

There's No Place Like Home Cooking

**Nutritious, Budget-Saving,
Easy-to-Prepare Meals for Busy Families**



***Building Community Support
For LGBT/Q Youth in Foster/Adoptive Care***

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***From A Thousand Moms: Building Community Support for
LGBT/Q Youth in Foster/Adoptive Care***

Research shows that eating together as a family on a regular basis improves health and communication and creates lasting, positive memories.

A Thousand Moms proudly presents this selection of recipes for and about helping to enhance relationships through family meals. We thank our wonderful supporters for their creative, budget-stretching ideas and recipes.

Founded in 2009, A Thousand Moms supports the crucial emotional and developmental needs of LGBT/Q youth in foster/adoptive care, our most vulnerable adolescents. Our staff of skilled professionals has organized a unique network of members—everyday citizens—including homemakers, educators, businesspeople, as well as civic and religious leaders, and many others, to support LGBT/Q youth and their families.

A Thousand Moms' goals include:

- **training foster/adoptive/birth families** at county and private agencies;
- **raising awareness of the needs of LGBT/Q youth** in communities through educational meetings with local civic, business, and religious organizations and leaders;
- **ensuring that LGBT/Q youth in foster/adoptive care receive the emotional, physical, and social support they need;**
- **recruiting foster/adoptive parents** in local communities.

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Dedicated to the nurturing/parenting/support skills of mothers, A Thousand Moms seeks the support of dads, sons, sisters, extended families, friends—all interested parties.

Visit www.AThousandMoms.org to learn about our educational programs. Support our work today!

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In particular, we thank our cookbook committee: Sue Tournour, Dr. Ray Werking, Leesa Nixon, Ernie Polgardy, Shelle Hamil, and Fred Elia. --Dave Balog, editor.

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Tips for Smart, Healthy Food Shopping

Here is an informative guide to food shopping that stretches your budget and promotes healthy eating.

Produce. Spend the most time in the produce section, the first area you encounter in most grocery stores (and usually the largest). Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin and mineral content of each fruit or vegetable.

Breads, Cereals, and Pasta. Choose the least processed foods that are made from whole grains. For example, regular oatmeal is preferable to instant oatmeal. But even instant oatmeal is a whole grain and a good choice.

When choosing **whole-grain cereals**, aim for at least 4 grams of fiber per serving, and the less sugar, the better. Keep in mind that 1 level teaspoon of sugar equals 4 grams and let this guide your selections. Cereals—even those with added sugar—make great vehicles for milk, yogurt, and/or fruit. Avoid granolas, even the low-fat variety; they tend to have more fat and sugar than other cereals.

Bread, pasta, rice, and grains offer more opportunities to work whole grains into your diet. Choose whole-wheat bread and pastas, brown rice, grain mixes, quinoa, bulgur, and barley. To help your family get used to whole grains, you can start out with whole-wheat blends and slowly transition to 100% whole-wheat pasta and breads.

Meat, Fish, and Poultry. The American Heart Association recommends two servings of fish a week. Experts recommend salmon because people often like it, and it's widely available, affordable, not too fishy, and a good source of omega-3 fatty acids. Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry, and watch your portion sizes.

Dairy. Dairy foods are an excellent source of bone-building calcium and vitamin D. There are plenty of low-fat and nonfat options to help you get three servings a day, including

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drinkable and single-serve tube yogurts, and pre-portioned cheeses. If you enjoy higher-fat cheeses, no problem—just keep your portions small.



Frozen Foods. Frozen fruits and vegetables (without sauce) are a convenient way to help fill in the produce gap, especially in winter. Frozen favorites include whole-grain waffles for snacks or meals, portion-controlled bagels, 100% juices for marinades and beverages, and plain cheese pizza that you can jazz up with an extra dose of skim mozzarella cheese and a variety of veggies.

Canned and Dried Foods. Keep a variety of canned vegetables, fruits, and beans on hand to toss into soups, salads, pasta, or rice dishes. Whenever possible, choose vegetables without added salt, and fruit packed in juice. Tuna packed in water, low-fat soups, nut butters, olive and canola oils, and assorted vinegars should be in every healthy pantry.

Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk.

Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, you can add it yourself.

(Adapted from WebMD.com)

Breakfast

Fruit and Yogurt on the Go!

Dr. Ray Werking, East Greenbush NY. Dr. Ray co-hosts the Sunday Morning show for WRPI (Troy NY) and writes a regular column for Community Magazine. He writes: I came upon this while raising my nieces, Cassandra Jane and Raychelle. This little specialty turned me into Mr. Mom.

- ¾ c. fruit-flavored, fat-free yogurt
- 1/3 c. oat bran
- 1/3 c. sliced peaches, canned in light syrup
- 1 tsp. dried cranberries

Mix all ingredients in a plastic cup, sealable. Serves: 1

Easy Pancakes

Fred Elia, Schenectady NY. Fred is president and founder of A Thousand Moms. He writes: "My foster mother dazzled our large family with this Saturday morning favorite."

- 1 cup all-purpose flour
- 2 tbs. white sugar
- 2 tbs. baking powder
- 1 tsp. salt
- 1 egg, beaten
- 1 cup milk
- 2 tbs vegetable oil

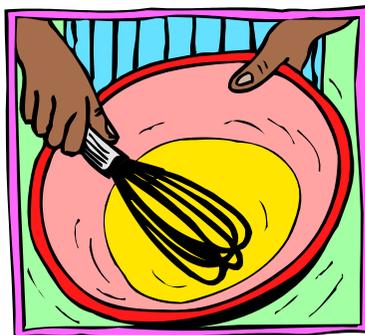
In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil. Mix until smooth. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Serves 4.

Ronni's Best Oatmeal

Ronni Sanlo, Palm Springs CA. Ronni has been a guest on A Thousand Moms Talk and is the author of The Purple Golf Cart: Stories of an Unconventional Grandma, available at www.ronnisanlo.com and www.amazon.com. Ronni writes: "Comfort food at its most fun! (A variation on a theme from the Morning Glory Cafe in Ashland, OR.)"

- instant oatmeal: half a box
- dried apricots: 1 cup
- diced dried dates: 1 cup diced,
- diced dried cranberries or raisins: 1/2 cup
- cinnamon: 1 tablespoon-ish
- turmeric: 1 tablespoon
- brown sugar: as needed

Mix all ingredients together and store in the refrigerator. Cook one cup of mixture with one cup of water for just a couple of minutes. Sprinkle with a touch of brown sugar if needed. Voila! A bowl of pure yummy! Makes 3-4 servings.



Hard-Boiled Eggs

Courtesy www.incredibleegg.org

- Place eggs in saucepan large enough to hold them in single layer.
- Add cold water to cover eggs by 1 inch.
- Heat over high heat just to boiling. Remove from burner. Cover pan.
- Let eggs stand in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra large).
- Drain immediately and serve warm. Or, cool completely under cold running water or in bowl of ice water, then refrigerate.

Breakfast Burritos

Leesa Nixon, State Road NC. Leesa is a proud mother and supporter of LGBT/Q youth, co-host of A Thousand Moms Talk, a former foster youth, and a great friend of A Thousand Moms.

- package of flour tortillas
- 1 lb. sausage (I prefer sage)
- 10 eggs
- 1 can of nacho cheese sauce
- 1 small onion diced (optional)
- 1 green pepper diced (optional)
- salt and pepper to taste

Cook ground sausage, onion and pepper in a skillet over medium heat, until sausage is cooked, Drain grease and return to skillet. Beat eggs well, and add to skillet, scramble everything together until eggs are cooked. Heat Tortilla's for 1 minute in the microwave. *Make sure you open the package. Spoon egg mixture into tortilla, top with warmed cheese sauce and fold burrito style. Enjoy. Serves 5-6.

Pop's Favorite French Toast.

Dave Balog, Schenectady NY. My father ran the kitchen in our Yonkers home and perfected this quick-and-easy breakfast dish, which he'd cook up particularly on weekends.

- 6 thick slices bread

- 2 eggs
- 2/3 cup milk
- 1/4 tsp. ground cinnamon (optional)
- 1/4 tsp. ground nutmeg (optional)
- 1 tsp. vanilla extract (optional)
- salt to taste

Beat together egg, milk, salt, desired spices and vanilla. Heat a lightly oiled griddle or skillet over medium-high flame. Dunk each slice of bread in egg mixture, soaking both sides. Place in pan; cook on both sides until golden. Serve hot. Serves 3.

Sage Sausage Breakfast Casserole

Leesa Nixon, State Road NC. I love this recipe because it can be made the night before and baked in the morning for an easy family breakfast.

- 1 package sage sausage
- 10 eggs, lightly beaten
- 3 cups of milk
- 2 tsp. dry mustard
- 1 tsp. salt
- 6 c. cubed bread
- 8 oz. sharp cheddar cheese
- small onion (optional)

Preheat oven to 350 degrees. Cook sausage as usual, in a large bowl combine eggs, milk, mustard and salt. Stir well. Distribute half of the bread evenly in a buttered, 9x13x2 baking dish or pan. Sprinkle with half the pepper, cheese, sausage and onion repeat layer until gone. Pour egg mixture evenly over casserole. Bake uncovered for 60 minutes. May tent with foil if top brown's too quickly. May be refrigerated up to 12 hours before baking. Serves 6.



Basic Scrambled Eggs

Christine O'Leary, Garden City NY. Truly a favorite at my Aunt Marie's house. The secret to making moist, fluffy scrambled eggs is all in the scrambling. You'll need low, gentle heat and patience to make perfect scrambled eggs.

- 6 eggs
- 6 tbs. of milk
- salt and pepper to taste
- two tsp. of chopped fresh parsley
- Plan on using three eggs per person for a good-sized serving. If you're counting calories, you can substitute egg whites for one or two of the whole eggs.

