive oil. Sprinkle with a few generous pinches of salt & pepper, and toss until combined.

3. Spread the butternut squash out in an even layer on a parchment-covered



DIRECTIONS

baking sheet. Bake 15 min, then remove from the oven and flip for even cooking. Bake for additional 10-15 min, or until the squash is tender and slightly browned around the edges. Remove from oven and transfer back to the large mixing bowl.

4. Add couscous, kale, cranberries, walnuts, goat cheese, and vinaigrette.

Toss to combine.

5. Serve warm, or refrigerate in a sealed container for up to 3 days.

TO MAKE THE VINAGIRETTE:

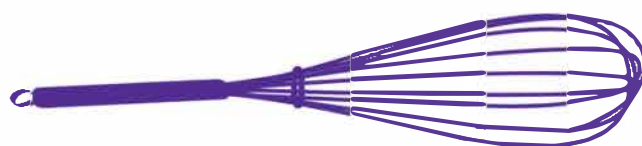
1. Whisk all ingredients together until combined. Taste, and season with additional salt and pepper if needed.

NOTES

1. For couscous, you could substitute any couscous or any small whole wheat pasta, cooked according to package instructions.

2. For pictures and full recipe tips, [check out the recipe online.](https://www.gimmesomeoven.com/roasted-butternut-squash-kale-and-cranberry-couscous/#tasty-recipes-64021)

<https://www.gimmesomeoven.com/roasted-butternut-squash-kale-and-cranberry-couscous/#tasty-recipes-64021>



Recipe for

Sopa de Fideo

NAME OF DISH

FROM THE KITCHEN OF
Becca P. - URM Staff

SERVES 4

PREP TIME 15 min

TOTAL TIME 30 min

OVEN TEMP n/a

INGREDIENTS

1 TBSP olive oil

A pinch of salt

4 to 5 tomatoes, diced

10 cups of stock

1/2 of a white onion, diced

8oz angel hair pasta broken into

4 garlic cloves, peeled, crushed

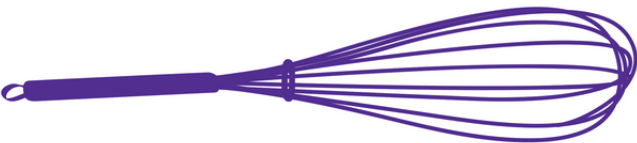
1 inch pieces

DIRECTIONS

1. Heat oil in a medium pan, turn the heat to low, add pasta and stir consistently until it starts to brown.

2. Blend 2 cups of stock, tomatoes, onion, garlic and salt until smooth.

3. Pour tomato mixture into the pan of pasta and stir constantly to prevent sticking.

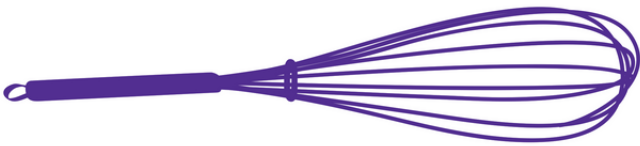


DIRECTIONS

4. Add the remainder of the broth, cook at a low boil until the pasta is done.

(*optional, add diced zucchini along with the broth at step 4)

NOTES



soups & salads



Recipe for

Lemon Asparagus Couscous Salad with Tomatoes

NAME OF DISH

FROM THE KITCHEN OF

Michaele Leare

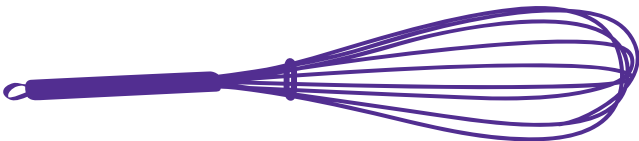
SERVES	5 1/2 Cups
PREP TIME	5 minutes
TOTAL TIME	30 minutes
OVEN TEMP	n/a

INGREDIENTS

3/4 lb Asparagus spears, thin	6 oz whole wheat pearl Couscous
1 1/2 cups Grape tomatoes	Kosher salt
1 1/2 Lemons	Pepper, fresh cracked
2 tbsp Parsley, fresh	1 tbsp Olive oil, extra virgin
1/4 cup Red onion	

DIRECTIONS

Bring a large pot of salted water to a boil, add asparagus and cook until tender about 3 minutes. Remove with a large slotted spoon and rinse in a colander in the sink under cold water to stop it from cooking. Add the couscous to the boiling water and cook according to package directions.



DIRECTIONS

Chop the asparagus into small 1/2 inch pieces. Drain the couscous and rinse under cold water, place in a large bowl. Add the chopped asparagus, tomatoes, red onion, lemon juice, olive oil, parsley, salt and pepper to the bowl. Taste for salt and pepper and serve room temperature or chilled.

NOTES

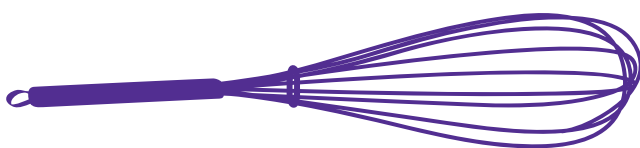
This is a vegan dish.

Nutrition Information:

Serving: 1generous cup

Calories: 170kcal, Carbohydrates: 30g, Protein: 6.5g, Fat: 4g, Sodium: 10mg,

Fiber: 5g, WW Points Plus:4



Recipe for

Black Bean Soup

NAME OF DISH

FROM THE KITCHEN OF
Fred Jenoure

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

INGREDIENTS

1 1/2 C. Black beans

1/2 tsp Thyme

1 Yellow onion, finely chopped

3 Sprigs of parsley

2 Tbsp Butter

8 C. Beef broth

2 Stalks celery, finely chopped

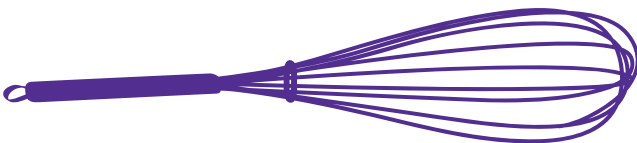
Juice of 1/2 lemon

1 Bay leaf

1/4 C. Sherry

DIRECTIONS

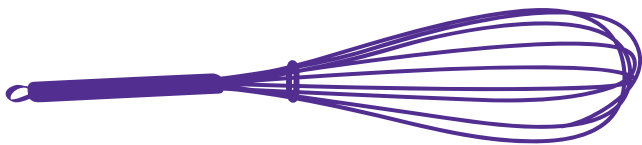
Soak beans in water for 4 hours. Drain and rinse beans. Sauté onion in butter for 3 minutes until softened. Add and sauté celery another 3 minutes. Add beans, bay leaf, thyme, parsley and broth. Cover and simmer 1 & 1/2 hours. Discard bay leaf & parsley sprigs. Puree half the mixture in a blender. Return and stir the puree back into the saucepan.



