



*Information*

*Providers, Inc.*

*Cookbook*



# *Breakfast*



# Breakfast Biscuits

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2 - ¼ oz. pkgs. Active Dry Yeast  
¼ C. Warm Water  
4 C. Self-Rising Flour  
2 Tbsp. Sugar

1 tsp. Baking Soda  
4 Tbsp. Chilled Butter cut into thin slices  
¼ C. Crisco  
1 ¼ C. Buttermilk (as needed)

Sprinkle the yeast over the warm water in a small bowl. Let stand for 5 minutes. Stir to dissolve the yeast. Sift self-rising flour, sugar and baking soda in a large bowl. Add the butter and Crisco. Cut in with a pastry blender.

Make a well, add the yeast mixture. Add enough buttermilk to make moist, shaggy dough. You may not need it all. Knead in the bowl a few times.

Put into a medium bowl, cover tightly with Saran wrap. Let rise until double, about 4-5 minutes.

(Dough can be made up to 1 day ahead, covered tightly with Saran wrap and refrigerate.)

Pat dough down, roll on a floured board to ½". Cut into biscuits. Place 1" apart on an ungreased sheet.

Bake 400 degrees about 20 minutes or until golden.

Makes excellent Breakfast Sandwiches.

Judy Poppe - Mentor

# Breakfast Sausage Casserole

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1 lb. Sausage, cooked and drained  
4 C. cubed dry Bread  
2 C. Sharp Cheddar Cheese, shredded  
2 cans Evaporated Milk

10 Eggs, beaten  
1 tsp. Dry Mustard  
¼ tsp. Onion Powder

Arrange bread in a 13 X 9 baking dish. Sprinkle with cheese.

Combine milk, eggs, mustard and onion powder in a medium bowl.

Pour evenly over bread and cheese. Sprinkle with sausage.

Cover, refrigerate overnight.

Bake 325 degrees, 55-60 minutes.

Judy Poppe - Mentor

# Biscuits & Gravy Casserole



1 lb. Sausage	1 tsp. Salt (divided)
8 Eggs	1 16 oz. can Grands biscuits
1 dash Cayenne Pepper	5 Tbsp. Butter
5 Tbsp. Flour	1 cup Cheddar Cheese (shredded)
1 tsp. Pepper (divided)	2 1/4 cup milk (divided)

1. Grease 9x13 pan.
2. Crumble and brown sausage and drain.
3. Cut biscuits into 1" pieces – use to line pan.
4. Layer sausage over biscuit pieces.
5. Layer shredded cheese over sausage.
6. Whisk eggs,  $\frac{3}{4}$  c. milk,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. pepper and dash of cayenne pepper.
7. Pour egg mixture over the biscuits. Cover with tin foil and refrigerate until next morning.
8. Next, mix up the gravy.
9. Melt 5 tbsp. butter in saucepan. Once melted, whisk in 5 tbsp. flour until paste-like. Add in  $\frac{1}{2}$  tsp. salt and  $\frac{1}{2}$  tsp. pepper.
10. With heat on low, gradually whisk in 1  $\frac{1}{2}$  cup of milk and stir constantly until it becomes thick and gravy-like. Once the gravy is done, set aside to cool. Place gravy in fridge until morning.
11. Morning – preheat oven to 350.
12. Pour gravy mixture over egg casserole and place in oven covered for 35 minutes.
13. Uncover and bake for 10-15 minutes more until eggs are thoroughly baked and cheese starts to turn golden brown.
14. Serve Warm.

Prep Time: 15 minutes      Yield: 8 servings      Cook Time: 1 hour

Carrie Moen, Audit Reviewer

# Biscuits and Gravy Egg Bake

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Refrigerated Buttermilk biscuits – 16 oz. can	1 c. Cheddar cheese shredded
6 eggs	1/2 c. milk
1 pkg. McCormick country gravy	Salt and Pepper to taste.
1 lb. sausage (or <i>Little Sizzler Breakfast Links</i> )	

Cut biscuit dough into 1" pieces, and line the bottom of the pan.

Brown the sausage & drain (I like it a little spicier...so I use 1 box of *Little Sizzler Hot & Spicy Link Sausage* and slice them up after they have been fried.)

Scatter the sausage over the biscuit pieces.

Top this with shredded cheese.

Whisk eggs and milk with a pinch of salt and pepper, and then pour mixture over ingredients in the pan.

Make gravy according to instructions, and pour over ingredients in the pan. Bake for 30-45 minutes, until golden brown.

Allow to set for 5 min. Then cut and serve. Excellent reheated the next day too.

I make extra gravy for those who like it a little moister to add when serving.

TOTAL TIME: Prep: 30 min. Bake: 30 – 45 minutes

MAKES: 8-10 servings

Debbie Pasch – MN Audit Department – Support Staff

# RumChata French Toast

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2 eggs	2 bananas, sliced
½ C. RumChata	Maple syrup
8 slices bread	Butter

Beat eggs in a shallow dish and stir in the RumChata.

Dip bread in egg mixture, turning to coat both sides evenly.

Cook bread slices on a lightly greased nonstick griddle or skillet on medium heat until browned on both sides.

Remove from the pan and serve with butter, sliced bananas and maple syrup.

Jeanne Arnold, Audit Account Executive

# Egg Pancakes

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2 Eggs

1/2 tsp. Salt

1 tsp. Sugar

1/4 cup flour

1/2 scant cup Milk

1 Tbsp. Butter

(**Scant** means "just barely." In cooking, **scant** refers to an amount that's just barely reaching; in other words, not packed.)

Add salt to eggs and beat until very light. Add sugar, flour, and milk; beat until smooth. Melt butter in 9 x 13 inch Pyrex dish and pour batter over butter. Place in hot oven (450 to 475 degrees). Reduce heat gradually every 5 minutes until surface begins to brown (Total of about 15-20 minutes.)

Randy Knudson, Audit Manager

# Three Grain Raspberry Muffins

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1/2 cup oats, rolled

1 cup milk, low-fat (1%) or plain soy milk (soya milk)

3/4 cup flour, all-purpose

1/2 cup cornmeal preferably stone-ground

1/4 cup wheat bran

1 tablespoon baking powder

1/4 teaspoon salt

1/2 cup honey, dark

3 1/2 tablespoons canola oil

2 teaspoons lime zest grated

1 large egg lightly beaten

2/3 cup raspberries

Preheat the oven to 400 F. Line a 12-cup muffin pan with paper or foil liners.

In a large microwave-safe bowl, combine the oats and milk. Microwave on high until the oats are creamy and tender, about 3 minutes. Set aside.

In a large bowl, combine the flour, cornmeal, bran, baking powder and salt. Whisk to blend. Add the honey, canola oil, lime zest, oats mixture and egg. Beat just until moistened but still slightly lumpy. Gently fold in the raspberries.

Spoon the batter into the muffin cups, filling each cup about 2/3 full. Bake until the tops are golden brown and a toothpick inserted into the center of a muffin comes out clean, 16 to 18 minutes. Transfer the muffins to a wire rack and let cool completely. Makes 12 muffins.

Lynda Bailey, Technology Assistant



# Thanksgiving Breakfast Muffins

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3/4 cup brown sugar	1 tsp. ginger (spice)
3/4 cup sugar	1 cup melted butter
3 cups flour	2 eggs, beaten
1/2 tsp. baking soda	1 1/4 cups milk
1 Tbsp. baking powder	1 cup chipped fresh cranberries
1/2 tsp. salt	1 cup fresh apple, chopped
2 1/4 tsps. Cinnamon	1/2 cup chopped dates
1/2 tsp nutmeg	1 cup walnuts or pecans

1. Preheat oven to 375 degrees. Grease muffin tins or use cupcake papers.
2. In a large bowl, stir together the sugars, flour, baking soda, baking powder, salt, cinnamon, nutmeg and ginger. Make a well in the center and add the melted butter, milk and eggs. Mix until smooth. Stir in the fruits and the nuts. Fill muffin cups at least ¾ full.
3. Bake for 15-20 minutes or until a tooth pick comes out clean. \*May want to check at 12 minutes.

Judith Poppe, Mentor

# Mexi-Sausage Breakfast Casserole

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1 cup sliced fresh mushrooms	1 11 oz can Mexi-corn, drained
¾ cup diced red bell pepper	1 8 ½ oz pkg. corn muffin mix
8 eggs	1 ½ cups (6 oz) shredded taco-flavored or Mexican blend cheese
1 cup milk	1/3 cup sliced green onions
12 frozen Farmland Fully Cooked Pork Sausage Links – Thawed and cut into thirds	Salsa

1. Sauté mushrooms and bell peppers in small skillet until tender-crisp.
2. Meanwhile, beat together eggs and milk. Stir in sausage, mushrooms, peppers, Mexi-corn, muffin mix, cheese and green onions. Pour into greased 11x7x2 inch baking dish.
3. Bake in 350 degree oven for 35-40 minutes or until knife inserted in center comes out clean. Let stand 10 minute before serving. Serve topped with salsa. Makes 6 servings.

Dianne Taylor, Auditor/Reviewer

# Ice Cream Caramel Cinnamon Rolls

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Start your morning with these ooey, gooey caramel rolls. Easy enough that even the kiddos can help make them. You'll be amazed at how fast they disappear!

12 Rhodes Frozen Cinnamon Rolls (any brand will work)

1 cup Vanilla Ice Cream

1 cup Brown Sugar

1 stick Butter

Walnuts (optional)

- Spray a 9 x 13 pan with Pam. (Glass pan works best.)
- Arrange 12 frozen rolls in the pan. Spacing them evenly.
- In a saucepan on the stove, combine butter, ice cream and brown sugar. Stir constantly to a slow boil for about 1-2 minutes, until a nice caramel color.
- Pour this mixture directly over the cinnamon rolls.
- Place in COLD oven overnight to let the rolls rise. (...or at least 5 hours if making for mid-day.)
- Wake up in the morning and bake at 350 degrees for about 20 minutes. (Check frozen roll package for baking time.) When the rolls are golden brown they are ready.

