

Lunch and Learn Recipes 2022

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Adrienne Butler - BBQ Cauliflower Bites with Dip

CAULIFLOWER

- 1 large head cauliflower (about 6 cups florets)
- 1 cup gluten-free all-purpose flour
- 1 cup non-dairy milk of choice
- 2 teaspoons apple cider vinegar
- 2 teaspoons smoked paprika
- Generous pinch of sea salt
- Several grinds of black pepper
- $\frac{3}{4}$ cup barbecue sauce of choice
- 6 dashes hot sauce of choice

DIP

- $\frac{1}{2}$ cup vegan mayo of choice
- 2 teaspoons tahini
- $\frac{1}{2}$ teaspoon apple cider vinegar
- 1 teaspoon dried parsley
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground white pepper
- Sea salt

MAKING CAULIFLOWER

Preheat oven to 450°F.

Cut cauliflower into bite-size florets and set aside. In a medium mixing bowl, whisk together flour, milk, vinegar, paprika, salt, and pepper. Place florets in bowl with batter and use hands to toss and evenly coat florets. Spread on baking sheet in a single layer and bake 10 minutes. Remove from oven, toss to prevent sticking and promote even baking, and bake 5 minutes longer (or until batter appears dry and lightly browned). Remove from oven.

In same mixing bowl, whisk together barbecue sauce and hot sauce. Transfer partially roasted cauliflower florets to bowl with sauce and fold to coat. Return to baking sheet and bake 5 minutes. Remove from oven, flip florets, and bake 5 minutes longer (or until soft throughout). Remove from oven and set aside.

MAKING DIP AND SERVING

In a small bowl, whisk together mayo, tahini, vinegar, garlic powder, and white pepper. Season with salt to taste. Serve cauliflower with dip on the side.

SERVES 4 (as a starter or side dish)

Adrienne Butler - Butternut Squash Soup with Sage and Coconut

(adapted from

<https://www.gimmesomeoven.com/slow-cooker-butternut-squash-soup-recipe/>)

- 1 tablespoon olive oil
- 1 small white onion, peeled and diced (about 1 cup)
- 4 cloves garlic, peeled and minced
- 2 cups vegetable broth (more as needed)
- 1 medium carrot, peeled and roughly chopped
- 1 small apple, cored and roughly chopped (Granny Smith, Fuji, Honeycrisp, Gala)
- 1 medium (about 3-4 lb) butternut squash, peeled, seeded and diced
- 1 sprig fresh sage
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cayenne
- 1/2 cup unsweetened light coconut milk
- Sea salt and black pepper, to taste

Sauté the onion and garlic. Heat the olive oil in a large stockpot over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally, until softened and translucent. Add the garlic and sauté for 1 to 2 more minutes, stirring frequently, until fragrant.

Simmer: Add the vegetable broth, carrot, apple, butternut squash, sage, cayenne, cinnamon and nutmeg and stir to combine. Continue cooking until the soup reaches a simmer then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are tender and mash easily with a fork. Remove and discard the sage. Stir in the coconut milk.

Purée: Use a blender or an immersion blender to purée the soup until smooth. If the soup is very thick, adjust the consistency with more vegetable broth. Taste and season the soup generously with salt and pepper as needed. Serves 6-8.

Cranberry & Fig Chutney with Walnuts

A perfect accompaniment for all of the holiday cooking ahead, this side dish is a new spin on an old favorite. Don't overcook it, you want it luscious and thick, not sticky.

- 12 ounces fresh cranberries
- ¼ cup onion, minced
- 1 cup light brown sugar
- ½ cup orange juice
- ½ cup apple cider vinegar
- ¼ cup raisins
- 8 dried figs, cut into eighths
- 1 tablespoon fresh ginger, finely minced
- ½ teaspoon ground cinnamon
- ½ teaspoon red pepper flakes
- 1/3 cup walnuts, toasted and roughly chopped

Add all the ingredients, with the exception of the chopped walnuts to a medium pot and bring to a boil. Lower the heat to bring the mix to a simmer, and cook for 20-25 minutes, stirring occasionally, until the chutney thickens some. Remove from the heat, stir in the nuts and let cool slightly before serving.

Serves 12-15.

Adrienne Butler - Candied Pistachio Clusters with Lemon Zest and Flakey Salt

- 1 cup shelled toasted pistachios
- 1 tablespoon coconut sugar
- 1 tablespoon brown rice flour
- 3 tablespoons maple syrup
- Zest of 1 Meyer lemon
- Coarse Himalayan salt or flakey sea salt
- 1 cup dairy-free dark chocolate chunks or chips
- 1 teaspoon virgin coconut oil, melted

Preheat oven to 350°F and line a baking sheet with parchment paper.

