



STAFF COOKBOOK

RECIPES FROM STAFF

COMPILED BY **UCI** Staff
Assembly



Spring 2021

This cookbook was created by UCI staff for UCI staff. We hope you will enjoy these tried and true recipes, family favorites, and culinary creations in your kitchen.

Enjoy,
UCI Staff
Assembly

TABLE OF CONTENTS

Appetizers 4

The Cheese Dip That Will Make You Famous	5
Oven Roasted Tomatoes	6
Cheese Ball	7

Breakfast 8

Chia Oatmeal Breakfast Muffins	9
Eggs Golden Rod	10
Cranberry Banana Cereal Muffins	11
Green Chile and Egg Breakfast Casserole	12

Sides, Soups & Salads 13

Holiday Beet Salad	14
Spicy Coco Sauce	15
Pinto Beans/Carrots Cooked in Olive Oil	16
Maral's Lentil Soup	17
Caramelized Onions and Potatoes au Gratin	18
Irish Soda Bread	19
Kale and Cabbage Slaw	20

Entrées 21

Chicken Adobo with Garlic Fried Rice	22
Shrimp Pasta	23
Brazilian Chicken with Coconut Milk Sauce	24
Mushroom Pie	25
Butternut Squash Lentil Curry (Instant Pot)	26
Pineapple Lasagna Heaven	27
Spicy Buttermilk Fried Chicken Sandwich	28
Curry-spiced Thai-style Fried Rice with Hawaiian Chicken Bulgogi	29
Christmas Tamales	30
Potatoes Romanoff	31
Creamy Lemon Pasta	32
Chipotle Salmon with Coconut Rice and Pineapple Salsa	33
Cauliflower Parmesan	34

Desserts 35

Brookies	36
Homemade Marshmallows	37
Old World Sour Cream Cut-Out Cookies	38
Best Banana Bread	39

A top-down view of a wooden table laden with various appetizers. In the top left, there are several round, golden-brown crackers on a white lace doily. To their right is a white plate with a vibrant salad of arugula, sliced strawberries, cherry tomatoes, and basil. Below the crackers is a white bowl filled with a creamy white dip. In the center, a blue rectangular banner with the word "APPETIZERS" in bold yellow capital letters is overlaid. To the left of the banner is a small white bowl of soft white cheese. Below the banner is a white bowl containing a mix of green and purple grapes. To the right of the banner is a white plate with sliced cheese and salami. In the bottom left, a large white plate holds sliced cucumbers, purple grapes, and round crackers. In the bottom right, a white plate on a lace doily features neatly stacked slices of red and yellow apples.

APPETIZERS



THE CHEESE DIP THAT WILL MAKE YOU FAMOUS

Submitted by Shannon Ingram

Serve this at your Super Bowl Party, at a cocktail party, on holiday tables, and you'll get rave reviews! It's super easy, and you'll have everyone asking for the recipe. Try it with jalapeño jack if you like a kick...otherwise, stick to the cheddar.

INGREDIENTS

- 8 oz. cream cheese
- 2 c. cheddar cheese or jalapeño jack cheese, grated
- 1 c. mayonnaise
- 1 small purple onion, diced
- Wheat Thins, Triscuits or Fritos Scoops for dipping

INSTRUCTIONS

1. Place all ingredients in a shallow baking dish (a 9 inch. square pan, round quiche, or pie pan will be perfect!)
2. Microwave on high for about 2 minutes or until ingredients are melted enough to stir together. Stir to combine
3. Bake at 350° F for 20 minutes or until lightly browned
4. Let it cool for at least 5 minutes. Serve with Triscuits, Wheat Thins, or Fritos Scoops. Serves 8



OVEN ROASTED TOMATOES

Submitted by Dora James

When I need a simple, but elegant appetizer for family or friends, these roasted tomatoes are a perfect choice. They can be made the day before and the flavors only intensify. Alternatively, you can create a delightful bruschetta, or caprese salad with fresh mozzarella.

INGREDIENTS

- 12 plum (Roma) tomatoes, halved lengthwise, core and seeds removed
- 4 tbsp. good olive oil
- 2 tbsp. balsamic vinegar
- 2 large garlic cloves, finely minced
- 4 to 6 fresh basil leaves, torn or sliced into ribbons (chiffonade)
- 2 tsp. sugar (optional)
- Optional toppings: grated parmesan, feta cheese, toasted pine nuts, capers

INSTRUCTIONS

1. Preheat oven to 275° F
2. Arrange tomatoes, cut side up, in a single layer. Be sure to use a non-aluminum sheet pan or glass baking dish
3. Drizzle olive oil and balsamic vinegar over tomatoes
4. Top tomatoes with garlic and sugar, sprinkling very lightly with salt
5. Roast in oven for about 2 hours or until tomatoes become fork-tender
6. Remove from oven, baste with pan juices, and let cool before adding fresh basil. Best when served at room temperature with crusty French bread or crostini



CHEESE BALL

Submitted by Claudia Burnette

This is a simple recipe but always a crowd pleaser... should be made 24 hours prior to serving to allow flavors to mix.

INGREDIENTS

- 8 oz. cream cheese
- 8 oz. cheddar cheese, grated
- ¼ c. butter
- 2 to 3 tbsp. pimento olives, chopped (to taste)
- 2 tbsp. onion or scallions, chopped
- Walnuts, finely chopped

INSTRUCTIONS

1. Allow cheeses and butter to soften
2. Mix well: cheeses, butter, olives, and onions
3. Roll into a ball and cover with chopped walnuts
4. Wrap with plastic wrap and refrigerate
5. Serve with party crackers



BREAKFAST



CHIA OATMEAL BREAKFAST MUFFINS

Submitted by Celia Valladares

Almost 2 years ago, one of my little sisters was diagnosed with breast cancer. After the diagnosis, I started with her a plant-based diet. These muffins are one of the recipes that she found online, but we've been modifying it to make it healthier. Two years later, she is cancer-free and we continue with our plant-based diet.