DIRECTIONS

puree to the saucepan containing remainder of soup. Heat to simmer point and add lemon juice and sherry.

NOTES



Recipe for

Mushroom & Barley Soup

NAME OF DISH

FROM THE KITCHEN OF
Fred Jenoure

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

INGREDIENTS

2 Tbsp. Butter

5 C. Beef broth

1 Yellow onion, finely chopped

5 Tbsp Uncooked barley

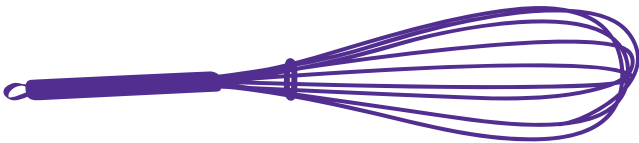
3/4 lb Mushrooms, finely chopped

Juice of 1/2 Lemon

2 Tbsp Flour

DIRECTIONS

Melt butter in a saucepan. Add onion and mushrooms. Cover and steam over low heat for 10 minutes. Stir in flour and add beef broth. Add barley and simmer for 30 minutes until barley is tender. Add lemon juice and taste soup, adding salt and pepper if necessary.



Recipe for

Zesty Quinoa Salad

NAME OF DISH

FROM THE KITCHEN OF
Marie F. - URM Staff

SERVES6

PREP TIME20 min

TOTAL TIME30 min

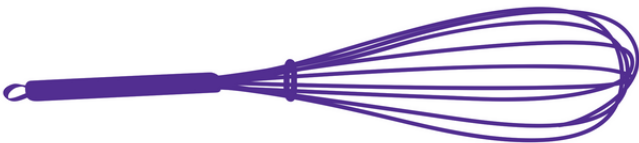
OVEN TEMPn/a

INGREDIENTS

1 cup quinoa	1/4 tsp red pepper flakes, to taste
2 cups water	1 1/2 cups halved cherry tomatoes
1/4 cup olive oil	1 15 oz can black beans, drained & rinsed
2 limes, juiced	5 green onions, finely chopped
2 tsp ground cumin	1/4 cup chopped fresh cilantro
1 tsp salt	Salt and pepper to taste

DIRECTIONS

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 min. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes



DIRECTIONS

together in a bowl.

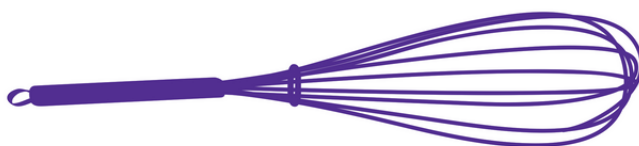
3. Combine quinoa, tomatoes, black beans, and green onions in a bowl.

Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and pepper. Serve immediately or chill in refrigerator.

NOTES

1. This salad tastes great right away, and even better the next day when all the flavors have had the chance to marry. Enjoy!

2. If desired, steam the quinoa instead of boiling.



Recipe for

Sweet and Sour Spinach Salad

NAME OF DISH

FROM THE KITCHEN OF
Fred Jenoure

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

INGREDIENTS

1 Bag Spinach, wash, remove stems

1/2 C. Sugar

1 C. Fresh bean sprouts

1/3 C. Ketchup

3 Chopped hard boiled eggs

1/4 C. Vinegar

4 to 6 Strips cooked bacon

1 Tbsp Worcestershire sauce

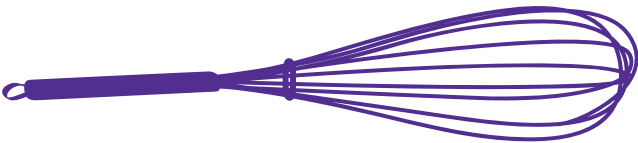
1/2 C. Oil

1 Small onion, finely chopped

DIRECTIONS

Combine spinach, bean sprouts, eggs and bacon. Mix the oil, sugar, ketchup, vinegar, Worcestershire sauce and onion and pour over salad before serving.

I always double the recipe, as it goes quickly.



Recipe for

Butternut Bisque

NAME OF DISH

FROM THE KITCHEN OF
Cathy A.

SERVES6

PREP TIME20 mins

TOTAL TIME1 hour

OVEN TEMPN/a

INGREDIENTS

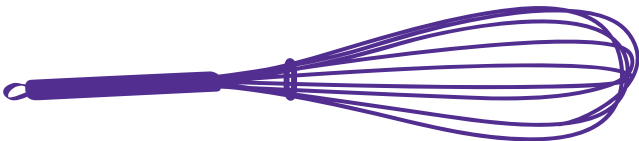
2 - 2.5 lbs. butternut squash*	1 stalk celery, chopped
2 Tbsp. butter	2 potatoes, peeled & cubed
2 carrots, sliced	5-6 cups chicken or veg stock
1 onion, chopped	1.5 tsp. curry powder
pinch each: nutmeg & ginger	sour cream for garnish (optional)

DIRECTIONS

To make it easier, look for already peeled/cubed squash in produce dept.,
OR (*this is what I prefer) buy the frozen packages of cubed squash.

Melt butter in large pot, add carrots, onions, celery & sauté until soft.

Stir in squash & potatoes, add the stock. Bring it all to a boil. Reduce heat &



DIRECTIONS

simmer, partially covered for 40 minutes. Add cumin (I use more than called for), nutmeg & ginger. Puree the soup in batches in a blender (I use an immersion blender). Once pureed, return all to pot and add more stock if you want. Salt & pepper to taste. Serve hot with a dollop of sour cream if you like (I use Greek yogurt).

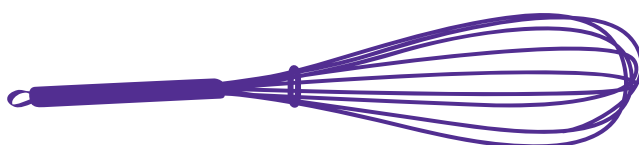
NOTES

I've made this so many times that I seldom follow the recipe to the letter - I often add more carrots & celery, or substitute with other veggies if I don't have those. I start with less stock, because I prefer it thicker.

If you use fresh squash, prep time will increase due to peeling/cubing time!

Some have added apple or garlic, and topped with dill.