Now watch for them disappear quickly.

Debbie Pasch, Customer Service Admin



# *Appetizers & Beverages*



# Tuna Cheese Ball

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1 - 8-oz. pkg. Cream Cheese  
1 ½ Tbsp. Chopped Onion  
1 tsp. Horseradish  
1 tsp. Tabasco

1 Tbsp. Lemon Juice  
1 small can Tuna, drained  
Chopped English Walnuts

Mix all ingredients together and chill. Form into a ball and roll in the chopped nuts.

Judy Poppe, Mentor

# Ham Balls

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1 ¼. Lb. ham loaf  
½ c. milk  
1 egg  
½ c. crushed graham crackers

## SAUCE:

1 can of tomato soup  
1 c. brown sugar  
1/3 c. vinegar  
1 tsp. ground mustard

Combine ham loaf, milk, egg. Add in crushed graham crackers. Roll and form balls. Set in a large casserole dish or 9 x 13 inch pan. In a bowl combine sauce ingredients and pour over meatballs. Bake for 2 hours in a 300 degree preheated oven.

Nikki Chambers, Premium Audit Reviewer

# Marinated Chicken Wings

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3 lbs. Chicken Wings  
1/3 Cup Soy Sauce  
3 Tbsp. Vinegar  
3 Tbsp. White Sugar

3 Tbsp. Brown Sugar  
1 tsp. Ginger ground  
2 cloves Garlic, crushed

Combine all ingredients in a zip lock bag or large covered container. Add chicken wings to marinate and chill in the refrigerator overnight. Place wings and marinade in a 9 x 13 pan and bake at 350 degrees for 1 ½ hours. Turn wings during cooking time as basting.

Theresa Kissel, Administrative Assistant

# Chili Dip

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1 (15 oz.) can chili without beans

½ c. green chili sauce or salsa

1 (8 oz.) pkg. cream cheese

1 (2.75 oz.) can sliced black olives, drained

Combine chili and cream cheese in pan. Cook over low heat until cheese is melted, stirring occasionally. Stir in sauce and drained olives. Serve with tortilla chips.

Marge Dilger, Premium Auditor

# Texas Caviar from Wisconsin

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**All cans are 15 oz.**

1 can sweet corn

1 can black beans

1 can fire roasted diced tomatoes

1 can red kidney beans

1 can pinto beans

1 large onion – finely diced

1 large pepper, color of your choice, diced

A1 Steakhouse marinade in a squeeze bottle

Empty all cans in a large colander. Rinse off the ingredients, drain, and mix them up. Add the freshly diced onion and pepper and mix again.

Transfer all the ingredients into a large zip-loc container or similar Tupperware. Once transferred, squirt 2 10 inch lines of the A-1 marinade over the mixture. Once applied close the container and shake vigorously to coat the ingredients with marinade. If you do not have the squirt bottle, just estimate the amount, but keep it conservative. You can always add more later if you feel the need. Refrigerate for at least a couple of hours, or better yet, overnight. Your favorite chips complete the dish.

Jeff Heim, Executive Vice President

# Crockpot Reuben Dip

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8 oz. of Corned Beef

1 quart of sauerkraut

1 8 oz. package of cream cheese

2 cups of Swiss cheese (Cheddar is good too)

Thousand Island Dressing (use as much as you like)

In a crockpot, combine corned beef, cream cheese, sauerkraut, Thousand Island dressing, and Swiss cheese. Cook on low heat for 3 hours stirring occasionally. Serve with tortilla chips or rye crackers.

Jessica Schueller, Physical Auditor

# Chicken Enchilada Dip

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1 can cream of Chicken Soup

1 small onion chopped

6 oz. sour cream

Dash of garlic salt or garlic powder

10 oz. chunk chicken drained

4 oz. pepper jack cheese

8 oz. cream cheese

Melt cheeses, stir in remaining ingredients. Put in a small crockpot on low.

Megan Huettman, State Supervisor of Southern Texas

# Taco Dip

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1 can of refried Beans

8 oz. of Guacamole Dip

8 oz. of sour cream mixed

1 Package taco seasoning

Cheddar cheese

Black olives

Tomatoes

Green onions

Tortilla Chips

Mix sour cream and taco seasoning

In a 9 x 13 inch pan/dish:

1st Layer: Spread one can of refried beans

2nd Layer: Spread guacamole dip

3rd Layer: Spread the sour cream and taco seasoning mix

Top with cheddar cheese, tomatoes, black olives and green onions. Serve with Tortilla chips.

Megan Huettman, State Supervisor of Southern Texas



# Smoky Beef Taquitos

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4 6-inch or 8-inch flour tortillas

1/4 lb. Deli Style Roast Beef (Kobe)

1 cup fresh shredded mozzarella

4 Tbsp. Mayonnaise

1/4 cup Jarred Roasted Red Peppers—minced

## **Pesto Sour Cream:**

1/4 cup Basil pesto

1/2 cup sour cream

Salt and pepper to taste

In a small bowl, combine mayonnaise and roasted red peppers; spread about one tablespoon of mixture on each tortilla. Distribute roast beef slices and shredded mozzarella evenly on tortillas. Roll tortillas from one end to the other like a cigar. Heat skillet over medium heat and spray with olive oil spray. Cook rolled up taquitos for about 2 minutes each side. Serve with Pesto Sour Cream.

## **Pesto Sour Cream:**

Mix pesto and sour cream until well combined. Season with salt and pepper to taste. Serve immediately or chill.

Randy Knudson, Audit Manager

# Liquid Gold Queso Dip

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½ Block of Velveeta Cheese

12 oz. Of your favorite melting cheese (Cheddar, Gouda, Swiss, etc...)

8 oz. Cream Cheese

1 lb. Jimmy Dean Sausage Spicy or Sage

1 – small Red Onion

12 oz. Diced Tomatoes (can or fresh)

1 – 2 Jalapenos (optional)

Bunch of Scallions (green table onion), diced

2 cups of Whole Milk (1% or 2% will do)

1 tbsp. of Pepper

1 tbsp. of Garlic Powder

(I make this dip differently every time. Sometimes I use green peppers, ghost peppers, bacon, smoked cheeses, different types of sausage, red peppers, zucchini, cilantro, etc...)

Note: If you like your veggies crisp put them into crockpot 20 minutes before you serve the queso dip.

Turn your crockpot on low. Pour 2 cups of Milk into crockpot. Add 8 oz. Cream Cheese, 12 oz. Velveeta Cheese, and 12 oz. of your favorite Cheese. Add pepper and garlic powder. Stir and cover crockpot. Finely Dice ½ of the red onion and Jalapenos and add to crockpot. Brown 1 lb. of Sausage, drain and add to crockpot.

Continue to stir crockpot for the next hour or so until cheese is melted. The longer it sits the more time onion and jalapeno will infuse into the cheese. You may need to add more milk to make the cheese dip the consistency you want.

Rough Chop other half of red onion and add to crockpot 20 minutes before you serve. Before serving add diced tomatoes to crockpot or serve on the side.

# Corn & Olive Spread

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2 Pkgs 8 oz. cream cheese—softened

1 Pkg 1 oz. Ranch Dressing mix

1 Medium red pepper chopped (1 cup) Put between paper towels and pat out moisture

1 - 2 1/4 oz. can chopped ripe black olives (optional) Be sure to drain and pat dry

1 - 11 oz. Can whole kernel corn (drained)

1 - 4 oz. can chopped green chilies

Beat with mixer, cream cheese and dressing until smooth and creamy. Stir in remaining ingredients.

Refrigerate for at least 2 hours before serving with chips or crackers. I recommend Scoops.

Dianne Taylor, Auditor/Reviewer

# Caramel Apple Dip

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1 Container of Caramel Apple Dip- 16oz

Whipped Cream Cheese-12 oz

¾ cup brown sugar

1 tablespoon vanilla

Combine all ingredients and use a mixer to mix thoroughly.

Refrigerate for at least 1 hour before serving.

You can serve with sliced apples

Strawberries

Any kind of fruit you wish.

Linda Cummings, Audit Reviewer

# Slushy Punch

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1 C. Sugar

2 Ripe Bananas

3 C. Pineapple Juice

1 - 6-oz. can Frozen Orange Juice

2 Tbsp. Lemon Juice

1 - 1-Litre bottle cold Carbonated water or Lemon-Lime Soda

Stir together sugar and 2  $\frac{3}{4}$  C. Carbonated water or lemon-lime soda, until sugar dissolves.

In a blender, combine the bananas and half the pineapple juice. Blend until smooth.

Add the sugar mixture. Stir in remaining pineapple and lemon juices.

Pour into a 13" X 9" baking pan. Freeze for several hours until firm.

To serve, let mixture stand at room temperature 20-30 minutes. Scrape across with a large spoon and spoon into a punch bowl. Pour remaining soda down side of the bowl and stir gently.

Judy Poppe, Mentor

# Yellow Birds - Frozen Drink

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64 oz. Orange juice

64 oz. Pineapple juice

2 cups Light Rum

2 cups Banana Liquor

7-Up or Sprite

Mix together all ingredients well in a large ice cream bucket. Freeze. Scoop frozen mix into tall glasses about  $\frac{1}{2}$  full and add 7-up or Sprite.

