

 VirginiaTech

Home Sweet Home Recipe Contest 2007 Winner

Red Pepper and Cheese Spread

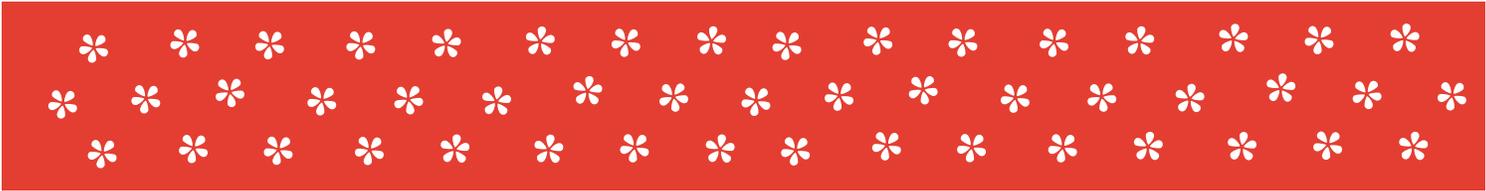
Anne Hilder of Berwyn, Pennsylvania
Student, Christopher Smith

Ingredients:

- 1 small onion, quartered
- 3-6 large garlic cloves (to taste), peeled
- 1 Tbsp. olive oil
- 1 (12-oz.) jar red peppers
- 2 c. sharp cheddar cheese, packed and grated
- cayenne pepper, to taste
- 2 Tbsp. fresh chives, chopped
- salt and pepper, to taste

Method of Preparation:

1. Place the onion and garlic in a bowl and drizzle with olive oil. Microwave until soft, 1-2 minutes.
 2. Allow to cool.
 3. Place all ingredients except chives in a food processor.
 4. Purée until almost smooth.
 5. Transfer to a bowl and stir in chives.
 6. Season with salt and pepper.
 7. Cover and refrigerate for at least 2 hours.
- *Serve with French bread, crackers, or veggies.



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Honey Chicken Salad

Lisa Williams of Forest, Virginia
Student, Katherine Williams

Ingredients:

- 4 c. cooked chicken, chopped
- 3 stalks celery, diced
- 1 c. sweetened, dried cranberries
- 1-1/2 c. mayonnaise
- 1/3 c. honey
- 1/4 tsp. salt
- 1/4 tsp. pepper

Method of Preparation:

1. Combine the chicken, celery, and cranberries.
 2. Whisk together the mayonnaise and remaining ingredients.
 3. Add to the chicken mixture, stirring gently until combined.
- *Yields 4-6 servings.

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Beach Black Bean Salad with Cilantro Sauce

Cindy Kube of Virginia Beach, Virginia
Student, Kirsten Kube

Ingredients:

- | | |
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| 3 (8-oz.) cans black beans, rinsed and drained | 1/2 tsp. pepper |
| 4 whole Roma tomatoes, chopped | 2 c. fresh cilantro, washed and chopped |
| 2 avocados, cubed | 1/2 c. sour cream |
| 1/2 c. green onions (scallions), sliced | 1/2 c. mayonnaise |
| 2 Tbsp. lime juice | 2 Tbsp. lime juice |
| 1 Tbsp. canola oil | 1 tsp. garlic, minced (or more to taste) |
| 1/2 tsp. cumin | 1/4 lime peel, grated (optional) |
| 1/2 tsp. salt | 1/2 tsp. ground pepper |

Method of Preparation:

1. Place the beans, tomatoes, avocados, and scallions in a bowl and toss.
2. In a small bowl, mix the oil, cumin, salt, pepper, and 2 tablespoons of the lime juice.
3. Pour over the bean mixture and toss gently.
4. For the cilantro sauce, combine all of the remaining ingredients in a blender and purée until smooth.
5. Pour the sauce over the bean mixture before serving.

*Yields 4 servings. This is very versatile and can be used as a main course, as a side dish, as a salad, or as a filling for wraps.