Place pistachios in a bowl with coconut sugar and brown rice flour and toss to combine. Drizzle with maple syrup and toss to evenly coat nuts. Transfer to prepared baking sheet and group nuts in clusters of 6-10 nuts (each grouping of nuts will become a finished cluster). Bake 12 minutes (sugar will bubble), remove from oven, and set aside.

Place zest and salt in small bowls next to baking sheet.

In a small pot over low heat, combine chocolate and coconut oil, stirring continuously until chocolate is melted and evenly blended with oil. Remove from heat and use ¼-cup measure to scoop out chocolate and drizzle back and forth over each cluster of candied nuts until they are mostly covered. Allow chocolate to set for 5–10 minutes before topping each cluster with a few strands of zest and a pinch of salt (chocolate should be cool enough to not melt the salt but soft enough so that the toppings stick). Refrigerate at least 30 minutes to set. Serve or store in a loosely covered container.

SERVES all with whom you're willing to share.

Adrienne Butler - Jamaican Jackfruit Curry Soup

INGREDIENTS

- 2 tablespoons coconut oil
- 1 tablespoons curry powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon turmeric powder
- 2 sprigs fresh thyme or 1 teaspoon dried
- 1 cup onion finely chopped
- 4 cloves garlic, minced
- 1 teaspoon fresh ginger grated
- 2 green onions chopped
- 20 ounce can green jackfruit, drained and rinsed
- 4 medium potatoes
- 1 medium carrot, diced
- 15 ounces coconut milk
- 2 cups vegetable broth, or 2 cubes vegetable bouillon plus water
- 1 teaspoon Italian seasoning
- 1/8 to 1/4 teaspoon Cayenne pepper or 1 whole scotch bonnet pepper
- 1 batch dumplings
- 1/4 cup cilantro leaves
- salt to taste
- Jamaican Style Dumplings
- 1/2 cup gluten free flour
- 1/4 cup water
- pinch of salt

INSTRUCTIONS

1. Plug in your Instant Pot and press the saute button. Add oil, once heated add dry spices spices, curry powder, paprika cumin turmeric, thyme and cook for a minute stirring constantly.

2. Add onion, garlic, ginger, spring onion and cook for 2 minutes or until onion are soft. Add jackfruit, potato, carrots and stir to coat.

3. Add coconut milk, vegetable broth or bouillon plus water, Italian seasoning, cayenne pepper and dumplings and stir.

4. Close the instant pot lid and press manual mode for 10 minutes. When finished allow instant pot to natural release for 10 minutes. Carefully release the remaining pressure. Remove lid, stir in cilantro leaves, crush some of the potatoes to thicken curry and check seasonings.

5. Dumplings

6. Combine flour and salt in a medium bowl, add water and stir to combine. Using hand knead dough to form a smooth ball. Take small pieces of dough and roll between palms of your hand to form cylindrical shapes or balls and drop on top of the curry.

Adrienne Butler - Lasagna With Cashew Tofu Ricotta

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Noah Kauffman
Find this recipe and more in The Vegan Starter Kit by Neal Barnard, MD!

Ingredients

- dry lasagna noodles, cooked according to package directions (9)
- silken tofu (extra firm) (2 12-ounce packages)
- cashews (3/4 cup)
- dried basil (2 tsp.)
- lemon juice (2 tbsp.)
- commercial pasta sauce (24 ounces)

Directions

1. Preheat the oven to 350 F. Boil lasagna noodles, and then drain and rinse with cold water.
2. Combine tofu, cashews, basil, and lemon juice in a food processor or blender and process until smooth.
3. Layer in a lightly oiled lasagna pan: pasta sauce, 3 cooked noodles, and tofu cashew mixture. Repeat with another layer of sauce, 3 more noodles, and tofu cashew mixture.
4. Top with more sauce, the remaining 3 noodles, and remaining sauce. Bake uncovered for 20-30 minutes.

Nutrition Facts Per serving (makes 8 servings)

Calories: 276
Protein: 13 g
Carbohydrate: 34 g
Sugar: 9 g
Total Fat: 10 g
Calories From Fat: 33%
Fiber: 3 g
Sodium: 339 mg

Adrienne Butler - Roasted Cauliflower

Preheat oven to 425

One large head cauliflower

One third cup olive oil

2-3 cloves garlic crushed or one teaspoon garlic powder

One teaspoon sweet or smoked paprika

One half inch fresh ginger, grated or one quarter teaspoon ground ginger

One teaspoon cumin

One half teaspoon turmeric

One half teaspoon ground coriander

Couple pinches aleppo pepper

One half teaspoon sea salt with more for sprinkling after roasting

One quarter teaspoon pepper to taste

Can chickpeas

Optional toppings

Fresh cilantro or parsley

Minced preserved lemon

Chopped roasted pistachios, walnuts or almonds

Cover large baking sheet with parchment paper

Cut cauliflower in half top to bottom, then break or cut off florets off the core into small or medium sizes and put into mixing bowl along with bits and pieces

Peel off the woody part of the core and chop remaining core into ½ inch pieces and add to the mixing bowl.