Crack the eggs into a bowl that's deep enough to support vigorous whisking. Thin the egg mixture with milk, cream, or even water: this will make gently cooked scrambled eggs more tender. (Note: If the heat is too high, the liquid can separate from the cooked eggs). Use approximately one tablespoon of milk per egg. Whisk the mixture until well combined. Don't add salt yet, as it can make the eggs tough. Heat a skillet over medium heat. Melt a pat of butter in the pan to add rich flavor to the eggs, but you can use cooking spray or use a nonstick pan if you prefer. When the butter starts to bubble or a drop of water added to the pan sizzles, pour in the egg mixture. Immediately reduce the heat to medium-low. Sprinkle the egg mixture with salt and pepper to taste (about $\frac{1}{4}$ tsp. salt to start). Don't stir the pan: You want to let the eggs begin to set before you start scrambling them. This is the time to add minced herbs, shredded cheese,

chopped scallions, sautéed mushrooms, chopped tomato, or anything else you like. Serves 2.

Breakfast Casserole

Dawn Fisher, Buffalo NY

- bread
- bacon, ham, sausage
- Velveeta cheese
- eggs
- milk
- salt
- prepared mustard
- butter/margarine

Grease a 9x13" pan. Lay 7-8 slices of slices of bread on bottom of pan. Lay slices of Velveeta cheese over bread. Add ½ - ¾ lb. cooked sausage, bacon or ham. Beat 5 eggs, 2 cups of milk, ½ tsp. salt and 1 tsp. prepared mustard. Pour ingredients over bread, cheese, and meat. Melt ¼ lb. margarine or butter. Drizzle over top. Refrigerate overnight. Bake for 1 hour uncovered at 350 degrees. Serves 3-4.

Apricot Honey Oatmeal

Fred Elia, Schenectady NY

- 3-½ c. water
- ½ c. chopped dried apricots
- 1/3 c. honey
- ½ tsp. ground cinnamon
- 2 c.oats (quick or old fashioned, uncooked)

In 3-quart saucepan, bring water, apricots, honey, and cinnamon to a boil. Stir in oats; return to a boil. Reduce heat to medium; cook about 1 minute for quick oats (or 5 minutes for old fashioned oats) or until most of liquid is absorbed, stirring occasionally. Let stand until of desired consistency. Serves 4.

Skillet Strawberry Pancakes

Gerry Huerth, Minneapolis MN

- 3 large eggs
- 3/4 cup whole milk
- 1/2 tsp. vanilla extract
- 1/4 cup white sugar
- 1/4 tsp. salt
- 1/2 cup all-purpose flour
- 2 tbs. unsalted butter
- 1 cup sliced fresh strawberries

Preheat oven to 425 degrees F. Place eggs, milk, vanilla extract, sugar, salt, and flour into a blender. Pulse until no dry lumps remain in the batter. Melt the butter in an 8-inch, cast iron skillet over medium-high heat. Pour in the batter, and drop in the strawberries. Place the skillet into the oven, and bake until puffed and golden, 20 to 25 minutes. Remove from the oven and serve immediately. Serves 4-5.

Smoothies

Shelle Hamil, Schenectady NY. These are great for a fast and nutritious breakfast or snack. Pick one ingredient from each column, add 1 scoop of protein powder and blend in a blender for 30 seconds.

<i>Col. 1</i>	<i>Col. 2</i>	<i>Col. 3</i>	<i>Col. 4</i>
8 oz. skim milk	1 c. frozen berries	1 tbs. fish oil (lemon flavored)	1 tbs. flaxseed
8 oz. almond milk	1 c. frozen peaches	1 tbs. flax oil	1 tbs. wheat germ
8 oz. pineapple juice	1 frozen banana	1 tbs. walnut oil	1 tbs. sunflower seeds
8 oz. orange juice	1 c. frozen mango	1 tbs. peanut butter	
8 oz. soy milk	1 c. frozen strawberries	1 tbs. sun butter	
8 oz. coconut milk			
8 oz. apple juice			

You can also add spices like cinnamon, nutmeg, and allspice or extracts like vanilla and almond to flavor. Fresh mint is also a good addition. Add a tbs. of cocoa powder to any of the milk combos for a chocolate treat

Some good combos:

Almond milk, frozen banana, peanut butter and cocoa powder.
Pineapple juice, mango, and walnut oil. Apple juice, peaches, wheat germ. 4 oz. each pineapple juice and coconut milk, 1/2

frozen banana and 1/2 cup frozen mango (tastes like a pina colada)

Easy Swedish Pancakes

Inga Swenson, Youngstown OH. My grandma Leta, passed this on to me from her beautiful farm in Stockholm. I make often for my PTO meetings and church groups.

- 4 eggs
- 2 cups milk
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1 pinch salt
- 2 tablespoons melted butter

In a large bowl, beat eggs with a wire whisk. Mix in milk, flour, sugar, salt, and melted butter. Preheat a non-stick electric skillet to medium heat. Pour a thin layer of batter on skillet, and spread to edges. Cook until top surface appears dry. Cut into 2 or 4 sections, and flip with a spatula. Cook for another 2 minutes, or until golden brown. Roll each pancake up, and serve.



Lunch

Tasty Tuna Salad

Fred Elia, Schenectady NY: A delicious, well-prepared tuna fish salad turns lunch into "luncheon." My partner Dave and I enjoy this often and it's inexpensive.

- 2 (6 ounce) cans tuna (I use water-packed). Chop finely.
- 2-2½ tbs. mayonnaise
- 1 tbs. sweet pickle relish
- Dash lemon juice
- Garlic powder, onion powder to taste
- ¼ cup chopped celery
- pepper to taste

Drain all of the water from the tuna cans. Place into mixing bowl. Add ingredients. Mix together. Serve with tomato wedges, sweet pickles, potato salad, cole slaw and whatever suits your fancy on your favorite bread. Makes 3 sandwiches.

Grilled Peanut Butter and Jelly

Tommie Tresh, Memphis TN. Elvis would certainly have loved this unique variation! Could you ever imagine a peanut butter and jelly sandwich being tasty? Try this and you will.

- 2 slices good quality bread (whole wheat is good)
- peanut butter, smooth or crunchy
- jelly or jam, your choice of flavor
- butter or margarine, softened

Make a peanut butter sandwich using your favorite jelly or jam. Just make sure it isn't too runny. Heat a frying pan on the stove. Melt about one tablespoon of butter in the pan. Tilt pan to spread it around. Butter one side of the sandwich. Place buttered side down in the pan. If possible, place a steak weight or bacon press on the sandwich. Once side is golden brown, butter other side. Turn sandwich over and place the weight back on the sandwich. The second side will cook more quickly. Remove from pan, cut diagonally and serve immediately. One sandwich.

Egg Salad with Flair

Dr. Ray Werking, East Greenbush, NY. Talk about a new twist to an old favorite. Lunchtime takes on a whole new meaning. A delightful noontime treat enjoyed by my nieces.

- 6 hard-boiled eggs (*See directions p. 7*).
- 3 tbs. mayonnaise (I use light mayo on mine, don't care for salad dressing, use more mayo if needed)
- 1 tbs. mustard (I use regular yellow mustard)
- 1 tbs. relish
- pepper (optional)
- lettuce (optional)
- 6 slices whole wheat bread (any type will do)

Finely chop boiled eggs. Mix in mayo 1 tablespoon at a time, so not to add too much. Mix in mustard, relish and pepper. Put egg salad mixture on bread (toasted is good as well), also good on rolls for finger foods. Enjoy! Makes 3 sandwiches.

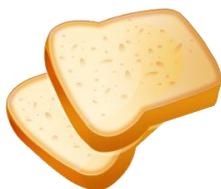
Turkey Burgers

Gerry Huerth, Minneapolis MN

- no-stick cooking spray
- 3/4 pound ground turkey
- ½ c. peeled, shredded apple
- 2 green onions, thinly sliced
- ¾ tsp. lemon pepper
- ¼ tsp. salt
- 1/8 tsp. apple pie spice*
- ¼ c. bottled chili sauce
- 2 tbs. ketchup
- ¼ c. apple jelly
- 4 whole wheat hamburger buns, toasted, if desired
- lettuce leaves (optional)

Heat broiler. Spray broiler pan with no-stick cooking spray. Combine turkey, apple, green onions, lemon pepper, salt and apple pie spice in large bowl. Shape into 4 patties about 1/2-inch thick. Combine chili sauce, ketchup and apple jelly in small

saucepan. Heat over medium heat, stirring occasionally while patties cook. Cool slightly. Broil turkey patties about 6 inches from heat for 6 to 8 minutes per side or until no longer pink in center. Place lettuce and burgers on bottom halves of buns. Top each with 2 tablespoons sauce. Cover with bun tops. Serve immediately. The turkey mixture and sauce can be prepared a day in advance and refrigerated, tightly covered. Broil patties and reheat sauce just prior to serving. Substitute a pinch of cinnamon and a pinch of allspice for apple pie spice, if desired. Serves 4.



Cheese and Tomato Sandwich

Elaine Rutherford, Hartford CT. Between my busy chores about town for my children and husband, I love preparing this all-American luncheon. A personal favorite of my daughter Sylvie and son Scott.

- 2 oz. shredded low-fat mozzarella cheese
- 4 slices of a medium tomato
- 2 slices whole wheat bread
- Italian seasoning (optional)
- coarse sea salt (optional)

Divide tomato slices and cheese evenly on top of bread slices. Sprinkle seasonings, if desired. Broil until cheese melts. Serve immediately. Serves 4.

Barbeque Chicken Salad

Bea Lawson, Louisville KY. A southern delight, enjoyed with our kids on the veranda.

- 1 c. shredded cooked chicken
- ½ c. shredded carrots
- 4 tbs. barbecue sauce

- 4 tsp. light ranch dressing
- 2 small whole-wheat sandwich bun
- 2 leaves romaine lettuce

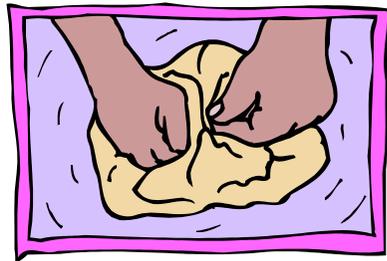
Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce. Makes 2 sandwiches.