Have fun making the recipe your own and enjoy!



entrées



Recipe for

Puerto Rican Pork Roast

NAME OF DISH

FROM THE KITCHEN OF
Fred Jenoure

SERVES

PREP TIME

TOTAL TIME 4 hours plus

OVEN TEMP 350F

INGREDIENTS

8 Cloves garlic, peeled

3 Tbsp Olive oil

1/4 C. Salt

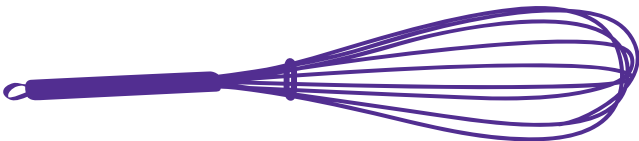
1 (10lb) Pork picnic roast

1/4 C. Black pepper

DIRECTIONS

Preheat oven to 350 degrees. Place the garlic, salt, pepper and olive oil into the container of a food processor or blender, process/blend until smooth.

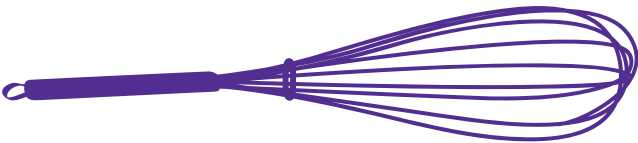
Use a small knife to make several incisions in the fresh ham. Insert the garlic paste into each one using a small spoon. Place the ham in a roaster, and cover.



DIRECTIONS

Bake for 4 hours in the preheated oven, then check every hour or so until the internal temperature reaches 175 degrees when taken with a meat thermometer.

NOTES



Recipe for

Penne alla Vodka

NAME OF DISH

FROM THE KITCHEN OF
Julie DiFronzo

SERVES4-6

PREP TIME15

TOTAL TIME45

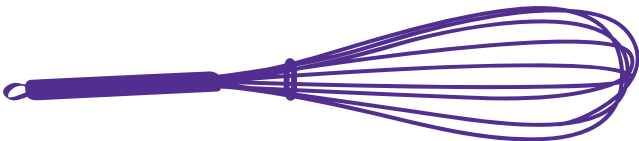
OVEN TEMPN/A

INGREDIENTS

6 T. unsalted butter	1 c. heavy cream
6 garlic cloves, finely chopped	1/2 c. Vodka
Two 28-35 oz can Italian peeled tomatoes, drained and chopped	1 pound box penne
1 tsp crushed red pepper to taste	1 c. freshly grated Parmigiano Reggiano

DIRECTIONS

In a skilled large enough to hold the cooked pasta, melt butter over med heat. Add the garlic and cook until golden, about 2 min. Add the tomatoes and crushed red pepper and simmer for 5 min. Stir in the cream and cook, stirring well, for 1 min. Add the vodka and cook for 2 min. Season to taste with salt.



DIRECTIONS

Meanwhile, bring at least 4 quarts of water to a boil in a large pot. Add pasta and salt to taste. Cook, stirring frequently, until the penne is al dente, tender yet still firm to the bite. Drain the pasta, reserving some of the cooking water.

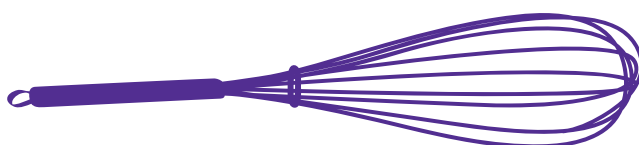
Add the pasta to the skillet with the sauce and toss the pasta until it is well coated. Add some of the reserved cooking water if the sauce is too thick.

Add in the cheese and toss again. Serve immediately.

Notes- for thicker sauce, mix flour and water in a small bowl first until slightly thickened, and then add to sauce. Mix well and allow a few minutes to thicken.

NOTES

This goes great with breaded chicken cutlets, shrimp or lobster added to it.



Recipe for

Parmesan Crusted Haddock

NAME OF DISH

FROM THE KITCHEN OF
Melissa Fox Burke

SERVES 4 people

PREP TIME 10 minutes

TOTAL TIME 45 minutes

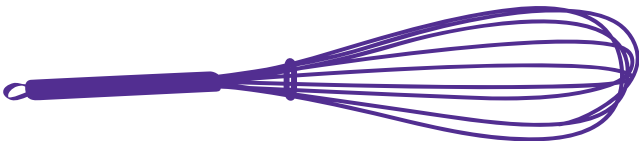
OVEN TEMP 350 degrees F

INGREDIENTS

4 servings of Haddock or Cod	(can substitute garlic powder)
1 cup of mayonnaise	4 thinly sliced lemon slice
2 tsp minced garlic	2 tsp lemon juice
1 cup grated parmesan cheese	pinch salt and pepper to taste
(split cheese to 2 -1/2 cup portions)	optional thyme or tarragon

DIRECTIONS

- Preheat oven to 350 degrees. Rinse and pat dry white fish of choice.
- Line aluminum foiled baking sheet and place fish about 1 to 2 inches apart.
- Mix together all ingredients except lemon slices and 1/2 cup Parmesan.
- (Mayo mixture will be: mayo, garlic, salt, pepper and 1/2 cup of Parmesan)



DIRECTIONS

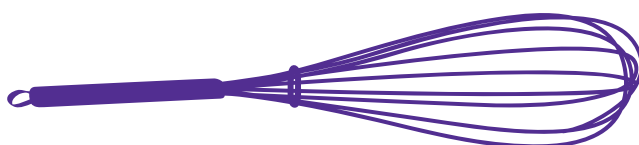
Spread mayo mixture onto each individual fish filet portion

Top with remain Parmesan and top with lemon slice & sprinkle herbs as desired.

Bake in oven for 25 to 35 minutes until fish is flaky. At end can broil top for golden brown top or serve as is. Serve with rice pilaf and garden salad and steam seasonal veggies.

NOTES

This is a dish that I made when I tried to get my two young children at the time to eat fish. It is a quick and easy dish to make on a work night and comes out looking like a "gourmet chef made it" as my kids would say.



Recipe for

Bolani e Kachaloo
(Afghan Potato and Scallion Bread)

NAME OF DISH

FROM THE KITCHEN OF

Erin M. - URM Staff

SERVES 4

PREP TIME 1 hr 10 min

TOTAL TIME 1 hr 30 min

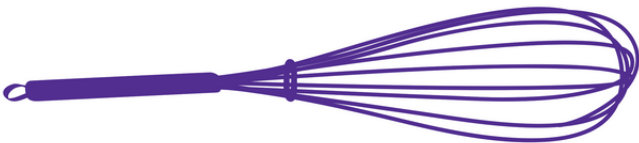
OVEN TEMP n/a

INGREDIENTS

3 1/2 cups all-purpose flour	1/2 cup finely chopped cilantro
1 cup water, room temperature	1/2 cup finely chopped scallions, white & green parts
1 tsp salt	1/4 cup plus 2 TBSP olive oil
1 tsp olive oil	1 1/2 tsp salt
1 lb russet potatoes	1 tsp ground black pepper

DIRECTIONS

1. Mix flour and salt together in a large bowl. Slowly add water and tsp of oil and mix the dough together, kneading it a little until it forms a ball. If dough is too dry to come together, add more water, a TBSP at a time. Once dough is formed, knead it for 10 min on a lightly floured cutting board. Put dough back in the bowl, cover with a cloth and let it rest for one hour.
2. Meanwhile, boil potatoes until soft in center when pierced with a knife.



