

Virginia Tech Dining Services



*Home
Sweet
Home*

Recipe Contest 2008

Winning Recipes

Mark your calendar for next year's contest, which will run July and August 2009!

MAMA BURTON'S CHICKEN ENCHILADAS

Alison Burton
Thomas Burton
College Station, TX

6 large chicken breasts, boiled	2 cups shredded monterey jack cheese
2 cans Campbell's cream of chicken soup	3 cans chopped green chilies
1 pt. sour cream	1 large white onion, fine dice
2 cups shredded light cheddar cheese	1 pkg. large flour tortillas

Preheat oven to 325 °F. Retain 2 cups of chicken broth left over from boiling chicken. In a bowl, mix soup, sour cream, ½ cup broth, chilies, onion, 1½ cups of both cheddar and monterey jack cheese. Take one third mix into separate bowl, add diced chicken. Take chicken and cream mix and fill the tortillas, then roll them. Place rolled tortillas in a greased, 9" x 13" baking dish. Cover tortillas with remaining cream mix and then cover with remaining cheese. Bake for 30-40 minutes until top is brown and bubbly.

Note: Fresh chilies can be swapped for canned if you use half as much. The can sizes for both the chilies and soup are the smallest that are made.

APPLE DAPPLES

Chandra Womack
Craig Keys
Halifax, VA

1 can Grands! flaky biscuits (8)	½ tsp. cinnamon
1 can apple pie filling	¼ tsp. nutmeg
½ tsp. cinnamon	½ c. butter
1 tsp. vanilla extract	½ c. caramel topping, optional
½ c. flour	vanilla ice cream, optional
½ c. brown sugar	

Heat oven to 350 °F. Spray muffin cups with non-stick spray. Separate biscuits in half and place each half into muffin cups. Press to cover bottom and sides of cup. Put filling in medium bowl. Cut up some of the larger pieces of apples. Add ½ teaspoon of cinnamon and vanilla extract; mix well. In small bowl, combine flour, brown sugar, remaining cinnamon, and nutmeg. Cut in butter until crumbly. Divide pie filling equally among dough-lined muffin cups. Sprinkle tops of each with crumb topping and gently press down. Bake at 350 °F for 13 minutes or until edges are golden brown and filling is bubbly. Cool 5 minutes in pan. Remove from muffin cups, place on wire racks and cool for about 10 minutes. If desired, drizzle warmed caramel sauce over each one and serve with a scoop of vanilla ice cream on side.

SCOTCH BONNET SALSA

Chris A. Scott
Kiersten Scott
Fredericksburg, VA

2 garlic cloves	1 T. lime juice, fresh
1 lime, peeled	6 large plum tomatoes, seeded and chopped
2 scallions, coarsely chopped	3 T. vegetable oil
½ Scotch bonnet chile pepper	2 T. coriander, chopped
1 serrano chile, seeded	

In a food processor, finely chop the garlic, lime, scallions, and chile peppers. Add the lime juice, tomatoes, vegetable oil, and coriander. Puree the mixture. Serve with fresh tortilla chips, or with grilled fish or steaks.

Note: Make sure to wear gloves while handling the serrano and Scotch bonnet chile peppers, and wash your hands thoroughly afterward.

TOFU SPINACH ENCHILADAS

Cindy Kube
Kirsten Kube
Virginia Beach, VA

1 lb. firm tofu	1 (20-oz.) can enchilada sauce
1 (10-oz.) pkg. chopped spinach	1 tsp. salt
1 (8-oz.) pkg. fresh mushrooms	1 tsp. pepper
1 large onion	6 fresh flour tortillas
1 cup chopped scallions	1–2 cups shredded cheese, optional
½ cup fresh chopped cilantro, optional	

Drain tofu well and mash in a bowl with a fork. It will look like ricotta cheese. Add salt and pepper. Steam or microwave spinach and drain well. Set aside. Sauté mushrooms and onions in 1 tablespoon of canola oil. Add spinach and mushroom/onion mixture to tofu. Stir to combine. Set oven at 350 °F. Prepare a 9" x 12" baking pan by spraying lightly with Pam canola oil spray. In the center of each tortilla, place about 3 tablespoons of filling. Roll up like a burrito. Place in the pan, side by side. Pour the can of enchilada sauce over the rolled up tortillas. If desired, sprinkle with 1–2 cups of shredded cheddar cheese. Top with chopped cilantro and scallions. Bake for 15-20 minutes until slightly crispy on top. Serve with rice, corn, shredded lettuce, and chopped tomatoes.

