

Cheese and Potato Wild Rice Soup



Source: Karen Hartman – Frederick, Maryland

Student: Stefanie L. Hartman

Description of Dish:

This was adapted from a recipe in Country magazine. We serve it as a main-dish soup, with breadsticks and a side vegetable. It's a good cold-weather soup. Stef wrote at the bottom of the recipe "Even I think it's good."

This Dish Serves: 5-6 as main dish

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Ingredients:

- 1 package (6 oz.) Uncle Ben's Long Grain and Wild Rice
- $\frac{1}{4}$ lb. bacon, cut in pieces
- $\frac{1}{4}$ c. chopped onion
- 2 (10.75 oz.) cans cream of potato soup
- 1 qt. (1%) milk
- 2 c. grated American cheese

Preparation Instructions:

- 1) Prepare Uncle Ben's Long Grain and Wild Rice as package directs.
- 2) While this is cooking, fry bacon pieces and onion in skillet until bacon is crisp.
- 3) Drain bacon and onion on paper towel.
- 4) Place soup in large saucepan.
- 5) Stir in milk, bacon, onion, cheese and cooked rice.
- 6) Stir until cheese is melted.

Southwestern Salsa with Black Beans and Corn



Source: Dee Bright – Roanoke, Virginia

Student: Chris Bright

Description of Dish:

This spicy salsa is great with corn chips and it is an easy way to get teens to eat their vegetables. It serves a lot and can be kept in the fridge for up to one week. If cooked ground beef is added it can be used as a main dish, but cannot be stored as long.

This Dish Serves: 16 **Preparation Time:** 15 minutes **Cooking Time:** 2 minutes

Ingredients:

- 1½ tsp. cumin seeds
- 1 (15 oz.) can of black beans
- 1 (15 oz.) can of kidney beans
- 1 (15.5 oz.) can of whole kernel corn, drained
- 2 fresh tomatoes, chopped if you have them, if not you can use
1 (14.5 oz.) can of diced tomatoes
- 1 red or green pepper, minced
- 1 medium onion, minced
- ½ c. dried cilantro leaves
(it is nice to use ½ cup chopped fresh cilantro if you have it)
- ½ c. dried parsley flakes
(it is nice to use ½ cup chopped fresh parsley if you have it)
- ⅓ c. lime juice
- ¼ c. olive oil
- 3 garlic cloves, crushed
- ½ tsp. salt
- 1 tsp. dried crushed red pepper
- ½ tsp. freshly ground black pepper

Preparation Instructions:

- 1) Toast cumin seeds in a skillet over medium heat 1 to 2 minutes or until brown and fragrant, stirring often.
- 2) Combine the cumin seeds, black beans, kidney beans, corn, tomatoes, and remaining ingredients; toss well.
- 3) Cover and store in refrigerator up to 1 week.

Caesar Salad

Source: George Ulmer – Blackwood, New Jersey

Student: George Ulmer

Description of Dish:

Absolutely the best Caesar salad, and the trick is the brand of the salad dressing!

This Dish Serves: 4-8

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Ingredients:

Romaine lettuce – hearts preferred

bacon bits – real bits in the jar

croutons – Caesar preferred

grated Parmesan cheese

Wish Bone Creamy Caesar Dressing

if desired for main entree: 3 chicken breast – marinated, grilled, chopped

Preparation Instructions:

- 1) Marinate chicken in garlic and herb 15 minute marinate.
- 2) Grill chicken until white – approximately 25 minutes depending on thickness.
- 3) Wash and chop lettuce.
- 4) In a large bowl, mix lettuce and desired amount of Wish Bone Creamy Caesar Dressing. (Do not substitute for fat-free or reduced-fat dressing.)
- 5) Add desired amount of bacon bits, croutons, and Parmesan cheese, and blend well.
- 6) Add chopped/diced grilled chicken and blend well.

Cauliflower Salad

Source: Deborah McLain – Fairfax, Virginia

Student: Jessica McLain

Description of Dish:

We fix this salad for family celebrations and to go with the lobsters that cousin Edmund brings down from New Hampshire when he visits for Thanksgiving pot luck dinner.

This Dish Serves: 8

Preparation Time: 30 minutes

Ingredients:

1 head lettuce
1 head cauliflower
3 green onions or 1 small onion
½ lb. bacon
Parmesan cheese
mayonnaise (not light or reduced fat)
salt and pepper (to taste)

Preparation Instructions:

- 1) Tear lettuce into bite size pieces.
- 2) Break cauliflower into bite size pieces.
- 3) Cook bacon, cool and crumble.
- 4) Chop onion into fine pieces.
- 5) Assemble in a large bowl: layer half of the lettuce, cauliflower mixed with onions, season to taste, Parmesan cheese, bacon, and remaining lettuce.
- 6) Top with mayonnaise, cover and refrigerate overnight.

Cream Cheese Delights

Source: Virginia Kubiak – Woodbridge, Virginia

Student: Alison Kubiak

Description of Dish:

This is a sweet appetizer that can be used as a dessert served with ice cream. My foods and nutrition class students loved to prepare this recipe for receptions.

This Dish Serves: 15-20

Preparation Time: 30 minutes

Cooking Time: 15-20 minutes

Ingredients:

- 1 (8 oz.) cream cheese
- ½ c. sugar
- 1 egg
- ½ tsp. vanilla
- ½ lb. melted butter
- 1 loaf white bread
- 1 c. powdered sugar
- 1 Tbsp. cinnamon

Preparation Instructions:

- 1) Mix first four ingredients in a bowl.
- 2) Cut off crust of bread and roll each piece of bread flat with rolling pin. Cut in half.
- 3) Spread 1 tsp. cream cheese mixture on each piece of bread and roll up tight.
- 4) Mix cinnamon and sugar together.
- 5) Dip rolls in melted butter then in powdered sugar and cinnamon mixture.
- 6) Place on ungreased cookie sheet.
- 7) Bake at 350°F for 15-20 minutes or until lightly browned.

Maryland Crab Cakes

Source: Bill Olson – Ijamsville, Maryland

Student: Emily Olson

Description of Dish:

The name speaks for itself. Serve with coleslaw, corn on the cob, hush puppies, and watermelon.

This Dish Serves: 6-12 small cakes

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

- 6 Tbsp. Vegetable oil
- 1 lb. lump crab meat
- 2 large eggs
- 2 Tbsp. mayonnaise
- 1 Tbsp. mustard
- 1 Tbsp. Old Bay seasoning
- 4 Tbsp. Italian breadcrumbs

Preparation Instructions:

- 1) Use a large skillet. Add vegetable oil and heat to medium high.
- 2) Mix all of the ingredients except the crabmeat and breadcrumbs.
- 3) In a bowl and beat together with a wire whisk.
- 4) In another bowl gently break up the lumps of crabmeat and pour the mixture over the crab.
- 5) Mix in the breadcrumbs to firm up the mixture. Add more breadcrumbs as necessary.
- 6) Fry cakes for 10 minutes or until golden brown.

Spinach Balls

Source: Christie Emerson – Marietta, Georgia

Student: Charlie Emerson

Description of Dish:

These balls can be served as appetizers before the meal, as a vegetable with the meal, or even as a snack!

This Dish Serves: 25 (75 balls)

Preparation Time: 15-20 minutes

Cooking Time: 20 minutes

Ingredients:

- 2 (10 oz.) Packages frozen chopped spinach
- 2 (2½ cups) packages of herb stuffing
- $\frac{3}{4}$ c. butter, melted
- 6 eggs
- $\frac{1}{2}$ c. Parmesan cheese
- 2 small onions, minced
- salt, pepper, garlic powder, and thyme to taste

Preparation Instructions:

- 1) Cook and drain spinach very well.
- 2) Combine all ingredients and roll into balls (1 tsp. each).
- 3) Bake at 350°F for 20 minutes on greased cookie sheet.
- 4) Remove from cookie sheet at once and drain on paper. Serve hot. Yields 75 balls.
- 5) May be frozen after cooking. Reheat for 3-5 minutes at 400°F.

The Bright's Christmas Clam Chowder

Source: Dee Bright – Roanoke, Virginia

Student: Chris Bright

Description of Dish:

An old friend, Fran Wygal, first served this at a dinner party over 20 years ago. She developed the recipe herself and was kind enough to share it with me. I have added to it over the years. It has been a family favorite ever since. It would not be Christmas without this dish!

This Dish Serves: 8 to 10

Preparation Time: 20 minutes **Cooking Time:** 60 minutes

Ingredients:

- 1 can crabmeat
- 1 can minced clams, drained
- 4 slices cooked bacon, drained and crumbled
- 1 large grated carrot
- 1 medium diced onion
- 4 diced potatoes
- ½ chopped green pepper
- 1 can cream style corn
- ½ tsp. salt
- 1 Tbsp. butter
- 1 can cream of celery soup
- 2 c. milk
- paprika to taste
- thyme and black pepper to taste

Preparation Instructions:

- 1) Cook bacon, drain, and crumble and set aside for garnish.
- 2) Cook celery and onions in the bacon grease, drain, and set aside.
- 3) Cover grated carrots, green pepper, potatoes, and corn with water and cook until tender. Add onions and celery.
- 4) Add crabmeat, clams, salt, butter, soup, paprika, thyme and black pepper. Cook slowly for about one hour.
- 5) Add milk to heat.
- 6) Serve piping hot with the crumbled bacon on top as a garnish.

Old Fashioned Beef Stew



Source: Barbara Kufel – Roanoke, Virginia

Student: Sarah Kufel

Description of Dish:

The recipe originated in Great Plains Area.

This Dish Serves: 6

Preparation Time: 30 minutes

Cooking Time: 2 ½ hours

Ingredients:

- ½ c. flour
- 1 tsp. salt
- ¼ tsp. pepper
- 2 lb. beef stew meat cut into 1" squares
- 1 green pepper, cut into strips
- ½ c. sliced onion
- 1 Tbsp. salt
- 2 Tbsp. shortening
- 6 c. hot water
- 3 pared medium potatoes, cut into 1" cubes
- 4 carrots, cut into 1" slices
- 1 c. sliced celery-chopped
- 1 bay leaf
- 2 beef bouillon cubes

Preparation Instructions:

- 1) Mix flour, salt and pepper.
- 2) Coat meat with flour mixture and melt shortening in large skillet; brown meat thoroughly.
- 3) Add water; heat to boiling. Reduce heat; cover, and simmer for 2 hours.
- 4) Stir in remaining ingredients and simmer for 30 minutes or until veggies are soft.
- 5) To thicken stew, shake 1 cup cold water and 2-4 Tbsp. flour in a covered jar until blended. Stir into stew and heat to a boil.