DIRECTIONS

Remove from water and when cool enough to handle, slip skins off potatoes.

Put potatoes, cilantro, scallions, 2 TBSP of the olive oil, salt and pepper in a bowl and mash together with your hands or a potato masher until thoroughly combined. Some lumps are ok.

3. Take a small amount of dough the size of a small apple and roll into a smooth ball. Spread some flour on the wood board and roll out the dough using a rolling pin. Continue to flatten dough until it takes a round shape, as thin as a tortilla, and about 10-12 inches across.

4. Spread 1/4 cup of potato mix on one side of the dough, leaving a 1/4 inch border around the rim. Fold the other half over and press dough together with fingers to form seal. 5. Heat the remaining 1/4 cup of oil in a medium-size pan over medium-high heat. Brown the bolani, two at a time, until golden on both sides. Lay cooked bolani on a paper towel. Add more oil to your pan if your oil starts to reduce.

NOTES

1. For step 1, if you are impatient, set the timer so you won't reduce the kneading time.

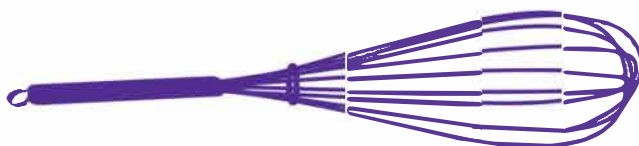
2. For step 2, You can also make this the night before and keep it refrigerated until ready to use.

3. For step 3, the thinner the dough the better. If you have trouble rolling to the shape you want, use a lid from a pot to trace a perfect round shape.

4. For step 4, the bolani should sizzle when they hit the pan.

5. Serve with plain yogurt. These are best served warm but are tasty at room temperature.

For pictures and further notes, [visit the recipe online.](#)



Recipe for

Ginger Chicken

NAME OF DISH

FROM THE KITCHEN OF
The Fukuda Family

SERVES 4

PREP TIME 15 min

TOTAL TIME 30 min

OVEN TEMP n/a

INGREDIENTS

2 lbs+ of chicken thighs

Scallions, finely chopped (optional)

2 TBSP grated or dried ginger

1 cup potato starch (or flour)

1/4 cup soy sauce

3 eggs, whisked

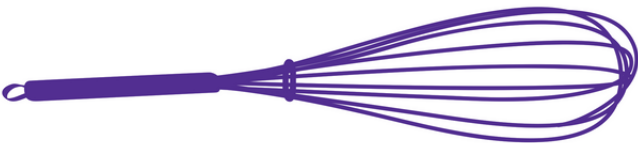
1/8 cup sake/rice wine (optional)

3 cups panko bread crumbs

3 cups canola oil, or enough to have approx. 1.5 inch depth

DIRECTIONS

1. Combine chicken, ginger, soy sauce, sake and scallions to marinate.
2. Use three bowls for the potato starch, eggs, and panko bread crumbs.
3. Dip a piece of chicken in the potato starch and coat it well.
4. Dip each side of chicken into egg until covered. Let the egg drip off some.

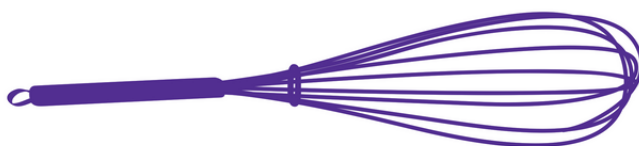


DIRECTIONS

5. Place the egg-covered chicken onto the panko bread crumbs and press down. Turn over and repeat until well-coated.
6. Place this on a large plate or on parchment or wax paper.
7. In a large, deep fry pan, heat the oil on medium heat.
8. Off to the side, place paper towels on top of several pages of newspaper, away from the pan.
9. Place chicken in pan, giving pieces enough room to move around a little.
10. Turn each piece after about 2 minutes when golden brown. Fry another 2 minutes. It will brown further when you take it out of the pan.
11. Place fried chicken on the paper towels to absorb oil. After a minute, serve.

NOTES

1. Use desired cut of chicken, such as tenders or breast. Or try with pork!
2. For those with soy allergies, substitute soy sauce with liquid aminos.
3. Test the oil temperature by dropping a little bread crumb in; see if it bubbles.
4. Serve with rice, salad or shredded cabbage, and the Tonkatsu Sauce
5. Great for leftovers, too, and in sandwiches with the sauce.



Recipe for

Magoo

NAME OF DISH

FROM THE KITCHEN OF
Cindy Hamel

SERVES5

PREP TIME30 min

TOTAL TIME1.5 - 2 hours

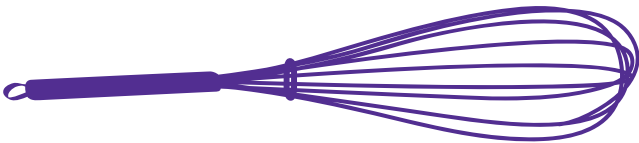
OVEN TEMPn/a

INGREDIENTS

1 pound ground beef	1 large can tomato paste
1 large onion	fresh garlic
1 large green pepper	parsley, oregano, basil, salt, pepper
1 small pkg. fresh mushrooms	1 box of medium shells
2 large cans diced tomatoes	Olive oil

DIRECTIONS

- Dice, onion, pepper and mushrooms and place in large bowl
- In bowl add ground beef, and seasonings to taste, drizzle with olive oil
- Mix well and add to large frying pan for browning
- brown mixture on medium high heat until cooked - approximately 20 minutes



DIRECTIONS

Add diced tomatoes and stir - simmer for 20 - 30 min

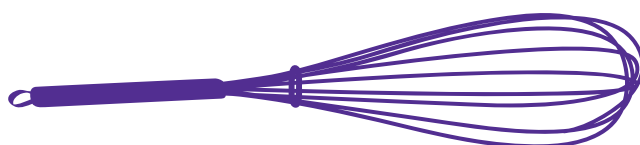
Add tomato paste and 1 equal part of water - stir well and simmer 10-20 min.