In another bowl combine all other ingredients EXCEPT PARSLEY OR CILANTRO, Mix well the blend.

Drizzle or spoon the spice mixture all over the cauliflower then mix well with a large spoon or your hands to make sure all the florets are covered with some oil and spices.

Spread the florets out in a single layer on the large baking sheet. Use a second baking sheets if necessary for florets to have space,

Bake in preheated oven for 25 minutes. Use a spatula to move and turn pieces then return to the oven for 10 more minutes until all pieces are golden with some darker charing which is the way I like best. Place in a shall bowl with optional toppings that make you happy.

Adrienne Butler - Stuffed Mushrooms with Shallots and Winter Squash

MUSHROOMS

- 18 mushroom caps (cremini/baby bella)
- Extra virgin olive oil
- Herbes de Provence or all-purpose seasoning blend of choice

STUFFING & TOPPING

- ½ small butternut squash
- 1 tablespoon extra virgin olive oil + extra to rub squash
- ¾ cup chopped shallots
- 1 tablespoon mirin
- 1 cup chopped fresh spinach
- 1/8 teaspoon sea salt
- Freshly ground black pepper
- ¼ cup gluten-free bread crumbs
- ½ teaspoon dried parsley
- Sea salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- Paprika

MAKING MUSHROOMS AND STUFFING

Preheat oven to 450°F and line two baking sheets with parchment paper.

Remove stems from mushroom caps, rub caps with olive oil, and place cap-side down on a baking sheet. Sprinkle with seasoning blend and set aside. Cut halved squash in half lengthwise, remove and discard seeds, and rub with olive oil. Place cut-side down on a second baking sheet. Place both in oven and roast 15 minutes. Remove mushrooms from oven when soft and continue roasting squash 20 minutes longer (or until soft throughout). Remove squash from oven and set aside until cool enough to touch.

Set oven to broil.

In a medium skillet over medium heat, sauté shallots in olive oil until translucent (about 5 minutes). Add mirin to deglaze pan and stir. Fold in spinach and sauté until wilted. Remove pan from heat. Peel roasted squash, mash with a fork, and measure out 1 cup.

Fold into the shallot-spinach mixture, add salt, and season with pepper. Fill each mushroom cap with a scoop of stuffing so it mounds but does not spill over the cap.

MAKING TOPPING AND FINISHING

In a separate bowl, combine breadcrumbs with parsley, salt, and pepper. Drizzle on olive oil and fold to combine. Top each mushroom with the crumb mixture, pressing it gently into squash to stick. Sprinkle with paprika and broil for 2 minutes (or until topping is lightly toasted). Remove from the broiler and serve warm.

MAKES 18 stuffed mushrooms

Alberta Husch - Carrot Souffle

Serves 6 very good

Cream together: 2 Tbsp butter 2 Tbsp flour

Add slowly: 1 C hot milk, blending while adding

Place in blender with:

¼ t salt 3 eggs 2 C cooked carrots 1 t vanilla

3 Tbsp sugar ½ t nutmeg

Bake in a greased casserole for 50-60 minutes at 350°

Alberta Husch - Fudge 2 ingredients

- 2 1/2 cups semisweet chocolate chips*
- 1 (14-oz.) can sweetened condensed milk**

Line an 8-inch square baking dish with 2 pieces of parchment paper, allowing sides to drape over.

Spray parchment (Pam or equivalent)

Combine chocolate chips and condensed milk in a microwavable bowl. Microwave on HIGH setting about 2 minutes, stopping every 30 seconds to stir, until melted and smooth.

Pour mixture into prepared dish; chill at least 1 1/2 hours. Carefully lift fudge out of dish using sides of parchment paper as handles; place on a cutting board. Cut into 16 squares.

*Using a GOOD quality of chips will result in a better tasting fudge (Ghirardelli semi-sweet chips are a good choice without being overly expensive)