Theresa Kissel, Administrative Assistant

# Irish Cream (Baileys) - Liqueur

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1 Can Eagle Brand Milk

1 pint Half & Half

1 Cup Irish Whiskey

$\frac{1}{3}$  Cup White Rum

3 raw eggs

1  $\frac{1}{2}$  Tablespoon Chocolate Syrup

1 Tablespoon Vanilla

Mix all ingredients in a blender. Keep Refrigerated. Makes 1  $\frac{1}{2}$  Bottles.

Kathy Rhoads, Telephone Premium Auditor

# Kahlua - Liqueur

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2 Cups water

1 2 oz. jar of Folgers Instant coffee

7 Cups sugar

6 Cups of water

1 2/3 pints Everclear

2 Tablespoon Vanilla

In a sauce pan, bring 2 cups water to a boil and add coffee, sugar and 6 more cups of water. Bring to a second boil. Reduce heat to a calm boil for 7 minutes. Remove from heat. Let stand 45 minutes to an hour. Add vanilla and Everclear. Makes 4-5 bottles.

[Kathy Rhoads, Telephone Premium Auditor](#)



*Soups,  
Salads, &  
Sandwiches*



# Low Carb Cream of Cauliflower Soup

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2 tablespoons butter	1 tablespoon curry powder
1 large onion, diced (1 cup)	1/2 cup heavy cream
1 head cauliflower, cut into florets (about 4 cups)	Pinch cayenne
6 1/2 cups lower sodium chicken broth	Salt
1/4 cup canola oil	1/4 cup chopped chives (optional)

Melt butter in a large pot over medium heat. Add onion; cook, stirring until onion is softened, about 4 to 5 minutes. Add cauliflower florets and broth; cook until florets begin to fall apart, 20 to 30 minutes.

Let soup cool slightly, then puree in a blender in several batches and return to pot, or blend in the pot with an immersion blender. Stir in cream and cayenne; reheat. Season with salt to taste. Serve hot, drizzled with curry oil (recipe below) and garnish with chives (optional). Makes 8, 1 cup servings.

## Curry Oil:

Cook oil and curry in a small saucepan over medium heat until mixture begins to simmer. Remove from heat. Strain through a fine sieve and discard the solids.

Lynda Bailey, Technology Assistant

# Beet Borscht (Cold Soup—Can also be used as an appetizer or beverage.)

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16 oz. canned beets	1/4 cup lemon juice
14 oz. beef broth	1/4 cup sugar
2 to 3 oz. low fat yogurt	2 raw eggs

Place the beets and the beef broth in a blender and blend on high. Add the rest of the ingredients and blend again.

Chill and serve in with a dab of sour cream or yogurt on top.

**Borscht** is a sour soup popular in several Eastern European cuisines, including Ukrainian, Russian, Polish, Belarusian, Lithuanian, Romanian, and Ashkenazi Jewish cuisines.

Tom Chamlee, Field Analyst

# Reuben Salad

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8 Thick Slices Rye Bread

2 tsp. Olive Oil

4 Tbsp. Butter

½ tsp. Garlic Salt

¾ lb. Corned Beef, sliced thin

½ lb. Swiss Cheese, sliced thin

Bag of Sauerkraut, drained

8 large Romaine lettuce leaves torn into 1" pieces

½ C. Thousand Island Salad Dressing

For Croutons : Cut the bread into ½ " cubes. Heat olive oil and butter in a large skillet over medium heat. Add cut bread and sprinkle with garlic salt. Toss and coat all sides. Brown lightly.

Julienne the corned beef slices and Swiss cheese. Toss together with the sauerkraut and croutons. Blend in the Thousand Island dressing.

Place torn lettuce leaves in a salad bowl. Spoon the salad mixture in the center of the leaves. Toss and Serve.

Judy Poppe, Mentor

# Mini Caprese Salad

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1 lemon, juiced

1 small clove garlic, grated or minced

1 cup basil leaves, about 20 leaves, plus a few for garnish

1/3 cup extra-virgin olive oil

1 pint heirloom cherry tomatoes, multi colored if available, halved

1 cup bocconcini (bite-sized fresh mozzarella balls), drained, halved

Combine lemon juice, garlic, basil in food processor or blender, process and stream in extra-virgin olive oil to form a smooth dressing. Combine tomatoes, cheese and dressing in a bowl and season with salt and pepper, to taste. Garnish with a few torn basil leaves. Makes 4-6 servings.

Lynda Bailey, Technology Assistant

# Strawberry Pretzel Salad

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## Layer #1

2 C. Crushed Pretzels  
¾ C. Melted Butter  
3 Tbsp. Sugar

## Layer #2

8 Oz. Cream Cheese, softened  
1 C. Sugar  
8 Oz. Cool Whip

## Layer #3

2 (3 Oz.) Pkg. Strawberry Jello  
2 C. Boiling Water  
2 (10 Oz.) Pkg. Frozen Strawberries  
–thawed

## Layer #1

Mix ingredients in a 9x13 pan and press flat on the bottom. Bake 350 degrees for 10 minutes. Cool.

## Layer #2

Mix with electric mixer, cream cheese and sugar until smooth. Fold in Cool Whip until combined.  
Spoon over pretzel layer.

## Layer #3

Mix Strawberry Jello and boiling water. Add strawberries, juice and all. Refrigerate for about 1 hour until slightly jelled. Pour carefully over cream cheese mixture.

Refrigerate or will keep in freezer 1 month.

Judy Poppe, Mentor

# Strawberry Lettuce Salad

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## **Dressing:**

¾ c. liquid vegetable oil  
1/3 c. sugar  
2 Tbsp. Vinegar  
¼ c. milk  
2 Tbsp. Poppy seeds

## **Salad:**

1 Head Iceberg lettuce (bite size pieces)  
½ Head Romaine lettuce (bite size pieces)  
½ red onion (sliced thin)  
1 pt. Strawberries (sliced thin)

Combine all dressing ingredients in air tight container and chill overnight in refrigerator. Toss lettuces together in large serving bowl. Add strawberries and onion slices and toss lightly. Toss with dressing right before serving. This serves a lot.

Theresa Kissel, Administrative Assistant



# Fruit Salad with Lime Dressing

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## Lime Dressing:

¼ cup lime juice, from one lime

¼ cup water

¾ cup sugar

## Fruit Salad:

1 cup watermelon

1 cup cantaloupe

1 cup strawberries

1 cup kiwi

1 cup green or purple grapes

Blueberries, raspberries or blackberries

## Lime Dressing:

In small saucepan take the water and sugar, heat until sugar melts. Remove mixture from top of stove and blend in lime juice. Refrigerate for a couple of hours prior to putting on fruit salad.

Cut melons into chunks, slice kiwi and strawberries, and cut grapes in half. Add blue berries, raspberries or blackberries and refrigerate.

Prior to serving mix the fruit and lime dressing.

Claudia Rodriguez, Premium Auditor

# Mostacalli Salad

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1 Box Mostacalli , cook, drain, and coat lightly in oil. 1 tsp garlic powder

1 ½ Cup vinegar 1 green onion/1 Onion

1 ½ Cup Sugar 2-3 Tbsp. mustard

1 tsp. salt 1 Cucumber

1 tsp. pepper Small jar pimentos

Mix all together and let stand overnight in refrigerator. Stir frequently.

Kathy Rhoads, Telephone Premium Auditor

# Spicy Watermelon Salad

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4 cups cubed seedless watermelon (1 inch cubes)	2 limes (zest and juice)
2 jalapenos (thinly sliced)	1/4 cup extra-virgin olive oil
4 cups baby arugula	salt and freshly ground black pepper
1 cup mint leaves (chopped, plus more for garnish)	8 ounces crumbled feta
1 orange (zest and juice)	

To a large bowl, add the watermelon, jalapenos, baby arugula and mint. Reserve a few jalapenos on the side for garnish. In a separate bowl, whisk together the juice and zest of an orange, the juice of 2 limes, and olive oil. Season with a pinch of salt and some freshly cracked pepper. Pour over the watermelon mixture and toss to evenly coat. Transfer the watermelon salad to a serving platter.

Garnish with feta, reserved jalapeno slices and a few more mint leaves. Finish with a drizzle of extra virgin olive oil.

Lynda Bailey, Technology Assistant

# BLT Chicken Salad

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**Dressing (Can be made up to 5 days ahead of time.)**

3/4 cup Miracle Whip (or Mayo if you prefer)	1/4 tsp. coarsely ground pepper
4 Tbsp. BBQ sauce (I prefer Sweet Baby Rays)	1 Tbsp. lemon juice
2 Tbsp. finely chopped onion	

Combine Miracle Whip (or Mayo), BBQ sauce, onion, pepper and lemon juice. Cover and refrigerate up to 5 days ahead of time.

**Salad**

8 large Romaine lettuce leaves	8 Bacon strips—cooked & crumbled (or packaged real bacon bits. Heat in Microwave to crisp up.)
2 Tomatoes—large, chopped	2 eggs—hard boiled, sliced
1 1/2 pounds cooked and cubed boneless chicken breasts (or rotisserie chicken from grocery store)	

Tear lettuce into 1 inch pieces in a salad bowl. Top with tomatoes, chicken and bacon. Pour the dressing over the salad. Mix gently. Garnish with egg slices and serve.

Judy Poppe, Mentor

# *B*elgian Vegetable Salad

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1 can French String Beans

1 can Tiny English Peas

1 can White Shoe peg Corn

1 cup celery - chopped

1 medium Onion - chopped

1 bell pepper - chopped

Drain canned vegetables and mix with other chopped vegetables in a bowl or storage container.