Cook shells to al dente and drain well

In a large pot mix beef mixture with the shells and let sit for 20 min.

stirring occasionally

NOTES



Recipe for

Indian Chicken Sheet Pan

NAME OF DISH

FROM THE KITCHEN OF
The Taylor Family

SERVES 4-6

PREP TIME 10

TOTAL TIME 1 hr 5 min

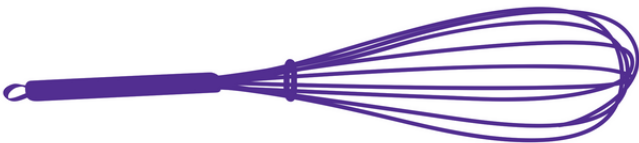
OVEN TEMP 400 F

INGREDIENTS

4-6 chicken thighs	1/2 cup yogurt
1 head cauliflower	2 TBSP garam masala
1 head broccoli	1 TBSP curry powder
2 red or yellow onions	1 tsp cayenne (optional)
4 potatoes	2 TBSP oil of choice
	Salt & pepper to taste

DIRECTIONS

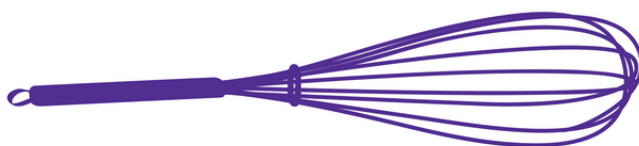
1. Marinate the chicken thighs overnight in the yogurt and 1 TBSP garam masala with a pinch of salt for each chicken thigh.
2. Heat the oven to 400 F.
3. Dice the potatoes and onions keeping them in quarter size pieces.



DIRECTIONS

4. Break the head of broccoli and cauliflower into florettes.
5. In a large bowl combine the broccoli, cauliflower, potatoes and onions with the oil, curry powder and remaining 1 TBSP of garam masala. If adding Cayenne, add at this time.
6. Place the vegetables on a sheet pan then put the chicken on top. Keep the yogurt on the chicken as it will help to keep it moist.
7. Bake for 40 to 55 min, until the chicken is 165°. About 20 min in, take pan out of the oven and stir the vegetables before cooking for remaining time.

NOTES



Recipe for

Maple-Soy Salmon

NAME OF DISH

FROM THE KITCHEN OF
The Fukuda Family

SERVES 4

PREP TIME 5 min

TOTAL TIME 1 hr

OVEN TEMP 350 F

INGREDIENTS

1/4 cup soy sauce

2 lbs Atlantic salmon

1/8 cup maple syrup

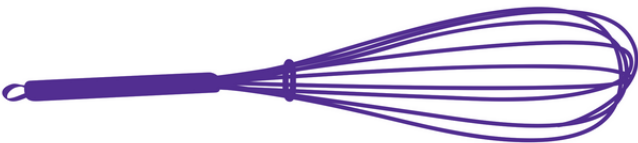
Oil or spray to grease pan

Black pepper to taste

Fresh or dried ginger to taste

DIRECTIONS

1. Preheat oven to 350 F.
2. Lightly grease an oven pan that fits the salmon (or line with tinfoil).
3. Mix soy sauce, maple syrup, black pepper and ginger together. Set aside.
4. Rinse salmon and place in the greased (or lined) pan.

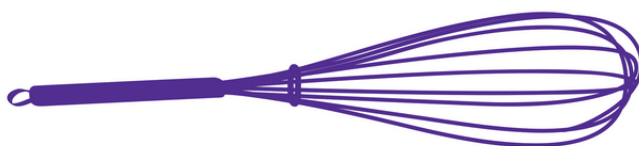


DIRECTIONS

5. Pour sauce mixture over the salmon.
6. Bake for approx. 45 minutes or until salmon flakes apart with a fork.

NOTES

1. For those with soy allergies, substitute soy sauce for Bragg's liquid aminos



Recipe for

Stuffed Peppers with Shrimp

NAME OF DISH

FROM THE KITCHEN OF

Kristina P. - URM Staff

SERVES 4

PREP TIME 15 min

TOTAL TIME 45 min

OVEN TEMP 350 F

INGREDIENTS

4 poblano peppers

1/2 cup corn

1/2 TBSP olive oil

1 1/2 cup salsa verde

2/3 cup diced onion

1 1/2 cup shredded cheese

2-2 1/2 cups chopped zucchini

Pinch of salt, pepper to taste

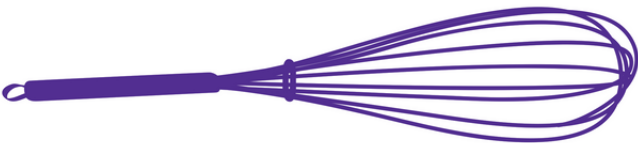
20 small raw shrimp, deshelled, roughly chopped

DIRECTIONS

1. Char poblano peppers using preferred method (over flame of gas stove, on the grill, in the oven). Allow peppers to cool.

2. Heat olive oil in medium sized pan over medium heat. Pre-heat oven to 350.

3. Add chopped onion to pan and sauté until slightly browned.

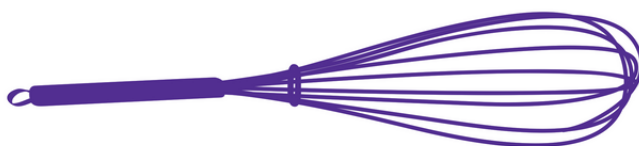


DIRECTIONS

4. Add zucchini to the cooking onion. Sauté, stirring often, until zucchini is also slightly browned.
5. Add corn to the mixture in the pan and stir.
6. Add chopped shrimp to mixture in the pan and sauté until shrimp turn pink.
7. Add cumin, salt and pepper to the mixture and stir. Remove from heat.
8. If you haven't already, remove the skins and seeds from the cooled peppers
9. Lay peppers side by side in a baking dish. Fill with shrimp/veggie mixture
10. Cover peppers with salsa verde and then cheese.
11. Bake in oven for 20 minutes or until cheese is melted.

NOTES

1. For tips on charring peppers, [visit this website](#).
2. For step 8, run peppers under cool water to aid in removing the skins.
Dry them and slit each to remove the seeds.
3. Enjoy with rice, beans or any sides you prefer!



Recipe for

Sweet Potato Burgers

NAME OF DISH

FROM THE KITCHEN OF
Jenné Claiborne

in her cookbook, Sweet Potato Soul

SERVES 4

PREP TIME 15 min

TOTAL TIME 55 min

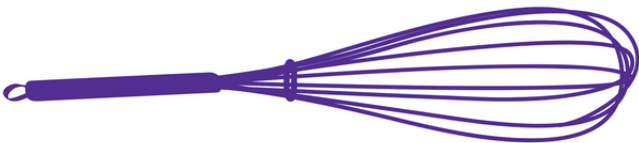
OVEN TEMP 375 F

INGREDIENTS

1/2 bell pepper, chopped	2 garlic cloves
1/2 red onion, chopped	1/2 cup chopped almonds (opt.)
1 15 oz can of chickpeas drained and rinsed	2 TBSP cumin
1 cup cilantro (or parsley)	3 tsp coriander
2 tsp smoked paprika	2 1/2 tsp salt
1 cup mashed sweet potato (from one baked sweet potato)	1 tsp pepper
	3/4 cup oats

DIRECTIONS

1. In food processor, pulse bell pepper and onion. Scrape into a medium bowl.
2. Place chickpeas into food processor and blend. Scrape into the same bowl.
3. Place garlic, almonds, spices, salt and pepper into food processor and blend until crumbly. Scrape into the same bowl.