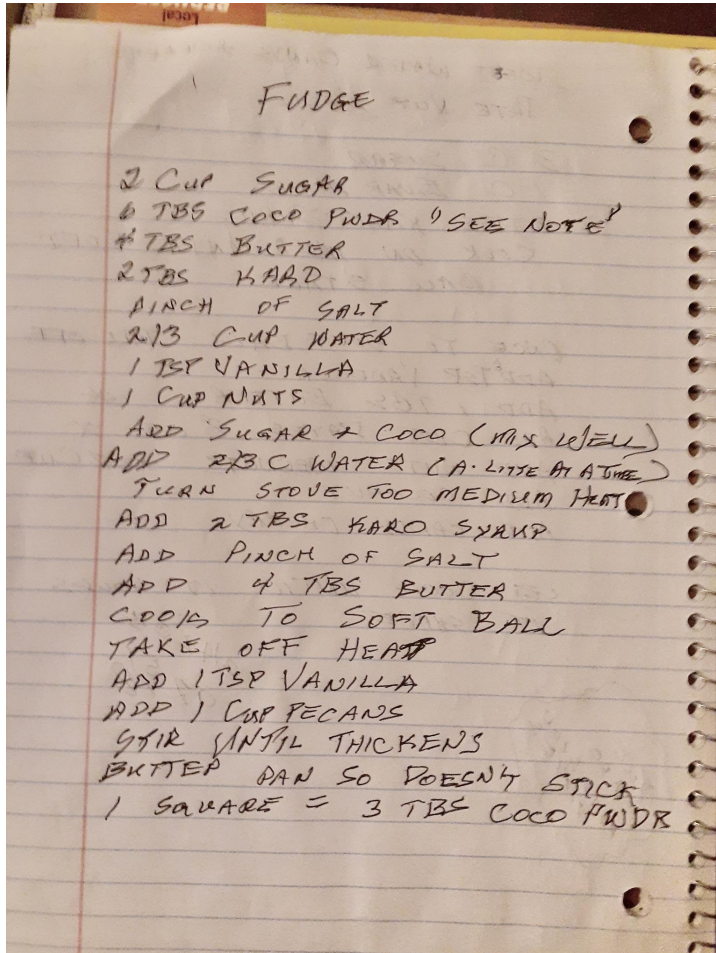
**Sweetened Condensed Milk is NOT the same as evaporated milk! Evap milk will not work.

Alberta Husch - Mexican Shrimp Cocktail

- 1 pound peeled, medium-size **cooked** shrimp, deveined and halved
- 3 plum tomatoes, diced
- 3 jalapeño peppers, seeded and diced
- 1 small sweet onion, diced
- 1 garlic clove, minced
- 1/2 cup fresh lime juice
- 1/4 cup extra virgin olive oil
- 1/4 cup chili sauce
- 1/4 cup spicy tomato juice(or Clamato juice)
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh cilantro
- 2 tablespoons hot sauce
- 2 tablespoons prepared horseradish
- 1 avocado, diced
- Kosher S &p
- Tortilla chips

Stir together first 13 ingredients in a bowl. Cover and chill 1 to 24 hours.. Stir in avocado. Pepper and kosher salt to taste. Serve with tortilla chips

Bob Steilen - Fudge



- 2 Cup sugar
- 6 tbs cocoa powder
- 4 tbs butter
- 2 tbs Karo syrup
- Pinch of salt
- 2/3 cup water
- 1 tbs vanilla
- 1 cup pecan nuts

Add sugar to coco. (mix well)
Add 2/3 cup water (a little at a time)

Turn stove to medium heat

Add 2 tbs Karo syrup

Add pinch of salt

Add 4 tbs butter

Cook to soft ball

Take off heat

Add 1 tbs vanilla

Add 1 cup pecans

Stir until thickens

Butter pan so it doesn't stick

1 square = 3 tbs cocoa butter

Dave Taenzer - Vegetable Soup

- 1 large onion chopped
- 2 cloves minced garlic
- 2 celery stalks chopped
- 2 carrots chopped
- 2 sweet potatoes chopped
- 1 can diced tomatoes
- 1 tbsp Italian seasoning
- Salt and pepper
- 4 cups veggie broth
- 1 cup couscous

Sauté onion, carrots and celery for 5 minutes

Add garlic and sauté 3 minutes

Add 1 can tomatoes, other veggies, stock, spices

Pressure cook 3 minutes

Wait 5-10 minutes, release pressure

E.G. White-Swift - Strawberry Rhubarb Crisp

Preparations:

Pre-heat oven to 350 degrees Grease 9x13 baking pan

Ingredients

- 3 cups [rhubarb](#), cut into small pieces
- 3 cups [strawberries](#), cut into small pieces
- 1 cup [sugar](#)
- 1 1/3 cups [flour](#), divided
- 1/2 teaspoon [cinnamon](#)
- 1 cup [brown sugar](#)
- 1 cup [old fashioned oats](#)
- 1/4 teaspoon [nutmeg](#)
- 1/2 cup [butter](#), melted

Directions

1. In large bowl combine rhubarb, strawberries, sugar, 1/3 cup flour and cinnamon. Put into to greased 9 x 13 inch baking dish.

2. In another bowl combine remaining 1 cup flour with brown sugar, oats and nutmeg. Add melted butter and blend well. Sprinkle over rhubarb/strawberry mixture pat gently.

Bake:

Bake at 350 degrees for 35-40 minutes in preheated oven. Serves 10 – 12.