Quick Chef's Salad

Dave Balog, Schenectady NY. Turn your kitchen into a restaurant with this classic. From my days working with Chef Stanley at the Eldorado Shore Club in New Rochelle, NY.

- small head romaine lettuce, torn into bite-size pieces (about 5 c.)
- 2 oz. cooked ham, (from the deli) cut into strips (about 1/2 cup)
- 2 oz. cooked turkey breast (from the deli), cut into strips (about 1/2 cup)
- 2 oz. Swiss cheese (from the deli), cut into cubes (about 1/2 c)
- hard-cooked egg, sliced (optional)
- medium tomato, cut into wedges
- ½ c. croutons
- Prepared Italian salad dressing or French salad dressing

Divide the lettuce between 2 plates. Top with the ham, turkey, cheese, egg, tomato and croutons. Drizzle with the dressing. 2 servings.



Side Dishes, Salads, Appetizers

Apple Lettuce Salad

Mary Rockwell, White Plains NY. A leafy green side dish sure to please everyone's taste. A fine introduction to salads for your children.

- 3 c. torn lettuce
- 2 unpeeled red apples, diced
- ½ c. diced celery
- ¼ c. raisins
- ¼ c. chopped walnuts

Dressing:

- ½ c. Miracle Whip
- 2 tbs. pineapple juice
- 1 tbs. sugar

In a large salad bowl, toss lettuce, apples, celery, raisins, and walnuts. In a small bowl or jar with a tight fitting lid, combine dressing ingredients; mix or shake until well blended. Pour over salad and toss. Serve immediately. Serves 2.

Kid-Friendly Cauliflower

Shelle Hamil, Schenectady NY

- 1 head fresh cauliflower cut into uniform florets
- ½ c. olive oil
- 1 tbs. cinnamon
- Salt & pepper

Wisk the oil, cinnamon, salt & pepper together in a large bowl. Add the cauliflower and toss until evenly covered with the cinnamon mixture. Put cauliflower in a baking dish and bake at 400 for 20 to 25 minutes or until cauliflower is tender. Serves 4.

Braised Fennel

Shelle Hamil, Schenectady NY. The kids call this "Licorice Tomatoes."

- 1 bulb of fennel with top removed

- 1 28 oz. can plum tomatoes
- 1 clove garlic
- Salt & pepper
- ½ cup chopped black olives
- 2 tbs. olive oil

Slice the fennel lengthwise into ¼ inch slices. Heat the olive oil in a large sauté pan Add the garlic and heat for 1 minute being careful not to burn the garlic. Add the fennel and stir. Heat about 1 minute. Add the tomatoes and season with salt and pepper. Bring to a slow simmer and cook for 30 minutes, covered. Add black olives and cook 2 minutes. Serves 3-4.

Veggie Pizza

Jessica Belknap, Buffalo NY, This is an absolute hit for an appetizer. I make it just to snack on when I need a good pick-me-up. It's a nice healthy snack when craving a pizza. A veggie cold one that is....

- 2 pkgs of crescent rolls
- 1 8 oz cream cheese
- 1 ranch dressing packet
- 1 cup sour cream
- ½ cup of Feta cheese
- 1 tsp. garlic powder
- ½ red bell pepper & ½ yellow bell pepper (chopped)
- 1 head of broccoli (chopped)
- 1 cup of cherry tomatoes (halved)

Pre heat oven at 375 degrees F. Roll out crescent roll without tearing, press onto a cookie sheet and bake for 8-10 mins until lightly brown. Take out of oven and let cool. In a bowl mix together the sour cream, ranch packet, cream cheese, garlic powder and blend until smooth. Spread the mixture evenly over the cooled crust. Sprinkle bell peppers, tomatoes, feta cheese, and broccoli then firmly press down. Cut into squares and enjoy!

German Red Cabbage

Dr. Ray Werking, East Greenbush NY. From one who grew up on the farm, I pass this along from my mother. A great treat after

bailing hay in the barn. It was a short trip from the barn to the kitchen.

- 1 medium head red cabbage, cored and sliced
- 2 large tart apples, peeled and sliced
- 1 medium sweet onion, sliced and separated into rings
- 1 ½ c. water
- 1 c. cider vinegar
- ½ c. sugar
- 1 tbs. butter
- 1 tsp. salt
- 6 whole peppercorns
- 2 whole allspice
- 2 whole cloves
- 1 bay leaf
- 2 tsp. cornstarch
- 2 tsp. cold water

In a Dutch oven, toss cabbage, apples, and onion. Add water, vinegar, sugar, butter and salt. Place the peppercorns, allspice, cloves and bay leaf on a double thickness of cheesecloth; bring up corners of cloth and stir with kitchen string to form a bag. Add to Dutch oven. Bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours. Discard spice bag. In a small bowl, combine cornstarch and cold water until smooth; stir in cabbage mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serves 5.

Rye Boat/Veggie Dip

Sharon Houseknecht, Santa Barbara CA. This simple and delicious recipe comes from my favorite Aunt Carol and has been shared at many family gatherings! Now my daughter Katie has brought it to California where it is requested at all the gatherings she attends!

- 2 c. sour cream or yogurt - plain
- ¼ c. or less dry onion
- 3 tsp. parsley
- 3 tsp. dill
- 2 c. mayo

For “Rye Boat” add chopped chipped beef—1 jar. (Arrange on chopping board in stacks and chop into small pieces.) Tip: the smaller the beef pieces are the easier to scoop up with the veggies or bread! This dip can be made days ahead and will keep as long as the sour cream or yogurt expiration date apply.



Elsie’s Hungarian Potato Pancakes

Ernie Polgardy, Belmar NJ. A recipe passed along by Elsie, a great friend of the family.

- 4 potatoes, grated
- 1 tbs. flour
- 1 egg
- Salt and pepper to taste
- Crisco

Peel potatoes and grate into a bowl. Add flour, egg, salt, and pepper. Mix. Drop batter into a pan of hot Crisco shortening as with regular pancakes. Fry until medium brown on each side. Serve with applesauce or sour cream. Serves 4.

Dutch Lettuce

Robert Tucker, Canandaigua NY. Bob is the author of What Every Teenager (and Every Parent) Should Know About New York Criminal Law. He appeared on A Thousand Moms Talk radio/podcast. www.teenagerlaw.com, www.amazon.com

- 5 lbs. potatoes

- 1 dozen hard boiled eggs
- 1 lb. bacon
- 1 head lettuce
- vinegar

Cut bacon into 1 inch pieces, fry until crispy, and remove from grease. Keep grease in the pan. Add some vinegar to the grease while pan is still hot. Use spatula to scrape all the bacon bits from bottom of pan. Retain this mixture. Peel and boil the potatoes. Mash using some of the vinegar/bacon grease for moisture. Chop up the hard boiled eggs, add to potatoes. Add bacon. Cut up lettuce into small pieces and add. Add vinegar to taste. This tastes delicious, but heart patients should only eat small portions. Serves 5-6.



Perfect Baked Potato

Ernie Polgardy, Belmar NJ. The final result of a Polgardy family recipe is this tasty treat.

- wash two baking potatoes thoroughly; dry well.
- rub with vegetable oil and kosher salt. (I used olive oil and sea salt instead.)
- bake in preheated 500-degree oven for 30 minutes.
- remove from oven.
- poke potatoes 3 or 4 times with fork.
- return to oven and bake for another 30 minutes at 500.
- immediately stab fork into potatoes in cross-shape or however you want your potatoes to open and push in the sides to open the potato.
- throw in your seasonings.

One hour at 500 degrees. It sounds ridiculous, but the skin is crispy and the insides are fluffy. I've tried using the lower heat (for example, into the oven with meatloaf) and the skin doesn't come out as crispy. Serves 2.

Easy Fluffy Mashed Potatoes

Sue Simpson, Sioux City IA. Put a new spin on an old staple. My mother effortlessly made this dish for Sunday or holiday dinners.

Use baking potatoes, or Russets, for best texture.

- 2 ½ lbs. Russet, or baking potatoes, cut into 1-inch chunks, about 8 cups of cut up potatoes
- ¼- ½ c. milk or half-and-half, or more to taste
- ¼ c. butter
- ¾ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper

Place potatoes in a 4-quart saucepan or Dutch oven; bring to a boil over medium heat. Reduce heat to low, cover, and simmer for 20 minutes, or until potatoes are tender. Drain potatoes thoroughly. For the smoothest potatoes, you can put the potatoes through a ricer at this point. Transfer to a large bowl. Add remaining ingredients to the bowl. With an electric hand-held mixer, beat potato mixture until light and creamy.

This recipe serves 4 to 6.

White Rice Recipe I

Sally Liu, Springfield IL This special dish proves that without a doubt, healthy can be tasty. My whole family enjoys this spiced-up rice basic.

- 1 ½ c. long grain rice (medium grain works here also)
- chicken, vegetable, or beef broth (approximately 3 cups depending on the saucepan you use)

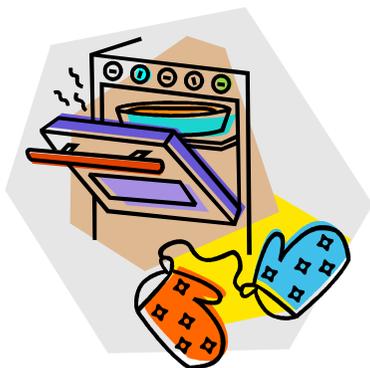
Place the rice in a 2 quart saucepan that has a snug fitting lid. Pour broth into rice so that rice is covered by ¾ to 1 inch of broth. Using high heat, bring rice to a boil and stir. Reduce heat to low, cover tightly and cook for 15 minutes or until all the liquid has just been absorbed. Remove from heat and let your perfect rice sit, covered, for 4 minutes. Use a fork to fluff rice before serving

Brown Rice

Joan Struthers, Schodack NY. Sometimes simple really is better. Brown takes longer to prepare, but is clearly more nutritious.