Marinade:

3/4 cup Sugar

1/2 cup oil

1/2 cup dark vinegar

1/2 tsp. Salt

1/2 tsp. Black Pepper

Combine in saucepan, heat until sugar dissolves; let cool. Pour over vegetables and store in refrigerator overnight before serving.

Lynda Bailey, Technology Assistant

*Vegetables  
&  
Side Dishes*





# BBQ Beans

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Ingredients for 7-10 people:

1 Lb. Bacon

1 Lb. Ground Beef

1 Large Sweet Or Vidalia Onion

1 Pkg. Of Brats

Favorite BBQ Sauce

Brown Sugar

Salt/Pepper

Frank's Red Hot Sauce

1 Can Black Eyed Peas

1 Can White Kidney Beans/Cannellini Beans

1 Can Black Beans

3 Cans Of Favorite Flavor BBQ Beans (Bush, KC Masterpiece, etc.)

2-3 Splashes Of Jim Beam Red Stag Cherry Bourbon

Crockpot or Cast Iron Pot

Add beans to crockpot; drain all cans except the BBQ beans

Cook bacon to preferred texture (I usually cook to near crispy), let cool, cut into small pieces, add to crockpot, reserving bacon grease.

Add diced onion to bacon grease (cook for 10-12 mins.), add to crockpot.

In same pan, thoroughly cook ground beef (add small amounts of salt & pepper), add to Crockpot.

Boil brats in beer or water, slice into thin pieces and add to same pan as you cooked onion/bacon/ground beef. Cook for 10-12 mins., move to crockpot.

Gently stir mixture, adding BBQ sauce, Frank's Red Sauce, Bourbon and brown sugar to taste (some people like it a little sweeter, others like it with more BBQ flavor, etc.)

Set crockpot on medium setting for about 20-25 mins., then increase to high. Gently stir every 7-10 mins. adding BBQ sauce, brown sugar and Frank's Red Sauce to taste as necessary. Serve when mixture reaches desired taste and temperature.

Relevant increase of ingredients with more people. (You can also place mixture on grill in appropriate cast iron pot instead of crockpot.)

Randy McCafferty, Territory Manager

# Cheesy Corn Casserole

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1 large package of extra wide egg noodles

3 cans of cream style corn

¼ to ½ c. sugar

1 lb. shredded Velveeta or cheddar cheese

½ c. melted margarine

1 large can of French's fried onions

Boil noodles according to package. Combine all but French's fried onions into a 9 x 12" buttered pan bake at 350 degrees for 45 minutes. Add onions the last 5 minutes.

**OR**

Boil noodles according to package. Combine all ingredients in crock pot and heat for a few hours, stirring occasionally. Once everything is heated through you can top with the onions.

Nikki Chambers, Premium Audit Reviewer  
Crediting Mary Permann

# Potatoes and Onions

---

3 Medium Potatoes

3 Medium Onions

½ C. Butter

Salt and Pepper

1.5 Qt. Microwave safe Baking Dish with a tight fitting lid. (Corning, Pyrex or Fire King are fine.)

Wash and slice potatoes, peel and slice the onions.

Place a layer of potatoes and a layer of onions in a 1.5 quart baking dish. Dot with 1/3 of the butter and sprinkle with salt and pepper.

Repeat 2 more times.

Cover with lid and microwave on high for 20 minutes.

Can be made ahead, refrigerated or frozen until needed. Very good reheated.

Judy Poppe, Mentor

# Party Potatoes

---

2 lbs. frozen hash brown potatoes, thawed

2 c. sour cream

1 can (10 ¾ oz.) cream of mushroom soup

Dash of pepper

2 c. shredded Velveeta or cheddar cheese

1 medium onion, chopped

¾ tsp. salt

Combine all ingredients except potatoes in large bowl. Fold in potatoes. Can be cooked in crock pot on high for 1 ½ hours and then on low for 2 to 2 ½ hours longer.

Nikki Chambers, Premium Audit Reviewer

# Charleston Red Rice

---

2 cups uncooked long-grain white rice	1 (8 ounce) can tomato sauce
6 cups boiling water	1 (6 ounce) can tomato paste
1 tablespoon salt	1 tablespoon white sugar
6 slices bacon	2 teaspoons Worcestershire sauce
2 onions, chopped	1 dash hot pepper sauce

Preheat oven to 325 degrees. Grease a 2-quart baking dish.

Bring the rice, water, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and most of the liquid has been absorbed, 20 to 25 minutes.

While the rice is cooking, cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Reserve about 1 tablespoon of bacon drippings in the pan. Reduce heat to medium. Drain the bacon on a plate lined with paper towels; crumble the bacon once cooled enough to handle.

Cook and stir the onions in the reserved bacon drippings until translucent, 5 to 8 minutes. Stir in the crumbled bacon, tomato sauce, tomato paste, sugar, Worcestershire sauce, and hot sauce; bring the mixture to a simmer, reduce heat, and simmer for 10 minutes. Spoon the cooked rice into the prepared baking dish and stir the tomato-bacon mixture into the rice until evenly combined.

Cover the dish and bake in the preheated oven for 45 minutes.

Lynda Bailey, Technology Assistant

# Oven Roasted Vegetables

---

1 medium zucchini, cut into bite-size pieces	1 lb. fresh asparagus, cut into bite-size pieces
1 medium summer squash, cut into bite-size pieces	1 Tbsp. extra-virgin olive oil
1 medium red bell pepper, cut into bite-size pieces	1 tsp. salt
1 medium yellow bell pepper, cut into bite-size pieces	1 tsp. freshly ground pepper
1 medium red onion, cut into bite-size pieces	

Preheat oven to 450 degrees. Place the vegetables in a large roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes stirring occasionally, until the vegetables are lightly browned and tender. Serves 4.

Jerry Hagen. Field Analyst

# Cheesy Potatoes

---

1 bag of hash browns	8 oz. sharp cheddar (or preferred) shredded cheese
1 10.5 oz. can cream of chicken soup	½-1 diced onion
½-1 stick melted butter	Pepper to taste
8 oz. sour cream	

Preheat Oven to 400 degrees. Mix all ingredient into a large bowl.

Spray or butter your baking dish and pour mixture into dish.

Bake covered for 45 minutes. Remove cover and bake uncovered for 10-15 minutes longer.

Let cool for 10 minutes before serving.

\* To add texture, add crushed Cheez-its for the last 10-15 minutes when you remove the cover.

Tim Flanagan, Telephone Audit Team Leader

# Cheesy Hasselback Potatoes

---

4 Russet Potatoes (large-sized, cleaned well)	1/4 cup Prosciutto (thinly sliced and cut into ribbons)
Butter	1/2 cup Parmigiano-Reggiano (freshly grated)
1 pound Gruyere (1/4-inch thick slices, cut into 2-inch squares)	1/2 cup Panko Bread Crumbs
1 cup Milk	Salt and Freshly Ground Black Pepper
1 cup Sour Cream	1/4 cup Chives (chopped)
1/2 teaspoon Nutmeg (freshly grated)	

Preheat oven to 350°F. Butter a baking dish and set aside.

Microwave Potatoes on high for 8-10 minutes. Remove and set aside until cool enough to handle.

Place a par-cooked Potato horizontal on a cutting board. Using a serrated knife, make slits in each Potato leaving about 1/4-inch spaces in between each cut and leaving about 1/2-inch of the Potato uncut on the bottom (Tip: Rest two wooden spoons on both sides of the Potato to guide your knife and to prevent it from cutting through the bottom). Repeat with remaining Potatoes.

Place the Potatoes in the prepared baking dish. Cut the sliced Gruyere Cheese to fit into the cuts made in the Potatoes and stuff all of the Potatoes. Season the Potatoes with Salt and Pepper. Whisk the Sour Cream, Milk and Nutmeg together in a bowl and season with Salt and Pepper. Pour mixture over the stuffed Potatoes. Combine the Prosciutto, Parmigiano-Reggiano and Breadcrumbs in a bowl. Sprinkle over the top of the Potatoes. Scatter the top of the Potatoes with Butter. Place in the oven to bake for 35-40 minutes or until golden brown on top and the Potatoes are cooked through and crispy. Remove and garnish with Fresh Chopped Chives.

Lynda Bailey, Technology Assistant

# Shrimp and Grits Dressing

---

1 lb. peeled, medium raw Shrimp	3 large eggs, lightly beaten
3 cups chicken broth	1 red bell pepper, diced
1/2 teaspoon salt	1 cup fine, dry breadcrumbs
1/4 Teaspoon ground red pepper	1 cup chopped green onions
1 cup uncooked regular grits	1/2 cup grated Parmesan cheese
1/2 cup butter	

Preheat oven to 325 degrees. Devein shrimp if desired.

Bring broth and next two ingredients (salt and red pepper) to a boil in a large saucepan over medium-high heat. Whisk in grits, and return to a boil; reduce heat to low and stir in butter. Cover and simmer, stirring occasionally.... 10 minutes or until liquid is absorbed. Remove from heat.

Stir together eggs and next 4 ingredients (bell pepper, breadcrumbs, green onions, and Parmesan cheese) in a large bowl. Gradually stir about one-fourth of hot grits mixture into egg mixture; add egg mixture to remaining hot grits mixture, stirring constantly. Stir in shrimp until blended. Pour mixture into a lightly greased 11 x 7 inch baking dish.

Bake at 325 for 55 minutes to 1 hour or until mixture is set. Let stand 10 minutes.

Note: I add cooked bacon and mushrooms to mine. YUM! Everything's better with bacon!! Great as a side for Thanksgiving.