Judy Dinitz - CRANBERRY CONSERVE

Ingredients:

- 1 quart cranberries
- 1 1/2 cups water
- 1/2 cup raisins
- 1 cup chopped walnuts
- 1 orange, cut into wedges
- 2 cups sugar
- 2 apples, chopped

Directions:

Boil cranberries in water until skins burst. Add rest of ingredients and boil 25 minutes. Cool.

Judy Dinitz - PICKLED SLAW

Ingredients:

- 1 head cabbage, shredded
- 1 cucumber, thinly sliced
- 1 carrot, grated

marinade:

- 1/2 cup white vinegar
- 1/2 cup oil
- 1/4 cup water
- 1 tsp salt
- 1 tbsp sugar
- 1/2 tsp pepper
- 1/2 tsp seasoned salt or dill

Directions:

Combine marinade ingredients. Pour over vegetables in large bowl and refrigerate overnight.

Kathleen Steed - Cranberry Lemon Bars

This recipe is from The New York Times, one of their "3 Thanksgiving Desserts That Are Easy to Share, Even in a Pandemic." © 2022 The New York Times Company

Cranberries that are quick-cooked into jam add a striking magenta color and complex tartness to these two-toned lemon bars. A thin layer of the classic lemon filling coats the cranberry mix like icing, and lemon zest boiled with the berries echoes the citrus taste of the lemony top. (Its pectin also thickens the jam.) To achieve a sturdy crust that isn't tough, melted butter is stirred into a flour blend and simply patted into the pan. That vanilla cookie base, generously salted to balance the tangy sweetness on top, comes out crisp and holds up well even as the bars keep in the refrigerator for up to five days.

INGREDIENTS

Yield: 2 dozen bars

For the Cranberry Layer

- 1 (12-ounce/340-gram) bag fresh or frozen cranberries
- $\frac{3}{4}$ cup/150 grams granulated sugar
- 2 to 3 large lemons

For the Crust

- Nonstick cooking spray
- $1\frac{1}{2}$ cups/190 grams all-purpose flour
- $\frac{1}{3}$ cup/65 grams granulated sugar
- 1 teaspoon fine sea salt
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup/170 grams unsalted butter ($1\frac{1}{2}$ sticks), melted and cooled

For the Lemon Layer

- 1 cup/200 grams granulated sugar
- $\frac{1}{4}$ cup/30 grams all-purpose flour
- $\frac{1}{8}$ teaspoon fine sea salt
- 3 large eggs, at room temperature
- Confectioners' sugar (optional)

PREPARATION

Time 1 hour, plus cooling and chilling

Step 1

Start preparing the cranberry layer: Combine the cranberries, sugar and 3 tablespoons water in a medium saucepan. Zest 2 of the lemons directly into the saucepan; reserve the lemons. Bring to a boil over medium-high heat, stirring occasionally. Continue boiling, stirring occasionally, until the berries burst and the mixture is jammy, 7 to 9 minutes. Remove from the heat and reserve.

Step 2

Make the crust: Heat oven to 350 degrees. Line the bottom and sides of a 9-by-13-inch baking pan with one large sheet of heavy aluminum foil, making sure there are no gaps or holes, then generously coat with cooking spray.

Step 3

Whisk the flour, sugar and salt in a medium bowl. Whisk the vanilla into the butter, then pour over the flour mixture. Stir until the dough comes together in a mass. Press into an even layer in the prepared pan. Bake until golden brown around the edges and dry and golden on top, 17 to 20 minutes.

Step 4

While the crust bakes, begin preparing the lemon layer: Squeeze the juice from the 2 reserved zested lemons. You should have ½ cup. Squeeze the juice from another lemon, if needed.

Step 5

Whisk the sugar, flour and salt in a medium bowl. Add the eggs and whisk gently just until incorporated. Add the lemon juice and stir gently with the whisk just until smooth.

Step 6

Let the crust cool for 5 minutes, then spread the cranberry mixture evenly over the crust. Carefully and slowly pour the lemon mixture on top to create two distinct layers.

Step 7

Return the pan to the oven and bake until the filling is set, 18 to 22 minutes. Cool completely in the pan on a wire rack, then refrigerate until cold and firm, at least 2 hours. Using the foil, slide the bars out of the pan and onto a cutting board. Cut into 24 squares, wiping your knife between cuts for clean slices. If desired, sift confectioners' sugar over the tops just before serving.

Leonard Willinger - SIMPLE AND BEST BRISKET RECIPE

- 1 5 TO 7 LB. Brisket
- 1 cup water
- 1 package Lipton Onion Soup Mix

Place Brisket on sheet of Aluminum Foil

Add Water

Sprinkle dry Onion soup mix over top of Brisket

Wrap Aluminum Foil tightly around Brisket

Place brisket in a roasting pan and put into a 400-degree oven for 3 1/2 hours. Do not disturb the Brisket during the cooking time.

Allow for the Brisket to settle down.