INGREDIENTS

- 1¾ c. oatmeal flour
- 4 ripe bananas
- 3 tbsp. chia seeds
- 3 tbsp. coconut oil, melted
- 3 to 4 tbsp. maple syrup
- 1 tsp. vanilla
- 1 tsp. baking soda
- Pinch of salt

Note: To make oatmeal flour, blend 1¾ cup of oatmeal in a blender. For toppings, add pecans, almonds, cranberries, or raisins.

INSTRUCTIONS

1. Preheat oven to 350° F
2. Dissolve chia in ½ cup water for 10 minutes and set aside
3. Mash bananas and add coconut oil, maple syrup, and vanilla
4. Add hydrated chia and mix well
5. Add oatmeal flour, baking soda, and salt and mix well
6. Bake for 40 minutes
7. Remove from oven and let sit for 10-15 minutes



EGGS GOLDEN ROD

Submitted by Jill Livingston

This is a traditional breakfast that we make and serve every year on Christmas morning. My grandma started making it for us kids back in the early 70s. We all loved it so much we each still make it to this day. It has passed down to 3 generations. This past Christmas since we couldn't all be together, we each made it and took photos and shared our meals on Zoom. It was awesome to see this meal loved in California, Arizona, Michigan, North Carolina and even London!!

INGREDIENTS

- 8 tbsp. butter
- 8 tbsp. flour
- 4 c. milk
- 6 to 8 hard boiled eggs
- 4 to 6 pieces of sourdough toast (or sometimes we use biscuits)

INSTRUCTIONS

1. Make a roux: melt butter, add flour, and whisk continuously until creamy mixture; keep whisking and add 1 cup milk at a time. Once mixture gets creamy/smooth again, add more milk. Keep doing this until thick and creamy
2. Separate hard boiled eggs (whites and yellows into separate bowls). Cut up whites into small chunks and mash yellows with a fork to create small pieces to resemble sprinkles
3. When the sauce is done, add the whites and stir
4. Pour sauce over toast, sprinkle yolks over sauce, and add salt & pepper to taste. Serves 2-3

Note: The trick to a good roux is to go slow with the milk, just make sure the sauce is completely lump free before adding more milk and whisk like a crazy person... just keep whisking!!!



CRANBERRY BANANA CEREAL MUFFINS

Submitted by Veronica Portal

Good source of fiber and easy to make. I found the recipe in the back of the box of the Millville Bran Flakes cereal. When I went out hiking with my mom, we took 2 muffins to eat.

INGREDIENTS

- 2 ripe bananas, mashed
- $\frac{1}{4}$ c. brown sugar
- $\frac{1}{4}$ c. 100% pure maple syrup
- 2 tbs. pure vanilla extract
- $\frac{1}{4}$ c. unsweetened original almond milk
- 2 large eggs
- 2 tbs. organic coconut oil
- $1\frac{1}{2}$ c. all-purpose flour
- 2 c. bran flakes, ground
- 3 tsp. baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon iodized salt
- $\frac{1}{2}$ c. dried cranberries
- $\frac{1}{4}$ c. pecans, chopped

INSTRUCTIONS

1. Preheat oven to 375° F
2. Line a 12 count muffin pan with liners
3. In a large bowl, mix together bananas, brown sugar, maple syrup, vanilla extract, almond milk, coconut oil, and eggs
4. Add flour, bran flakes, baking powder, baking soda and salt. Mix well. Stir in cranberries and pecans
5. Scoop into lined muffin pan
6. Bake 20-25 minutes or until toothpick inserted in center of muffin comes out clean



GREEN CHILE AND EGG BREAKFAST CASSEROLE

Submitted by Dannielle Lampkin

Great for weekend brunch.

INGREDIENTS

- 10 eggs
- 1 pt. cottage cheese
- ½ c. melted butter
- ½ c. unsifted flour
- 1 lb. Sonoma Jack or Monterrey Jack cheese, shredded
- 1 tsp. baking powder
- ½ tsp. salt
- (2) 4 oz. cans diced green chiles

INSTRUCTIONS

1. Preheat oven to 350° F
2. Beat eggs and add remaining ingredients
3. Bake in buttered 9" quiche dishes or 9x13" baking dish for 35 minutes, or until eggs are firm and inserted knife comes out clean

SIDES, SOUPS & SAUCES





HOLIDAY BEET SALAD

Submitted by Jean Krsnak

This is a long time family favorite during the holidays. The deep red color looks so festive, and the salad is refreshing but not sweet.

INGREDIENTS

- 20 oz. can crushed pineapple in juice
- 6 oz. package black cherry gelatin
- 1½ c. boiling water
- 16 oz. beets, shoestring cut
- 2 tbsp. white vinegar
- 1 tsp. dill weed
- Dash of salt
- 1 c. celery, finely chopped
- Lettuce leaves for serving
- Sour cream for garnish (if desired)

INSTRUCTIONS

1. Drain pineapple and reserve all drained juice
2. Dissolve gelatin in boiling water until completely dissolved
3. Stir in beets with their juice, pineapple juice, vinegar, dill and salt
4. Chill until slightly thickened (approximately the texture of uncooked egg whites)
5. Fold in pineapple and celery. Pour into 2 quart mold and chill until firm
6. Unmold onto lettuce lined plate, or place individual portions on small plates lined with lettuce
7. Garnish with sour cream, if desired



SPICY COCO SAUCE

Submitted by Rhonda Reeves

This sauce is so healthy and delicious! Put on any vegetable and devour!!!! I like to put it in the blender and make the sauce smooth because I like the sauce smooth and not chunky (let it cool first-before blending).

INGREDIENTS

- 3 tbsp. extra-virgin olive oil
- 1 large onion, finely chopped
- 4 to 5 cloves garlic, minced
- 1 tbsp. fresh ginger, peeled and grated
- 2 tsp. ground cumin
- 1 tsp. ground cinnamon
- 1 tsp. freshly ground black pepper
- 1 tsp. coriander
- 1 tsp. allspice
- 1 tsp. cardamom
- 14 oz. full-fat coconut milk
- 4 tbsp. Sriracha or more for extra spice
- 1 tbsp. brown sugar
- Garlic, minced
- 1 lemongrass stalk, one-inch pieces (optional)

INSTRUCTIONS

1. In a large saucepan, heat olive oil over medium heat
2. Add onion and garlic and sauté until they start to turn brown
3. Add ginger, cumin, cinnamon, pepper, coriander, nutmeg, cardamom, and all spice and sauté for 1 minute at low heat, until spices start to smell fragrant
4. Add coconut milk, Sriracha, brown sugar, and lemongrass, if desired, stirring for 30 seconds
5. Reduce heat and simmer, stirring for every 5 minutes, for 15-20 minutes, so flavors can fully integrate
6. Remove lemongrass. Serve immediately or let cool and then freeze. Serves 4-6



PINTO BEANS/ CARROTS COOKED IN OLIVE OIL

Submitted by Beril Seymen

A delicious vegetarian Turkish recipe. This can be served at room temperature or cold.