Lynda Bailey, Technology Assistant

# Southern Cornbread Dressing (Medium Batch)

---

2 batches corn bread	1 ½ teaspoons sage
3 small biscuits	8-10 tablespoons butter/oleo/margarine
2 cans chicken broth	2 ½ cups chopped celery
2 eggs	1 medium/large onion (to taste)
1 teaspoon salt	1/3 cup of water
1/2 teaspoon black pepper	

Preheat oven to 350. Sauté celery and onion. Mix other ingredients...add in sautéed celery and onion.

Cover and bake at 350 for 1 hour and 10 minutes. Remove cover and bake an additional 10-15 minutes.

Mary "Missy" Randerson, Field Analyst/Underwriting Surveyor



# *Main Dishes*





# Fettuccini Alfredo

---

6 Tbsp. butter  
1 ½ c. heavy whipping cream  
3 to 4 c. fettuccini noodles, cooked

1 c. shredded parmesan cheese  
Salt and pepper to taste  
Dash of nutmeg

Melt butter until lightly browned. Add ½ cup of cream and boil rapidly until large shiny bubbles form. Stir occasionally. Reduce heat to medium and add noodles to the sauce. Pour remaining cream and the cheese a little at a time. Add salt, pepper, and nutmeg to taste. Serve immediately.

Nikki Chambers, Premium Audit Reviewer

# Sloppy Joes

---

1 lb. ground beef  
½ c. onion  
½ c. ketchup  
1 Tbsp. vinegar

1 Tbsp. sugar  
2 tsp. mustard  
Salt and pepper to taste

Brown the hamburger and onion in a skillet. (Strain if needed). Add remaining ingredients and simmer for 15 minutes. Serve on hamburger buns.

Nikki Chambers, Premium Audit Reviewer

# White Chili

---

1 lb. Skinless Chicken Breast – cut into cubes  
1 medium onion – chopped  
1 ½ tsp. garlic powder  
1 Tbsp. vegetable oil  
2 cans (15 ½ oz.) Great Northern beans (rinsed and drained)  
1 can chicken broth (14 ½ oz.)  
2 cans chopped green chilies (4 oz.)

1 tsp. salt  
1 tsp. ground cumin  
1 tsp. dried oregano  
½ tsp. pepper  
¼ tsp. cayenne pepper  
1 c. sour cream  
½ c. whipping cream

In large saucepan, sauté chicken, onion and garlic powder in oil until no longer pink. Add beans, broth, chilies and seasonings. Bring to boil. Stir every 3-5 minutes. Reduce heat. Simmer uncovered for 30 minutes. Stirring every 5-7 minutes. Remove from heat. Stir in sour cream and whipping cream. Serve at desired temperature.

Randy McCafferty, Territory Manager

# White Chili II

---

1-2 lbs. boneless skinless chicken breast  
3 cans Great White Northern Beans or Bushes white chili beans  
1 can Rotel  
1 Tablespoons oil  
1 Med to large onion  
3 cloves of garlic – minced  
1 – 4oz can green chili

2 tsp ground cumin  
½ tsp salt  
1 tsp Cayenne pepper  
1 – 14 oz can chicken broth can use more if needed  
3 cups Monterrey Jack Cheese  
1 med container sour cream

Cook chicken and shred. In a small skillet – cook onion and spices in oil until onion is transparent. Combine beans, broth, Rotel, onion and chicken in soup pot or crock pot. Cook on low heat for 1 hour. Add sour cream and cheese before serving.

Dianne Taylor, Auditor/Reviewer

# Randy's Chili

---

2 lbs. Sirloin tips, cubed or ground beef  
1 Tbsp. olive oil  
2 Onions, chopped  
1 Tbsp. chopped, fresh garlic  
1 tsp. *Penzeys Freshly Ground Pepper*  
2-3 bell peppers, chopped  
2-4 Tbsp. Chili powder, to taste  
2 15 oz. cans kidney beans, drained

1 15 oz. can of diced tomatoes  
1/2 c. red wine  
1/2 c. honey  
1 Tbsp. Worcestershire sauce  
1-3 Tbsp. Ground Cumin  
1-2 tsp. Cajun Seasoning, to taste  
1/2 - 1 tsp. powdered Ginger  
1/2 - 1 tsp. Cinnamon, to taste

In a large stock pot, heat the olive oil over medium-high heat. Add the meat and brown well. Add the onion and bell pepper; cook until they start to brown. Add the remaining ingredients and reduce the heat to a simmer. Start with the lower amounts of spices, taste and add more as desired. Cook for at least 30 minutes, 60 is great. It is good immediately, but even better if allowed to simmer for a few hours.

Randy Barabas, Account Executive

# Fire House Chili

---

2 lbs. Ground round/chuck  
1 lb. Italian sausage  
1 lb. Stew meat  
1 lb. Pork sausage  
1 lb. Bacon  
3 Red and green bell peppers  
2 Yellow and orange bell peppers  
2 Yellow/Vidalia onions  
3 large cans of stewed tomatoes (use your favorite flavor)

2 large can of diced tomatoes (use your favorite flavor)  
1 medium can or 2 small cans diced tomatoes with chilies  
Use any/all of the following beans: dark red kidney, light red kidney, navy bean, black eye peas, pinto beans, lima beans, garbanzo beans, black beans, great northern beans, White Kidney Beans/Cannellini Beans  
Chili spices and mix (chili powder, cumin, crushed red) to taste  
Salt/Pepper to taste

Cook bacon to crisp, let cool, cut into small pieces. Add to large pot.

Cook ground beef and pork sausage in bacon grease and add chili spices. Drain. Add to pot.

Boil stew meat and Italian sausage till done.

Cut stew meat and Italian sausage into pieces. Cook another 15-20 minutes in the meat juices and add chili spices. Drain, add to pot. (save oil/juice)

Dice peppers and onions and cook together in leftover meat juices.

While peppers and onions are simmering, add 2 Tablespoons cinnamon, 2 Tablespoons chili powder and 2 Tablespoons of garlic paste or dice a couple of garlic cloves; cover for at least 20 mins; drain, add to pot

Drain half of the juice out of all cans of beans. Add to pot.

Combine all ingredients and put on low heat for at least 2-3 hours; stir every 5-10 minutes

Add spices to taste (some people add hot sauce afterwards as a condiment)

Makes enough for about 7-8 firemen or 20 normal people.

Serve with sour cream, shredded cheese, diced onion, corn muffins, favorite hot sauce, etc.

Randy McCafferty, Territory Manager

# Chicken and Noodles in the Crock-Pot

---

3 cans chicken broth  
2 cans cream of chicken soup  
2 Tbsp. butter

1 lb. chicken breast  
1 pkg. frozen egg noodles

Cook In Crock-Pot on Low for 8 hours:

Combine chicken broth, cream of chicken soup, butter, and thawed chicken in the crock pot. When chicken is thoroughly cooked, shred, then add thawed noodles and cook for 15 additional minutes. Add salt and pepper to taste.

Tom Terzinski, Audit Group Manager

# Chicken 'n Dumplings

---

1 full chicken (cooked and deboned)

2 cans Campbell's Chicken & Herb Soup

1 can of Pilsbury buttermilk biscuits

1 chicken broth made from cooking chicken

To cook chicken take out giblets from the inside of the chicken. Place in water and cover chicken. Then cook until done. Drain chicken saving broth which you should put aside. Debone chick and either cube or pull apart.

Combine chicken broth and cream of chicken soup until smooth. Add half of the chicken and bring to a boil. Take biscuits and cut into 6 to 9 pieces each depending on size preferred. Then cook until biscuits are cooked through, and serve.

Claudia Rodriguez, Premium Auditor

# Slow Cooker Jambalaya

---

1 Lb. cubed roasted/roisserie chicken

2 tsp. dried oregano or Italian Seasoning

1 Lb. Andouille sausage, sliced

2 tsp. dried or fresh parsley

1 - 28 oz. can diced tomatoes with juice

3 tsp. Cajun seasoning

1 large onion, chopped

1 tsp. cayenne pepper

1 large Poblano pepper, chopped

1/2 tsp. dried thyme

1 C. celery, chopped

1 Lb. frozen cooked shrimp without tails

3 C. chicken broth

2 C. Minute Rice

In a slow cooker, mix the chicken, sausage, tomatoes with juice, onion, Poblano pepper, celery and broth. Season with oregano, Cajun seasoning, cayenne pepper and thyme.

Cover and cook 7-8 hours on High. Stir in the shrimp and Minute Rice during the last 30 minutes of cook time.

Serves 12.

Judith Poppe, Mentor



# Baked Pesto Chicken

---

1 lb. Boneless Chicken Tenders

3.5 oz. Basil Pesto

3 Roma Tomatoes, sliced

8 oz. Fresh Mozzarella, sliced

Dash of Salt

Dash of Black pepper

Dash of Parmesan shredded cheese

Dash of Italian seasoning

Preheat oven to 400°F. Lightly coat a baking dish with Pam. Place chicken tenders in dish. Spoon basil pesto on each chicken tender. Spread to coat top of tenders. Place tomato slices on top, sprinkle with salt and pepper. Place slices of mozzarella on top of tomatoes, sprinkle with Italian seasoning and parmesan cheese. Bake for 40 minutes.

Kristi Johnson, Phone Auditor

# Spanish Spaghetti

---

Choice of Pasta

1 lb. ground beef

2 Tbsp. olive oil

1 sweet yellow onion finely diced

3 cloves of garlic peeled and crushed

5 oz. bag of mini pepperoni or regular pepperoni  
chopped

1 Tbsp. dried oregano

Salt and pepper to taste

.4g packet of Spanish saffron – Badia brand is  
only a few dollars

3 oz. jar of capers, drained

3 oz. bag of pine nuts

8 oz. jar of chopped green olives with pimento,  
drained

2 Tbsp. balsamic vinegar

24 oz. jar of marinara

1 can of petit diced tomatoes

Brown ground beef in a deep pot and drain fat.