DIRECTIONS

4. Add mashed sweet potato and oats to bowl, and mix until well combined.

5. Line a baking sheet with parchment paper. Scoop about 3/4 cup of mixture into your hands, form into a patty and place on the baking sheet.

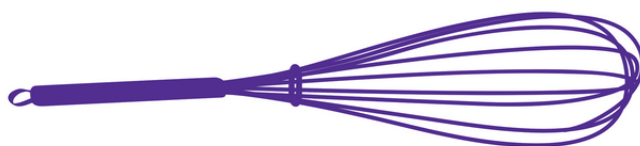
Repeat with remaining batter

6. Bake for 40 minutes. Serve on sesame seed buns!

NOTES

1. For serving, you will need sesame seed buns, hummus, onion, lettuce, spinach and/or arugula.

2. For step 4, easiest to use a potato masher or your hands!



Recipe for

Vegetarian Shepherd's Pie

NAME OF DISH

FROM THE KITCHEN OF
The Sullivan-Jacques Family

SERVES 6
PREP TIME 20 min
TOTAL TIME 55 min
OVEN TEMP 350 F

INGREDIENTS

- | | |
|---|--------------------------------|
| 2 TBSP olive oil | 2 TBSP tomato paste |
| 3 shallots, minced | 2 TBSP flour |
| 16 oz fresh mushrooms, sliced | 1/2 cup red wine |
| 6 carrots, peeled & chopped | 1-2 cups veggie broth |
| Fresh herbs to taste
(rosemary, thyme, bay leaf) | 1 tsp salt, 2 cups frozen peas |

For mashed potatoes: 6 Yukon gold potatoes, 1/2 cup full fat Greek yogurt, 1/4 cup butter or olive oil, salt to taste

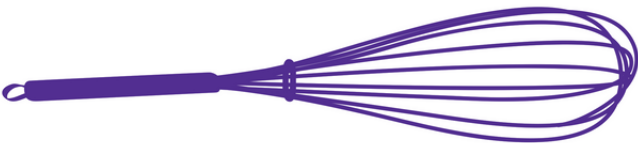
DIRECTIONS

1. Make the mashed potatoes: Peel the potatoes. Boil them until fork tender.

Drain, mash and mix in yogurt and butter. Season to taste.

2. Make the veggies: In a large oven-safe pot, heat the oil over medium heat.

Add shallots and sauté until fragrant. Add mushrooms, carrots, and whole



DIRECTIONS

herbs (you will pull the herbs out later). Sauté until carrots are softened.

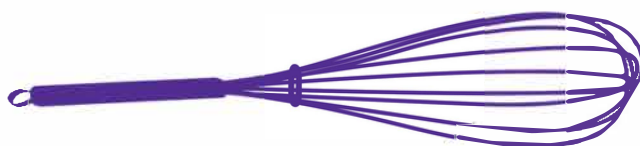
3. Make the gravy: Add tomato paste and flour to the pot and stir. Pour in the red wine and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to thicken further.

4. Bake: Remove the herbs. Stir in the peas, spread the mashed potatoes on top (brush with butter to be extra awesome), and bake for 15 min at 350 F.

If desired, finish on the broil setting for a few minutes to get it nice and brown on top.

NOTES

1. For those with dairy allergies (or vegans), omit the Greek yogurt and substitute with non-dairy butter where needed.



desserts



Recipe for

Chocolate Pear Pudding

NAME OF DISH

FROM THE KITCHEN OF
The Clarke Family

SERVES4

PREP TIME10 min

TOTAL TIME40 min

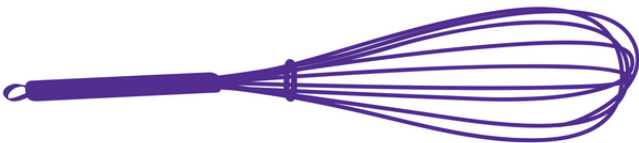
OVEN TEMP400 F

INGREDIENTS

2 14 oz cans pear halves in juice, drained	
1/2 cup flour	1 tsp baking powder
2 TBSP cocoa powder	1/4 tsp baking soda
1/2 cup caster (superfine) sugar	2 eggs
10 TBSP butter, softened plus extra for greasing	2 tsp vanilla extract

DIRECTIONS

1. Preheat the oven to 400 F. Grease an 8 in square ovenproof dish with butter.
2. Arrange the pear halves over the base of the dish.
3. Place all the remaining pudding ingredients into a food processor and blend

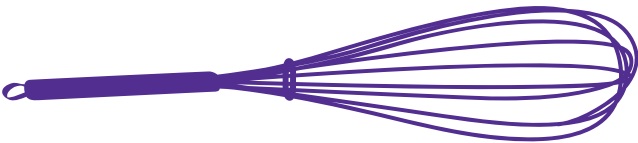


DIRECTIONS

Finish with a honey dip glaze. confectionery sugar, water and a couple of drops of vanilla.

NOTES

This can also be made with fresh Blueberries in stead of the filling.



Recipe for

Coffee Cake Exceptional

NAME OF DISH

FROM THE KITCHEN OF

Ronnie

SERVES 12-15

PREP TIME 15 min.

TOTAL TIME 1 hour 15 min.

OVEN TEMP 350

INGREDIENTS

3/4 cups butter

1 1/2 tsp baking soda

1 1/2 cups sugar

1 1/2 tsp baking powder

3 eggs

1/4 tsp salt

1 1/2 tsp vanilla

1 1/2 cups sour cream

3 cups flour

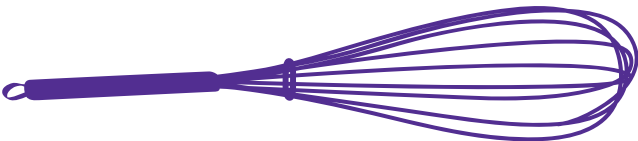
DIRECTIONS

Filling: mix 1/2 cup brown sugar packed, 1/2 cup nuts, 1 1/2 tsp cinnamon.

Grease a lg. tube pan. In mixing bowl combine butter, sugar, vanilla and eggs.