INGREDIENTS

- 30 oz. canned pinto beans, drained and rinsed
- 5 carrots, chopped
- 1 medium onion, finely chopped
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ tsp sugar
- 2 c. water
- Dill weed for garnish

INSTRUCTIONS

1. Heat about 3 tablespoons olive oil and stir in onions. Sauté for about 3 minutes
2. Add carrots and sauté for another 3 minutes
3. Add sugar, pinto beans, and mix well
4. Pour water and rest of olive oil. Bring to a boil then reduce heat to low and cover partially
5. Cook for about 25 minutes until beans are cooked but be careful so it doesn't turn mushy
6. Serve on plate then garnish with dill weed



MARAL'S LENTIL SOUP

Submitted by Maral Dakessian

This soup is healthy, easy, filling, and inexpensive! I make this soup on Sunday nights when I want to 'detox' after eating less healthy food on the weekend. It lasts well in the fridge, so I often bring leftovers to lunch during the week. Tastes great alongside a salad and some good crusty bread.

INGREDIENTS

- 2 tbsp. olive oil
- 1 large yellow or white onion, diced
- 3 carrots, peeled and finely diced
- 2 to 3 cloves garlic, chopped
- ½ tsp. dried garlic powder
- 1.5 c. red lentils
- 4 c. chicken broth plus 2 c. water
- ½ tsp. turmeric powder
- ½ tsp. yellow curry powder or cumin powder
- 1 tsp. salt or more, to taste
- ¼ tsp. pepper or more, to taste
- ¼ tsp. Aleppo pepper (optional) or pinch of crushed red pepper
- Squeeze of lemon juice (optional)

INSTRUCTIONS

1. Sauté onion and carrots in olive oil over medium heat until onions are translucent
 2. While they are sautéing, rinse your red lentils really well, picking out any stones or other debris
 3. When onions and carrots are soft, turn heat to low, add garlic and stir for 1 minute, then add spices, mixing everything together
 4. Add lentils, chicken broth, and water. Stir to combine and bring to a boil. After soup boils for a few minutes, turn down heat, cover, and simmer for 25-30 minutes, stirring occasionally
 5. The soup is done when lentils have broken down and soup is creamy and smooth. If soup is too thick, add ¼ cup water or chicken broth and stir until soup reaches desired consistency. You can also blend with a stick blender
- Optional: Add a squeeze of lemon juice or top with croutons before serving



CARAMELIZED ONIONS AND POTATOES AU GRATIN

OR UCI (ULTIMATE CHEESY INDULGENCE)

Submitted by Cristi Nunez

Who doesn't like cheese and potatoes? This side dish is a staple at our family holiday gatherings. Bon Appetit!

INGREDIENTS

- 3 lbs. Yukon Gold potatoes
- 4 tsp. salt
- 3 tbsp. unsalted butter
- 2 c. yellow onions, thinly sliced
- 1 tbsp. garlic, minced
- ½ c. green onions, minced
- 1 c. white cheddar or Gruyere cheese, shredded
- 1 c. Swiss cheese, shredded
- ½ tsp. freshly ground white pepper
- 2 c. heavy cream

Tip: For the cheese, use 16 oz. (or a bit more) of Trader Joe's Swiss and Gruyere shredded cheese blend.

INSTRUCTIONS

1. Preheat oven to 350° F
2. Place potatoes in a large saucepan and add enough water to cover them. Season with 2 teaspoons salt
3. Bring potatoes to a boil and then reduce heat to a simmer and cook until potatoes are tender, about 20 minutes. Drain and set aside to cool
4. In a non-stick skillet, heat butter and onions and add 1 teaspoon salt. Cook over medium-high heat, stirring until onions are golden brown and caramelized, about 10-15 minutes
5. Add garlic and minced green onions and cook for 2-3 minutes longer
6. Slice potatoes ⅓ inch thick. In a casserole dish, alternate potatoes, onions, and cheeses in two layers and season with remaining salt and pepper. Pour heavy cream over gratin and cover with aluminum foil
7. Bake for 30 minutes, uncover and bake until top is golden brown, another 15 to 20 minutes. Allow the gratin to cool slightly before serving. Serves 8



IRISH SODA BREAD

Submitted by Heather Shannon

This is a family recipe that everyone loves! It's moist and cake-like. Enjoy with some butter, warm, or plain.

INGREDIENTS

- 5 c. flour
- 5 tsp. baking powder
- $\frac{3}{4}$ tsp. salt
- 1 tsp. baking soda
- 3 tsp. caraway seeds (adjust to taste - not everyone likes them)
- 1 c. sugar
- $\frac{1}{3}$ c. butter, melted
- 3 c. buttermilk

INSTRUCTIONS

1. Preheat oven to 350° F
2. Mix all ingredients together in a large bowl until combined
3. Bake in a well-greased loaf pan for 90 minutes. (If splitting over two pans, adjust cooking time to 45 minutes or until a knife inserted in the center comes out clean)



KALE AND CABBAGE SLAW

Submitted by Michele Wu

This non-mayo slaw is awesome because it takes two relatively inexpensive vegetables, is make ahead, and can stay for the whole week.