Carve and you will have the best Brisket you have ever tasted.

Linda Merryman - Chicken Cacciatore

Viva la Italian!

- Vegetable oil for frying
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 (4-lb.) fryer chicken, cut up
- 4 cups ITALIAN COOKING SAUCE MIX thawed

Heat oil in a large skillet. Combine flour, salt and pepper in a plastic bag.

Add chicken pieces 2 at a time and shake to coat with mixture.

Brown chicken in hot oil until golden brown.

Preheat oven to 350°F (175°C).

Put chicken in a 13" × 9" baking dish.

Pour ITALIAN COOKING SAUCE MIX over chicken.

Cover with foil. Bake about 1 hour, until chicken is tender.

Makes 4 to 6 servings.

Linda Merryman - Italian Cooking Sauce Mix

Superb, savory and simple.

- 2 (14-1/2-oz.) cans stewed tomatoes, pureed
- 4 (8-oz.) cans tomato sauce
- 2 cups water
- 2 (6-oz.) cans tomato paste
- 2 tablespoons instant minced onion
- 2 tablespoons parsley flakes
- 3 teaspoons salt
- 2 tablespoons cornstarch
- 4 teaspoons green pepper flakes
- 1 teaspoon instant minced garlic
- 3 teaspoons sugar
- 1-1/2 teaspoons Italian seasoning

Combine all ingredients in a large kettle or Dutch oven.

Simmer for 15 minutes over medium low heat.

Cool.

Put into six 1-pint freezer containers, leaving 1/2-inch space at top.

Seal and label container.

Freeze.

Use within 6 months.

Makes about 6 pints of ITALIAN COOKING SAUCE MIX

Linda Merryman - Last Minute Lasagne

The blend of flavors is superb.

- 6 cups ITALIAN MEAT SAUCE MIX, page 17, thawed
- 1 (8-oz.) pkg. lasagne noodles, cooked
- 1 16. ricotta cheese
- 3/4 lb. grated mozzarella cheese
- 1 cup grated Romano and Parmesan cheese

Preheat oven to 350°F (175°C). Lightly butter a 13" × 9" baking pan.

Spread one-third of ITALIAN MEAT SAUCE MIX in bottom of pan.

Cover with one-third of lasagne noodles.

Add one-third of ricotta cheese, thinned with water for easier spreading if necessary.

Add one-third of mozzarella cheese and one-third of Romano and Parmesan cheese.

Repeat layers twice, topping with Romano and Parmesan cheese.

Cover with foil. Bake 30 to 35 minutes, until heated through.

Let stand 10 minutes before serving.

Makes 8 to 10 servings.

Variation

Substitute 6 cups ITALIAN COOKING SAUCE MIX for ITALIAN MEAT SAUCE MIX.

Linda Merryman - Monte Cristo Sandwiches

Add some pizzaze to ham and cheese sandwiches.

- 12 slices white bread
- Mavonnaise
- 12 thin slices natural Swiss cheese
- 6 thin slices baked ham
- 6 thin slices roast turkey
- 2 eggs, beaten
- 1 cup milk
- 1 cup PANCAKE MIX, page 13
- Butter for griddle
- Powdered sugar, for garnish
- Currant jelly, for garnish

Preheat the griddle to 350°F (175°C).

Spread 1 side of each slice of bread with a thin coating of mayonnaise.

Assemble eacg sandwich using 2 slices of Swiss cheese, 1 slice ham and 1 slice turkey..

Trim crusts with a sharp knife, making the edges even.

Cut each sandwich in half.

Set aside.

Combine eggs and milk in a shallow dish.

Add PANCAKE MIX.

Butter griddle.

Dip each sandwich into the batter

Grill for about 3 to 4 minutes, until lightly browned on both sides and cheese begins. to melt.

Lightly sprinkle with powdered sugar and currant jelly.

Makes 6 sandwiches.

Variation

Omit turkey slices and use 12 slices of ham.

Linda Merryman - Spaghetti and Meatballs

Don't forget the tossed salad and garlic bread!

- 2 qts. water
- 1 teaspoon salt
- 1 (12-oz.) pkg. Spaghetti
- 2 pints ITALIAN COOKING SAUCE MIX thawed
- 1 container MEATBALL MIX thawed (about 30 meatballs)
- Grated Parmesan cheese, for garnish

Bring water to a boil in a large saucepan.

Add salt and spaghetti.

Cook according to package directions.

In a medium saucepan, cook ITALIAN COOKING SAUCE MIX over low heat about 15 minutes.

Stir in MEATBALL MIX and simmer for 15 minutes.

Put cooked spaghetti on a serving platter and pour meatballs and sauce over top.

Sprinkle with grated Parmesan cheese. Makes 6 to 8 servings.

Variations

Substitute 2 (15-oz.) jars spaghetti sauce for ITALIAN COOKING SAUCE MIX.