Add the ground beef back to the pot with olive oil, onions, garlic, pepperoni, oregano, salt, pepper, and saffron. Cook until onions become translucent.

Add capers, pine nuts, olives, tomatoes, balsamic vinegar, and marinara sauce and heat to a simmer for about 15 minutes.

Prepare pasta according to manufacturer instructions.

Serve pasta topped with sauce.

James Hamm, Senior Developer

# Swedish Meatballs

---

For every ½ (20 oz.) bag of meatballs:

1 c. beef stock

1 c. heavy cream

3 Tbsp. flour

1 tsp. soy sauce

1 tsp. ground black pepper

½ tsp. dried rosemary

Egg noodles

Whisk together the beef stock, heavy cream, flour, soy sauce, black pepper, and rosemary in a large saucepan until smooth. Cook and stir over low heat until thickened, about 10 min, stirring occasionally. Stir in meatballs, and continue cooking until meatballs are heated through, about 5 more minutes. Serve over cooked noodles.

Tom Terzinski, Audit Group Manager

# Swedish Meatballs II

---

4 eggs

1 c. milk

8 slices white bread, torn

2 lbs. ground beef

1/4 c. finely chopped onion

4 tsp. baking powder

1 to 2 tsp. salt

1 tsp. pepper

2 Tbsp. shortening

2 cans (10-3/4 oz. each) condensed cream of chicken soup, undiluted

2 cans (10-3/4 oz. each) condensed cream of mushroom soup, undiluted

1 can (12 oz.) evaporated milk

In a large bowl, beat eggs and milk. Add bread; mix gently and let stand for 5 minutes. Add beef, onion, baking powder, salt and pepper; mix well (mixture will be soft). Shape into 1 inch balls.

In a large skillet, brown meatballs, a few at a time, in shortening. Place in an ungreased 3 quart baking dish. In a bowl, stir soups and milk until smooth; pour over meatballs. Bake, uncovered, at 350° for 1 hour. Sprinkle with parsley. Yield: 8-10 servings

TOTAL TIME: Prep: 30 min. Bake: 1 hour

Debbie Pasch – MN Audit Dept – Support Staff

# Chicken Enchiladas

---

2 cups cooked chicken, shredded

1 can (15 oz.) black beans, drained and rinsed

1 envelope enchilada powder

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

6 to 8 medium flour tortillas

1 can enchilada sauce (to taste)

Mild Cheddar Cheese

Preheat oven to 375.

**Filling:** Add first four ingredients and heat until it boils. Lower temperature and simmer for approximately 5 to 10 minutes until mixture thickens.

Take 9 by 9 by 1 inch baking pan and spray with Pam, then coat bottom with a thin layer of enchilada sauce.

Take tortillas and heat in microwave for about 10 seconds or until pliable. Take first tortilla and place a small amount of enchilada sauce, about 1 tablespoon of cheddar cheese and put in about one fourth cup of the heated filling. Roll tortilla tightly and place in the baking pan. Repeat until filling is gone. Then cover the top of the enchiladas with the remaining enchilada sauce.

Cover with aluminum foil and bake at 375 for approximately 30 to 40 minutes, until heated. Take off aluminum and coat top generously with mild cheddar cheese. Cook for approximately 15 more minutes. After removing from oven let them sit for about 5 minutes prior to serving.

Claudia Rodriguez, Premium Auditor

# Tom's Ultimate Baby Back Ribs

---

Baby Back Ribs

Rib Rub of your choice

$\frac{1}{2}$  cup BBQ Sauce

$\frac{1}{4}$  cup Dijon or regular mustard

$\frac{1}{4}$  cup Buffalo Wing Sauce

1 12 oz. bottle Beer

1. Start out with a good cut of ribs. (I prefer Sam's Club, 3 full slabs, cut into 9 pieces....meaty with less fat.)
2. Rub the ribs with the rub of your choice either homemade or store purchased. After the rub is applied the ribs should be kept at room temperature for approximately 30 minutes prior to baking.
3. Place ribs in a one inch deep baking pan. Pour beer to cover the bottom of the pan about a half inch deep. (The heavier the beer the more beer flavor you will taste in the ribs. I prefer a beer like Miller lite.) Cover the pan with aluminum foil. Place in the oven and bake for 3 hours at 325 degrees.
4. Any BBQ sauce of your choice will do. I prefer a "Carolina" type sauce which is  $\frac{1}{2}$  cup of BBQ sauce of your choice,  $\frac{1}{4}$  cup Dijon or regular mustard and  $\frac{1}{4}$  cup buffalo wing sauce. Mix in a bowl.
5. Remove the ribs from oven and place on the grill meat side down over medium heat. Be careful as they may be already falling off the bones. Grill for 5-10 minutes. Turn over to bone side down and generously brush on BBQ sauce. Grill for an additional 5-10 minutes.

Ribs should be somewhat crispy on the outside and tender in the middle.....falling off the bone. Enjoy!

Tom Tokarek, Audit Reviewer

# Whiting Meuniere

---

2 pounds whiting fish fillets (or Sole)  
salt and ground black pepper to taste  
1 lemon, halved, divided  
1/4 cup butter, divided

1 tablespoon vegetable oil  
1 cup all-purpose flour  
2 teaspoons minced garlic  
1 tablespoon capers

Season fish with salt and pepper and squeeze 1 lemon half over fish.

Heat 2 tablespoon butter and oil in a large skillet over medium heat until bubbling.

Spread flour into a shallow bowl. Dredge fish through the flour until lightly coated on both sides.

Cook fish in the bubbling butter mixture, working in batches, until fish is golden on both sides and flakes easily with a fork, 5 to 10 minutes per side. Transfer cooked fish to a serving platter.

Increase heat under skillet to medium-high; add remaining 2 tablespoons butter. Cook and stir butter until fragrant and starting to turn brown, 2 to 3 minutes. Add garlic to brown butter and remove skillet from heat. Stir capers into garlic mixture and squeeze remaining lemon half over mixture. Pour caper sauce over cooked fish.

Lynda Bailey, Technology Assistant

# *Breads*





# Beer Biscuits

---

3 c. biscuit mix  
¼ tsp. salt

1 tsp. sugar  
1 ½ c. beer

Mix all ingredients and spoon into 12 greased muffin cups. Bake 15 minutes at 425 degrees.

Marge Dilger, Premium Auditor

# Banana Bread

---

1 cup sugar  
2 beaten eggs  
3 large, ripe, crushed bananas  
1 teaspoon baking soda

½ cup butter (room temperature)  
1/8 teaspoon salt  
2 cups sifted flour  
¾ cup nuts (optional)

Mix sugar, butter, and eggs together. Beat slowly for one minute. Add bananas and mix slowly for about a half of a minute. In a different bowl, mix flour, salt and baking soda and add the above mixture. Beat slowly for 1 minute. Add nuts (optional). Bake at 350 degrees for 40 minutes. Check with a toothpick to see if it's done.

Casey Pirsig, Physical Auditor

# Best Ever Banana Bread

---

2 Medium Bananas  
2 Eggs  
1/2 Cup Oil  
1/4 Cup plus 1 Tbsp. of Buttermilk  
1 tsp. Vanilla

1 ½ cup of Sugar  
1 ¾ cup Flour  
1 tsp. Baking Soda  
1 cup of Walnuts (optional)

Mix all ingredients well. Place in greased and floured 9 x 5 inch loaf pan. Bake at 325 degrees for 1 hour and 20 minutes.

Megan Huettman, State Supervisor of Southern Texas

# Banana Bread

---

3/4 cup butter (1 1/2 sticks)	2 cups flour
1 1/2 cups sugar	1 teaspoon baking soda
1 1/2 cups mashed ripe bananas (4-6 bananas)	1 teaspoon salt
2 eggs	1/2 cup buttermilk (I use 1 cup to make it moist)
1 teaspoon vanilla	1/2 cup nuts (optional)

Cream butter and sugar. Add bananas, eggs, and vanilla. Stir together. Combine flour, soda, and salt and stir together. Add flour mixture to banana mixture. Mix well. Stir in buttermilk.

Pour batter into 9 x 5 x 3 inch loaf pan. Bake for 1 1/2 hours at 350 degrees.

Patricia Rourke, Reviewer & Willy Wood, Process Center Manager

# Monkey Bread

---

4 cans of Country Style Biscuits	2 teaspoons of cinnamon
1 stick of butter	1 shaker of cinnamon and sugar
3/4 cup of brown sugar	

Cut the biscuits into fourths. Pour shaker of cinnamon and sugar mix into a plastic zip log bag. Dump biscuit pieces into the plastic bag and shake until lightly coated. Spray Bundt pan with cooking spray. Place biscuit pieces in the Bundt pan.

In a sauce pan combine the butter, brown sugar and cinnamon and bring to a boil. Pour this mixture over the biscuits and bake at 350 degrees for 30 minutes. Turn out onto a plate.

Megan Huettman, State Supervisor of Southern Texas

# Jalapeno Cornbread

---

1 box Jiffy Cornbread Mix	1/3 cup jalapeno peppers, chopped
2 eggs, beaten	1/3 cup bar or shredded sharp cheddar cheese
8 oz. cottage cheese	1/3 stick of butter
1 onion, chopped	

Melt the butter in a square casserole dish. Mix together all the remaining ingredients and pour over buttered dish. Bake at 350 degrees for 40 minutes or until brown.

Chae Hart-Whitworth, Premium Auditor

# Sourdough Bread

---

2 cups “proofed” starter (Or add ½ cup flour and ½ cup water to 1 cup of starter and cover loosely and let stand at room temperature at least 8 to 12 hours to “proof” it.)