Southern Poppy Seed Chicken



Source: Sandy Mackie – Paoli, Pennsylvania

Student: Craig Mackie

Description of Dish:

Family favorite! Serve with rice, vegetable, cornbread or biscuit. Tend to make it for the families who have someone convalescing from illness or surgery. May make ahead of time and put in freezer. Requires longer baking time if frozen.

This Dish Serves: 6-8

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 c. boneless cooked chicken breasts, cut into bite-size pieces
- 1 can cream of chicken soup
- 1 (8 oz.) sour cream
- 1 stick butter
- 1½ c. Ritz Crackers, crumbled
- 2 Tbsp. poppy seeds

Preparation Instructions:

- 1) In 1½ quart shallow baking dish, arrange chicken (may use 13x9 inch casserole dish).
- 2) Blend soup and sour cream together and pour over chicken.
- 3) Combine butter, crackers and poppy seeds, and then sprinkle over chicken mixture.
- 4) Bake uncovered at 350°F for 30 minutes.

African Yams & Stew

Source: Flora Prege Iyebote – Springfield, Virginia

Student: Diseiye Iyebote

Description of Dish:

The recipe originated in West Africa.

This Dish Serves: 5 cubes per person

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Ingredients:

African yams
salt
red hot peppers, chopped
tomato sauce/paste
2 Maggi cubes (bouillon cube)
meat or chicken, fried
curry powder
onion diced
corn oil
green pepper diced

Preparation Instructions:

- 1) Cut yams into 1x1½ inch cubes.
- 2) Put cubed yams into a pot of boiling water.
- 3) Add 2 tsp. salt and cook at least 30 minutes or until yams are tender.
- 4) Let corn oil cook in pot for 40 seconds.
- 5) Add onion and green pepper.
- 6) Cook for 3 minutes on low heat.
- 7) Add tomato sauce and chopped peppers, and cook 10 minutes.
- 8) Add Maggi cubes, salt and fried meat.
- 9) Cover stew and cook for another 5 minutes.
- 10) Serve yams with stew over top

Amsterdam Hilton in Spring

Source: Jayne Perez – Hayes, Virginia

Student: Christopher Perez

Description of Dish:

It is a low calorie treat for the senses. It contains plenty of proteins and carbohydrates. It is a great meal for the body; helps refuel growing muscles and will help stimulate peak athletic performance without sacrificing taste.

This Dish Serves: 3 **Preparation Time:** 10 minutes **Cooking Time:** 15 minutes

Ingredients:

2-3 Tbsp. olive oil
1 small bag of Romaine lettuce
1 small bag of iceberg lettuce
1 medium box of colored pasta
(twirly noodle kind)
1-2 cans of mandarin oranges
(add as much as you want)
1 large tomato

For Chicken:

4 boneless skinless chicken
breasts
black pepper
basil leaves
garlic

Preparation Instructions:

- 1) Boil the noodles and drain. Let them sit until other ingredients are done being cooked.
- 2) In a separate pan, cook chicken breasts in 2 or 3 Tbsp. of olive oil, season with black pepper, basil leaves, and garlic as you wish.
- 3) Cook for few minutes until meat starts to whiten, then take out meat and let cool for 3 or 4 minutes.
- 4) Blot the olive oil with a napkin and then rip the chicken breasts into frayed strips no bigger than your pinky finger (be careful may be hot from the olive oil).
- 5) Once the chicken is unevenly frayed, begin to finish cooking with chopped tomatoes in the pan, and re-apply spices as you wish.
- 6) Cook the chicken this time until light brown.
- 7) How to serve: Set 3 bowls or plates in the freezer and let chill until ready to serve.
- 8) Put the lettuce and pasta and chicken and mandarin oranges into a large bowl and mix the ingredients into a disordered fashion.
- 9) Serve each plate or bowl with the desired amount, and then add three extra mandarin oranges to the top of the dish and serve to guests with a wine (My favorite wine with this meal would be Chateau St. Michelle. It is a fine white wine from Seattle, which complements every aspect of this dish).
- 10) If you are not afraid of calories then do add a dressing, something Italian would complement this dish well (too much dressing will take away from the seasoning of the chicken so do watch out on what you want to be tasting). I prefer to keep it light.

Asian Chicken

Source: Beth Durham – Roanoke, Virginia

Student: David L. Durham

Description of Dish:

I had a tough time deciding which recipe(s) of mine to submit. This is one I threw together in a hurry, without any plan, and it turned out great.

This Dish Serves: 6

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Ingredients:

large boneless, skinless chicken breasts cut in large cubes
peanut oil
sesame oil
2 cloves of coarsely chopped garlic
½ tsp. of freshly grated ginger
1 Tbsp. of rice wine vinegar
a dollop of smooth or crunchy peanut butter
fresh chives
sesame seeds
splash of lemon juice

Preparation Instructions:

- 1) Cube chicken. It is easier if semi-frozen.
- 2) Brown in peanut oil with several drops of sesame oil.
- 3) Add garlic and ginger. Cook until aromatic, just a few minutes.
- 4) Add rice wine vinegar and peanut butter. Stir to mix well and allow to bubble and concentrate.
- 5) Add fresh chives, sesame seeds, and a splash of lemon juice.
- 6) Serve with rice or rice noodles.

Baked French Toast

Source: Beth Durham – Roanoke, Virginia

Student: David Durham

Description of Dish:

We had 42 teenagers sleep over and I had to feed them all breakfast. The great thing about this recipe is that you prepare it the night before so all you have to do is pop it in the oven in the morning.

This Dish Serves: 9

Preparation Time: 15 minutes

Cooking Time: 40-45 minutes

Ingredients:

firm loaf of bread, either Challah or French bread,
in 1 inch slices or cubes
8 eggs
1 c. milk
1 c. half and half cream
1 tsp. vanilla extract
½ tsp. cinnamon

Topping:

¾ c. butter
1⅓ c. brown sugar
¼ c. light corn syrup

Preparation Instructions:

- 1) Butter a 9x13 inch baking dish.
- 2) Arrange the pieces of bread in the bottom.
- 3) In a large bowl, beat together the eggs, milk, cream, vanilla, and cinnamon.
- 4) Pour over the bread, cover, and refrigerate overnight.
- 5) The next morning, pre-heat the oven to 350°F.
- 6) Heat in a saucepan the butter, brown sugar, and corn syrup until bubbling.
- 7) Pour over top of bread and egg mixture and bake, uncovered for 40-45 minutes.

Baked Manicotti

Source: Jamie Prentice – Wrentham, Massachusetts

Student: Michael J. Prentice

Description of Dish:

This is a dish that originally was prepared by Mike's grandmother. This dish is usually served with a tossed salad and homemade Italian bread or garlic bread.

This Dish Serves: 10

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Ingredients:

5 eggs
1²/₃ c. flour
1²/₃ c. water
dash of salt
2 Tbsp. melted butter

Filling:

2 lb. container ricotta cheese
1 egg
3/4 c. grated cheese
2 c. shredded mozzarella cheese

Topping:

1 c. spaghetti sauce
1/2 c. shredded mozzarella cheese

Preparation Instructions:

- 1) Preheat crêpe pan and oven to 350°F.
- 2) Mix first 5 ingredients together. It will look like pancake batter, as if you were making pancakes. Make approximately 20 round manicotti shells. Set aside.
- 3) To make filling, mix all filling ingredients together and spread approximately 2-3 Tbsp. of filling in each round manicotti shell.
- 4) Fold shell and place rolled side down in 9x13 inch baking dish.
- 5) Pour spaghetti sauce over shells.
- 6) Top with mozzarella cheese and bake until bubbly – approximately 30 minutes.
- 7) Let it sit for 10 minutes before serving.

Beef Cubes

Source: Pauline Montague – Glenside, Pennsylvania

Student: Brett Montague

Description of Dish:

I believe this is a variation of Hungarian Goulash, modified by me and consistently requested by my son – the hotter the better!

This Dish Serves: 6

Preparation Time: 20 minutes

Cooking Time: 2 hours

Ingredients:

1½ lb. lean beef cubes
garlic salt
onion salt
¾ c. ketchup
2 Tbsp. Worcestershire sauce
1 Tbsp. brown sugar
2 tsp. Hungarian hot paprika
½ tsp. dry-mustard
1½ c. water
2 Tbsp. flour
¼ c. hot water
noodles

Preparation Instructions:

- 1) Cut beef cubes into smaller pieces.
- 2) Brown the beef cubes in a small amount of cooking-oil.
- 3) Add garlic, onion, ketchup, Worcestershire sauce, sugar, paprika, mustard, and 1½ cups of water. Bring to a boil.
- 4) Cover and simmer over low heat approximately 1½ hours.
- 5) Blend flour and hot water. Stir gradually into beef mixture until thickened. Serve over noodles

Beef Stroganoff

Source: Roslyn O. Harris – Glen Allen, Virginia

Student: Zachary M. Harris

Description of Dish:

Beef stroganoff is a hearty dish that I serve in the fall and winter to my sons when they come home from playing soccer and volleyball. Serve with salad and French bread.

This Dish Serves: 6

Preparation Time: 20 Minutes

Cooking Time: 1 1/4 hours

Ingredients:

2 lb. sirloin
1 1/2 tsp. salt
1/2 c. butter
1/4 tsp. pepper
1 lb. fresh mushrooms
2 tsp. Worcestershire
3/4 c. chopped onions
1/4 tsp. Tabasco
1 (6 oz.) can tomato paste
1 Tbsp. sugar
2 cans tomato sauce
1/2 tsp. paprika
1 beef bouillon cube
1 Tbsp. cornstarch
1 chicken bouillon cube
1 c. boiling water

Preparation Instructions:

- 1) Cut meat in cubes and brown in butter over medium heat.
- 2) Add sliced mushrooms and onion. Cook for 5 minutes.
- 3) Add tomato paste and tomato sauce. Stir well.
- 4) Dissolve bouillon cubes in boiling water. Add to sauce and add remaining ingredients.
- 5) Cook 1 hour on simmer.
- 6) Ten minutes before serving, mix cornstarch into 2 Tbsp. cold water and add to sauce. Cook 10 more minutes.
- 7) Add sour cream.
- 8) Stir and serve over fluffy egg noodles.