Beat for 2 min. Mix dry ingredients and add alternately with sour cream. In pan add

1/2 batter, 1/2 filling, 1/2 batter, 1/2 filling. Bake for 1 hour.



Recipe for

Fruit Cocktail & Sweet Sauce

NAME OF DISH

FROM THE KITCHEN OF
Amy Russell

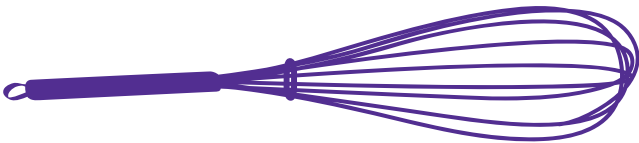
SERVES	8-12 people
PREP TIME	10 minutes
TOTAL TIME	Chill for 1 hour
OVEN TEMP	n/a

INGREDIENTS

can or fresh sliced pears	1/2 pint of heavy cream
can or fresh sliced peaches	1/2 cup of mayonnaise
can or fresh pineapple chunks	1 1/2 cup confectioner's sugar
jar of maraschino cherries	1 1/2 tsp vanilla
cranberry sauce	few drops lemon juice(optional)

DIRECTIONS

WHIP in a blender or with whisk 3/4 can of jellied cranberry sauce, place in a large mixing bowl. If using canned fruit, please DRAIN and rinse. Gently mix together. Let stand in refrigerator for one hour or more.



DIRECTIONS

Sweet Sauce:

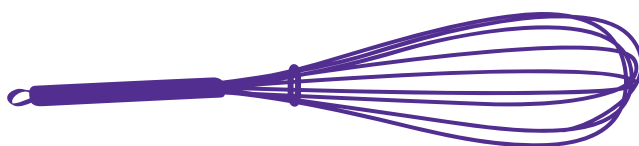
MIX together heavy cream, mayonnaise, confectioners sugar, vanilla and few drops of lemon juice (optional). Mix until smooth. Chill until ready to serve

Pour fruit cocktail in dishes, pour Sweet Sauce over...ENJOY!

NOTES

Each member of our family like to add different fruits to the mixture such as grapes, blueberries, strawberries, kiwis, honeydew melons, watermelon, etc.

This fruit cocktail is great for any occasion because it's so fast and easy! My family especially enjoys it during summer BBQ's and holiday meals. It can be served as an appetizer or a dessert.



Recipe for

Healthy Mousse (for a sweet tooth)

NAME OF DISH

FROM THE KITCHEN OF
Lynn Corfey

SERVES	6
PREP TIME	7 min
TOTAL TIME	7 min
OVEN TEMP	none!

INGREDIENTS

Cottage Cheese

Lite cool whip

Any of the below ideas for flavor

Lily no sugar added choc chips

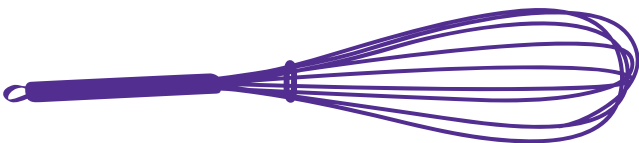
fat free/sugar free pudding mix

Truvia or similar

PB Fit (powdered peanut butter)

DIRECTIONS

So whatever the flavors you like...and you add to taste...I do 1 large container of low fat cottage cheese, 1/3 packet of pudding mix, 1 TBSP of Truvia and 2 TBSP PB fit; you can literally change this to whatever flavors you like; even SF raspberry jam; top with whatever lily chips you like (many flavors)

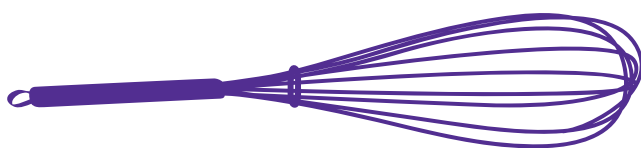


DIRECTIONS

hand mix to mousse consistency; I also add nuts to mine; there are lots of SF pudding flavors and the PB fit is great. This is a high protein low fat low sugar dessert option for those trying to be healthy but have a sweet tooth!

I have mine religiously every night! My favorite is the chocolate and PB fit with the salted caramel lily chips and some of lite cool whip; I also have a similar recipe for brownies that are healthy too so if you want that just reach out!!

NOTES



Recipe for

Mr. Jelly's Blueberry Squares

NAME OF DISH

FROM THE KITCHEN OF
Wanda Robar

SERVES 6-8
PREP TIME 10 minutes
TOTAL TIME 50 minutes
OVEN TEMP 350 degrees

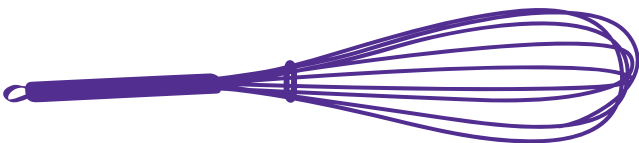
INGREDIENTS

- | | |
|--------------------------|-----------------------------|
| 1/3 cup of Blueberry jam | 1/8 teaspoon of salt |
| 2 eggs | 1/8 teaspoon of baking soda |
| 1/2 cup of brown sugar | 1 cup of chopped Pecans or |
| 1 teaspoon vanilla | Walnuts based on preference |
| 2 tablespoons of flour | 1 cup of fresh blueberries |

DIRECTIONS

Using a nice inch square pan you need to make the shortbread bottom first.

You mix 1 1/4 cups of all purpose flour, 1/2 cup of Sugar and cut 1/2 cup of butter into the mixture until it is like fine meal. lightly grease the pan and spread the shortbread using a spatula to spread it out. Bake 20 minutes

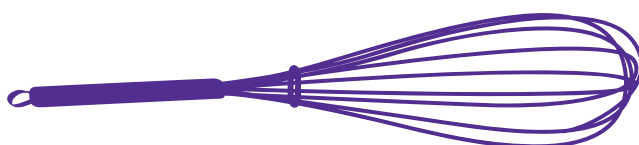


DIRECTIONS

While that is baking you will make the top. Beat eggs with the brown sugar and Vanilla until blended. Stir in the flour mixed with salt and soda add the Pecans. When you take the hot Shortbread out of the oven spread the jam over the top of it trying not to touch the edge of the hot pan. Add the fresh Blueberries in a single layer over the jam. Now you will add the topping spreading it evenly over the blueberries and jam. Bake it at the same temp. for 20-25 minutes. You will see it brown a little.

NOTES

I bake a lot and this recipe is what I am asked to make the most. You can substitute raspberry jam and fresh raspberries instead of blueberries if you prefer.