1 tablespoon butter

½ cup milk

1 teaspoon salt

1 tablespoon sugar

3 cups white bread flour

Put “proofed” starter in large bowl.

Melt butter then warm the milk a little and add it to the butter along with salt and sugar. Stir until dissolved and add to the starter.

(At this point add a heaping teaspoon of active dry yeast if desired to be sure that the dough rises.)

Add the flour, 1 cup at a time to the starter stirring until too stiff to stir. Then turn out onto a floured board. Knead until the dough is smooth and satiny adding flour as needed to keep it from sticking.

Form dough into a loaf and place in a lightly greased pan and let it rise, covered, in a warm spot until the dough rises about 1 inch above the edge of the pan (about 1½ to 3 hours).

Preheat the oven to 375° and bake for 10 minutes.

Reduce heat to 350° and bake for an additional 30 to 40 minutes.

Remove from the oven and brush the top with melted butter. Turn loaf out onto a rack to cool.

## **Starter:**

1/2 cup flour

1/2 cup water

1 teaspoon sugar

1/2 cup warm milk (not hot)

1 teaspoon dry yeast

It is simple to start your “starter.” In a 1 ½ pint jar mix ½ cup flour and ½ cup of water. Dissolve about 1 teaspoon of sugar in ½ cup of warm milk, then mix in about 1 teaspoon of dry yeast. Add this into the flour and water mixture, mixing well. Cover lightly (I use a jar lid turned seal side out). Let stand about a week in the refrigerator then “feed” it once a week with a mixture of ½ cup water and ½ cup flour. Pour it out or use as needed. (If you don’t want to pour it out....share it with friends and family.)

Tom Chamlee, Field Analyst, OR

# *Desserts*



# Cut Out Sugar Cookies

---

1 c. butter	3 tsp. baking powder
1 ½ c. sugar	1/8 tsp. baking soda
2 eggs, well beaten	1 tsp. vanilla
4 c. flour	¼ c. sour milk (1/4 c. milk + ¼ tsp. vinegar)

Cream the butter and sugar. Add eggs and milk and mix. Add the remaining ingredients. The last cup of flour will have to be kneaded in. Chill dough for one hour. Roll out and cut into cookies. Bake at 350 degrees for 8-10 minutes, just until edges start to turn light brown.

## **Frosting:**

4 c. powdered sugar	1 tsp. vanilla
½ c. butter	2-3 Tbsp. milk

Mix ingredients until smooth. Add desired food coloring.

Nikki Chambers, Premium Audit Reviewer

# Grandma's Peanut Butter Fudge

---

6 c. white sugar	1 Tbsp. vanilla
1 ¼ c. milk	1 ½ to 2 lbs. "Chunky" peanut butter (I use a 28 oz. jar of "Skippy".)
¾ tsp. salt	
¼ lb. butter	

Butter the bottom and sides of a 9 x 13 inch cookie sheet with ½ inch high, or higher, edges with butter. Set aside.

Combine granulated sugar, butter, milk and salt in a large pan. Bring to a boil and cook to 239 degrees F. Use a candy thermometer. The exact temperature is important. Remove from heat and stir vigorously for about ½ minute.

Add the peanut butter, stir it in until the big lumps disappear then add the vanilla. Continue to stir vigorously until the candy loses its glossy surface. Now it is crystalizing rapidly and must be immediately poured onto the greased cookie sheet or onto a greased slab.

Place cookie sheet on a rack to cool.

After it has set up, cut the candy in 1 inch squares. When it is fully cooled, store in an air tight container or freeze it.

Tom Chamlee, Field Analyst



# Chocolate Torte

---

1 C. semisweet chocolate chips  
1/2 C. (8 T.) unsalted butter  
3/4 C. granulated sugar  
1/4 tsp. salt

1 tsp. vanilla  
3 large eggs  
1/2 C. unsweetened cocoa powder

- 1) Preheat the oven to 375°F. Lightly grease the bottom only of an 8" round cake pan; cut a piece of parchment or waxed paper to fit and lay it in the bottom of the pan.
- 2) Put the chocolate and butter in a microwave-safe bowl, and heat until the butter is melted and the chips are soft. Stir until the chips melt, reheating briefly if necessary. Transfer the melted chocolate/butter to a mixing bowl.
- 3) Stir in the sugar, salt and vanilla.
- 4) Add the eggs, beating briefly until smooth. Add the cocoa powder, and mix just to combine.
- 5) Spoon the batter into the prepared pan.
- 6) Bake the cake for 25 minutes; the top will have formed a thin crust, and it should register at least 200°F on an instant-read thermometer inserted into its center.
- 7) Remove it from the oven, and cool it in the pan for 5 minutes.
- 8) Loosen the edges of the pan with a table knife or nylon spreader, and turn it out onto a serving plate. The top will now be on the bottom; that's fine. Also, the edges will crumble a bit, which is also fine. **Allow the cake to cool completely before glazing.**

## Glaze:

1 cup semisweet chocolate chips  
1/2 cup heavy cream

- 1) Combine the chocolate and cream in a microwave-safe bowl, and heat until the cream is very hot, but not simmering. Remove from the microwave, and stir until the chocolate melts and the mixture is completely smooth.
- 2) Spoon the glaze over the cake, spreading it to drip over the sides a bit. Allow the glaze to set for several hours before serving the cake.

Yield: 8" cake, 8 to 12 servings. For cleanest slicing, use a sharp knife dipped in hot water and wiped dry. Repeat dipping knife in hot water and wiping dry for each slice.

Judy Poppe, Mentor

# Anzac Biscuits (Cookies)

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2 cups rolled oats	1/2 cup butter
1 cup sugar	1 level tsp. baking soda
1 cup plain flour	2 Tbsp. golden syrup (similar to molasses)
1 cup shredded coconut	2 Tbsp. boiling water

They're quick and easy to make. Start by mixing the dry ingredients in a large bowl. Then melt the butter and golden syrup together, and after dissolving the baking soda in the boiling water, add it to the butter and syrup mix. While it's foaming, add it to the dry ingredients and mix well. Put small spoonfuls on a baking tray and bake for 15-20 minutes at 350 degrees. (Optional: Raisins, Chocolate chips, etc.)

An **Anzac biscuit** is a sweet biscuit (cookie), popular in Australia and New Zealand, ANZAC is an acronym for **Australian and New Zealand Army Corps**, which was established in World War I.

It has been claimed the biscuits were sent by wives to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation. Biscuits issued to soldiers by the Army, referred to as "Anzac tiles" or "Anzac wafers", differ from the popular Anzac biscuit. Anzac tiles and wafers were hard tack, a bread substitute, which had a long shelf life and was very hard.

**Anzac Day** is a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations." It is observed on April 25 each year.

Lynda Bailey, Technology Assistant

# Wedding Cupcakes

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## Cupcakes:

1 box of white cake mix (vegetable oil, water, and egg whites as called for on box. I do substitute the water for milk).

1 Tbsp. almond extract

Heat oven to 350 degrees. Place papers in muffin tins (yields approximately 18 cupcakes). Make cake batter as directed on box (substitute milk for water if you prefer). Add 1 Tbsp. of almond extract to batter. Divide into muffin tins filling each approximately  $\frac{3}{4}$  full. Bake for 20-25 minutes or until toothpick inserted in center of cupcake comes out clean. Cool completely.

## Frosting:

1  $\frac{1}{4}$  c. butter, softened

2 Tbsp. whipping cream

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

2 tsp. almond extract

In medium bowl, beat butter and powdered sugar with electric mixer on low until blended. Add whipping cream and almond extract. Beat on high until blended. Frost the cupcakes by piping on the frosting.

Nikki Chambers, Premium Audit Reviewer

# Peach Cobbler

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1 Stick (1/2 C. Butter)

1 C. Self-Rising Flour

1 C. Sugar

1 C. Milk

1 Large Can Sliced Peaches with Juice

2 T. Sugar for top

Preheat oven to 350 degrees.

Put the butter in a 9 ½" X 13" baking dish.

Place dish in the preheating oven until butter melts and bubbles.

Meanwhile, mix together the self-rising flour and sugar.

Stir in the milk until smooth batter.

Remove the baking dish from the oven. Pour the batter into the center of the melted butter. Spread to the edges.

Pour the peaches, juice and all into the batter. Distribute the peaches evenly. Don't Stir.

Sprinkle 2 T. sugar over the top.

Bake for 35 minutes or until golden.

Serve warm or cold. Excellent with ice cream.

Judith Poppe, Mentor

# Marge's Fudge

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2 – ½ lbs. chunk chocolate – could be mixed dark  
and milk chocolate

1 pt. good vanilla ice cream – less 1 Tbsp.

1 pkg. chopped walnuts (optional)

Butter an 8 x 13 cookie sheet. Melt chocolate in double boiler pan. Stir ice cream into melted chocolate until well mixed and ice cream is melted. Let set – about 4 hours. Fudge does not need refrigeration, except in humidity. Store sealed.

Marge Dilger, Premium Auditor

# Mashed Potato Candy

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## Candy Ball

4 c. powdered sugar  
1 lb. flaked coconut  
3/4 c. prepared mashed potatoes, fresh or instant  
1 tsp. almond extract

## Topping

6 oz. chocolate chips  
4 squares Baker's chocolate  
1/3 bar paraffin wax

Mix powdered sugar, coconut and mashed potatoes. Mix thoroughly, then refrigerate for 1 hour.

When cooled, roll into 1" balls. Refrigerate until firm (about one hour).

Melt the topping ingredients in a double boiler (a bowl in a pot of boiling water). Stir occasionally until the ingredients are blended.