Beef Stroganoff

Source: Beth Durham – Roanoke, Virginia

Student: David Durham

Description of Dish:

I like to make this with sweet heavy cream instead of sour cream. Sautéed mushrooms in butter, white wine, and garlic are an excellent side dish.

This Dish Serves: 6

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Ingredients:

1½ pounds of beef tenderloin, top loin, sirloin tip, or London broil, well trimmed
salt and pepper to taste
2 Tbsp. butter
1 Tbsp. chopped shallots
1½ Tbsp. flour
1 c. beef stock or broth
¼ c. heavy cream
wide egg noodles, cooked and drained

Preparation Instructions:

- 1) Broil the beef just until very rare. It is easier to slice in ¼ inch slices. After slicing, set aside.
- 2) Boil water to cook noodles al dente. Drain well, toss in some butter or oil and cover until ready to serve.
- 3) Melt butter and cook shallots briefly before adding flour. Whisk constantly for 3-4 minutes. Add broth while continuing to whisk.
- 4) Add sliced beef to pan (including any juices) and add heavy cream. Stir gently to coat beef and simmer a few minutes to thicken and finish cooking the beef.
- 5) Serve over cooked noodles

Buttermilk Chicken

Source: Susan Duffie – Mt. Pleasant, South Carolina

Student: Magdlyn Duffie

Description of Dish:

This recipe is served when the weather turns cold. I have 4 children and I've served this since 1980. It's best served with rice, peaches, green bean casserole, and fresh salad.

This Dish Serves: 6

Preparation Time: 30 minutes

Cooking Time: 60 minutes

Ingredients:

1 whole chicken, cut up
½ gallon buttermilk
butter
1 large can cream of chicken
flour
salt and pepper to taste

Preparation Instructions:

- 1) Cut chicken in 8 pieces. Soak in buttermilk for 20 minutes.
- 2) Flour chicken, and salt and pepper.
- 3) In a 9x12 inch glass dish, melt 6 Tbsp. of butter.
- 4) Put floured chicken skin down and cook at 350°F for 30 minutes. Flip chicken for additional 15 minutes.
- 5) Mix equal amounts of buttermilk and soup. Pour over chicken and cook for an additional for 15 minutes.
- 6) Gravy is served over rice and chicken.

Cajun Cabbage

Source: Karen Hughes – Jeffersonton, Virginia

Student: Johnin Hughes

Description of Dish:

This recipe comes out of Quick Cooking magazine with a few changes I've made. We love stuffed cabbage and this recipe reminds us of it.

This Dish Serves: 6-8

Cooking Time: 65-75 minutes.

Ingredients:

- $\frac{3}{4}$ pound ground beef
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (10 oz.) diced tomatoes and green chilies
- 1 can (8 oz.) tomato sauce
- $\frac{1}{2}$ c. uncooked long grain rice
- 1 tsp. salt
- $\frac{1}{2}$ tsp. dried basil
- $\frac{1}{2}$ tsp. dried oregano
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp. each black and cayenne pepper
- 4 to 6 drops hot pepper sauce
- 1 small head cabbage, chopped
- 1 c. (4 ounces) shredded Colby cheese

Preparation Instructions:

- 1) In a skillet, cook beef, green pepper, onion, and garlic until meat is no longer pink; drain.
- 2) Stir in tomatoes, tomato sauce, rice and seasonings.
- 3) Spread into an ungreased 13x9x2 inch baking dish.
- 4) Top with cabbage and cheese.
- 5) Cover and bake at 350°F for 65-75 minutes or until rice is tender.

Cheeseburger Pie

Source: Lois Shabanowitz – Blacksburg, Virginia

Student: Tim Shabanowitz

Description of Dish:

A rendition of this recipe was found in an old cookbook, and then I did it my own way. The dish tastes exactly like a fast-food hamburger, but it is not as unhealthy. To make the recipe faster, I suggest buying the premade pie crust shells instead of making the shell yourself. It's less hassle and it tastes just the same.

This Dish Serves: 4-6 **Preparation Time:** 20 minutes **Cooking Time:** 20 minutes

Ingredients:

Filling Ingredients:

- 1 lb. ground beef
- $\frac{1}{2}$ - $\frac{3}{4}$ c. of finely chopped onion
- 1 clove garlic finely chopped
- $\frac{1}{2}$ tsp. of salt
- $\frac{1}{4}$ c. of all purpose flour
- $\frac{1}{3}$ c. dill pickle liquid
- $\frac{1}{3}$ c. milk
- $\frac{1}{2}$ c. of chopped dill pickles
- 2 c. shredded American or Swiss cheese (8 ounces)

Pastry Crust Ingredients:

- (or just buy the premade crust)
- $1\frac{1}{3}$ c. of all purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ c. shortening
- 3-4 Tbsp. of water

Preparation Instructions:

Pastry Preparation: (if premade crust, skip to filling instructions)

- 1) Mix $1\frac{1}{3}$ c. of flour and $\frac{1}{2}$ tsp. of salt
- 2) Cut in $\frac{1}{2}$ cup of shortening with a pastry blender until mixture looks like tiny peas.
- 3) Sprinkle 3-4 Tbsp. of cold water, 1 Tbsp. at a time stirring with a fork after each addition. Mix lightly until all flour is moist and the pastry cleans side of bowl.

Filling Preparation: (Do this step only if crust is not cooked yet)

- 1) Preheat oven to 425°F.
- 2) Pat pastry in bottom and sides of a pie pan. Bake 15 minutes.
- 3) Cook and stir beef, onion garlic in skillet until brown. Drain.
- 4) Sprinkle with salt and flour. Stir in pickle liquid, milk, pickles and 1 cup of cheese. Spoon into dish.
- 5) Bake 15 minutes. Sprinkle with 1 cup of cheese.
- 6) Bake until crust is golden brown (about 5 minutes longer).
- 7) Cut and serve.

Chicken Adobo

Source: Joy C. Johnson – Leesburg, Virginia

Student: Walter R. Johnson

Description of Dish:

Chicken Adobo is usually served for dinner with white rice. This dish originated from the Philippines and it is my sons favorite chicken dish.

This Dish Serves: 6

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 1 Tbsp. chopped garlic
- 1 tsp. chopped onion
- 3-4 lb. chicken (8-10 pieces, drumsticks and thighs, skinless)
- 1 c. soy sauce
- $\frac{1}{2}$ c. vinegar
- 4-6 pieces laurel leaves
- dash of pepper
- dash of sugar
- $\frac{1}{2}$ c. water
- 2 Tbsp. oil

Preparation Instructions:

- 1) Sauté, over low heat, chopped garlic and onion with skinless chicken until golden brown.
- 2) Add the soy sauce, vinegar, pepper, sugar, and water. Simmer for 35 minutes until tender then add the laurel leaves for aroma.
- 3) Serve with white rice and enjoy.

Chicken Adobo

Source: Gloria Bortner – Woodbridge, Virginia

Student: Thomas M. Bortner

Description of Dish:

Chicken Adobo is the national dish of the Philippines. It is usually served with white rice.

This Dish Serves: 4-6

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Ingredients:

Chicken, 6-8 thighs or legs
*2 whole bay leaves
*1 Tbsp. soy sauce
½ tsp. sugar
⅛ tsp. pepper
*⅛ tsp. garlic salt
1 tsp. lemon juice
1 Tbsp. white vinegar
*1 tsp. Adobo seasoning

Preparation Instructions:

- 1) Combine all ingredients in a pan, cover, and allow to marinate up to 24 hours.
- 2) Bring ingredients to a boil, then lower heat and simmer for 30 minutes.
- 3) Uncover and continue to simmer until most of liquid is absorbed and chicken is lightly brown.
- 4) If more broth is desired add water in amount desired before boiling. For variation, use Sprite and add before marinating.

* Note: If adding more water or Sprite, increase seasonings accordingly, i.e. 1 cup liquid = + ½ of * ingredients.

Chicken Adobo Ala Iriga

Source: Ernesto F. Rigoroso – Stafford, Virginia

Student: Vanessa May N. Rigoroso

Description of Dish:

Many years ago when soy sauce and vinegar were the cheapest and garlic and onions were so abundant, this recipe was invented. Served with steamed rice.

This Dish Serves: 6

Preparation Time: 10 minutes **Cook Time:** 30 minutes

Ingredients:

2 lb. skinned chicken (any parts)
6 cloves garlic
1 large onion
 $\frac{1}{4}$ c. vinegar
 $\frac{1}{4}$ c. soy sauce
 $\frac{1}{2}$ tsp. salt
2 laurel leaves
1 tsp. sugar

Preparation Instructions:

- 1) Remove skin from chicken and wash with cool water.
- 2) Crush garlic and remove peel.
- 3) Slice onion into onion rings.
- 4) Combine all ingredients except for onion in large wok and cook for 20 minutes on high heat, stirring occasionally preventing the bottom part from burning.
- 5) Simmer for 8 minutes then add onion.
- 6) Simmer for another 2 minutes, stirring occasionally then serve.

Chicken Breast with Mushrooms

Source: Pat Armstrong – Alexandria, Virginia

Student: Lauren Armstrong

Description of Dish:

This recipe came from Lauren's Aunt Kathy, who made it for a very elegant progressive dinner party on Prom night 2002 for Lauren and her friends.

This Dish Serves: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

½ stick margarine
1 Tbsp. Oil
lemon pepper
1 small carton whipping cream
4 boneless skinless chicken breast
mushrooms

Preparation Instructions:

- 1) Heat the half stick margarine and oil in pan.
- 2) Add boneless chicken breasts seasoned with lemon pepper. Brown on both sides and cook thoroughly. Remove to platter.
- 3) Pour in a small carton whipped cream. Stir to pick up pan drippings. Continue simmering cream until it bubbles and starts to thicken.
- 4) Add sliced mushrooms and continue stirring.
- 5) When cream thickens, pour over chicken breasts.
- 6) Serve with rice pilaf, asparagus or carrots, rolls, green salad, and dessert.

Chicken Breasts in White Wine Sauce

Source: Stephanie Skiff-Bade – Konstanz, Germany

Student: Cornelia Silvia Bade

Description of Dish:

This dish is based on a Swiss recipe. It is best served with plain white rice and steamed vegetables (peas, asparagus, or mixed garden vegetables) and a medium-dry white wine.