INGREDIENTS

FOR THE SALAD:

- 4 c. kale, rinsed and cut into strips with stems removed
- ¼ tsp. extra-virgin olive oil
- 4 c. cabbage (3 large leaves), cut into strips
- ¼ c. carrots, shredded
- Pinch of salt
- Sliced almonds (optional)

FOR THE DRESSING:

- 2 tbsp. + 1½ tsp. sesame oil
- 2 tbsp. spicy brown mustard
- 1 tbsp. stone ground mustard (Inglehoffer is great, but you can substitute any other brand)
- ¾ tsp. vinegar
- 1 tsp. water
- Salt and pepper to taste

INSTRUCTIONS

1. Put kale in a bowl and add extra-virgin olive oil and a pinch of salt. Massage kale until it is lightly coated in oil and allow to sit
 2. Toss cabbage and carrots with kale. Add dressing so it lightly coats the greens. Top with sliced almonds, if desired.
- Serves 6

TIPS: You can buy kale in a bundle or pre-cut strips. Be sure to remove stems. Cutting up the kale and cabbage in a similar size will yield a pleasurable salad whether it be chunky or thin strips. Make the dressing first, stick it in the fridge, and let the flavors meld. The longer the dressing sits, the better it tastes



ENTREES





CHICKEN ADOBO WITH GARLIC FRIED RICE

Submitted by Patricia Anderson

This is a classic Filipino dish I shared at a School of Education "Food for Thought" event in Fall 2020 during the pandemic where participants cooked the recipe and shared photos of their dishes and I shared some of the history of Filipino cuisine.

INGREDIENTS

FOR THE CHICKEN ADOBO:

- 2 lbs. chicken thighs
- $\frac{3}{4}$ c. white vinegar
- $\frac{1}{4}$ c. soy sauce
- $\frac{1}{2}$ garlic bulb, smashed
- 1 c. water
- 1 tbsp. peppercorns
- 1 tbsp. vegetable oil
- 1 bay leaf (optional)
- 1 tbsp. brown sugar (optional)
- 2 green onions, chopped for garnish (optional)

FOR THE GARLIC FRIED RICE:

- 2 c. white rice
- 2 tbsp. vegetable oil
- $\frac{1}{2}$ garlic bulb, chopped
- 2 eggs
- 2 green onions, chopped for garnish (optional)

INSTRUCTIONS

FOR THE CHICKEN ADOBO:

1. In a large skillet, over medium-high heat, brown both sides of chicken thighs in vegetable oil
2. Remove excess fat. Lower to medium heat and add vinegar, soy sauce, crushed garlic cloves, water, peppercorns, and optional ingredients
3. Simmer covered for 35 minutes
4. Remove lid and simmer an additional 15 minutes to reduce liquid. Discard bay leaf

FOR THE GARLIC FRIED RICE:

1. The night before you plan to eat your adobo and garlic fried rice, cook rice and refrigerate covered overnight. This will dry it for cooking the next day
2. On one side of a large skillet, brown garlic in vegetable oil on medium-high heat
3. On other side of the skillet, scramble 2 eggs. Add cooked rice and break down clumps with a spatula or spoon. Be sure the rice, garlic, and eggs are combined and fried evenly



SHRIMP PASTA

Submitted by N. Dori Watanabe

First time I tried a cooking show recipe (Lidia Bastianich) and it turned out GREAT! I use lots of extra garlic. For a one pot wonder, just add a veggie - I've added cooked zucchini and mixed it in.

INGREDIENTS

- ½ c. extra-virgin olive oil
- 7 to 8 fat garlic cloves, sliced
- 12 whole Tuscan style pepperoncini in vinegar: drained, seeded, and thinly sliced
- ½ tsp. salt
- ½ c. scallions, chopped
- 1 lb. (or 2 dozen small shrimp): washed, peeled, and de-veined
- 4 tbsp. butter softened plus 2 tbsp. for finishing
- 2 c. hot water from the pasta cooking pot
- ½ c. fresh Italian parsley, chopped

INSTRUCTIONS

1. Boil a large pot of salted water. If using dry pasta, start cooking the pasta 5 minutes before you start the sauce; if using fresh pasta, start the sauce and then put on the pasta to cook at the same time
2. Pour olive oil into a big skillet, scatter garlic in, and set over medium-high heat. Cook for 1 minute until garlic sizzles
3. Scatter pepperoncini slices in a hot spot and cook for 1 minute; shake the pan now and then. Push garlic and peppers to the side then turn the heat to high
4. Drop shrimp in center of skillet and spread them so they're not crowded. Sprinkle with salt and sizzle for ½ minute on both sides
5. Stir in scallions and cook for 20-30 seconds until sizzling. Stir in 2 tablespoons butter and add 2 cups boiling pasta water. Stir everything in skillet and let the sauce boil for only a moment
6. When pasta is al dente, drop into shrimp pan. Toss briefly, sprinkle on parsley, and toss again. Remove from heat and drop remaining 2 tbsp. butter on top of the pasta. Serve right away



BRAZILIAN CHICKEN WITH COCONUT MILK SAUCE

Submitted by Emily Zaman

This recipe is a great make-ahead meal and it's fast and easy! This is my uncle's recipe and I learned to make it when I was in Brazil visiting family. My uncle is a very good cook and taught his daughters and me many of his recipes, but of course he doesn't really use measurements. So, my cousin and I made the recipe together and created the measurements so we can pass it on for others to make and enjoy!

INGREDIENTS

- 2 to 3 boneless chicken breasts, chopped into small pieces
- 2 tbsp. olive oil or coconut oil
- 1 tbsp. butter
- 1 small/medium white onion, diced
- 2 garlic cloves, finely chopped
- 1 green bell pepper, sliced
- 13½ oz. coconut milk
- 1 tsp. paprika
- 1 tsp. cumin
- Salt and pepper to taste
- 1 cilantro bunch, small
- ½ c. green olives, sliced or whole (optional)
- 1½ c. rice for serving

INSTRUCTIONS

1. Over low to medium heat, add olive oil or coconut oil to a skillet and cook chicken. Add salt and pepper to taste
2. In a separate large pot over medium, add 1-2 tablespoons oil and chopped onion and cook until onions are translucent. Add chopped garlic and diced tomatoes and mix until soft
3. Once chicken is cooked, add to onion/tomato mixture and reduce heat. Add cumin, salt, and coconut milk. Reduce heat to low
4. Add bell peppers, green olives, and paprika. Simmer on low for 10-15 minutes
5. Top with cilantro just before serving. Best served with white rice and a slice of French bread to soak up the sauce. You can also serve it on top of mashed potatoes



MUSHROOM PIE

Submitted by Maggie Davis

This is an old family favorite.