Substitute 2 pints thawed ITALIAN MEAT SAUCE MIX for ITALIAN COOKING SAUCE MIX and MEATBALL MIX.

For a meatball sandwich, decrease sauce to 1 pint, omit spaghetti and serve on Italian bread.

Linda Merryman - Stuffed Manicotti Shells

For special company or your special family.

- 12 manicotti shells, cooked
- Water
- Salt
- 1 pint ricotta cheese
- 1 egg, beaten
- 1/4 cup Parmesan cheese
- 1 tablespoon parsley flakes
- 4 cups ITALIAN MEAT SAUCE MIX thawed
- Romano and Parmesan cheese, for garnish

Cook manicotti shells in boiling salted water according to package directions.

In a medium bowl, combine ricotta cheese, eggs, Parmesan cheese and parsley flakes. Blend well.

Stuff into cooked manicotti shells.

Preheat the oven to 350°F (175°C).

Place 1 cup of the ITALIAN MEAT SAUCE MIX in the bottom of a 13" × 9" baking dish.

Place stuffed manicotti shells on top of sauce. Pour remaining sauce over top of shells.

Sprinkle with Romano and Parmesan cheese, for garnish.

Cover with foil and bake for 30 minutes, until heated through.

Makes 6 servings.

Variation

Substitute 4 cups ITALIAN COOKING SAUCE MIX for ITALIAN MEAT SAUCE MIX.

Linda Merryman - Veal Parmigiana

Your friends will love it.

- 6 thin veal cutlets
- 1 egg, slightly beaten
- 2 to 3 tablespoons milk
- 3/4 cup seasoned dry breadcrumbs
- 3/4 cup grated Parmesan cheese
- Butter or olive oil for frying
- 2 cups ITALIAN COOKING SAUCE MIX
- 8 oz. mozzarella cheese, sliced

Pound veal cutlets until thin.

Combine egg and milk in a small bowl.

In another small bowl, combine dry breadcrumbs and grated Parmesan cheese.

Dip veal into egg mixture, then into breadcrumb mix-ture.

Let veal stand at least 15 minutes before cooking.

Heat butter or olive oil in a large skillet.

Sauté veal cutlets in butter or oil about 2 minutes on each side until crisp.

Preheat oven to 400° F (205°C).

Put veal into a 13" x 9" baking pan.

Pour ITALIAN COOKING SAUCE MIX over top.

Place a slice of mozzarella cheese on each cutlet.

Bake 10 to 15 minutes, until the veal is golden brown and the cheese is melted.

Makes 4 to 6 servings.

Variation

Use veal cutlets that are already breaded and omit

Marianna Colbert - Hungry Girl's Skinny Holidays Cocktails

Makes 6 servings

- 4 1/2 cups Light vanilla soymilk
- 4 oz rum
- One 4- serving box vanilla instant pudding mix 5 no- calorie natural sweetener packets
- 1/2 teaspoon of ground nutmeg
- Cinnamon
- Optional topping whipped cream

Directions

Combine all ingredients except cinnamon in a large blender, and blend at high speed until smooth.

Transfer to a pitcher, cover, and refrigerate until thickened, at least 3 hours.

Stir well before serving. Sprinkle each serving with a dash of cinnamon, and enjoy!

Marianna Colbert - Yam Casserole

- 1 Cup pecan 2lb yam
- Crush pineapple 1 cup coconut
- 1 cup honey
- Optional marshmallows

Cook yam either boil or bake until tender.,

Mix in a mixing bowl all ingredients and place in a pot.

Put in an oven at 360 degrees and let brown.

Add marshmallows at the end if needed.

Nanette Seda - Biscotti

Prep Heat Oven to 350F

Cream these together

- 1 Stick Softened Butter
- 1 c Sugar
- 2 Eggs Cream into the butter and sugar
- 1 tsp Vanilla
- 1tsp Almond extract (optional, personally don't use it)

We do all this in a bread machine. It works great. Mix in the dry ingredients.

- 2 c Flour
- 1 tsp Baking Powder
- 2 tbs Anise Seeds (we crush them with a rolling pin to release the oils, sometimes we add an extra tablespoon)

Add Nuts and/ or other extras you be the judge of how much (chocolate chips, dry fruits, cranberries dry, other chip flavors, 2 heaping tablespoons of fruit cake fruit, endless possibilities this makes the dough moist so you might want to add a little more flour so its not too sticky, but its really good this way.)

The mixture should be stiff. Flour a cutting board and shape into two long loafs on a 9 x 13 on cookie sheet side by side.

Bake for 30 minutes. While they are still hot slice into $\frac{3}{4}$ thick slices on the diagonal. Flip the slices onto their sides and bake for another 10 minutes.