This Dish Serves: 4

Preparation Time: 5 minutes

Cooking Time: 25-30 minutes

Ingredients:

- 4 chicken breasts
- salt and white pepper to taste
- 2 tbsp. butter
- 1 c. light or heavy cream
- 1 c. dry white wine

Preparation Instructions:

- 1) Wash the chicken breasts under cold running water, gently paper-towel them dry, sprinkle with salt and white pepper, and brown them in melted butter in a large frying pan or low casserole.
- 2) Add the white wine, cover, and let simmer for approximately 20 minutes until the chicken is done.
- 3) Remove the chicken breasts from the pan and keep warm in the oven while making the sauce.
- 4) **Sauce:** Add the cream to the wine and chicken juices in the pan and simmer uncovered until the mixture is reduced to half. Taste for seasonings and add more salt and pepper as needed.
- 5) **To serve:** Place the warm chicken breasts back in the frying pan with the sauce before serving together with plain white rice and a vegetable at the table. If you prefer, a chicken breast can also be placed directly on each plate together with the rice and vegetable.
- 6) Serve the wine sauce separately at the table or pour a little over the chicken on each plate before serving.

Chicken Cream Cheese Rolls

Source: Susan Horan – Springfield, Virginia

Student: Megan Horan

Description of Dish:

This is Megan's favorite dish. We serve it every year on her birthday. It goes great with rice, green peas, and buttery rolls.

This Dish Serves: 4

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Ingredients:

4 boneless chicken breast halves
8 oz. cream cheese
4 strips bacon, halved
2 Tbsp. butter, divided
chives
salt
pepper

Preparation Instructions:

- 1) Flatten chicken breasts with meat mallet.
- 2) Spread cream cheese evenly over chicken.
- 3) Dot with butter.
- 4) Sprinkle with chives, salt, and pepper.
- 5) Fold or roll chicken around filling.
- 5) Bake at 350°F for 35 to 40 minutes.

Chicken Divan

Source: Kathleen McCleary – Stow, Ohio

Student: Erikson McCleary

Description of Dish:

This recipe has become a family favorite and served for guests and it is made at Christmas. It originated from our aunt and has been a favorite ever since. It is served with a salad or cream cheese stuffed pears.

This Dish Serves: 6

Preparation Time: 45 minutes

Cooking Time: 25-30 minutes

Ingredients:

- 1 package frozen broccoli (or 1 fresh bunch)
- 2 cans cream of chicken soup
- 1 c. mayonnaise
- 2 tsp. Lemon juice
- 2 Tbsp. butter
- 1 onion
- $\frac{1}{2}$ to $\frac{3}{4}$ c. dry bread crumbs
- 6 boneless chicken breasts
- $\frac{1}{2}$ c. shredded cheddar cheese
- $1\frac{1}{2}$ c. uncooked brown rice

Preparation Instructions:

- 1) Cook frozen broccoli, per package directions or steam if using fresh broccoli.
- 2) Cook brown rice (boil in water).
- 3) Cook chicken and diced onions in boiling water for 35 minutes or until tender.
- 4) In a shallow baking dish, layer cooked rice on bottom, cooked chicken (diced) next, and chopped broccoli on top.
- 5) Mix together cream of chicken soup, mayo, lemon juice, and chicken broth (if too thick). Pour over chicken, and rice.
- 6) Add a layer of cheddar cheese to the top.
- 7) Melt butter; mix in breadcrumbs and sprinkle over top of cheese. Bake at 350°F for 25-30 minutes.

Chicken Parmigiano

Source: Linda Krasko – Northford, Connecticut

Student: Phillip Krasko

Description of Dish:

*This main entree is served with a side of Italian spaghetti, salad, and bread.
Delicious!*

This Dish Serves: 6 people

Preparation Time: 20 minutes

Cooking Time: 1 hours for sauce, 20 minutes for chicken in oven

Ingredients:

5 lb. of skinless chicken breasts
1 egg
Progresso Italian bread crumbs
vegetable oil for frying
½ lb. mozzarella cheese
1 lb. spaghetti

Italian Sauce:

½ lb. chopped meat
1 small onion, minced
several cloves of crushed garlic
1 tsp. garlic salt
1 tsp. pepper
1 Tbsp. oregano
fresh basil – several sprigs
dash of hot pepper
1 (20 oz.) can Italian Pureed Tomatoes
1 (5 oz.) can Italian paste
10 oz. water
2 tsp. sugar

Preparation Instructions:

To prepare Italian sauce:

- 1) Brown chopped meat and onion together in pot.
- 2) Drain off grease.
- 3) Add pureed tomatoes, paste, water, and remaining seasonings.
- 4) Cook for about 1 hour at medium heat.

To Prepare Chicken:

- 1) Slice chicken breasts into thin slices.
- 2) Dip each piece of chicken into egg that has been whisked.
- 3) Cover each side of chicken with Italian breadcrumbs.
- 4) Place enough oil into electric frying pan to cover bottom and set at 300°F.
- 5) Place chicken into frying pan and turn until both sides are lightly browned (15 minutes).
- 6) When cooked, place onto towel paper to deplete oil.
- 7) Place cooked chicken into baking dish and place 2-3 Tbsp. of tomato sauce on chicken.
- 8) Cover with mozzarella cheese and cook in oven at 350°F for 15-20 minutes.
- 9) Cook spaghetti according to box instructions and serve with chicken.

Chicken Sour Cream Casserole

Source: Phyllis Kochan – Ponte Vedra, Florida

Student: K. Matthew Kochan

Description of Dish:

Matthew's favorite part is the crunchy buttered Ritz Cracker crumbs. I serve it over rice.

This Dish Serves: 6

Cooking Time: 30 minutes

Ingredients:

4 boneless chicken breast
chicken broth
1 (10.75 oz.) can creamy chicken mushroom soup
1 (8 oz.) container sour cream
1½ c. Ritz Cracker crumbs
1 Tbsp. Poppy Seeds
8 Tbsp. butter, melted

Preparation Instructions:

- 1) Cook chicken breasts in broth for 25-30 minutes.
- 2) Cut cooked chicken in chunks and arrange in casserole dish.
- 3) Mix chicken-mushroom soup and sour cream. Pour over chicken.
- 4) Mix together cracker crumbs, poppy seeds and butter, and sprinkle over chicken.
- 5) Bake approximately 30 minutes at 350°F or until bubbly.
- 6) Serve over ½ cup of rice cooked in chicken broth.

Chicken Tortilla Casserole

Source: Linda Schnoor – Springfield, Virginia

Student: Christina Schnoor

Description of Dish:

We love this dish for supper with guacamole, sour cream, shredded lettuce, and salsa. It's delicious all on its own, too! I don't remember where I found the recipe, but it is a family favorite and easy to make.

This Dish Serves: 8

Preparation Time: 45 minutes

Cooking Time: 30-40 minutes

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 (10 oz.) can cream of mushroom
- 1 (10 oz.) can tomatoes with chilies
- 1 onion, chopped
- 3 Tbsp. butter
- 3 Tbsp. flour
- 2 c. milk
- 1 (8 oz.) package shredded cheese, grated
- 1 dozen corn tortilla's, soft
- 1 tsp. garlic salt
- 1 tsp. Cumin

Preparation Instructions:

- 1) Cook chicken breasts. I usually steam them slowly in a covered pan with a little cumin.
- 2) Sauté onion in butter in large frying pan.
- 3) Add flour. Cook and stir over medium heat for 2 minutes.
- 4) Gradually stir in milk, soup, canned tomatoes, garlic salt and cumin.
- 5) Simmer for 5 minutes.
- 6) Add chicken, remove from heat.
- 7) Tear tortillas into quarters and place half of them in bottom of greased 9x12 inch casserole dish.
- 8) Pour half of chicken sauce over them.
- 9) Sprinkle on half of cheese and repeat layers once again.
- 10) Bake uncovered at 325°F for 35-40 min. May be prepared ahead and refrigerated.

Chicken on Rice

Source: Beth Durham – Roanoke, Virginia

Student: David Durham

Description of Dish:

This is a recipe I ate growing up. It is very easy and surprisingly elegant. Make double the amount as it is even better the next day.

This Dish Serves: 6

Preparation Time: 35 minutes

Cooking Time: 45 minutes

Ingredients:

6 skinless, boneless chicken breasts
(You can use chicken breasts with bones, but cook for 1 hour)
1 c. flour in a heavy plastic bag
peanut or canola oil for browning
2 large vidalia or other sweet onions, sliced into rings
8 oz bottle of soy or teriyaki sauce
½ c. lemon juice
1 c. water
1 tsp. poultry seasoning
½ tsp. ground ginger
½ tsp. pepper
chopped chives or scallions for garnish
cooked rice

Preparation Instructions:

- 1) Marinate chicken in soy sauce, lemon juice, poultry seasoning, ginger, and pepper overnight or at least 6 hours.
- 2) Shake chicken pieces in flour, and brown in a large pan on the stove on medium to medium-high heat.
- 3) Place onion rings in a large baking pan.
- 4) Put browned chicken on top of onion rings.
- 5) Add water to the marinade and pour into the baking pan.
- 6) Cover with aluminum foil and bake in a preheated oven, 350°F for 45 minutes.
- 7) Garnish with chives or scallions; serve with the onions and juices over a mound of cooked rice.

Chili Pasta Bake

Source: Rosalinda Delgado – Ijamsville, Maryland

Student: Christina Delgado

Description of Dish:

Quick, easy, tasty, vegetarian, great for lunch, served with a green salad.

This Dish Serves: 4

Preparation Time: 10-15 minutes

Cooking Time: 15-20 minutes

Ingredients:

12 oz. Penne Pasta

9½ oz. sour cream

4 oz. mild cheddar cheese grated

Chili Sauce:

2 tsp. vegetable oil

2 onions, chopped

1 tsp. ground cumin

1 tsp. ground coriander

½ tsp. chili powder

14 oz. canned red kidney beans, drained.

Preparation Instructions:

- 1) Cook pasta in boiling water in a large saucepan, following packet directions.
- 2) Drain pasta, stir in sour cream, and spread over base of an ovenproof dish.
- 3) To make sauce, heat oil in a large saucepan. Add onions and cook over a medium heat, stirring for 3 minutes or until onions are soft.
- 4) Add cumin, coriander, and chili powder and cook, stirring constantly, for 1 minute longer.
- 5) Stir in beans and tomato puree. Bring to a boil and simmer for 5 minutes.
- 6) Pour sauce over pasta, sprinkle with cheese, and bake for 15-20 minutes.