INGREDIENTS

- 1 c. Cheddar cheese, shredded
- 1 c. Swiss cheese, shredded
- 1 lb. mushrooms
- 1 egg
- 1 onion, finely chopped
- 1 loaf sourdough bread
- Garlic salt to taste
- Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 375° F
2. Lightly butter a 9" pie pan
3. Butter sourdough bread slices and cut them to fit pie pan
4. Sprinkle both sides of bread with garlic salt and parmesan cheese and place butter side down in pie pan
5. Mix cheese, mushrooms, egg, and onion in a bowl. Pour over bread in pie pan
6. Put pie plate on a cookie sheet and bake for 45 minutes. Cool for 5-10 minutes, cut, and serve



Photo courtesy of Rainbow Plant Life

BUTTERNUT SQUASH LENTIL CURRY (INSTANT POT)

Submitted by Pamela James

Vegan DELICIOUS, so flavorful! Recipe & photo are by Nisha Vora (www.RainbowPlantLife.com). She has a great YouTube Channel with video cooking demos!

INGREDIENTS

- 1½ tbsp. unrefined virgin coconut oil, divided
- 1 tsp. whole cumin seeds
- 1 medium yellow onion, diced
- 1½ tsp. kosher salt, divided
- 6 garlic cloves, minced
- (1) 2 inch piece fresh ginger, finely minced or grated
- 1 tbsp. curry powder
- 1½ tsp. ground turmeric
- ½ tsp. cayenne pepper (optional)
- 2 tbsp. water
- 5 to 6 c. peeled and roughly chopped butternut squash, (can buy pre-cut squash)
- 1½ c. low-sodium vegetable broth
- 1 c. brown lentils or green lentils
- 15 oz. “lite” coconut milk
- 3 tbsp. cashew butter (can substitute with almond butter or tahini)
- 4 oz. baby kale or baby spinach
- 1 tbsp. fresh lemon or lime juice
- 1 large handful fresh cilantro, roughly chopped
- For serving: white rice and/or flatbread

INSTRUCTIONS

1. Rinse and drain lentils
2. Select the Sauté setting on the Instant Pot and after a few minutes, add ½ tbsp. of coconut oil, followed by cumin seeds
3. Toss for 30-60 seconds until lightly browned and very fragrant
4. Add remaining 1 tbsp. oil, followed by onions and ½ tsp. kosher salt. Cook onions for 4-5 minutes until lightly browned
5. Add garlic and ginger and cook for 1 minute, stirring frequently to prevent sticking
6. Stir in curry powder, turmeric, and cayenne (if using) for 30 seconds, adding 2 tbsp. water to prevent mixture from drying out
7. Add chopped butternut squash and stir to coat it in spice mixture. Pour in vegetable broth and use a wooden spoon or spatula to scrape any browned bits at bottom of the pan. Add remaining 1 tsp. kosher salt, lentils, and coconut milk. Scoop cashew butter on top, but do not stir
8. Secure the Instant Pot lid and set the Pressure Release to Sealing. Select the Pressure Cook or Manual setting and set the cook time for 10 minutes
9. Once the timer goes off, allow a natural pressure release. Once pressure has released, open pot and stir in baby kale. Select the Sauté setting and heat for 2 minutes or until kale has wilted, then select Cancel. Add lemon or lime juice and cilantro and stir to combine
10. Serve over white rice or with flatbread



PINEAPPLE LASAGNA HEAVEN

Submitted by Mehrnaz Ezzati

Absolutely delish!!! This entrée came about because of a cooking challenge with secret ingredients! This dish won 1st place!

INGREDIENTS

FOR THE MEAT SAUCE:

- 4 tsp. grapeseed oil
- 4 garlic cloves, minced
- 1 yellow onion, diced
- 2 green bell peppers, diced
- 1 lb. ground beef or turkey
- 1 tbsp. each of turmeric, paprika, basil, and oregano
- ¼ tsp. red pepper flakes
- 2½ c. crushed tomatoes
- 2 tbsp. tomato paste
- ½ c. water

FOR THE CHEESE FILLING:

- 16 oz. ricotta cheese
- ¾ c. parmesan cheese, grated
- 16 oz. mozzarella cheese, shredded

FOR THE VEGETABLES & PINEAPPLE:

- 1 to 2 tbsp. olive oil
- 1 whole pineapple, chopped
- 3 zucchini, diced
- 16 oz. corn (fresh or frozen)

OTHER:

- No bake or regular lasagna noodles
- Fresh basil and cherry tomatoes for garnish

INSTRUCTIONS

FOR THE MEAT SAUCE:

1. Heat oil, sauté onions, green peppers, and minced garlic. Stir occasionally for about 5 minutes. Add in herbs and ground meat
2. Add salt, pepper, turmeric, paprika, and red pepper flakes. Stir well and add crushed tomatoes, tomato paste, and ½ cup water. Simmer and remove from heat. Set aside

FOR THE VEGETABLES & PINEAPPLE:

1. Coat all vegetables with olive oil & roast at 400° F for 15 minutes or until golden brown

HOW TO ASSEMBLE:

1. Line a 7" spring form pan with parchment paper
2. Spread a thin layer of meat sauce on the bottom & then layer with noodles over meat sauce
3. Add a layer of ricotta cheese, then meat sauce, zucchini, corn, mozzarella, pineapple, and repeat. Top with a layer of noodles and pour remaining meat sauce, pineapple, parmesan, mozzarella on top
4. Bake at 350° F for 45 minutes. For the last 10 minutes, increase temperature to 400° F to get a nice crisp layer on top



SPICY BUTTERMILK FRIED CHICKEN SANDWICH

Submitted by Peggy Yeung

I got this recipe online and it's honestly the best fried chicken sandwich. I like it because it's not difficult and it's really tasty. Best served on a brioche bread with some butter. Chef's kiss.