- 1 c. brown rice
- 2 ¼ c. water (2 ½ c. if it's converted brown rice)

In a 1- 2 quart saucepan, combine rice and water. Over high heat, bring the water to a boil. Reduce heat to low, cover with a tight fitting lid and simmer until all the liquid is absorbed and the brown rice is tender. The cooking time for a brown rice recipe is approximately 40 minutes. After cooking, let the brown rice sit for 2 minutes, covered, before fluffing with a fork. Double the sitting time to 4 minutes for a brown rice recipe with converted brown rice. Serves 2.



Eastern Rice Salad

Joanna Tipple, Claverack NY, rode her bike across the country in the summer of 2008 to raise money in order to help alleviate poverty, both domestic, and abroad. To read about and see pictures from the trip you can go to: www.jo-seatosea.blogspot.com TOTAL RAISED BY TOUR: NOW OVER \$2.2 Million. THANK YOU. She received this recipe from a friend after served a church supper. This was one dish that got devoured. Yields 10 servings:

¾ c. long grain white rice	½ lb. fresh bean sprouts
1 c. fresh, sliced mushrooms	2½ oz. fresh spinach
½ c. chopped green bell pepper	3 stalks celery chopped
½ c. chopped red bell pepper	½ tbs.vegetable oil
1 c. salted cashew pieces	1 tsp. chopped fresh parsley
1 c. chopped green onions	½ tsp. crushed garlic

In a saucepan bring 1½ c. salted water to a boil. Add ¾ c. rice, reduce heat, cover & simmer for 20 minutes. Refrigerate rice until chilled. Combine the chilled cooked rice, mushrooms, green peppers, red peppers, cashews, green onions, bean sprouts, spinach & celery in a large bowl. Blend the vegetable oil, soy sauce, parsley and crushed garlic in a separate bowl. Pour the dressing over the salad 1 hour before serving, toss well. (Can use brown rice, light soy sauce & add 1 c. raisins.)

Honey Glazed Carrots & Turnips

Joanna Tipple, Claverack NY. Even the veggie haters in our family like this dish.

- 1 large or 2 small carrots - peeled, cut lengthwise & then on bias 1/2" pieces
- 1 large or 2 small turnips, peeled, cut into wedges
- salt
- 2 tbs. butter
- 2 tbs. honey
- 3, 4 sprigs of fresh thyme

Place the carrots and turnips in a medium saucepan and barely cover with cold water. Add a little salt and bring to boil. Lower the heat and simmer for about 2 minutes, until vegetables are tender but firm. Drain and shock in ice water. Melt the butter in a large skillet over low heat and stir in honey. Add the vegetables, thyme sprigs and about 3 tbs. water. Raise the heat to medium and cook, stirring occasionally, until liquid becomes a light and syrupy glaze, and vegetables brown. Sprinkle in more water if they brown too fast or start to look greasy. Season to taste w/salt and serve. Serves 4.

Israeli Salad

Elizabeth Lorris Ritter, Liz, a “community activist mom,” New York NY. (Liz has appeared on A Thousand Moms Talk to discuss building community support for LGBT/Q youth.)

A classic Israeli dish traditionally served on top of cottage cheese for breakfast, or in falafel, or as a side dish to a meat or fish meal. The key to the success of this recipe is to get the right texture on the cucumbers and tomatoes, and for the onions and peppers (if using) to be minced so fine that they are tasted, but not really felt. The quantities are flexible, and of course the recipe can be increased or decreased, depending on the number of people you'd like to serve. While this salad benefits from brief advance preparation, allowing flavors to blend, it gets soggy after the second day in the fridge. But don't worry – there won't be leftovers!

- cucumber, fine diced
- tomatoes, fine diced
- onion, minced (optional)
- green pepper, minced (optional)
- parsley, chopped fine
- extra virgin olive oil
- juice of a lemon
- salt & pepper

If you are using one of those long, seedless hot-house cucumbers, use 6-8 plum tomatoes or 3-4 large tomatoes. If you are using a large, regular cucumber, use 4-5 plum tomatoes or 2-3 large tomatoes.

For each cucumber, you want to have about ½ a small onion (about 2 T.) and ¼ green pepper (1 T.).

Peel the cucumber and cut it in half. Scoop out the pulp with a spoon, and discard. Slice it lengthwise so that you have long strips of cucumber, and then chop cross-wise to yield a fine dice. (Pieces should range from the size of a lentil to the size of a kernel of corn.) Cut tomatoes in half; remove and discard pulp and liquid. Chop very fine but not mushy. Combine with cucumbers, and add finely minced onion and green pepper, if using. Add a generous handful of fresh parsley, which, when chopped fine will yield a tablespoon or two. (If you like cilantro,

you can add a teaspoon or so, also chopped very fine.) Add approximately 1-2 T very good quality olive oil, the juice (with pulp) of ½ a lemon, and salt & pepper to taste. Adjust seasoning, adding more oil, lemon juice, salt +/- pepper according to your taste.

Red Potato Salad

Joanna Tipple, Claverack NY. A light refreshing change from the standard.

- 2 lbs. small red bliss potatoes, scrubbed but not peeled.
- 1 tbs. kosher salt
- 4 c. cold water
- 1 c. dry white wine
- 4 parsley stems
- 6 black peppercorns
- 2 sprigs fresh thyme

Dressing

- 3 tbs. white wine vinegar
- ¼ to 1/3 chopped flat-leaf parsley or mix of fresh herbs (chives & fresh dill also good)
- 1/3 c. minced shallots or red onions
- Freshly ground black pepper
- ½ tsp. extra virgin olive oil.

Slice the potatoes 1/3" thick & put in a sauce pan with 1 tsp. salt, the water and the wine. Tie the parsley stems, peppercorn, and thyme in a piece of cheesecloth and add to the pot. Bring to a boil over high heat and immediately lower the heat to maintain a gentle simmer. Cook until the potatoes are tender but not mushy, about 12 minutes. Drain. Discard the herb bundle and transfer the potatoes to a bowl. While the potatoes are cooking make the dressing. In a small bowl, whisk together the vinegar, parsley, shallots (onions), the remaining 2 tsp. of salt and pepper. Gradually whisk in the oil to make a dressing. Toss the warm potatoes with the dressing, gently so as not to break them up. Allow the salad to sit at room temp for 1 hour to marinate, tossing several times to coat the potatoes. Season with salt and pepper to taste. Serve at room temp. Serves 5-6.

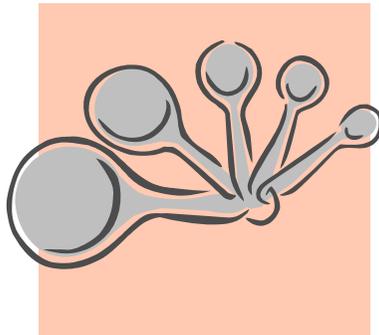
Russian Tea

Sue Tournour: The Russian Tea recipe is from my sister-in-law in Elmira, NY. I make it as a warming, flavorful winter drink. I like to double the spices and cut back a little on the sugar. Flavor it to your taste buds and your friends will be surprised

- 8 black tea bags
- 3 sticks cinnamon
- 2 tsp whole cloves
- 2 cups sugar
- 1 small can frozen lemonade
- 1 large can frozen orange juice
- 8 cups water in each of two large pots

Steep tea bags in 8 cups water for 30 minutes. In a separate pot, put stick cinnamon and whole cloves into another 8 cups of hot water and simmer for 40 minutes.

Remove tea bags from first pot. Put second mixture into the first pot. Put second mixture into the first pot. Add sugar, lemonade and orange juice. Stir to dissolve. Let simmer for 40 minutes more. Serve hot. Makes 1 gallon. Will keep in refrigerator for one week in a sealed container.



Dinner

Easy Meat & Potato Dinner

Sue Tournour: A Davey family price buster. It's inexpensive, hearty, and fast. Try your own version and enjoy!

- 1 lb. ground beef
- 1 large can vegetable soup (vegetarian or vegetable beef may be used)
- ¼ c. water or stock
- 4 medium- large peeled and boiled potatoes

Put peeled potatoes onto boil while you make the rest of the dish. In a large skillet, brown ground beef until no longer pink and crumbled into small pieces over medium high heat. (If meat is too greasy after browning, discard grease properly and return ground beef to skillet.) Add large can vegetable soup – but do NOT dilute with water. Mix soup into browned meat with a spoon. Reduce heat to medium. Cook for two minutes to see if a “juice” forms. If too dry, add a little water or stock. Cook for 5 more minutes to be sure flavors have blended. Salt and pepper to taste. Reduce heat to low until potatoes are done. Drain potatoes. To serve, fork mash boiled potatoes on your plate. Butter your potatoes lightly. Spoon desired amount of meat/ soup mixture over your potatoes. Serve with a salad, bread and butter or additional vegetables to have a fast and easy dinner. Serves 2-5.

White Pizza

Leesa Nixon, State Road NC

- 2 packages of pizza crust
- oil
- 1 jar of alfredo sauce with garlic
- 1 lb. mozzarella cheese
- 1 purple onion
- 1 c. mushrooms
- 1 package of Canadian bacon (ham, cut into bite size pieces.)

- parmesan cheese

Preheat oven to 350 degrees and grease two large pizza pans. Make pizza crust according to package, and then cook for a few minutes in the oven, until partially done. Spread half the jar of Alfredo sauce on to each crust, going all the way to the edge. Completely cover with mozzarella cheese. Top with Canadian bacon, onion, and mushrooms. Sprinkle with parmesan cheese. Bake in oven until crust browns and cheese melts. Serves 6-7.

Baked Macaroni and Cheese

Lees Nixon, State Road NC

- 2 c. dry macaroni (cook as directed)
- 1 stick of margarine
- 1 can evaporated milk
- 3 heaping tbs Cottage Cheese
- 4 eggs
- 12 oz. grated medium cheddar cheese
- salt and pepper to taste

Spray baking dish (9x13) with Pam. Mix together (milk and eggs). Add cottage cheese and 8 oz. cheddar cheese. Pour hot macaroni (cooked and drained) in baking dish. Add margarine. Stir until melted. Pour cheese mixture over macaroni. Stir lightly until macaroni is well coated. Top with remaining cheese. Bake in preheated oven at 350 degrees for about 30 minutes.