Corned Beef Irish Style

Source: Joyce Kavanaugh – Ellicott City, Maryland

Student: Heidi Kavanaugh

Description of Dish:

A salute to St. Patrick's Day served with horseradish sauce.

This Dish Serves: 6

Preparation Time: 20 minutes

Cooking Time: 3 hours

Ingredients:

4-5 lb. corned beef
2 onions sliced
3 cloves garlic chopped
6 whole cloves
2 bay leaves
6 medium potatoes
6 medium carrots
1 medium head cabbage, wedged

Spice Glaze:

prepared mustard
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{4}$ tsp. ground cloves

Horseradish Sauce:

3 Tbsp. horseradish
8 oz. cream cheese

Preparation Instructions:

- 1) Cover beef with hot water add onions, garlic, cloves and bay leaves and simmer for 3 hours until for tender.
- 2) Remove meat, and add potatoes and carrots. Cover and boil 10 minutes.
- 3) Add cabbage wedges and cook 20 minutes until veggies are done.
- 4) Carve across the grain.
- 5) Spread fat side with mustard.
- 6) Sprinkle with brown sugar and ground cloves.
- 7) Bake 350°F for 15-20 minutes until glazed.
- 8) Serve with horseradish sauce.

Delicious Chicken Thighs

Source: Mary Skowronski – Philadelphia, Pennsylvania

Student: Carla Degovanni

Description of Dish:

I received this recipe while in Florida from my cousin. Best with baked sweet potatoes and fresh string beans.

This Dish Serves: 6

Preparation Time: 10 minutes

Cooking Time: 1½ hours

Ingredients:

- 1 (8 oz.) bottle French dressing
- 1 (5 oz.) can whole berry cranberry sauce
- 1 package onion soup mix
- 12 chicken thighs, skinless

Preparation Instructions:

- 1) In a glass baking dish, mix French dressing, cranberry sauce, and onion soup mix.
- 2) Add chicken thighs and marinate in refrigerator overnight.
- 3) Bake in same dish at 350°F for 1½ hours.

Easy Beef Stroganoff

Source: Paula Amelio – Wexford, Pennsylvania

Student: Marc Amelio

Description of Dish:

This is an easy and delicious beef and pasta entree. I usually serve it as a “comfort” meal on stressful days. A tossed salad and my warm homemade Apple Cobbler for dessert are good accompaniments.

This Dish Serves: 6

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 pound lean ground beef
- 1 package Lipton's Onion Soup Mix
- 1 can cream of mushroom soup
- $\frac{3}{4}$ soup can of skim milk
- 1 small can of mushroom stems and pieces, drained
- $\frac{1}{2}$ pint sour cream
- 1 pound spiral macaroni – cooked according to package directions

Preparation Instructions:

- 1) Brown ground beef with onion soup mix.
- 2) Stir in Cream of Mushroom soup. Stir in milk. Stir in mushroom stems and pieces. Stir in sour cream. Allow to gently simmer about 10 minutes or until heated through.
- 3) Toss with prepared macaroni and serve.

Easy Homemade Mac & Cheese

Source: Debbie Spencer – Roanoke, Virginia

Student: Stephanie Spencer

Description of Dish:

I usually serve this with a meat and a salad. My family always cleans this dish up! This recipe was given to me by a friend more than 25 years ago as part of a recipe collection for a wedding shower present.

This Dish Serves: 4-6

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients:

½ stick margarine or butter
2 Tbsp. flour
1½ c. milk
1½ c. shredded mild or sharp cheddar cheese
8 oz. elbow macaroni
Salt and pepper to taste

Preparation Instructions:

- 1) Make your sauce by melting margarine over low heat.
- 2) Remove from heat and stir in flour until it makes a rather thick paste.
- 3) Return to low heat, add the milk, salt and pepper to taste and stir frequently until thickened.
- 4) After thickened, remove from heat, and add shredded cheddar.
- 5) Stir until cheese is completely melted.
- 6) Add the cooked macaroni to the cheese mixture.
- 7) Place in a baking dish sprayed with cooking spray.
- 8) Sprinkle additional shredded cheese on top.
- 9) Bake at 350°F for 30 minutes.

Ham and Rice Casserole

Source: Sondra Snidow – Glen Allen, Virginia

Student: Dean Snidow

Description of Dish:

This ham and rice casserole provides a hearty meal when served with fruit and another side vegetable. Dean has ranked this as his favorite dish.

This Dish Serves: 8

Preparation Time: 30-45 minutes

Cooking Time: 30 minutes

Ingredients:

- 1½ c. diced (cooked) ham
- 3 c. cooked rice
- 1 c. cooked green peas (frozen)
- 1 tsp. salt
- 1 tsp. mustard, prepared
- ¼ tsp. black pepper
- 1 c. grated cheddar cheese
- 1 can (10.5 oz.) cheddar cheese soup, undiluted
- ¼ c. milk

Preparation Instructions:

- 1) Prepare rice and green peas.
- 2) Preheat oven to 350°F degrees. Grease or use oil spray in a 2 quart casserole dish.
- 3) Combine ham, rice, peas, salt, mustard, pepper, ½ cup cheese, cheddar cheese soup, and milk. Turn into casserole dish.
- 4) Top with remaining ½ cup cheddar cheese.
- 5) Bake for 30-35 minutes or until bubbly.

Hawaiian Chicken

Source: Mindy Leiner – Owings Mills, Maryland

Student: Jaime Leiner

Description of Dish:

Served with pineapple.

Serves: 4

Preparation Time: 15-20 minutes

Cooking Time: 1 hour 30 minutes

Ingredients:

3-pound chicken
¼ c. flour
2 tsp. Season-All
¼ tsp. black pepper
¼ c. melted butter
2 Tbsp. pineapple juice*
2 tsp. soy sauce*
1 tsp. chicken flavor base
2 tsp. instant minced onion
¼ tsp. ginger
¼ tsp. MSG
Dash Cardamom

*double the liquid ingredients for more sauce.

Preparation Instructions:

- 1) Cut the chicken into pieces;
- 2) Dredge with mixture of flour, Season-All and pepper.
- 3) Place in greased 2 quart shallow baking dish.
- 4) Combine remaining ingredients.
- 5) Pour over chicken.
- 6) Cover and bake in 375°F oven for 1 hour.
- 7) Remove cover and bake 30 minutes longer, basting several times.

Hot Chicken Salad

Source: Myra Baumgardner – Concord, North Carolina

Student: Megan Baumgardner

Description of Dish:

This is a favorite of Meg's. So simple to prepare, but so rich in flavor – easy to double, triple, etc. Enjoy!

This Dish Serves: 6

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Ingredients:

- 3 c. chopped cooked chicken
- 2 c. chopped celery
- ½ c. slivered almonds
- 3 Tbsp. finely chopped onions
- ½ tsp. salt
- ½ tsp. Accent
- 2 Tbsp. lemon juice
- 1 c. mayonnaise

Topping:

- ½ c. grated cheddar cheese
- ½ c. crushed potato chips

Preparation Instructions:

- 1) Mix all of the ingredients (except for toppings).
- 2) Top with cheese and then potato chips.
- 3) Bake at 450°F until cheese melts.

King Ranch Chicken

Source: Dawn Ulmer – Blackwood, New Jersey

Student: George Ulmer

Description of Dish:

A unique casserole with a kick. This dish is made to serve 6-8 people, but ends up only serving about 4 because it is so good!

This Dish Serves: 4-8

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 chicken breast - boneless, boiled, and chopped
- ½ package large corn tortillas
- 1-1½ lb. grated cheddar and jack cheese
- ½ onion, chopped
- ½ can cream of chicken soup
- 1 c. sour cream
- 1 can Rotel tomatoes, drained

Preparation Instructions:

- 1) Mix onion, soup, sour cream, and tomatoes together to make a sauce.
- 2) Cut tortillas into quarters.
- 3) In a 9x13 inch pan layer: tortillas, chicken, cheese, and sauce.
- 4) Repeat layers with the top layer being tortillas.
- 5) Sprinkle with extra cheese on top layer.
- 6) Bake 30 minutes at 350°F.
- 7) For spice, add spicy Rotel tomatoes or a can of green chilies.
- 8) For desired lower fat, substitute with fat-free soup and fat-free sour cream.

Mexican Shepherd's Pie

Source: Jamie Morris – Falls Church, Virginia

Student: Stephanie Morris

Description of Dish:

I created this recipe to feed my hard-to-please children about a decade ago. As they have grown up it remains a favorite.

This Dish Serves: 4 **Preparation Time:** 5 minutes **Cooking Time:** 20 minutes

Ingredients:

½ lb. ground beef
4 potatoes
¾ c. of peas
butter
milk
flour tortillas

Preparation Instructions:

- 1) Skin, cut up, and boil potatoes.
- 2) Cook ground beef, breaking it up into crumbles as if making tacos.
- 3) Thaw green peas in microwave (if frozen).
- 4) Mash the potatoes with milk and butter.
- 5) Combine the meat, peas, and potatoes.
- 6) Warm the tortillas.
- 7) Place spoonfuls of the mixture in the tortillas and roll like a burrito.

Moms Chicken Pot Pie

Source: Carol Brady – Virginia Beach, Virginia

Student: Carrie Brady

Description of Dish:

Carrie wants this dish every time she comes home for a visit. She even packs it up and brings it back to Virginia Tech with her.

This Dish Serves: 4-6

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

Pot Pie ingredients:

2 cooked chicken breasts
1 c. onion chopped
1 c. celery chopped
1 c. carrots chopped
 $\frac{1}{3}$ c. margarine, melted
 $\frac{1}{2}$ c. flour
2 c. chicken broth
1 c. milk
salt and pepper to taste

Stir and Roll Pie Crust:

2 c. sifted flour
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. oil
 $\frac{1}{4}$ c. cold milk
waxed paper

Preparation Instructions:

- 1) In large fry pan, sauté chopped veggies (can chop in food processor) in margarine.
- 2) Add flour to sauté and stir well. Cook all until thickened.
- 3) Combine broth and milk and stir into veggies.
- 4) Cook over medium heat until thick and bubbly. Stir occasionally.
- 5) Add salt, pepper, and chicken cut into bite-size pieces.
- 6) Pour into dish lined with first crust. Top with second crust. Poke a few fork holes on top.
- 7) Cook preheated 400°F degrees for 30 minutes.
- 8) Serve with green salad and applesauce.