INGREDIENTS

FOR THE BUTTERMILK MARINADE:

- 4 pieces boneless skinless chicken thighs, pounded to even thickness
- 1 c. buttermilk
- 2 tbsp. Sriracha or your favorite hot sauce
- 1 tsp. each salt, pepper, garlic powder

FOR THE FLOUR MIXTURE:

- 1 c. all-purpose flour
- 3 tbsp. cornstarch
- 1 tbsp. paprika powder
- 1 tsp. each salt, pepper, garlic powder, cayenne powder

FOR THE SRIRACHA MAYO:

- ½ c. mayonnaise
- 2 tbsp. Sriracha

INSTRUCTIONS

1. In a medium bowl, combine buttermilk, Sriracha, salt, pepper, and garlic powder. Add chicken thighs and marinate overnight, or at least for 4 hours
2. Prepare flour mixture by whisking together flour, cornstarch, paprika, salt, pepper, garlic powder, and cayenne powder in a shallow bowl
3. Add 2 tbsp. marinade into mixture and mix with a fork. Working with one piece at a time, dredge the chicken with flour mixture making sure it is completely coated
4. In a small bowl, prepare Sriracha mayo by mixing together Sriracha and mayonnaise
5. Heat oil in a deep pan until it reaches 350°F. Fry chicken for 3-4 minutes on each side, or until cooked through and golden brown (thickest part of chicken should register 165°F)
6. Generously spread Sriracha mayo on toasted brioche buns, and top with sliced pickles, lettuce, and tomato. Serve immediately and enjoy!



CURRY-SPICED THAI-STYLE FRIED RICE WITH HAWAIIAN CHICKEN BULGOGI

Submitted by Diana Schombert

This dish was created for a fun cooking challenge. The challenge asked participants to create one dish that must use these four ingredients: turmeric, corn, basil, and pineapple.

INGREDIENTS

FOR THE FRIED RICE:

- 210g jasmine rice, uncooked
- 2 eggs
- 1 bunch green onion, sliced, white ends separated
- 2 tsp. ginger, grated
- 1 to 2 garlic cloves, minced
- 1 to 2 tbsp. olive oil
- 1 tsp. turmeric powder
- ½ tsp. curry spice blend (like Madras)
- 1 tsp. garam masala (optional)
- 2 carrots, diced
- 3 to 5 Thai chilis, thinly sliced
- (½) 15 oz. canned corn, drained
- 1 bell pepper, diced
- 2 tbsp. soy sauce
- 2 tsp. fish sauce
- 1 bunch fresh basil, chiffonade cut or chopped

FOR THE HAWAIIAN CHICKEN BULGOGI:

- 1 tbsp. olive oil
- ½ yellow onion, sliced
- 2 tbsp. ginger, grated
- 1 to 2 cloves garlic, minced
- 1 bell pepper, sliced
- Bulgogi sauce (recipe below)
- 1 lb. chicken leg meat, diced
- (¼) 15 oz. canned diced pineapple
- 1 bunch green onion, sliced, green parts only
- ½ bunch cilantro, chopped (optional)
- 1 tbsp. toasted sesame seeds (optional)

FOR THE BULGOGI STIR-FRY SAUCE: (optional - you can buy this prepared)

- 40g gochujang paste
- 2 tbsp. soy sauce
- 1 tbsp. rice vinegar
- 1 tsp. pineapple juice
- 1 tsp. ginger, grated
- ½ tsp. sesame oil
- 1 tsp. corn starch
- 1 to 2 tbsp. gochugaru flakes

INSTRUCTIONS

FOR THE FRIED RICE:

1. Cook rice in rice cooker or in a pot. Fluff cooked rice and let it cool in refrigerator for at least two hours
2. Scramble eggs in wok or fry pan with 1 tsp. oil. Set aside
3. Heat 1 tsp. olive oil in large wok or saucepan. Fry white ends of green onion, grated ginger, and garlic until fragrant
4. Add diced carrots and continue to fry until softened
5. Add turmeric powder, curry spice blend, and garam masala. Toast for 30 seconds until fragrant. Add more oil if needed
6. Toss in Thai chilis, then add cooled white rice. Stir thoroughly to coat evenly with spices
7. Add soy sauce and fish sauce. Mix thoroughly again
8. Stir in corn, bell pepper, green parts of green onion, and scrambled eggs. Heat through
9. Turn off heat. Mix in fresh basil

FOR THE HAWAIIAN CHICKEN BULGOGI:

1. In a large glass bowl, mix together bulgogi stir-fry sauce ingredients. Add diced chicken to sauce and mix thoroughly
2. Heat 1 tbsp. olive oil in wok or saucepan. Fry sliced yellow onion, ginger, and garlic until fragrant and softened
3. Add bell pepper. Continue to cook until softened
4. Add marinated chicken with all the sauce. Cook through, about 6-10 minutes
5. Add sliced green onion, cilantro, and 10-15 pieces of pineapple (all to taste). Heat through
6. Garnish with sesame seeds



CHRISTMAS TAMALES

Submitted by Michelle Luttrell

This is my family's recipe. We eat them every year for Christmas.

INGREDIENTS

FOR THE SAUCE:

- 4 California chiles (large dried dark red ones)
- 3 hot chiles (dried medium red ones)
- 1 tomato
- Pinch of salt
- Pinch of cuminos (non-ground)

FOR THE TAMALES MEAT & FILLING:

- 3 lbs. beef chuck roast
- 1 yellow onion, diced
- 5 garlic cloves, minced
- 2 c. water
- Green olives
- Potatoes, sliced into strips
- Carrots, sliced into strips

FOR THE MASA:

- 8 c. Maseca Tamal corn masa flour
- 1.5 c. Crisco All-Vegetable shortening
- 3 tsp. salt
- 2 tsp. baking powder
- 6 c. warm water

INSTRUCTIONS

FOR THE SAUCE:

1. Boil all chiles and tomato
2. When done boiling, pour everything including water into blender
3. Add salt and cuminos. Blend and pour sauce through a strainer

FOR THE TAMALES MEAT & FILLING:

1. Season beef on both sides with salt and pepper and add to slow cooker. Then add sliced onion, minced garlic, and 2 cups water to slow cooker
2. Cook on low for 8 hours. Shred and add sauce when done

FOR THE MASA:

1. In a bowl mix flour, salt, and baking powder. Mix for 1-2 minutes
2. Melt 1.5 cups shortening
3. Pour shortening and water into bowl with dry ingredients
4. Mix well (goal is to get a small masa ball to float in a glass of water)