Stick toothpick into balls and dip into chocolate mixture (or use tongs or fork, etc.). Place on waxed-paper. Place in refrigerator to firm up. Store in a sealed container. These freeze very well. Tastes similar to Mounds candy bars.

Debbie Pasch, MN Audit Department—Support Staff

# Almond Rocca

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1 cup sugar  
1/4 cup water  
1 Tbsp. white Karo syrup

1 cup butter  
1 small bag of slivered almonds  
1 small bag of chocolate chips

Combine sugar, water, Karo syrup and bring to a boil cooking to hard crack stage. Add butter and slivered almonds. Pour into buttered pan and top with chocolate chips and allow to melt....Spread chocolate to cover almond bark. Cool and break into pieces.

Randy Knudson, Audit Manager

# French Silk Pie

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1 cup Butter

1 1/2 cup Sugar

4 squares Pre-Melted Choco Bake

2 tsp. Vanilla

4 Eggs

Cream together the butter and the sugar. Add the Pre-Melted Choco Bake and vanilla.

With electric mixer add eggs one at a time and beat for 3 minutes each.

Pour fluffy mixture into pie shell, Refrigerate. Add whipping cream on top before serving.

Kathy Rhoads, Telephone Premium Auditor

# Leanne's Sour Cream Lemon Pie

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1, 9 inch pie shell, baked

1 cup sugar

3 tablespoons cornstarch

dash of salt

1 cup milk

3 eggs, separated

4 tablespoons butter

1 1/2 tsp. grated lemon peel

1/4 cup fresh lemon juice

1 cup sour cream

1/4 teaspoon cream of tartar

1/2 teaspoon vanilla extract

6 tablespoons sugar

Prepare the pie crust and cool.

In a medium saucepan combine the 1 cup of sugar, the cornstarch and salt. Slowly stir in the milk. Cook over medium heat, stirring, until the mixture boils and thickens.

In a small bowl, slightly beat the egg yolks. Blend in a small amount of the hot mixture into the egg yolks. When blended, turn the yolk mixture into the hot mixture.

Cook over medium heat, stirring constantly, for 2 minutes. Add the butter, lemon peel and lemon juice. Cover and cool. Fold sour cream into cooled mixture. Spoon the mixture into the baked pie crust.

In a separate bowl beat the egg whites with the cream of tartar and vanilla until soft peaks form. Gradually add the 6 tablespoons of sugar and continue beating until stiff peaks form. Spread the meringue over the pie, sealing to the edge.

Bake in a preheated 350 degree oven for 12-15 minutes or until golden brown. Cool and serve.

Tom Chamlee, Field Analyst



# Banana Delight

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## Step One:

1 Stick butter  
2 Tbsp. Sugar  
1 cup Flour  
1/4 cup Chopped pecans

Mix butter, flour, sugar and pecans in bowl, as if making a pie crust. Press the mixture into 9" x 13" pan. Bake at 375 degrees for 15 minutes (until light brown). Cool.

## Step Two:

8 oz. Packages cream cheese  
1 cup Powdered sugar  
1 cup Cool Whip  
3 - 4 Bananas

Beat cream cheese and powdered sugar until fluffy. Add Cool Whip. Spread on cooled crust. Slice bananas on top of mixture (fully cover).

## Step Three:

2 small boxes Instant French  
Vanilla Pudding  
3 cups Milk  
Cool Whip  
Chopped Pecans

Beat Pudding and milk. Spread mixture over bananas. Top with additional cool whip. Sprinkle with pecans. Chill in refrigerator.

*In over 50 years of marriage entertaining family and friends, this is definitely the No. 1 favored dish we have ever served. Sinful and "delightful"!!!*

Chuck Torinus, Field Analyst—Colorado

# Rhubarb Danish

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## **Crust:**

1 cup butter  
1 egg  
1 cup sugar  
1 tsp. vanilla  
2 cups flour

## **Filling:**

1 qt. diced rhubarb  
1 1/2 cups sugar  
2 Tbsp. flour

Make crust of first 5 ingredients and refrigerate 2 hours. Roll out ½ of the dough and place in bottom of 9 X 13 pan. Put rhubarb in crust and cover with sugar and flour. Roll out remaining half of the dough and place on top. Bake at 350 degrees for 1 hour.

Dianne Taylor, Auditor/Reviewer

# Root Beer Float Cake

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1 ½ cups sugar	1/3 cup cocoa powder
1 ¾ cup all- purpose flour	2 eggs, beaten
1 ½ tsp. baking powder	½ cup canola oil
1 ½ tsp. baking soda	1 tsp. vanilla
½ tsp. salt	2 cups root beer

Heat oven to 350 degrees. Thoroughly grease and flour Bundt pan. In a large bowl, combine sugar, flour, baking powder, baking soda, salt and cocoa powder. Add all remaining ingredients until well combined. Pour into prepared pan.

Bake 35 to 40 minutes, until center of cake springs to the touch. Set aside. When cool, turn out carefully onto a cake plate.

## Icing

2 cups powdered sugar	4 tbsp. butter, softened
¼ cup root beer	¼ tsp salt

In a large bowl, beat icing ingredients together well, and drizzle over the cake.

Serve with a scoop of vanilla ice cream on each piece of cake. (Optional)

Chae Hart-Whitworth, Premium Physical Auditor

# Easy Pecan Pie Bars

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## **Crust:**

- 1 Pkg yellow cake mix (regular size)
- 1/3 cup butter, softened
- 1 large egg

## **Filling:**

- 1 ½ cups corn syrup
- 1/2 cup packed brown sugar
- 1 tsp. vanilla extract
- 3 large eggs
- 1 cup chopped pecans

1. Preheat oven to 350 degrees. Line a 13 X 9 in baking pan with foil; grease foil ( I like using parchment paper as the dessert is very sticky, do not grease)
2. Reserve 2/3 cup cake mix; set aside. Combine remaining cake mix, butter and one egg, beat on low speed until blended. Press onto bottom of prepared pan. Bake 15 minutes. Cool on a wire rack.
3. For filling, beat corn syrup, brown sugar, vanilla and reserved cake mix until blended. Add eggs; beat on low speed just until combined. Pour over warm crust; sprinkle with pecans.
4. Bake until center is set, 30-40 minutes longer. Cool completely in pan on a wire rack. To serve, refrigerate for at least 15 minutes. Lift out of pan, discard foil, then cut into bars. Makes 2 dozen.

Dianne Taylor, Auditor/Reviewer

# Baklava

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*This recipe uses approximate measurements. You may need more butter for example.*

## Syrup:

In a large saucepan mix 3 cups sugar, 2 cups water, juice of 1/2 lemon and 6 cinnamon sticks and bring to a boil. Lower heat and simmer for 10 minutes to thicken slightly. Remove from heat and stir in 2 cups honey. Cover and set aside.

## Filling:

Very finely chop or grind 1 pound walnuts. Add 1 cup finely chopped or ground Cinnamon Cheerios, 1/4 cup sugar, 1 tablespoon ground cinnamon, 1 teaspoon ground nutmeg, and 1teaspoon ground cloves. Mix well.

## Pastry:

Butter a large "lasagna size" baking pan. Melt 1 pound butter. Unwrap filo dough and lay the sheets flat next to the pan. Start layering 2 sheets at a time and brush butter generously on the layers. The sheets can be folded to fit or come up the sides of the pan. After about 10 sheets have been layered and buttered, sprinkle about a cup of filling mixture. Then 2 more sheets of filo brushed with butter, Then filling again, continuing until you run out of filling. Fold in any rough edges of filo dough hanging over. Butter well. The remaining filo is folded or cut to fit the pan and layered to top the pastry. I butter every 2 sheets. Sometimes your pan may require opening a second package of filo to get at least 10 sheets on top. Top off the whole pan with browned butter. Cut the pastry in the pan into 6 strips through all the layers the long way to ensure even baking throughout the layers.

Bake at 350 degrees for 1 hour. Pastry should be puffed up and a golden brown. As soon as it comes out of the oven, pour the cooled syrup over the pastry until the syrup level is about 1/2 inch from the top of the pastry. Discard the cinnamon sticks. Then lightly cover the pan and allow the syrup to soak into the pastry overnight.

The next day re-cut the strips and slice diagonally into diamond shape pieces. Enjoy! This pastry also freezes well in an airtight container.

Diane Achterling, Personal Lines Reviewer



# Bread Painting (Kids' Activity)

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Sliced white bread  
Milk

Food coloring  
Butter/Jellies/Jams (Optional)

In a small bowl, mix a few drops of food coloring in about 1-2 tablespoons of milk (one for each color). Allow children to paint the colored milk mixture onto white bread using clean artist paint brushes. Toast and watch the colors pop! Allow the kids to spread with jelly/jam/butter and eat.

Lynda Bailey, Technology Assistant

# Swedish Meatball Sauce

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1 c. beef stock  
1 c. heavy cream  
3 Tbsp. flour

1 tsp. soy sauce  
1 tsp. ground black pepper  
½ tsp. dried rosemary

Whisk together the beef stock, heavy cream, flour, soy sauce, black pepper, and rosemary in a large saucepan until smooth. Cook and stir over low heat until thickened, about 10 min, stirring occasionally. Stir in meatballs, and continue cooking until meatballs are heated through, about 5 more min.

Tom Terzinski, Audit Group Manager



# Cranberry Orange Sauce

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3/4 to 1 cup Sugar

1 cup Orange Juice

12 Ounces Fresh Cranberries

Stir together and cook on low until the cranberries pop. Serve warm or cold.

Can keep refrigerated for several weeks.

Judy Poppe - Mentor