Rolled Crust:

- 1) Mix flour with salt in bowl, set aside.
- 2) Pour oil and cold milk into a cup. Then, pour these all at once into the flour/salt mixture. Stir lightly until mixed.
- 3) Roll (half of dough at a time) between wax paper with rolling pin. Will make 2 crusts, 1 bottom and 1 top.

Paella Style Chicken

Source: Mary Ann Livengood – Cumberland, Maryland

Student: Kate Livengood

Description of Dish:

This is a good “fall back on” recipe at our house. No unusual ingredients and you can substitute other veggies if needed. Add applesauce and a roll or cornbread.

This Dish Serves: 6-8

Preparation Time: 1 hour

Cooking Time: 30-40 minutes

Ingredients:

- 2 boneless chicken breasts, cut into bite size pieces
- 2 Tbsp. cooking oil
- 2 medium onions, quartered
- 1 garlic clove, minced
- $\frac{1}{4}$ tsp. dried oregano
- 1 (10 oz) package frozen peas
- 2 medium carrots julienne (or $\frac{1}{2}$ lb. shortcut carrots)
- $\frac{1}{4}$ c. chopped celery
- 2 c. chicken broth
- $\frac{2}{3}$ c. converted rice
- $\frac{1}{4}$ tsp. turmeric (or saffron, if you can afford it)

Preparation Instructions:

- 1) In large skillet, cook chicken in oil over medium high heat about 6 minutes stirring frequently just until tender.
- 2) Set aside. In the skillet cook onions, carrots, and celery over medium heat for 5 minutes.
- 3) Stir in broth, rice, garlic, oregano, and turmeric. Bring to boil, reduce heat, cover and simmer for 20 minutes.
- 4) Add chicken and peas and cook for 10-20 minutes longer, until heated through and most of liquid is absorbed.

Pork Chop and Potato Casserole

Source: Linda Shubert – Severn, Maryland

Student: Ian Jewett

Description of Dish:

We serve this pork chop casserole for dinner. It's complete alone but we usually serve it with a vegetable like peas, string beans, or corn. We like to serve it when Ian says he's had a big lunch so there's more for the rest of us. Somehow, no matter how big his lunch, he completely clears the casserole dish.

This Dish Serves: 4

Preparation Time: 20 minutes

Cooking Time: 95 minutes

Ingredients:

- 7 thin pork chops, quick fries
- 4 Tbsp. margarine
- 4 Tbsp. flour
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 4 c. potatoes – raw; (approx. 5 medium potatoes)
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{2}$ tsp. thyme
- $\frac{1}{2}$ tsp. Worcestershire sauce
- 1 $\frac{1}{2}$ c. milk
- 1 tsp. prepared mustard
- $\frac{1}{2}$ c. chopped onions

Preparation Instructions:

- 1) Remove any excess fat from pork chops.
- 2) Brown the pork chops well on both sides in a frying pan. This only takes about 10 minutes or less. Set pork chops aside for now.
- 3) Melt the margarine in a saucepan and add the flour. Blend well.
- 4) Add the salt, pepper, mustard, paprika, thyme, and Worcestershire sauce.
- 5) Stir in the milk gradually, stirring constantly until thickened.
- 6) Peel potatoes. Slice potatoes (like thick potatoes chips) and place alternate layers of potatoes, cream sauce, and onions in greased (Pam works great) casserole.
- 7) Place the browned pork chops on top.
- 8) Cover and bake at 350°F for 1 $\frac{1}{2}$ hours or until the potatoes are tender.
- 9) Remove the cover and bake 5 minutes longer to re-crisp the chops.
- 10) Serve with a smile.

Savory Chicken Enchilada Bake

Source: Debbie Cain – Fairfax Station, Virginia

Student: Jaclyn Willauer

Description of Dish:

This recipe is for homemade enchiladas. We first tasted this recipe when invited to a friend's home while living in San Antonio, Texas. I usually serve this dish with Spanish rice, picante sauce and a vegetable.

This Dish Serves: 6-8

Preparation Time: 1¼ hours

Cooking Time: 25 minutes

Ingredients:

- 1 c. chopped onion
- ½ c. margarine
- ½ c. flour
- 4 c. water
- 6 chicken flavor bouillon cubes
- 10-12 flour tortillas
- 1 (2 oz.) sliced pimiento, drained
- 16 oz. sour cream, room temp
- 4 c. chopped, cooked chicken
- 3 c. (12 oz.) shredded cheddar cheese
- 1 (4 oz.) can chopped green chilies, drained
- ½ tsp. chili powder
- chopped parsley

Preparation Instructions:

- 1) Cook margarine and onion until tender.
- 2) Stir in flour, then water and bouillon, cook and stir until thickened and bouillon dissolves.
- 3) Remove from heat and stir in sour cream.
- 4) In large bowl combine 1½ cups sauce, chicken, 1½ cups cheese, chilies, pimiento, and chili powder. Mix well.
- 5) Dip each tortilla into remaining sauce to soften; fill each with equal portions of chicken mixture and roll up.
- 6) Arrange in lightly greased 9x13 inch baking dish. Spoon some remaining sauce over enchiladas.
- 7) Sprinkle with remaining cheese and parsley.
- 8) Bake in preheated oven at 350°F for 25 minutes or until bubbly.

Seasoned Boneless Chicken Breast

Source: Mrs. Linda Love – Lansdale, Pennsylvania

Student: Patrick Love

Description of Dish:

This is Pat's favorite! Simple and relatively fast meal! Can easily be doubled, tripled for the crowd!

This Dish Serves: 3-4 **Preparation Time:** 5 minutes **Cooking Time:** 30 minutes

Ingredients:

4 boneless skinless chicken breasts
salt and pepper to taste
1 Tbsp. parsley flakes
1 Tbsp. dried onion
1 Tbsp. Italian seasoning
1 Tbsp. oregano
water as needed

Preparation Instructions:

- 1) On low heat, place chicken in fry pan. Add salt and pepper to taste. Water may be added to cook slowly, retain juices.
- 2) Season with additional ingredients.
- 3) Simmer slowly in its own juices, turning occasionally until finished. Serve with your favorite sides.

Shanghai Chicken and Noodles

Source: Susan Cannon – Covington, Virginia

Student: Joey Cannon

Description of Dish:

It's a low calorie, low fat recipe that takes only 20 minutes to prepare. The hoisin sauce tastes excellent—sorry, no substitute!

This Dish Serves: 4-6

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 lb. boneless chicken breast or tenders cut in chunks
- 8 oz. uncooked fettuccini
- 1 bag (16 oz.) frozen veggie mix
(broccoli carrots, and water chestnuts)
- 1 box (10 oz.) frozen sugar snap peas
- $\frac{1}{4}$ - $\frac{1}{3}$ c. hoisin sauce
(can be found in the Asian food section of supermarket)

Preparation Instructions:

- 1) Remove fat from chicken and cut in chunks.
- 2) Cook and drain fettuccini as directed on package.
- 3) While fettuccini is cooking, spray non-stick skillet with cooking spray. Add chicken and stir fry 4-5 minutes to no longer pink.
- 4) Add veggies and stir-fry an additional 3-5 minutes until veggies are crisp.
- 5) Stir in hoisin sauce.
- 6) Serve over a plate of fettuccini.

Spaghetti with Pesto Sauce

Source: Eileen Specchio – Chester, New Jersey

Student: Emily Specchio

Description of Dish:

It is my daughter's own recipe for Pesto—she's a pasta lover and she is always looking for new ways to eat her pasta. We have always gotten rave reviews! Emily makes it for dinner and serves it with salad and Italian bread.

This Dish Serves: 4

Preparation Time: 15 minutes

Cooking Time: (pasta) 10 minutes

Ingredients:

1½ c. basil leaves

¾ c. Parmesan cheese

2 cloves garlic

½ c. walnuts

½ c. olive oil (if dry add as much as necessary)

1 package spaghetti

Preparation Instructions:

- 1) Throw all ingredients into the blender and puree until it is liquefied. Do not heat, and add to warm pasta.
- 2) Boil water, add spaghetti. Serve al dente.

Swedish Meatballs

Source: Pauline Montague – Glenside, Pennsylvania

Student: Brett Montague

Description of Dish:

My children have been eating this forever and still always ask for it! My mother made this as an appetizer and I turned it into a main dish, served over noodles and accompanied with a salad or green vegetable.

This Dish Serves: 6

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Ingredients:

1½ lbs. ground round steak
bread crumbs
dill weed
onion salt
Mrs. Dash seasoning (or seasoned salt)
1 egg
1 pt. sour cream
2 cans of Campbell's Consommé
flour
noodles

Preparation Instructions:

- 1) Mix meat, egg, ½ cup bread crumbs, dill weed (approximately 2 Tbsp.) and seasonings in a bowl.
- 2) Make small meatballs and bake at 425°F for 15 minutes.
- 3) While baking, mix sour cream and consommé in a saucepan.
- 4) Add some dill weed to this mixture.
- 5) Thicken with flour, water and strain.
- 6) Serve over noodles.

Sweet and Sour Brisket

Source: Cindy Leonard – Harrisonburg, Virginia

Student: Erin Leonard

Description of Dish:

This recipe comes from the new edition of The Joy of Cooking, one of my favorite cookbooks, the first edition of which I received as a wedding shower gift. This dish is especially good the next day when reheated.

This Dish Serves: 6-8

Preparation Time: 20 minutes

Cooking Time: 2-3 hours

Ingredients:

3½ lb. trimmed first-cut or thin-cut brisket
3 cloves garlic, minced
ground black pepper to taste
1 Tbsp. vegetable oil
2 large onions, sliced
½ c. red wine
½ c. beef stock
1 c. chili sauce
½ c. cider vinegar
½ c. packed dark brown sugar
1 bay leaf

Preparation Instructions:

- 1) Spread meat with minced garlic.
- 2) Sprinkle with black pepper to taste.
- 3) Heat oil in flame-proof roasting pan over medium high heat.
- 4) Brown the brisket about 3 minutes on each side.
- 5) While it is searing, add the sliced onions to the pan.
- 6) When browned on both sides, remove the brisket.
- 7) Reduce heat to medium and cook the onions until very brown, about 4 minutes more.
- 8) Add red wine and beef stock.
- 9) Cook for 1 minute, scraping up the browned bits.
- 10) Stir in chili sauce, cider vinegar, brown sugar and bay leaf.
- 11) Taste the sauce and adjust seasoning.
- 12) Return to pan and spoon sauce over meat.
- 13) Cover pan tightly with aluminum foil.
- 14) Roast until brisket is fork-tender, 2 to 3 hours.
- 15) Remove from oven, uncover and let cool in the pan.
- 16) Refrigerate overnight. Slice meat and return to sauce.
- 17) Reheat in a 350°F oven for 25 to 30 minutes.