One-Pot Hamburger Stew

Leesa Nixon, State Road NC

- ½ pound of hamburger
- 4 to 5 cans of mixed vegetables (can use leftover veggies if you have them)
- small onion
- salt, pepper and garlic salt to taste.

In a large pot, cook the hamburger and onion seasoned to taste with salt, pepper, and garlic salt, until done. Drain. Add undrained cans of vegetables and stir together, lower heat and simmer for 15 minutes. If soup is too thick, add water until you reach desired consistency. Just remember that this could weaken the taste. Serves 4-5.

Stuffed Ham Slices

Ernie Polgardy, Belmar NJ. A delectable dish sure to tickle your taste buds. It does for me and my friends when they come to dinner.

- long French bread (not too thin)
- 2 8-oz. packages of Philadelphia cream cheese
- 1 c. shredded cheddar cheese
- 4 ribs celery chopped fine or with food processor
- dill or sweet pickle spears (about 4)
- sliced boiled ham or Virginia ham (about 4)
- mayonnaise
- parsley flakes
- heavy duty aluminum foil (preferred) or plastic wrap

Slice bread horizontally, so you have one bottom piece and one top piece. With your fingers, hollow out middle of both halves. With back of spoon create a valley down the middle of both halves. Keep for bread crumbs or just feed the birds. Spread hollowed out halves with mayonnaise. Sprinkle liberally with parsley flakes. Make mixture out of cheeses and celery. Spread mixture in hollow of both halves. Roll a piece of ham around a pickle spear (dry the pickle slightly by placing on a paper towel and patting—for better sticking to the ham slice) and place in bottom valley from one end to another. Place top half of bread on top of pickled bottom and press together. Wrap firmly

with wrap or foil and refrigerate for several hours overnight. Remove wrap or foil. Cut in ½ inch slices (electric knife is the perfect tool) and enjoy. Keep any extra for cracker spread. If you want to make two breads, use 3 cream cheese, 1 ½ cups of cheddar cheese and 5-6 ribs of celery. Celery is the great stretcher. Serves 4.

**You can substitute your favorite tuna salad instead of ham. Just put the tuna on top of the cheese spread with the pickle in the middle.

Ginger-Glazed Salmon

Johnny Paul Thibeault, Gloucester ME. A dish that conjures memories of my youth with my eleven brothers and sisters.

- cooking spray
- 1 tbs. dark brown sugar
- 1 tsp. Dijon mustard
- 1 tsp. soy sauce
- ½ tsp. ground ginger
- 4 salmon fillets, 1/2 inch thick; about 1 1/2 lbs total
(ask fish department to remove skin)

Preheat broiler to high. Coat a broiler proof pan with cooking spray (or line with a piece of foil). Mix sugar, mustard, soy sauce, and ginger in small bowl. Make shallow cuts diagonally across salmon fillets (this lets the sugar mixture flavor the salmon and speeds up cooking). Brush salmon with brown-sugar mixture. Broil 6 inches from heat for 5 minutes, or until fish flakes easily with a fork. Serves 4.

Speedy sides: Cook couscous on the stovetop; add flavor with low-sodium chicken broth instead of water. Microwave frozen peas. Serve with a little butter. Season with salt and pepper.



Stuffed Haddock with White Sauce

Marie Gister, Buffalo NY

- 2 lbs. haddock
- 2 slices toast
- 1 ½ c. plain breadcrumbs
- 1 tbs. chopped onion
- ¼ tsp. garlic powder
- 1 tsp. parsley
- ¼ c. Romano cheese
- ½ stick melted butter
- water
- juice of ½ lemon

Crush toast and mix with breadcrumbs. Add all ingredients except butter. Blend and pour melted butter over stuffing. Add water until stuffing is moist. Lay fish in greased casserole dish then place stuffing on each piece. Bake 350 for 15 minutes with cover. Remove cover and bake 10 min to crisp stuffing. Pour white sauce over fish, leave in oven 2-3 minutes. Serve hot and squeeze lemon on top. Serves 2-3.

White sauce: Butter, flour, milk, wine, thyme, salt, pepper, onion powder and garlic powder. Melt butter, add flour and cook a few minutes, add milk, little wine, salt and pepper, onion and garlic powder.

Aunt Marion's Lasagna

Dave Balog, Schenectady NY. How I remember the great Sunday dinners, in Yonkers and in Norwalk, with my cousins, Aunt Marion, and her mother, Mrs. Randazzo.

- 12 lasagna noodles (about 12-ounces) cooked according to package directions
- 16-oz. ricotta cheese 1 cup grated fresh Parmesan cheese
- 1 large egg
- 1 tsp. minced parsley
- ½ tsp. salt
- Freshly ground black pepper to taste
- 5 c. grated mozzarella cheese

Sauce:

- 2 tsp. dried basil leaves
- 1 tsp. dried oregano leaves
- 1 large bay leaf
- 1 lb. Italian sausages, casings removed
- 1 tsp. olive oil
- 1 medium onion, chopped
- 11 large carrot, peeled and finely chopped
- 6 to 8 garlic cloves, finely minced
- 1 (6-oz.) can tomato paste
- 1 (28-oz.) can crushed Roma tomatoes with puree
- 1 c. water
- 1 tbs. sugar
- 1 tsp. salt
- 1/4 tsp. crushed red pepper
- Freshly ground black pepper to taste

Prepare sauce first: In small bowl, combine the basil leaves, oregano leaves, and bay leaf; set aside. In a large cooking pot, cook the Italian sausage over medium heat; drain excess fat. Push sausage to one side of saucepan; pour olive oil in cleared area. Over medium heat, add the reserved spice mixture, cooking and stirring for 30 seconds then combine with the sausage. Add onion, carrot, and garlic; cook until softened, about 3 to 5 minutes. Add tomato paste and cook, stirring, for 2 minutes. Add remaining ingredients; bring to a boil and simmer, uncovered, for about 30 minutes. Discard bay leaf.

To Assemble Lasagna: Preheat oven to 350 degrees Fahrenheit. Combine ricotta and 2/3 cup Parmesan cheese in medium bowl. Add egg, parsley, salt and pepper, mixing well.

Spread 1/2-cup sauce over bottom of 13 x 9 x 2-inch glass baking dish. Place 4 noodles over sauce, overlapping to fit, if needed. Drop by spoonfuls (do not spread) half of ricotta cheese mixture evenly over noodles. Sprinkle 2 cups mozzarella cheese evenly over ricotta cheese mixture. Ladle about 2 cups sauce over mozzarella cheese. Repeat same procedure with second layer. Top with last four noodles and the remaining sauce. Sprinkle remaining 1-cup mozzarella cheese and 1/4 cup Parmesan cheese evenly over lasagna. Cover with aluminum foil and bake for 40 minutes; uncover and bake for 15 to 20 minutes more, or until hot and bubbly. Allow lasagna to stand 15 minutes before serving and then enjoy. Serves: 8.

Turkey Loaf a la Bronx

David Hubler, Annandale VA. A guest on A Thousand Moms Talk radio podcast, David is author of The Too-Tall Troll in the Tiny Tollhouse (Mirror Publishing, Milwaukee, WI).

- 1 lb. ground turkey
- 1 egg
- ¾ c. seasoned bread crumbs
- 1 tbs. McCormick chopped onions
- 2-3 tbs. A-1 steak sauce or Worcestershire sauce
- 2-3 tsp. red wine (optional)
- 2 slices Muenster cheese
- 3-4 tbs. tomato sauce with vegetables

In a large bowl, mix the ground turkey, egg and bread crumbs until combined; then add onions, steak sauce and wine and mix until thoroughly blended. Pour into a glass loaf pan and place the Muenster slices across the top and cover with tomato sauce, but not too thick. Bake at 350 degrees for about 25 minutes or until the sauce and cheese form a top crust.



Hungarian Steak and Noodles

Dave Balog, Schenectady NY. Memories of my Aunt Barbara, come alive with wonderful dish she lovingly prepared in her Yonkers apartment for our extended family.

- 1 package (8 oz.) medium noodles
- 2 lbs. round steak, cut 1/2 inch thick
- 2 tbs. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 3 tbs. butter
- 2 tbs. water
- 2 tbs. flour
- 1 tbs. minced onion
- 1/2 tsp. garlic salt
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. pepper
- 1 c. dairy sour cream at room temperature
- 2 c. cottage cheese

Cook noodles; drain and set aside. Cut meat into serving pieces. Mix 2 tablespoons flour, salt and 1/4 teaspoon pepper; coat meat with mixture. In large skillet, with cover, melt butter; brown meat slowly. Add water, cover and simmer 20 minutes. Remove meat from skillet. Into drippings blend 2 tablespoons flour, onion, garlic salt, Worcestershire sauce and 1/4 teaspoon pepper. Stir in 2/3 cup sour cream.

Mix noodles with cottage cheese and sour cream sauce. Turn into casserole; top with meat. Cover; bake in a preheated 350°F oven for 25 minutes. Remove cover; spoon on remaining sour cream; sprinkle with pimiento and parsley, if desired. Return to oven 5 minutes. Makes 6 servings.

Savory Chicken Soup

Aunt Sally O'Neill, Albany NY. The perfect dish for a snowy day when from kids come in from sledding and other activities.