HOW TO ASSEMBLE & COOK:

1. Assemble each tamale using corn husk, masa, meat, 1 green olive, 1 sliced potato strip, and 1 sliced carrot strip
2. Steam tamales until masa is fully cooked. This can take a few hours



POTATOES ROMANOFF

Submitted by Lonnie Mattie

INGREDIENTS

- 2 lbs. russet potatoes, unpeeled and scrubbed
- $\frac{3}{4}$ c. shallots, minced
- $2\frac{1}{2}$ c. white cheddar cheese, grated
- 2 tsp. kosher salt
- $\frac{1}{4}$ tsp. freshly ground white pepper
- $1\frac{1}{2}$ c. sour cream

INSTRUCTIONS

1. Preheat oven to 425° F
2. Wrap each potato in aluminum foil and pierce several times with a fork. Place potatoes directly on oven rack and bake until tender, about 1 hour. Remove foil and let potatoes cool to room temperature. Place potatoes on a plate, wrap with plastic wrap, and refrigerate overnight
3. The next day, preheat oven to 350° F. Using the large holes of a box grater, grate potatoes, including skins. Transfer to a bowl and sprinkle shallots, $1\frac{3}{4}$ cups cheese, salt, and white pepper on top. Using your hands, gently toss mixture together to combine then fold in sour cream in two additions
4. Transfer potato mixture to a $1\frac{1}{2}$ quart gratin dish; do not compress. Sprinkle remaining $\frac{3}{4}$ cup cheese on top.
5. Bake until potatoes are hot and cheese is golden brown, about 30 minutes. Serves 6



CREAMY LEMON PASTA

Submitted by Dannielle Lampkin

INGREDIENTS

- 12 oz. wide egg noodles or any noodle
- 1 c. heavy cream
- Kosher salt, to taste
- Lots of freshly ground black pepper
- Zest and juice of 2 lemons; zest removed with a vegetable peeler and cut in very thin 1 inch long strips

Note about lemon zest: Alternately, you can grate on a Microplane. The flavor will be a bit stronger as more flavorful oils are released this way, and you won't get the texture of the hand-sliced version

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Add noodles, and stir to separate. Cook for 8 minutes, or until just barely tender (the noodles will cook a bit more in step 3, and you don't want mush). Drain, then return to the cooking pot
2. Just before noodles are done, in a small saucepan combine the lemon zest, cream, salt, and pepper. Cook over medium heat for 2 minutes, or until cream comes to a boil
3. Pour cream mixture over drained noodles, and add the lemon juice (you may want to start with 3 to 4 tablespoons and add to taste). Stir to coat. Cook over medium heat, stirring, until all the liquid is absorbed, about 1 to 2 minutes. Season with additional pepper, if desired



CHIPOTLE SALMON WITH COCONUT RICE & PINEAPPLE SALSA

Submitted by Maggie Heimann

The Student Center hosted a Virtual Cooking Challenge where participants had to come up with a recipe that included 4 mystery ingredients: turmeric, corn, basil, and pineapple. The Chipotle Salmon can be a little on the spicy side but pairs wonderfully with the coconut rice and pineapple salsa!

INGREDIENTS

FOR THE SALMON:

- 1 tbsp. chili powder
- ½ tbsp. paprika
- ⅛ tsp. turmeric
- ½ tsp. kosher salt
- 2 tsp. brown sugar
- 3 tbsp. maple syrup
- 4 salmon fillets

FOR THE COCONUT RICE:

- 1 c. jasmine rice
- 1 c. canned coconut milk
- 1 c. water or coconut water
- ½ tsp. kosher salt
- 1 tbsp. coconut oil
- 1 tbsp. fresh basil, finely chopped
- Juice of 1 lime

FOR THE PINEAPPLE SALSA:

- 1 c. diced pineapple
- ½ c. diced mango
- 1 avocado, diced
- 1 ear of corn, cooked
- ¼ c. red onion, diced
- Juice of 1 lime
- 1 tbsp. fresh basil, finely chopped

INSTRUCTIONS

FOR THE SALMON:

1. Preheat oven to broil. Line a rimmed baking sheet with foil and spray with cooking spray
2. In a small bowl, mix chili powder, paprika, turmeric, salt, and brown sugar. Sprinkle mixture evenly over the tops of salmon fillets
3. Broil for 6-9 minutes, depending on thickness of fillets and desired crispiness of crust
4. Remove from oven and brush maple syrup over the tops. Return to oven and broil for additional 1-2 minutes. If crust is already crispy, bake at 350° F for 3-5 minutes to finish cooking. Internal temp should reach at least 145° F

FOR THE COCONUT RICE:

1. Add coconut milk and water to a medium sized pot and bring to a low boil
2. Add rice, salt, and coconut oil. Stir to combine
3. Cover pot with lid and turn the heat to lowest setting. Cook for 13 minutes
4. Turn off heat and let rice sit, covered, for 20 minutes (do not peek!), then fluff rice with a fork
5. Squeeze ½ of lime over the rice and add basil

FOR THE PINEAPPLE SALSA:

1. Dice all ingredients to the size of your liking
2. Place in a bowl and squeeze ½ the lime juice and add basil. Mix and serve!



Photo courtesy of NYT Cooking

CAULIFLOWER PARMESAN

Submitted by Sarah Prom

This recipe from New York Times Cooking is incredibly delicious and filling! I recommend using Rao's Homemade Marinara Sauce. Panko bread crumbs are a must for a crispy texture.