Tuna Noodle Casserole

Source: Wanda Rue – Moseley, Virginia

Student: Amanda Rue

Description of Dish:

This is an easy, student friendly recipe that I learned in 1975 as an off-campus student at Virginia Tech. I have made it for my daughter for 18 years and now this is the one meal she can prepare on her own. Hopefully, as a new Tech student she will pass it along to other starving students.

This Dish Serves: 4

Preparation Time: 40 minutes

Cooking Time: 30 minutes

Ingredients:

- 8 oz. cooked macaroni noodles
- 1 can tuna
- 1 can cream of celery soup
- 1 c. grated cheese (American or sharp)

Preparation Instructions:

- 1) Combine all ingredients in a casserole dish
- 2) Bake at 350°F for 30-45 minutes until hot and bubbly. Best if a little brown around the edges.
- 3) Serve with canned baby green peas.

Cheesy Potatoes



Source: Natalie Ortberg – Warrenton, Virginia

Student: Katie Ortberg

Description of Dish:

This is a recipe that Katie's grandmother serves on the farm.

This Dish Serves: 8-12

Preparation Time: 45 minutes

Cooking Time: 45 minutes

Ingredients:

- 10 c. cooked potatoes (grated like hash browns)
- $\frac{1}{2}$ lb. Velveeta cheese
- $\frac{1}{2}$ c. cheddar cheese
- 1 large onion, chopped
- 16 oz. sour cream
- $\frac{1}{4}$ c. margarine

Preparation Instructions:

- 1) Sauté onion in margarine.
- 2) Add cheeses and sour cream. Save small amount of cheese for top.
- 3) Heat until cheese is melted.
- 4) Mix cheese mixture and potatoes together. Add milk if necessary, to thin mixture.
- 5) Pour into casserole dish that has been lightly buttered.
- 6) Top with cheese and bake at 350°F until brown on top. About 30-45 minutes.



Mrs. Hutton's Green Beans

Source: Ann Fisher – Williamsburg, Virginia

Student: Kate Fisher

Description of Dish:

We refer to this recipe as “Mrs. Hutton’s Beans” because a close family friend (Mrs. Hutton) shared the recipe with me and it immediately became a favorite. It is great with chicken, meatloaf, steak or seafood.

This Dish Serves: 6

Preparation Time: 20-30 minutes

Cooking Time: 20-30 minutes

Ingredients:

- 1½ lb. fresh green beans (canned or frozen)
- ¼ c. butter or margarine
- 1 Tbsp. sugar
- ¾ tsp. garlic salt
- ⅛ tsp. salt
- ¼ tsp. pepper
- 1½ tsp. chopped fresh basil or ½ tsp. dried whole basil

Preparation Instructions:

- 1) Cook beans until done, drain.
- 2) Melt butter in saucepan, stir in sugar, garlic salt, pepper, and basil. Stir gently cooking just until sugar dissolves.
- 3) Pour over beans and toss gently.
- 4) Optional: Dried tomatoes added to beans are a great touch. I usually use canned beans with dried Basil.

Broccoli-Spinach Casserole

Source: Diana Mason – Tampa, Florida

Student: Kathryn Rainsberger

Description of Dish:

This dish is a great mixture of broccoli, spinach, and cheese and is usually served with white rice.

This Dish Serves: 6

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Ingredients:

- 1 package frozen chopped broccoli
- 1 package frozen chopped spinach
- ½ c. mayonnaise
- 2 eggs
- 1 can cream of mushroom soup
- 3 Tbsp. chopped onion
- 2 c. shredded cheddar cheese
- salt and pepper to taste
- 1 c. Vigo toasted bread crumbs
- ½ stick butter or margarine

Preparation Instructions:

- 1) Boil frozen broccoli and frozen spinach for 5 minutes, drain well.
- 2) Beat eggs.
- 3) Stir in mayonnaise, cream of mushroom soup, onion, cheddar cheese, and salt and pepper.
- 4) Fold in cooked broccoli and spinach.
- 5) Place entire mixture in casserole dish.
- 6) Bake uncovered in 375°F oven for 40 minutes

Bread crumb topping:

- 1) In a small skillet, melt the butter or margarine.
- 2) Add Vigo bread crumbs and stir until golden.
- 3) After removing casserole from oven, cover with prepared vigo bread topping.
- 4) Bake, uncovered, 10-15 minutes more and serve.

Corn Bread Dressing

Source: Regina Melton – Hampton, Virginia

Student: Shawna L. Melton

Description of Dish:

This corn bread dressing is very easy to make, bakeable in the microwave and is exceptionally moist. It does not need gravy. This dish is mostly prepared for Thanksgiving or Christmas, served with turkey, but could also be served with baked chicken or roast beef. I created this recipe about 8 or 9 years ago.

This Dish Serves: 6-8

Preparation Time: 15-20 minutes

Cooking Time: 20-25 minutes in microwave on medium setting

Ingredients:

- 1 stalk celery, chopped
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 large carrots, shredded
- 1 egg
- 1 small can mushroom stems and pieces
- 1 box Stove Top Corn Bread Dressing Mix
- 1 box Jiffy Mix
- 1 can chicken broth
- lemon pepper
- sage
- ½ stick margarine

Preparation Instructions:

- 1) Bake the Jiffy Mix as directed on box. Let it cool then crumble.
- 2) Place margarine in large skillet over medium heat.
- 3) Sautee chopped celery, onion, green pepper, carrots, and mushrooms.
- 4) Add Stove Top mix with flavor packet and crumbled up corn bread into pan.
- 5) Add the chicken broth and 1 egg, season with lemon pepper and sage to taste.
Note: If mixture appears dry, add hot water to moisten.
- 6) Mix thoroughly place in microwaveable casserole dish and place in microwave on medium setting for 20-25 minutes.
- 7) Serve Hot with turkey, chicken or roast beef.

Rice Pilaf

Source: Jane Morgan – Alexandria, Virginia

Student: Virginia Morgan

Description of Dish:

Rice Pilaf is an Armenian dish. Mothers hand down the recipe to their daughters. It is served at dinner and goes well with chicken or lamb.

This Dish Serves: 6

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Ingredients:

- 2 c. white rice (uncooked)
- 4¹/₄ c. chicken broth
- 3 Tbsp. margarine
- 1 tsp. salt
- 2 c. very fine egg noodles (uncooked)

Preparation Instructions:

- 1) Brown uncooked very fine egg noodles in a small skillet using 1 Tbsp. margarine. Cook on low heat stirring constantly.
- 2) In a large saucepan, combine chicken broth, 2 Tbsp. margarine and salt. Bring to a boil.
- 3) Add rice and browned egg noodles. Stir until noodles and rice are well mixed.
- 4) Cover and reduce heat to low. Pilaf is ready in 20 minutes when water is absorbed.

Rice Side Dish

Source: Pat Brendenkamp – Roanoke, Virginia

Student: R. Garrett Brendenkamp

Description of Dish:

I usually serve this with meatballs. Someone brought this dish with meatballs and veggies to us when Garrett was born. I have been making it ever since, and bringing it to new mothers.

This Dish Serves: 6

Preparation Time: 5 minutes

Cooking Time: 60 minutes

Ingredients:

2 c. long grain rice
1 can beef consommé
1 can beef bouillon
6 Tbsp. butter
1½ c. water

Preparation Instructions:

1) Combine all ingredients and bake for 60 minutes at 350°F in an oblong cake pan.

Sinful Potatoes

Source: Sandy Mackie – Paoli, Pennsylvania

Student: Craig Mackie

Description of Dish:

Our family devours these. Great for company! To make it easier, I cook the bacon and melt the Velveeta in the microwave.

This Dish Serves: 8

Preparation Time: 30 minutes

Cooking Time: 35-40 minutes

Ingredients:

- 2 lb. frozen hashed browns partially thawed
- 2 c. mayonnaise
- 1 lb. Velveeta cheese, melted
- ½ lb. bacon, cooked and crumbled

Preparation Instructions:

- 1) Mix all ingredients together except for the bacon, which you sprinkle on top.
- 2) Bake uncovered for 35-40 minutes at 350°F in a 13x9 inch pan.

Sweet Potato Casserole

Source: Brenda Hiester – Palmyra, Pennsylvania

Student: Pal Hiester

Description of Dish:

Sweet potato casserole with crunchy sugar-nut topping served at Thanksgiving with turkey.

This Dish Serves: 6

Preparation Time: 20-30 minutes

Cooking Time: 30-35 minutes

Ingredients:

3 c. sweet potatoes cooked and cooled
(boil in 1" water in pot until soft, about 20-30 minutes)
 $\frac{1}{3}$ c. sugar
2 eggs
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ stick butter, melted
 $\frac{1}{2}$ c. milk
 $1\frac{1}{2}$ tsp. vanilla

Topping

$\frac{1}{2}$ c. brown sugar
 $\frac{1}{3}$ c. flour
1 c. chopped pecans
 $\frac{1}{3}$ stick butter, melted

Preparation Instructions:

- 1) Mash cooked, cooled potatoes and set aside.
- 2) In a separate bowl, combine the rest of the casserole ingredients.
- 3) Combine the potatoes and the egg mixture and place in shallow oven safe dish that has been sprayed with non-stick spray.
- 4) Combine the topping ingredients until the mixture becomes quite crumbly. Sprinkle over the casserole.
- 5) Bake at 350°F for 30-35 minutes.



Brownie Trifle

Source: Dee Bright – Roanoke, Virginia

Student: Chris Bright

Description of Dish:

This is super easy, but it makes a dramatic presentation. Make it ahead and chill it up to 24 hours. I first tasted this at a Sunday school Christmas party, and later found the recipe in a Southern Living Cookbook. I now take it to family get togethers, church dinners, etc. and it is always a big hit.