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Blueberry French Toast Breakfast Casserole

Ingrid Sheremeta of Hillsborough, New Jersey
Student, Amanda Sheremeta

Ingredients:

12 slices white bread, cut into small cubes
1 c. fresh blueberries
2 c. milk
1 (8-oz.) pkg. cream cheese, cut into small cubes
10 large eggs
 $\frac{1}{3}$ c. sugar
1 tsp. vanilla
dash of cinnamon

Blueberry Sauce:

$\frac{1}{2}$ c. sugar
1 c. water
1 Tbsp. butter
2 Tbsp. cornstarch
1 c. fresh blueberries

Method of Preparation:

1. Use either a nonstick 9" x 13" pan or spray pan with nonstick cooking spray.
2. Place half of the bread cubes into the bottom of the pan and sprinkle with cream cheese cubes. Top with blueberries and remaining bread cubes.
3. In a separate bowl, beat the eggs with a whisk. Add the milk, sugar, and vanilla and mix well.
4. Pour over the bread mixture and mix together. Sprinkle cinnamon on top.
5. Cover with aluminum foil and chill in the refrigerator overnight.
6. Remove from refrigerator 30 minutes before baking. Keep covered and bake in a 350°F oven for 30 minutes. Remove cover and bake another 30 minutes or until golden brown.
7. To make sauce: combine the sugar, cornstarch, and water in a saucepan and bring to a boil over medium heat, stirring constantly. Maintain boil for 3 minutes, stirring constantly. Add the blueberries, reduce heat to low, and simmer for 8-10 minutes. Stir in butter until melted. Serve with the casserole.

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Paradise Chicken

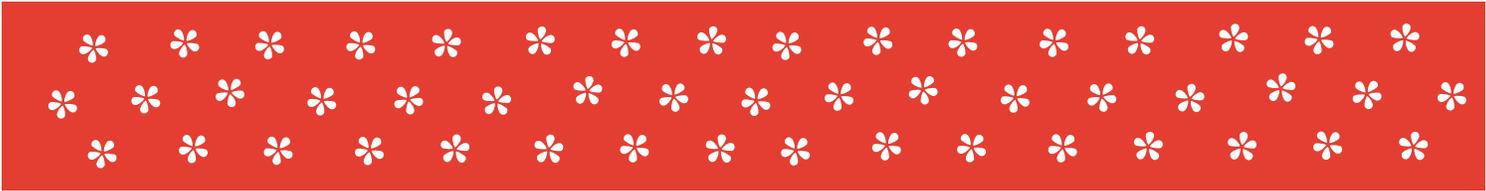
Ann Leonard of Bethesda, Maryland
Student, Andrew Leonard

Ingredients:

- 1/4 c. seasoned flour
- 1/4 tsp. salt
- dash black pepper
- 4 whole boneless, skinless chicken breasts
- 1 (12-oz.) jar apricot preserves
- 2 Tbsp. vegetable oil
- 1/2 c. barbecue sauce
- 1/2 c. onion, chopped
- 4 Tbsp. soy sauce
- 1 green pepper, sliced
- 1 (6-oz.) can water chestnuts, sliced and drained

Method of Preparation:

1. Cut the chicken breasts into large pieces.
 2. Coat with flour and brown in oil in a large skillet.
 3. In a separate bowl, combine the preserves, barbecue sauce, onion, and soy sauce.
 4. Pour over the chicken, cover, and simmer for 35 minutes or until tender.
 5. Add the green pepper and water chestnuts for the last 10 minutes of cooking.
- *Serve over rice.