Cool and dust with powder sugar while they are warm, (sometimes I add a little powdered cocoa to the powdered sugar.) Doing it while it's warm allows the sugar to stick a bit better.

If you want to add other flavors you can however omit the almond extract but keep in the vanilla, I add a like extra flavoring too.

Makes about 40 slices. Keep stored in an airtight container.

Nanette Seda - Homemade Irish Cream

- 1 can Sweet Condensed Milk
- 1/2 pint Heavy Whipping Cream
- 2 Egg Yolks
- 3/4 c Irish Whiskey or Seagrams
- 2 tablespoons Hershey's Chocolate Syrup

Put in the blender for less than a minute. Transfer to a bottle and chill. Last for weeks and better than commercial brands. You can drink alone or in your coffee or cocoa. Happy Holidays after this one!

Tori Lepore - Baked Pumpkin Custard

GLUTEN FREE & VEGETARIAN

SERVES 4

This baked custard is a cross between a pumpkin pie without the pie crust and a crème brûlée without most of the fat. The average baked pumpkin custard or pumpkin crème brûlée has a whopping 20 grams of total fat. This version weighs in with 3.5 g of total fat.

But aside from the fact that this cheater brûlée is a cinch to make, tastes fantastic, and is low in both calories and fat. its real claim to fame is that you have to make it the day before which will make your Thanksgiving Day much less stressful

- 3/4 cup evaporated skim milk
- 1/2 cup canned pure pumpkin purée (Use pumpkin purée not pumpkin pie filling. You can either buy it canned or make your own.)
- 1/4 cup pure maple syrup
- 2 Tbsp dark brown sugar
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- Pinch of cloves
- 1/4 tsp pure vanilla extract
- 2 large eggs

1. Preheat oven to 350 F. Put a kettle on to boil with approx. 2 cups water.
2. Combine evaporated milk, pumpkin, maple syrup, brown sugar, cinnamon, nutmeg, cloves, and vanilla in blender and process till well combined. Add eggs and process until smooth. Set aside so any bubbles on top of mixture settle, approximately 5 minutes
3. Divide mixture evenly between 4 - 6 oz ramekins.
Place ramekins into 8 × 8 inch baking pan. preferably a metal one add boiling water to pan so water comes halfway up the sides of ramekins
4. Carefully place pan into oven and bake for 45 to 50 minutes or until the custard has set. Remove from pan and let cool on wire rack. Cover each ramekin and refrigerate overnight. Serve as is or with a dollop of whipped cream on top

PER SERVING (WITHOUT WHIPPED CREAM):

173 CALORIES: 8.4 G PROTEIN: 3.5 G TOTAL FAT (1 G SAT. FAT);

29 G CARBOHYDRATES: 8 G FIBER: 107.5 MG SODIUM

For a less sweet version of the Baked Pumpkin Custard, omit the brown sugar.

You'll need 4 ramekins for baking the custard. Ramekins are small, usually glazed, ceramic baking dishes that can be purchased at most kitchen stores.

Tori Lepore - Soft and Sticky Gingerbread

Recipe off the internet. Baked 12/23/2022 yummy, not overly sweet, very good.

Soft and Sticky Gingerbread

I like to grate the nutmeg fresh—not because I’m fancy or because I think it makes such a big difference flavorwise, but because it’s such a pleasant thing to do, and it’s a little job I can give the kids. If you’ve never tried this, do: it involves buying whole nutmegs and a tiny grater, and it’s a small and worthwhile investment.

- ½ cup sugar
- ½ cup room-temperature butter
- 2 eggs
- 1 cup molasses
- 2 cups flour (I used half spelt)
- ½ teaspoon salt (I use one scant teaspoon of Kosher salt)
- ¼ teaspoon cloves
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon ginger
- 1 cup boiling water
- 2 teaspoons baking soda

Heat the oven to 350, and butter and flour a lasagna-sized (10 by 14 inch) baking pan.

Now, in the bowl of an electric mixer, cream together the butter and sugar until it’s light and fluffy, then add the eggs one at a time, followed by the molasses. Take a moment to stop the mixer and scrape the bottom of the bowl with a rubber spatula to make sure there’s no butter hiding out down there. Meanwhile, sift together the flour, spices, and salt (and by “sift together” I mean, of course, *whisk together*, because I’m lazy like that), then mix them into the batter until they just disappear.

Now measure the boiling water (I do this right in the dirty molasses cup), add the baking soda to it, call your kids over to see the amazingly foaming mixture, explain the science of it (each crystal of baking soda actually contains a tiny, burping angel), and beat it gently into the batter, which will now seem incredibly runny, which is fine.

Pour it into your prepared pan and bake for about 30 minutes, until the cake is starting to pull away from the sides of the pan and a toothpick comes out clean or with crumbs on it, rather than ooky batter still. Serve with whipped cream, if you have company, or plain. Yum.