Note: These enchiladas will please vegetarians AND meat eaters. In fact, no one will miss the beef! This can be a meal in itself, or part of a Mexican buffet style meal...great for Cinco de Mayo! Traditional toppings such as guacamole and sour cream can enhance these enchiladas.

SANDY HOOK RICE SALAD

Cindy Kube
Kirsten Kube
Virginia Beach, VA

½ cup olive oil	2 cups quartered grape tomatoes
3 T. red wine vinegar	1 diced green pepper
½ tsp. celery salt	1 small chopped onion
1 tsp. salt	1 peeled, seeded, and chopped cucumber
1 tsp. pepper	¾ cup diced fresh mushrooms
¼ cup minced onion	¼ cup diced red pimiento
2 cups cooked rice	

Combine dressing ingredients: olive oil, vinegar, salts, pepper, and minced onion. Set aside. Toss cooked rice with vegetables. Mix dressing with rice/veggies. Chill before serving.

STRAWBERRY SPINACH SALAD

Denise Bogaty-Smith
Garrett Smith
Glenshaw, PA

½ cup pecans, toasted	¾ tsp. dry mustard
1-lb. baby spinach leaves	¾ tsp. salt
1 red onion, thinly sliced	¼ cup cider vinegar
24 strawberries, sliced	½ cup canola oil
⅛ tsp. cinnamon	¾ tsp. poppy seeds
½ cup sugar	

Salad: Mix together the pecans, spinach, red onion, and strawberries in a large salad bowl. Sprinkle cinnamon over mixture.

Dressing: Whisk together sugar, dry mustard, salt, vinegar, oil, and poppy seeds until well combined. Pour dressing over salad immediately before serving.

CASHEW RICE PILAF

Dolores Brooks
Donald Brooks
Claytor Lake, VA

1 ½ c. long grain rice, uncooked	1 tsp. onion salt
1 c. chopped onion	2 c. frozen peas
1 c. diced carrots	1-½ c. cooked wild rice
1 c. golden raisins	1 c. cashews
¼ c. butter	¼ c. thinly sliced green onions
3 c. chicken broth	

In a Dutch oven, sauté the long grain rice, onion, carrots, and raisins in butter until onion is tender. Add broth and onion salt; bring to a boil. Reduce heat; cover and simmer 20 minutes or until liquid is absorbed and rice is tender. Stir in peas, wild rice, and cashews; heat through. Sprinkle with sliced green onion. Yield: 12 servings.

Note: For a vegetarian recipe use olive oil in place of butter and water in place of chicken broth.

TANGY ASIAN CITRUS SALMON

Gina Tusing
Matthew Tusing
Edensburg, PA

½ cup soy sauce	2 T. fresh grated ginger
2 T. balsamic vinegar	1 ½ T. brown sugar
2 whole juice of lemons	6 salmon fillets
2 T. grated fresh garlic	fresh pineapple to garnish

Preheat oven to 375 °F. Combine first six ingredients in a small saucepan and cook on low heat for 5 minutes. Place salmon fillets in an oven-safe dish; pour the sauce over the fillets, making sure salmon is well coated. Sprinkle with black pepper. Bake for 15-20 minutes or until fish flakes with a fork. Garnish with fresh pineapple.

PINK PASTA

Stacey Dougherty

Missy Dougherty

1 (16-oz.) box rigatoni pasta

2 (15-oz.) jars prepared alfredo sauce

1 (15-oz.) jar roasted red bell peppers

3 T. prepared basil pesto

4 T. grated Parmesan cheese

1 cup whole milk

1 (16-oz.) pkg. hot Italian sausage

Cook pasta according to package directions while making the sauce. Fry sausage until browned (linked sausage can be used, just take out of casing) and drain. In a food processor, mince meat and bell peppers and add back to frying pan. Empty the two jars of alfredo sauce and clean out the jars with the cup of milk. Add milk and pesto and heat to a low simmer. Add sauce to pasta and garnish with grated Parmesan cheese.

Note: My daughter and her friends like this pasta so much we have to make it in double batches and freeze half so there is always some when they crave it.