- 1 chicken
- 1 lb. of fresh carrots, peeled and sliced into 1-inch pieces
- 2 large stalks of celery, cut into 1/2-inch pieces
- 1-½ c. onion, cut into 1-inch pieces
- 1 tbs. parsley
- 1-tsp. thyme
- salt and pepper to taste
- 1 c. cooked rice

Wash the chicken and put it in a large pot. Cover the chicken with cold water. Add the vegetables and spices to the pot. Bring the soup to a boil and then turn down the heat to simmer. Simmer the soup for at least two hours. Prepare the rice and set aside. Remove the chicken from the pot and de-bone it. Shred or slice the chicken into bite-sized pieces and return to the pot. Add rice to the pot. You can add an extra cup of water, if you think you need more broth. Continue simmering the soup for a few minutes to warm the rice, and the chicken. Serves: 8 to 10

Hearty Spaghetti and Meatballs

Mario Chrisafulli, Greenwich NY

Meatballs

- 1 lb. lean ground beef
- ½ c. chopped onion
- ½ c. bread crumbs
- ¼ c. grated Parmesan cheese
- 2 eggs
- Salt and pepper
- love

Sauce

- 1 c. chopped onion
- 2 cloves garlic, minced
- ½ lb. mushrooms, sliced
- 1 can (28 oz.) stewed tomatoes
- 1 can (13 oz.) tomato paste

- 1/2 cup red wine
- 2-tbs extra-virgin olive oil
- 1-tsp. parsley
- 1-tsp. oregano
- 1-tsp. basil
- Salt and pepper
- 1 bay leaf

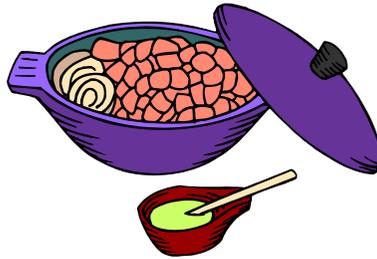
Instructions:

Meatballs

Mix all ingredients together. Shape into meatballs. Set aside.

Sauce: Sauté the onion and garlic in extra-virgin olive oil. Mix all the ingredients together in a large saucepan. Simmer, uncovered, for 20 minutes. Add the meatballs to the sauce.

Cover and simmer for 20 to 25 minutes. Remove bay leaf. Serve over spaghetti. Top with Parmesan or Romano cheese and enjoy!



Moroccan Vegetable Stew

Marcia Novey, Staten Island NY

- 2 tbs. olive oil
- 1 onion, chopped
- 2 cloves crushed garlic
- 1 large carrot, diced
- 1 large red pepper, chopped
- 2 stalks celery, chopped
- 1 tsp. ground ginger
- ½ tsp. ground cinnamon
- 1 tsp. ground cumin
- ½ tsp. dried oregano

- ½ tsp. ground cayenne pepper, to taste (I use less.)
- ½ tsp ground turmeric
- 1 to 1 ½ cups vegetable stock (I use chicken stock)
- 1 c. chopped tomato, canned or fresh (I used canned stewed tomatoes)
- 2 c. chickpeas (I use about 1-1/2 cups)
- a few handfuls of golden raisins
- 1 medium zucchini, chopped
- ½ cup pitted black olives
- 1 tbs. lemon juice, approx.
- salt to taste
- sliced almonds, optional (I used dry-roasted peanuts, or no nuts)

In a good size Dutch oven, stir-fry onion, garlic, carrot, red pepper and celery in the olive oil for about 2 minutes. Add all the dry spices and stir-fry for a minute more. Add stock and tomatoes, and simmer for 10-15 minutes. Add chickpeas, zucchini, olives and raisins, bring to a simmer, cover and cook another 10-15 minutes. Add lemon juice, salt to taste, nuts, and serve.

This is great the next day also. If you want the red peppers more crunchy, add them when you add the zucchini. You could probably add all sorts of things (the raisins were my addition) – maybe mushrooms and other veggies. Your house will smell good with all these spices. They suggest you serve this with couscous. I use brown rice. Or just serve alone. The chopping takes more time than the actual cooking. Serves 6.

Broccoli with Shrimp

Marcia Novey, Staten Island NY

- 2 lbs. broccoli, cut into bite size florets
- 4 tbs. extra virgin olive oil
- 1 tsp. whole coriander seeds
- 1 tsp. whole cumin seeds
- 1 ½ tsp. kosher salt
- 1 tsp. ground black pepper
- 1/8 tsp. hot chili powder
- 1lb. lg. shrimp, peeled and deveined

- 1 ¼ t. lemon zest
- lemon wedges, for serving

Preheat oven to 425 degrees. In a large bowl toss broccoli with 2 tsp. oil, coriander, cumin, 1 tsp. salt, ½ tsp. pepper, and chili pepper. In a separate bowl combine shrimp 2 tsp. oil, lemon zest, ½ tsp. salt and ½ tsp. pepper. Spread broccoli on baking sheet in single layer. Roast for 10 minutes. Add shrimp and toss with broccoli. Roast, tossing once more, until shrimp are cooked. About 10 min. Serve with lemon wedges. Serves 4.



Ceviche (Ecuadorian Style)

David Pitts, Washington DC. David has appeared on A Thousand Moms Talk podcast and is author of Jack and Lem (John F. Kennedy and Lem Billings): The Untold Story of an Extraordinary Friendship. www.jackandlem.com (202) 215-5140 Cell

- 2 pounds of medium shrimp (26-30 count)
- 3 oranges
- 2 limes
- 1 large red onion
- 2 tomatoes
- 1 ½ cup of ketchup
- salt and pepper to taste.

Peel shrimp and cook in boiling water (slightly salted) for approximately five minutes. Rinse with cold water in strainer. In a bowl combine the shrimp, sliced onion, chopped tomatoes, the juice of the orange and lime, salt, pepper and ketchup. (Fine chopped parsley can be mixed in or served on the side to be

added individually prior to eating.) Chill in refrigerator before serving. This can be served with popcorn on the side. Serves 6-8.

Black Beans and Rice

Eduardo Diaz, Detroit MI. Some know that this dish forms a complete protein, as tasty as it is nutritious. My family never says no to this fun, simple dish.

- 1 teaspoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3/4 cup uncooked white rice
- 1 ½ cups low sodium, low fat vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 3 ½ cups canned black beans, drained

In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and sauté for 4 minutes. Add the rice and sauté for 2 minutes. Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans. White rice is highly refined and polished and doesn't require washing before cooking. Recipes using other types of rice, such as Basmati, sometimes call for soaking or rinsing the rice before cooking to remove extra starch.

BBQ Hamburgers

Marie Gister, Buffalo NY

- 2 lbs. ground beef
- 2 eggs
- 1c. bread crumbs
- ½ c steak sauce
- ¼ c dried minced onion
- Garlic powder to taste
- Salt/pepper, to taste
- Mix well and form into patties. Bake 350, 20 minutes, on lined cookie sheet.
- *Sauce:*
- 2 cans of Progresso's French Onion Soup

- 2 14-oz. (small bottles) ketchup
- 2 tbs. hot sauce
- 2 tbs. brown sugar
- 1 sliced thin green & or red pepper (sauté to soften) (optional)
- 2 large sliced sweet onions (sauté to soften) optional

Make sauce on crock pot, mix well. After patties are baked, place in crock pot for 3-4 hours or in a large pot on a slow simmer.

Makes 8-9 burgers. Best to make burgers a day ahead of time so they can marinate in sauce. Better eaten with a denser roll (not a hamburger bun).



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“Turkey Joes”

Liz Ritter, Community Activist Mom, New York NY. (Liz appeared on A Thousand Moms Talk to discuss LGBT/Q youth.) OK, I'm dating myself, but remember "Sloppy Joes" from your childhood? (This assumes you're at least 40...) If so, try my updated version. This recipe satisfies all of my requirements for a meal: tasty, fast, cheap and nutritious—is my adaptation of the American classic, “Sloppy Joes”.

- 2 bubble packs ground turkey (about 3 lbs.)
- salt & pepper
- cumin
- chili
- 1 large onion
- 1 green pepper
- 2 stalks celery
- 5-6 cloves garlic

- fresh parsley (flat or curly)
- fresh cilantro
- chilies or Tabasco (optional)
- about 4 tbs. olive oil
- 1 28-oz can crushed tomatoes
- 1 can tomato paste
- 1 bottle/can beer (go for a dark, flavorful ale, though really any one will do)
- 2 (15-19 oz.) cans beans (use two different kinds, for variety. I like pink, black, red, white or garbanzos)
- 2-3 ears corn

Mince the garlic, and coarsely chop the pepper, celery and onion. Sauté in about 2tbs. olive oil in a very large skillet until the vegetables are limp. Add the parsley and cilantro, which you have chopped fine, (and chilies, if you are using them) and sauté a little while longer. (If you are especially fond of celery, and it has leaves, feel free to chop them and add with the parsley and cilantro.)

Meanwhile, in another skillet, brown the meat in another tablespoon or two of olive oil. (Or, you can transfer the cooked veggies to a bowl, and re-use the skillet.) As the turkey is about done, drain off any accumulated water, and add about 1 tsp. salt, many grinds of fresh pepper, up to ½ tsp. cumin, 1 tsp. chili powder. (Exact quantities will depend both on your personal taste and on the amount of meat you are cooking.)

Add the meat to the vegetables. Bring to a high heat, and add about 10 ounces of beer. Let the alcohol cook off and the liquid begin to evaporate. Add the tomato paste and the crushed tomatoes. (Canned whole tomatoes also are fine, but use all the liquid, and cut the tomatoes up a bit.)

Cover and simmer for 15-30 minutes, 'til flavors are blended.

Meanwhile, boil the corn for maybe 5-7 minutes. Let cool to the touch, and cut off the cob. (Canned whole kernel corn works in a pinch, but the flavor of fresh corn really is worth the bother.)

Drain the beans. 5-10 minutes before serving, gently stir in the corn and beans; allow to warm in the final minutes of cooking.

Serve over cut rolls, with a green salad on the side.

Zucchini Casserole

Marie Gister, Buffalo NY

- 7 c. of sliced zucchini
- ¼ c. onions (chopped)
- 1 can cream of mushroom soup
- 1 c. sour cream
- 1 c. shredded carrots
- ¼ c. margarine
- 2 c. (8 oz.) herb stuff

Cook onions and zucchini until tender. Drain some of the liquid. Add margarine. In a 2- or 3-quart bowl, mix soup, sour cream, carrots. Then add stuffing, zucchini, and onions. Mix thoroughly. Bake at 350 degrees for 30 minutes. Serves 4.



No Boil Lasagna

Jo Ellen Buffie, Greenwood IN. Jo and the entire Buffie family, including daughter Claire, Miss NY 2011, have been great supporters of A Thousand Moms.