INGREDIENTS

- ½ c. all-purpose flour
- 4 large eggs, lightly beaten
- 3 c. panko bread crumbs
- Kosher salt, as needed
- Black pepper, as needed
- 1 medium head cauliflower, trimmed and cut into 2-inch florets
- ½ c. olive oil, for frying (more as needed)
- 5 c. marinara sauce
- 1 c. Parmigiano-Reggiano, finely grated
- ½ lb. fresh mozzarella, torn into bite-size pieces

INSTRUCTIONS

1. Preheat oven to 400 ° F
2. Place flour, eggs, and panko into three wide, shallow bowls. Season each with salt and pepper. Dip a cauliflower piece first in flour, then eggs, then coat with panko. Repeat with remaining cauliflower
3. Fill a large skillet with ½ inch oil. Place over medium-high heat. When oil is hot, fry cauliflower in batches, turning halfway through, until golden brown. Transfer fried cauliflower to a paper towel-lined plate
4. Spoon a thin layer of sauce over the bottom of a 9x13 pan. Sprinkle ⅓ of Parmesan over sauce. Scatter half cauliflower mixture over the Parmesan and top with half the mozzarella pieces. Top with half the remaining sauce, sprinkle with another ⅓ of Parmesan and repeat layering, ending with a final layer of sauce and Parmesan
5. Bake until cheese is golden and casserole is bubbling, about 40 minutes



DESSERTS



BROOKIES

Submitted by Karissa Sorenson

When you can't decide between chocolate cookies or fudgy brownies for Santa, make Brookies! This has become my favorite go-to melt in your mouth cookie recipe from Delish. Whether it's the holidays or a classic Monday, this dessert will make anyone smile. For more baking worthy recipes, follow me on Instagram at @karissabakesitall

INGREDIENTS

FOR THE BROWNIE:

- ½ c. melted butter
- ¾ c. granulated sugar
- ½ c. unsweetened cocoa powder
- 2 large eggs
- 2 ½ tsp. pure vanilla extract
- 1 c. all-purpose flour
- ½ tsp. kosher salt

FOR THE COOKIE:

- ½ c. butter, softened
- ½ c. packed brown sugar
- ¼ c. granulated sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- 1½ c. all-purpose flour
- ½ tsp. baking soda
- ½ tsp. kosher salt
- 1 c. chocolate chips
- Flaky sea salt, for sprinkling

INSTRUCTIONS

1. Preheat oven to 350° F and line two large baking sheets with parchment paper
2. Make brownie cookie: In a large bowl, whisk together melted butter, sugar, and cocoa powder. Add eggs and vanilla and whisk until glossy. Add flour and salt and whisk until combined. Refrigerate while you make chocolate chip cookie dough
3. Make chocolate chip cookie: In another large bowl, beat together butter and sugars until light and fluffy. Add egg and vanilla and beat until combined. Add flour, baking soda, and salt and beat until combined, then fold in chocolate chips
4. Make brookie: Using a small cookie scoop, form a heaping scoop of each dough into balls. Take one brownie ball and one cookie dough ball and roll them together. Repeat with remaining doughs
5. Place on prepared baking sheet 2" apart, then flatten slightly and sprinkle with sea salt. Bake until golden around the edges and just set, 10 minutes. Cool 5 minutes before transferring to a wire rack, then cool completely. Makes 24



HOMEMADE MARSHMALLOWS

Submitted by Dannielle Lampkin

Sticky, but good.

INGREDIENTS

- 3 packages unflavored gelatin
- 1½ c. granulated sugar
- 1 c. light corn syrup
- ¼ tsp. kosher salt
- 1 tbsp. pure vanilla extract
- Confectioners' sugar, for dusting

INSTRUCTIONS

1. Combine gelatin and ½ cup cold water in the bowl of an electric mixer fitted with the whisk attachment and allow to sit while you make the syrup
2. Combine sugar, corn syrup, salt, and ½ cup water in a small saucepan and cook over medium heat until sugar dissolves. Raise heat to high and cook until syrup reaches 240° F on a candy thermometer
3. Remove from heat. With mixer on low speed, slowly pour sugar syrup into dissolved gelatin. Put mixer on high speed and whip until mixture is very thick, about 15 minutes. Add vanilla and mix thoroughly
4. Pour marshmallow batter in a 9"x13" glass pan that has been greased and dusted generously with confectioners' sugar
5. Smooth top of mixture with damp hands. Dust on more powdered sugar and let sit overnight before cutting
6. As you cut them, sprinkle more powdered sugar on the edges as they will be sticky



OLD WORLD SOUR CREAM CUT-OUT COOKIES

Submitted by Barb Heine

The is a family favorite recipe with origins from Germany; I've heard it my great-grandmother brought it with her when she immigrated to America. It is a fun activity for the whole family and the kids particularly like doing the cut-outs and adding the sprinkles. We always make them for Christmas but you can create them for any theme. Enjoy!

INGREDIENTS

FOR THE COOKIES:

- 3 c. flour
- 1 c. sugar
- 1 tsp. baking soda
- ½ tsp. salt
- ½ c. sour cream
- 1 egg, beaten
- 1 c. butter
- 1 tsp. vanilla

FOR THE FROSTING:

- ¼ c. butter
- 1 tsp. vanilla
- 2 tbsp. milk
- 2 c. powdered sugar

INSTRUCTIONS

1. Preheat oven to 375° F
2. Mix dry ingredients
3. Add egg, vanilla, sour cream, and softened butter
4. Shape into a somewhat flattened oval, wrap in wax paper, and refrigerate for two or more hours
5. Roll out and cut into whatever shapes you desire using cookie cutters (we usually just start with half of the dough as it is too big to roll out all at once)
6. Bake 10-15 minutes. Cooking time will vary highly depending on the size of your cut-out so make sure to check frequently. Bottoms should be golden brown
7. After you make the cookies, frost them (not too thick) and decorate with sprinkles, candies, colored icing, etc.
8. To make frosting, cream softened butter and sugar. Stir in vanilla and add milk gradually



BEST BANANA BREAD

Submitted by Patricia Silver

Just love it for the healthiness and great banana taste! This recipe is from food.com and was submitted by Shelley Albeluhn.

INGREDIENTS

- 2 c. all-purpose flour
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ c. butter, softened
- ¾ c. brown sugar, packed
- 2 eggs, beaten
- 2 ½ c. bananas, mashed
- 1 tsp. vanilla
- ½ tsp. banana extract/flavoring

INSTRUCTIONS

1. Preheat oven to 350° F
2. Cream butter and sugar
3. Add eggs, baking soda, and salt
4. Stir in mashed bananas
5. Stir in flour
6. Pour into a greased loaf pan (or line with parchment/baking paper) and bake for one hour



*Food is our common ground,
a universal experience.*

James Beard