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Portobello Mushroom Burger

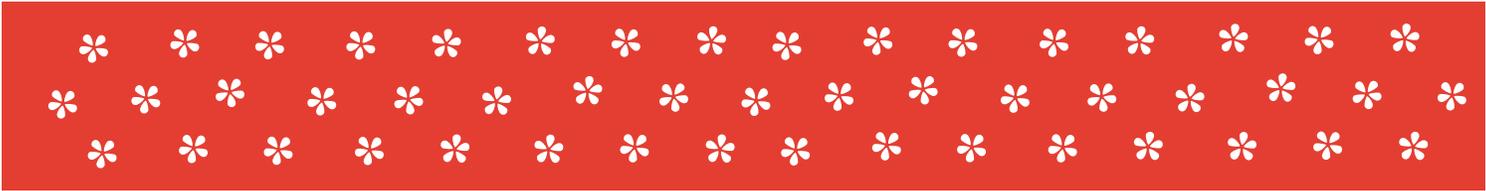
Julie McCloskey of Pleasanton, California
Student, Shawn McCloskey

Ingredients:

- 1 Tbsp. olive oil
- 1 clove garlic
 - 1 portobello mushroom, sliced
 - $\frac{1}{4}$ green bell pepper, sliced
- pinch salt
- pinch sugar
- 1 tsp. soy sauce
- 1 whole grain bun
- 1 Tbsp. Dijon mustard
- 2 slices tomato
- 2 lettuce leaves

Method of Preparation:

1. Heat the oil and garlic in a skillet over medium heat for 1 minute.
2. Add the mushrooms, peppers, and salt and cook for 5 minutes, stirring occasionally.
3. Add the soy sauce and sugar and cook for another 5 minutes, or until mushrooms are tender.
4. Toast the bun and layer on the tomato, lettuce, and mustard.
5. Add the mushrooms and peppers and serve.



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Teala

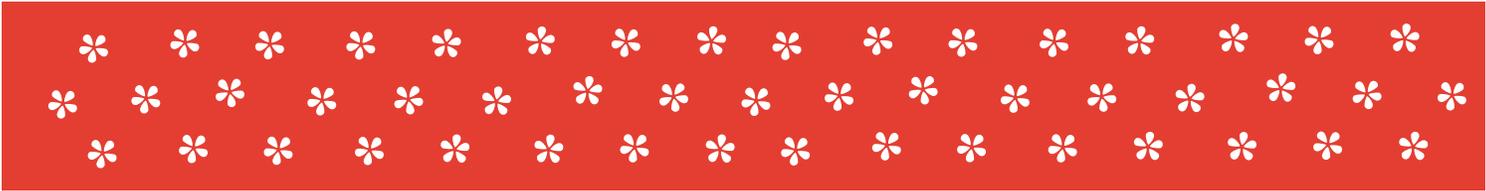
Dolores Brooks of Claytor Lake, Virginia
Student, Donald Brooks

Ingredients:

- 1 large zucchini squash, sliced
- 3 large green peppers, sliced
- 1 large onion, sliced
- 3 cloves garlic, minced
- 8 medium potatoes, sliced
- 1 Tbsp. parsley flakes
- ½ c. Italian bread crumbs
- ½ c. Parmesan cheese, grated
- 1 qt. tomatoes
- Smoked or Italian sausage, cut into chunks and browned
- Salt and pepper, to taste
- 2 Tbsp. sugar
- 1 jar spaghetti sauce

Method of Preparation:

1. Place all of the ingredients, except for the sauce and a small amount of the bread crumbs and Parmesan cheese, in a large roaster and stir.
2. Pour the sauce over the top of this mixture.
3. Sprinkle the remaining cheese and bread crumbs on top.
4. Bake for 2 hours in a 350°F oven.



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Cookie Dough Topped Brownies

Patty Driver of Fishersville, Virginia
Student, Matt Driver

Ingredients:

- 1 box brownie mix
- 1/2 c. butter, softened
- 1/2 c. brown sugar
- 1/4 c. sugar
- 3 Tbsp. milk
- 1 tsp. vanilla extract
- 1 c. flour
- 1 c. mini chocolate chips

Method of Preparation:

1. Bake the brownie mix according to package directions and cool completely.
2. Cream the butter and both sugars.
3. Add in the milk and vanilla, followed by the flour.
4. Stir in the chocolate chips.
5. Spread on top of the cooled brownies.
6. Cut into bars and serve.

*Can be stored in refrigerator. Cookie dough topping is not cooked.