- 1 (16 oz.) pkg. lasagna noodles
- 1 qt. spaghetti sauce
- 1 lb. hot Italian sausage
- 1 c. water
- 1 (15 oz.) container Ricotta cheese
- 1 egg, beaten
- Salt & pepper to taste
- 8 oz. Mozzarella cheese, shredded
- 1/3 c. water
- 1/4 c. Parmesan cheese

- 1 tsp. parsley flakes
- ½ tsp. of nutmeg
- ½ c. Parmesan cheese

Brown sausage, drain fat; add 1 quart spaghetti sauce and 1 cup water. Bring to a boil. In a large bowl, mix together with Ricotta cheese, beaten egg, Mozzarella cheese, 1/3 cup water, 1/4 cup Parmesan cheese, parsley flakes and nutmeg. Add salt and pepper if desired. To assemble: use lasagna strips uncooked but rinse in hot water before layering in a 9 x 13 inch pan. Layer: 1 2/3 cup hot sauce, lasagna strips, 1/2 cheese mixture, 1 2/3 cup hot sauce, lasagna strips, rest of cheese mixture, 1 2/3 cup hot sauce, lasagna strips, remaining sauce; top with 1/2 cup Parmesan cheese. Bake at 375 degrees, covered with aluminum foil for 40 minutes. Remove foil and bake for 15 more minutes. IMPORTANT: Let stand for 5 to 10 minutes before cutting. Serves 6 to 8. The nutmeg “grounds” the sauce 😊

Vegetarian No Boil Lasagna

Jo Ellen Buffie, Greenwood IN

- 1 (16 oz.) pkg. lasagna noodles
- 1 qt. spaghetti sauce
- 2 cups mushrooms, chopped
- one large onion, chop and sauté
- 1 c. water
- fresh spinach
- 3 red peppers, cut into thick strips, tossed with olive oil and roasted
- 1 (15 oz.) container Ricotta cheese
- 1 egg, beaten
- Salt and pepper to taste
- 8 oz. Mozzarella cheese, shredded
- 1/3 c. water
- 1/4 c. Parmesan cheese
- 1 tsp. parsley flakes
- ½ tsp. of nutmeg
- 1/2 c. Parmesan cheese

Add 1 quart spaghetti sauce, 1 cup water mushrooms, and onion. Bring to a boil. In a large bowl mix together with Ricotta cheese, beaten egg, Mozzarella cheese, 1/3 cup water, 1/4 cup Parmesan cheese, parsley flakes and nutmeg. Add salt and pepper if desired. To assemble: use lasagna strips uncooked but rinse in hot water before layering in a 9 x 13 inch pan. Layer: 1 2/3 cup hot sauce, lasagna strips, 1/2 cheese mixture, fresh spinach and red peppers; 1 2/3 cup hot sauce, lasagna strips, rest of cheese mixture, rest of spinach and red peppers, 1 2/3 cup hot sauce, lasagna strips, remaining sauce; top with 1/2 cup Parmesan cheese. Bake at 375 degrees, covered with aluminum foil for 40 minutes. Remove foil and bake for 15 more minutes. IMPORTANT: Let stand for 5 to 10 minutes before cutting. Serves 6 to 8.

Hearty Beef Salad

Jo Ellen Buffie, Greenwood IN

On a large platter, arrange:

- greens
- boiled new potatoes (quartered)
- chopped celery with leaves
- lean roast beef cut in 1 inch squares
- cherry tomatoes
- capers
- chopped cucumber
- sweet gherkins

Dressing:

- 6 hard-boiled eggs
- 1 tbs. Dijon mustard
- 1 c. olive oil
- 1 clove garlic rubbed into 1½ tsp. salt
- 1 tsp. freshly ground black pepper

In a blender, mix egg yolks and mustard. Add spices and oil— chop the egg whites to sprinkle over top of salad. Great any time of the year, but especially in the summer! Serves 6.



Quiche

Jo Ellen Buffie, Greenwood IN

Toss by hand and put in deep dish pie shell, frozen, or homemade:

- 2 c. grated Swiss cheese
and one or more:
- ham, bacon, spinach, onion, sausage, tomatoes, mushrooms, etc. chopped and sautéed

Mix together:

- 3 eggs
- 1 c. evaporated milk or half and half
- 1 ½ tbs. lemon juice
- 1 tsp. garlic powder
- salt and pepper

Pour over cheese and sprinkle 1½ c. flour over top. Bake at 450 for 15 minutes, then at 350 for 12-15 minutes or until knife comes out clean. Let sit for 5 minutes before cutting. Great to make ahead and freeze. Serves 3-4. 😊

Vegetarian Chili

Patricia Vargas, Whittier CA. A trip off the beaten path, but sure to fulfill your culinary desires. Gather round the table with the family and enjoy.

- 1 large onion, chopped
- 4 carrots, peeled and chopped
- 4 stalks celery, peeled and chopped
- sauté until tender
- add one large can of hot chili beans,

- one large container of V-8 Juice, one can diced tomatoes,
- one small can tomato paste.

Add chili powder, salt and pepper to taste—cumin if desired. Prior to serving mix in macaroni and serve with sour cream and/or grated cheddar cheese on top. A family favorite!! Serves 4.

Pop's Favorite Meat and Noodles

Dave Balog, Schenectady NY. My father served up this quick-and-easy dish, usually on Tuesday nights in Yonkers, his bowling night.

- 1lb. lean ground beef
- ½ c. diced green pepper
- ¼ c. chopped onion
- 3- 8 oz. cans tomato sauce
- 1 lb. cooked noodles or macaroni

Brown the ground beef. Add the peppers and onion and let them soften a bit. Add the tomato sauce. Simmer while cooking the noodles and add those at the end. This is the way we liked it, but there are so many things you can do with this dish. Serves 4.



Jessica's "Hospitality" Chicken

Jessica Watson-Crosby, Brooklyn NY. My niece loves my chicken. She eats it slowly and wants to take some with her - back to South Carolina. So when I know she is coming to NY I get cracking.

- chicken legs and thighs
- fresh lemon
- fresh garlic (& lots of it) minced
- onion powder
- mustard powder
- ginger powder
- Italian seasoning
- seasoning salt

First drench all of the chicken in freshly squeezed lemon juice on both sides. Salt everything then add all the other ingredients in any order and any amount - follow your instincts. Bake on 400 for one hour than check every 5 minutes thereafter.

Cream of Celery Soup

Submitted by Liz Ritter, New York NY (from the Moosewood Cookbook © 1977 Mollie Katzen)

- Bring to a boil in a saucepan: 4 cups celery in 1 inch chunks; 3 cups potatoes in 1 inch chunks; 4 cups water; 1 tsp salt. Cook, covered, until soft. Puree in a blender. Place in kettle.
- Sauté 1 cup minced onion with ¼ tsp salt in 2-3 Tbs butter until translucent. Add 1 cup very finely minced celery, ¼ tsp celery seed, a few tsp minced celery leaf. Saute until tender; add to first mixture.
- Soup may be prepared to this point and set aside, or even frozen, for later use.
- Whisk into soup about 10 minutes before serving: 1 cup buttermilk, ¼ cup sour cream, (white pepper)

Heat the soup gently. Serve hot. Goes nice with hot bread and a leafy salad.



Desserts

Mexican Chocolate Icebox Cookies

Marcia Novey, Staten Island NY. (From Maida Heatter's Book of Great Chocolates)

- 1 ½ cups sifted flour
- ¾ cup unsweetened cocoa powder (preferably Dutch process)
- ¼ teaspoon salt
- Generous pinch of finely ground black pepper
- Generous pinch of cayenne
- ¾ teaspoon cinnamon
- 6 oz. (1 ½ sticks) unsalted butter
- 1 ½ teaspoons vanilla extract
- 1 c. granulated sugar
- 1 egg (graded large or extra-large)

Sift together the flour, cocoa, salt, pepper, cayenne, cinnamon. Set aside. (I never sift – just mix or whisk all thoroughly) In large bowl of electric mixer, cream butter. Add vanilla and sugar and beat to mix thoroughly. Beat in egg. Then on low speed, gradually add dry ingredients, scraping bowl with a rubber spatula, and beating only until mixed. Toward the end of the mixing, if dough starts to crawl up on the beaters, remove beaters and finish mixing by hand (I always do this – very stiff batter). Lightly flour a large board. Turn dough out onto the board. Lightly flour your hands and shape dough into a long roll about 10-12 inches long and about 2 inches in diameter (mine is always a bit long and thinner – still 40 cookies). Wrap this cylinder of dough in wax paper and place it in the freezer until firm. Or it may be kept frozen. When ready to bake, heat oven to 375°. Unwrap dough and place on a board. With a sharp, heavy knife, cut it into slices ¼ inch thick. Place slices on an ungreased

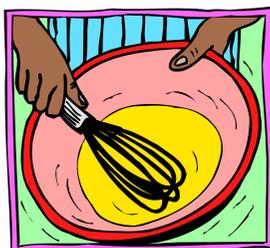
cookie sheet (about 20 per sheet). Bake 9-10 minutes. Cookies are done when they feel almost firm to the touch. (They will firm up as they cool.) Watch carefully to be sure they don't burn. Cool on cookie sheet a few seconds until firm enough to be moved. Then, with wide metal spatula, transfer cookies to racks to cool. 40 cookies. Store airtight.

Moist Chocolate Cake

Sue Tournour, Buffalo NY. The moist chocolate cake is a wonderful birthday cake that travels very well. I used to make it for my youth groups and if you love chocolate, you'll love this – especially with a fluffy white frosting and chocolate sprinkles!

- 1 box chocolate cake mix
- 1 tsp. cinnamon (optional)
- 1 cup mayonnaise
- 1 cup water
- 3 eggs

Do NOT follow directions on cake mix! In large mixing bowl, combine cake mix and cinnamon. Add mayonnaise, water & eggs. On low speed, beat for 30 seconds. Beat at medium speed for 2 minutes. Pour into greased cake pans. Bake 30-35 minutes or until done by toothpick coming out clean. Frost with your favorite frosting.