Recipe for

Chocolate Crackle Cookies

NAME OF DISH

FROM THE KITCHEN OF
Great Aunt Grace

SERVES 4 dozen

PREP TIME 20 minutes

TOTAL TIME

OVEN TEMP 350

INGREDIENTS

1/4 c Vegetable Oil

4 ounces unsweetened chocolate

2 c sugar

4 eggs

2 tsp vanilla

2 c flour

2 tsp baking powder

1/2 tsp salt

confection sugar - about a cup

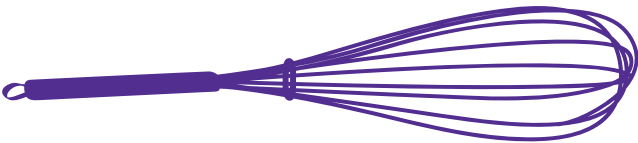
DIRECTIONS

Melt chocolate. Using a hand mixer, mix oil, chocolate and sugar. Add eggs

1 at a time, blend well. Add vanilla, stir in flour, baking powder and salt. Chill

for 1-2 hours. Drop by teaspoons or cookie scoop and roll into a ball. Roll in

confection sugar. Place 2 inches apart on parchment lined baking sheet.



DIRECTIONS

Handwritten directions area with 10 horizontal blue lines.

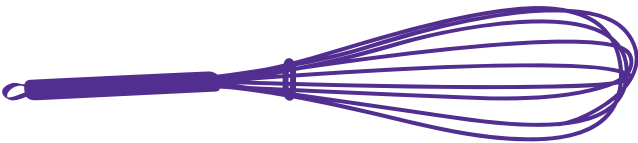
NOTES

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Cookies may look slightly underdone when you removed them. They should taste soft and fudgy after cooling.

My grandmother's sister, Great Aunt Grace was a fabulous cook and baker. Their parents immigrated from Sicily in the early 1900s.

Submitted by Denise Germano



Recipe for

Apple Noodle Kugel

NAME OF DISH

FROM THE KITCHEN OF

SERVES 10-12

PREP TIME ?

TOTAL TIME 1 hour

OVEN TEMP 350

INGREDIENTS

1 lb, wide noodles

1/2 c orange juice or milk

10 Tbsp. butter or margarine

2 cans of cooking apple

6 eggs slightly beaten

frosted flakes or crushed cereal

scant tsp cinnamon

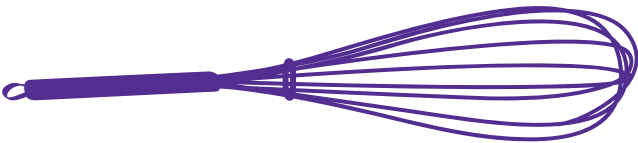
1 tsp vanilla

DIRECTIONS

Cook noodles about 8 mins. Stir in butter or margarine into hot noodles until melted. Add canned apples and cinnamon and raisins if you like.

Pour into a greased 9x12 pan. Cover with frosted flakes or sugared cereal.

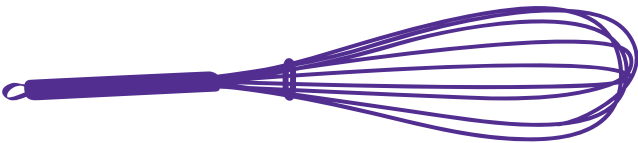
Sprinkle cinnamon on top and dot with butter.



DIRECTIONS

Bake on second shelf in oven at 350 degrees for 1 hr until brown.

NOTES



Recipe for

Triple Berry Angel Food Cake Roll

NAME OF DISH

FROM THE KITCHEN OF
Barbara Langley

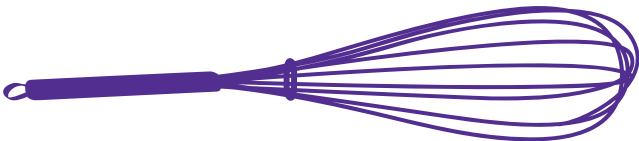
SERVES	8-12
PREP TIME	20
TOTAL TIME	40
OVEN TEMP	350 F

INGREDIENTS

1 Angel Food Cake mix	1 1/2 c heavy cream
1/4 c powdered sugar	1 teaspoon vanilla
3/4 c powdered sugar	1 1/2 c fresh strawberries, diced
8 oz light crm cheese room temp	1 1/2 c fresh blueberries
1 teaspoon vanilla	1 1/2 c fresh raspberries

DIRECTIONS

- 1) Preheat oven to 350 degrees F and line the bottom of a 10x15x1 rimmed baking sheet with parchment paper (make sure that it lays flat on the bottom).
Do not grease the pan.
- 2) Prepare cake mix according to package directions. Pour into prepared pan.



DIRECTIONS

Bake for about 20 mins, until the top is golden and the edges start to crack.

NOTE: It will rise up in the pan significantly, but should not flow over.

3) Loosen cake from the edges of the pan while it's warm - it will be sticky.

4) Spread out a clean kitchen towel and sprinkle evenly with 1/4 c powdered sugar. Flip the warm cake out onto towel, off the parchment paper and immediately roll up starting at the short end WITH the towel inside.

Let cool completely at room temp for 1-2 hours.

Put in fridge to speed up cooling - must be cool when you add your filling.

5) In a large bowl, beat the cream cheese with an electric mixer until smooth.

NOTES

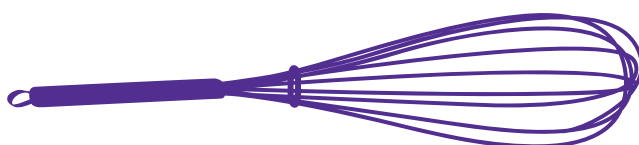
Add 3/4 c powdered sugar, vanilla and cream and beat on low until combined, then on high for 3-4 mins until fluffy and stiff peaks form.

6) Unroll rolled cake (you can just leave it laying on the towel) and spread with half of the filling and top with half of the berries.

Carefully roll back up (without the towel) and place on a serving plate.

Spread top and sides with remaining berries.

Should be served immediately. I make it late morning and serve in afternoon.



Recipe for

Woopie Pies

NAME OF DISH

FROM THE KITCHEN OF
Kimberly Sullivan

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP 350

INGREDIENTS

2 C flour, 1/4 tsp. salt

1 egg

1/3 c cocoa, 3/4 c sugar

1 tsp. baking soda

Filling: 1 stick margarine,

1/3 c oil (veg or canola)

1tsp. vanilla, 1 c conf. sugar,

3/4 c milk, 1 tsp. vanilla

4 Tbsp marshmallow

DIRECTIONS

Mix dry ingredients together. Mix wet ingredients together. Mix them all (not the filling) together. Drop 1 tsp. onto greased cookie sheet. Bake 8 min or less.

Let cool. Make the filling and make a sandwich with two cakes and the filling in the middle.