Chocolate-Peanut Butter Pie

Katie Houseknecht, Santa Barbara CA

- 1 $\frac{3}{4}$ c. chocolate wafer crumbs (from about 36 cookies)
- 6 tbs. unsalted butter, melted

- 3 tbs. packed dark-brown sugar
- Pinch of salt
- 6 oz. cream cheese, room temperature
- $\frac{3}{4}$ c. confectioners' sugar
- 1 tsp. coarse salt
- 1 $\frac{1}{4}$ c. smooth peanut butter
- 2 tbs. pure vanilla extract
- 2 c. heavy cream
- 1 oz. dark chocolate, melted, for decorating
- 2 tbs. smooth peanut butter, melted, for decorating

Make the crust: Preheat oven to 350 degrees. Combine wafer crumbs, butter, brown sugar, and salt. Press mixture firmly into bottom and up sides of a 9-inch deep-dish pie plate. Bake until set, 8 to 10 minutes. Let cool on a wire rack. *Make the filling:* Beat cream cheese, confectioners' sugar, and salt with a mixer on medium speed until fluffy. Beat in peanut butter and vanilla. Beat heavy cream until soft peaks form. Whisk $\frac{1}{3}$ rd of the whipped cream into the peanut butter mixture, then gently fold in remaining whipped cream. Spoon filling into cooled crust. Freeze, uncovered, at least 4 hours (or overnight, covered with plastic wrap). Place melted chocolate in a resealable plastic bag. Snip tip from one corner of bag to make a very small opening. Holding bag about 5 inches above pie, drizzle melted chocolate over top. Repeat with melted peanut butter. Let stand 10 minutes before slicing. Serves 6.

Mom's Pineapple Upside Down Cake

Dave Balog, Schenectady NY. My mom, who didn't cook when my father was alive, used cooking as therapy after he died. Here is one of her proudest creations:

- 1 (18 ounce) box yellow cake mix
- 3 eggs (or as called for by your cake mix)
- $\frac{1}{3}$ c. oil (or as called for by your cake mix)
- 1 $\frac{1}{3}$ c. water (or as called for by your cake mix)
- 1 c. dark brown sugar
- $\frac{1}{4}$ - $\frac{1}{2}$ c. butter
- 1 (20 ounce) can sliced pineapple

- 1 (8 ounce) jar maraschino cherries (optional)
- halved walnuts (optional)

Follow instructions on cake box for making an oblong single layer cake. Prepare cake batter and set aside. Cut up butter in small pieces and place all over the bottom of the oblong pan specified on cake box. Sprinkle brown sugar generously over the butter. Place pan on the stove (or in the oven) and heat slowly until butter and sugar melt to a liquid then remove from heat. Evenly space the pineapple slices around the bottom of pan in the heated sugar and butter. Place the cherries and nuts between the pineapple slices (Though the cherries and nuts look nice and taste great, they are optional). Pour cake batter on top of the pineapple/cherry/nut mixture. Place in oven and bake as directed on cake box. As soon as cake is done place a plate over the cake and turn upside down and carefully remove pan. If you wait too long the sugar will harden and be difficult to remove. Serves 6.

Baked Pears

*Carol Morrison, Hunter School of Social Work. New York NY.
“Mmmm.”*

- bosc pears
- cinnamon
- nutmeg
- vanilla extract

Wash pears in water. Halve and core pears—don't remove stems. Put pears in a baking dish with about a 1/4" of water. Add a teaspoon of cinnamon and/or nutmeg. Add vanilla to taste. Bake at 350 degrees for 45 minutes. Serve with whipped cream or vanilla ice cream—or just as is.



Ginger Banana Yogurt Treat

Rush Harrington, Gwinnett GA. A cool, easy dessert given to me by my mother, Florene.

- 2 c. vanilla frozen yogurt, softened
- 6 ginger snap cookies, chopped
- 2 bananas, sliced
- 1/4 cup chopped toasted pecans

Stir chopped gingersnaps, sliced bananas and toasted pecans into softened vanilla frozen yogurt for a quick, crowd-pleasing dessert. Place melted chocolate in a resealable plastic bag. Snip tip from one corner of bag to make a very small opening. Holding bag about 5 inches above pie, drizzle melted chocolate over top. Repeat with melted peanut butter. Let stand 10 minutes before slicing.

Watergate Salad

Leesa Nixon, State Road NC. Developed around time of the President Nixon's resignation, this recipe has ironically become a favorite of my family.

- 1 package (4 serving size) pistachio flavored instant pudding
- 1 20 oz. can of crushed pineapple in juice, undrained
- 1 c. miniature marshmallows
- 1/2 c. chopped pecans
- 1- 1/2 c. (1/2 of 8 oz. tub) Cool Whip

Mix dry pudding, pineapple, marshmallows, and nuts in large bowl until well blended. Gently stir in cool whip, cover, and refrigerate 1 hour.

Fast, No-Bake Cheesecake

Dr. Ray Werking, East Greenbush NY. This snack is the perfect way for everyone to have the taste they want without the fat and calories of a whole slice of cheese cake. A sure crowd-pleaser for those long on appetite but short on time.

- 3 oz. of cream cheese, softened for 10 seconds in the microwave
- 3 tbs. strawberry jam
- A few sheets of graham crackers, broken into squares or rectangles

Mix the softened cream cheese with the jam. Spread a little of the mixture on top of each graham cracker. Either eat right away, or chill for 30 minutes. The grahams will soften and become more like a cheesecake crust, and the topping will firm up.

Extras: Use different flavors of jam, top with a slice of fresh strawberry

Tortilla Sweeties

Leesa Nixon, State Road NC

- flour tortillas
- oil or shortening
- cinnamon
- sugar
- cherry or apple pie filling
- whip cream

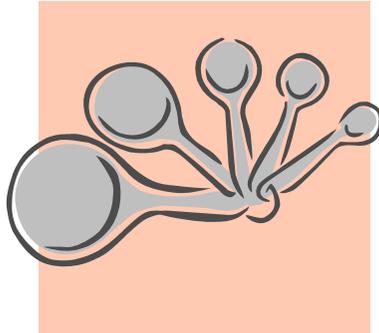
On a large plate, mix sugar in cinnamon together evenly. Heat oil in a large skillet until hot. Fry tortillas until crispy and lightly browned, remove and immediately coat with sugar and cinnamon mixture. Top with pie filling and whip cream for a quick and easy sweet snack.

Baked Apples

Jordan Beam, State Road NC

- 2 medium apples
- 2 tbs. brown sugar
- 3-4 tbs. butter or margarine
- 1 tbs. cinnamon

Peel apples. Place 2 tablespoons of butter in small frying pan. Turn on low-medium heat. Slice apples off from around the core and cube. When butter is melted, place apples in pan. Stir occasionally, add cinnamon, add another tablespoon of butter and stir to coat evenly. Raise heat to medium, stir. Add brown sugar, stir, add butter. Cook apples until tender and syrup forms. These can be eaten alone, on pancakes, or on tortilla sweeties.



Arroz Con Dulce (Arroz con Coco)

Candied Coconut Rice

Tejada Mercado, New York NY

- 1½ cups rice
- 4¼ cups coconut milk
- 1½ teaspoons salt
- 3 cinnamon sticks
- 2 oz. ginger
- 6 whole cloves
- Pinch of nutmeg-optional
- 1½ c. sugar
- ½ c. raisins

- 3/4 c. coconut milk (reserve to use at the end)

Wash rice and soak in water to cover, generously, for 2 hours. The rice will soak up the water so use plenty. About twenty minutes before rice is finished soaking combine the 4½ cups of coconut milk, salt, cinnamon, ginger, cloves and nutmeg in a medium size pot. Bring to a boil over high heat. Reduce heat to moderate, cover and boil for 15 minutes. Drain rice thoroughly and add to pot. Mix and bring to a boil over moderate heat. Reduce heat to low and cook until rice is completely dry, without stirring. Add the sugar and raisins, stir, and bring to a boil over moderate heat. Reduce heat to low and cook for another 15 minutes, without stirring. Add reserved 3/4 cup coconut milk and stir. Turn heat to moderate and boil for about 30 minutes, or until rice dries again. In this cooking period, turn rice over occasionally and scrape bottom of caldero. Remove spices. Spoon rice into a flat serving platter. Allow to cool at room temperature. This is served cold. Serves 12.

Snow Tunnel Cake

Kathy Corini, Schenectady NY

- 1 pkg. angel food cake mix
- 1 12 oz. container Cool Whip
- 1 ½ c. milk
- 1 4-oz. pkg. chocolate flavored instant pudding
- chocolate sprinkles

Bake angel food cake according to package directions. Cool. Slice 1-inch of the top of the cake. Gently hollow out a trench in cake, approximately 1-1/2 inches wide and 2 inches deep. Tear cake from trench into pieces. In a large bowl, combine milk and pudding mix. Beat on low for 2 minutes. Fold cake pieces and 1 ¾ cup of Cool Whip into pudding. Fill trench with mixture. Replace top of cake and spread remaining Cool Whip over top and sides of cake. Cover with chocolate sprinkles.

Soft Italian Cookies

Kathy Corini, Schenectady NY

- 3-1/2 c. flour
- ½ tsp. baking soda
- 1-1/2 tsp. baking powder

- pinch of salt
- $\frac{3}{4}$ c. canola oil
- 3 eggs
- 1 c. sugar
- 2 t. orange juice or extract
- 1 t. lemon extract
- $\frac{1}{2}$ c. milk
- 1 1-lb box confectionary sugar
- $\frac{1}{4}$ c. milk or to desired consistency
- 1 tsp. vanilla

Preheat oven to 35 degrees. Combine the first 4 ingredients and set aside. In a small bowl, beat eggs, sugar, orange juice, lemon extract and milk. Add oil and combine with flour mixture. Blend well. Drop by teaspoon on greased cookie sheet. Bake until lightly browned on bottom. 10 to 12 minutes. Cool completely before frosting. Frosting: confectionary sugar, mild and vanilla. Makes 25-30 cookies.



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