This Dish Serves: 16

Preparation Time: 20 minutes

Cooking Time: 28 minutes

Ingredients:

- 1 (19.8 oz.) package fudge brownie mix
- 3 (3.9 oz.) packages chocolate instant pudding mix
- 4 c. milk
- 1 (12 oz.) container frozen whipped topping, thawed
- 6 (1.4 oz.) Heath bars

Preparation Instructions:

- 1) Prepare and bake brownie mix according to package directions in a 13x9 inch pan.
- 2) Cool brownies, and crumble into small pieces.
- 3) Prepare 3 packages pudding mix according to package directions, using a total of 4 cups milk instead of 6 cups, and omitting the chilling procedure.
- 4) Place one-third of crumbled brownies in a 3 quart trifle bowl; top with one-third each of pudding, whipped topping, and crushed candy bars.
- 5) Repeat layers twice using remaining ingredients, ending with crushed candy bars.
- 6) Cover and chill trifle at least 8 hours.

Kentucky Derby Pie



Source: Pam Pillmore – Doylestown, Pa.

Student: Brian Pillmore

Description of Dish:

This is a popular dessert in Kentucky during the Derby. We lived there for two years and fell in love with this dessert.

This Dish serves: 8

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Ingredients:

- 9 inch unbaked pie shell (deep)
- 2 eggs
- 1 c. sugar
- $\frac{1}{2}$ c. flour
- $\frac{1}{2}$ c. melted margarine
- 6 oz. semi-sweet chocolate chips
- 1 c. chopped pecans
- 1 tsp. vanilla

Preparation Instructions:

- 1) Preheat oven to 350°F.
- 2) Beat eggs and add to sugar and flour mixture.
- 3) Add margarine and vanilla.
- 4) Add chocolate chips and pecans.
- 5) Pour mixture into pie shell.
- 6) Bake for 45 minutes or until done.
- 7) Serve warm with vanilla ice cream.

Apple Crisp

Source: Rosa Lee – Wyckoff, New Jersey

Student: Katherine Lee

Description of Dish:

Perfect for holidays, such as Thanksgiving, and cold winter days.

This Dish Serves: 8

Preparation Time: 20 minutes

Cooking Time: 30-40 minutes

Ingredients:

- 6 c. sliced pared tart apples (about 6 medium apples)
- $\frac{2}{3}$ c. brown sugar (packed)
- $\frac{1}{2}$ c. all purpose flour
- $\frac{1}{2}$ c. oats
- $\frac{3}{4}$ tsp. cinnamon
- pinch of nutmeg
- $\frac{1}{3}$ c. butter, softened

Preparation Instructions:

- 1) Preheat oven to 350°F.
- 2) Grease 24 cm (9.5 inch) round glass baking dish.
- 3) Mix apple slices and cinnamon together in a bowl.
- 4) Place mixed apple slices and cinnamon in the glass baking dish.
- 5) In a different bowl, mix remaining ingredients thoroughly.
- 6) Sprinkle the thoroughly mixed ingredients over the sliced apples and cinnamon.
- 7) Bake for 30 minutes or until apples are tender and topping is golden brown.

Apple Dumplings

Source: Faye Ferguson – Ringgold, Virginia

Student: David Ferguson

Description of Dish:

A melt-in-your-mouth, to-die-for dessert that is served as a single dumpling. This dessert is best served warm with a scoop of cold vanilla ice cream.

This Dish Serves: 14

Preparation Time: 30-45 minutes

Cooking Time: 45 minutes

Ingredients:

- 7 small golden delicious apples
- 2 sticks of “I can’t believe it’s not butter”
- 1 (10 count) can of Butter-Me-Not Biscuits
- 1 (5 count) can of Butter-Me-Not Biscuits
- cinnamon (to taste)
- 1½ c. sugar
- 1½ c. warm water

Preparation Instructions:

- 1) Preheat oven to 350°F.
- 2) Melt two sticks of “I can’t believe” in 9x13 inch dish.
- 3) Peel, core, and halve the apples.
- 4) Roll biscuits until they are large enough to wrap around apple.
- 5) Place the halved apple flat side up. Sprinkle with cinnamon.
- 6) Bring up the edges of biscuit and fold around apple.
- 7) Place flat side down in melted butter. Continue until all apples have been used.
- 8) Mix the sugar and warm water until the sugar is dissolved.
- 9) Pour mixture around, not on top of, dumplings. Bake at 350°F for 25 minutes.
- 10) Remove from oven. Baste dumplings with juices from pan.
- 11) Return to oven for 20 minutes or until golden brown.
- 12) Serve warm under ice cold vanilla ice cream

Banana Split Pie

Source: Suzanne Grimes – Eighty-Four, Pennsylvania

Student: Kevin Sterne

Preparation Time: 30 minutes

Ingredients:

- 2 c. graham crackers, crushed
- 3 sticks margarine
- 4 Tbsp. sugar
- 2 c. powdered sugar
- 2 eggs
- 4 or 5 bananas, sliced
- 1 can crushed pineapple drained
- 1 (16 oz.) container Cool Whip
- 1 c. chopped nuts (optional)
- 2 packages frozen strawberries (thawed/drained or better to use fresh strawberries)

Preparation Instructions:

- 1) Melt 1 stick margarine.
- 2) Mix with crushed graham crackers and sugar.
- 3) Press firmly into a 9x13 inch pan.
- 4) Beat powdered sugar, eggs, and the other two sticks butter (softened) together for 15 minutes or until fluffy.
- 5) Spread mixture gently over pressed graham cracker mixture.
- 6) Layer bananas over cream mixture.
- 7) Spread pineapple over bananas.
- 8) Cover with Cool Whip; garnish with chopped nuts, and garnished with sliced strawberries.

Black Bottom Cupcakes

Source: Julie Burleigh – Powhatan, Virginia

Student: Jessica Burleigh

Description of Dish:

These cupcakes were a family favorite for Christmas, family reunions, “pig pickings.” I’m not sure where the recipe originated, but I have never known anyone who made them other than my mom.

This Dish Serves: 16

Preparation Time: 30-4 minutes

Cooking Time: 25-35 minutes

Ingredients:

Batter:

- 1½ c. flour
- 1 c. sugar
- ¼ c. cocoa
- 1 tsp. soda
- ½ tsp. salt
- 1 c. water
- ⅓ c. cooking oil
- 1 Tbsp. vinegar
- 1 Tbsp. vanilla

Filling:

- 1 (8 oz.) package cream cheese
- 1 unbeaten egg
- ⅓ c. sugar
- ⅛ tsp. salt
- 1 (12 oz.) package chocolate morsels

Preparation Instructions:

- 1) Using an electric mixer, combine batter ingredients and set aside.
- 2) In a separate bowl, use a mixer to combine filling ingredients, except for chocolate morsels.
- 3) Fold chocolate morsels into filling mixture.
- 4) Pour batter into muffin pan, half full (you may use liners or oil to prepare pan).
- 5) Drop filling into center of batter usually about 2 Tbsp. of filling, or enough to bring batter close to the top.
- 6) Bake at 350°F for 25-35 minutes or until filling just starts to brown.
- 7) Cool and enjoy!

Blueberry-Peach Cobbler

Source: Diane Wisnieski – Oakton, Virginia

Student: James Wisnieski

Description of Dish:

We hand pick blueberries in Indiana and peaches in Virginia. This dish can be served with ice cream.

This Dish Serves: 12

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 Tbsp. cornstarch
- ¼ c. brown sugar
- ½ c. cold water
- 2 c. sugared sliced fresh peaches**
- 1 c. fresh blueberries**
- 1 Tbsp. butter or margarine
- 1 Tbsp. lemon juice
- 1 c. sifted all-purpose flour
- ½ c. granulated sugar
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ c. milk
- ¼ c. soft butter

**For canned or frozen fruit, drain; use ½ c. syrup for water

Preparation Instructions:

- 1) Mix first three ingredients; add fruit.
- 2) Cook and stir till mixture thickens.
- 3) Add 1 Tbsp. butter and lemon juice.
- 4) Pour into 8.25x1.75 inch baking dish.
- 5) Sift dry ingredients.
- 6) Add milk and butter all at once; beat smooth.
- 7) Pour over fruit.
- 8) Sprinkle 2 Tbsp. sugar and ¼ tsp. nutmeg over batter.
- 9) Bake at 350°F for 30 minutes.

Brownie Chip Cookies

Source: Joyce Hopkins Overstreet – Blacklick, Ohio

Student: Amanda Overstreet

Description of Dish:

This recipe is from Southern Living's Easy Weekend and Favorites Cookbook. It's very quick and easy, and Amanda's friends love the cookies.

This Dish Serves: 6 dozen

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Ingredients:

- 1 (23.7 oz) package double fudge brownie mix
(with fudge packet)
- $\frac{1}{3}$ c. vegetable oil
- 2 large eggs, lightly beaten
- 1 c. semi sweet chocolate morsels
- $\frac{1}{2}$ c. chopped pecans (or more chocolate morsels)

Preparation Instructions:

- 1) Combine first 3 ingredients in a large bowl, stirring well.
- 2) Stir in chocolate morsels and pecans.
- 3) Drop dough by rounded teaspoons onto lightly greased baking sheets.
- 4) Bake at 350°F for 8 minutes. Remove to wire racks and let cool completely.

Caramelized Ice Cream

Source: Beth Durham – Roanoke, Virginia

Student: David Durham

Description of Dish:

This dessert is simple and quick and certain to please.

This Dish Serves: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

4 servings of good quality vanilla ice cream
1 stick of sweet (unsalted) butter
 $\frac{1}{2}$ c. light brown sugar
1 can pineapple tidbits, drained well
Grand Marnier

Preparation Instructions:

- 1) Melt the butter in a large saucepan.
- 2) Add the brown sugar and cook for a few minutes to caramelize.
- 3) Add drained pineapple and a small amount of Grand Marnier.
- 4) Mix until well coated and pour over the scoops of ice cream.

Championship Chocolate Chip Bars

Source: Kay Eichorn – Charlotte, North Carolina

Student: John “Joe” Eichorn

Description of Dish:

These bars are served at football tailgate gatherings and Super Bowl parties. They may be eaten by themselves or with ice cream.

This Dish Serves: 24-36 bars

Preparation Time: 30 minutes

Cooking Time: 20-25 minutes

Ingredients:

- 1½ c. unsifted flour
- ½ c. firmly packed brown sugar
- ½ c. cold margarine
- 1 (12 oz.) package semi-sweet chocolate chips
- 1 (14 oz.) can Eagle Brand sweetened condensed milk
- 1 egg
- 1 tsp. vanilla extract
- 1 c. chopped nuts (pecans or walnuts)

Preparation Instructions:

- 1) Heat oven to 350°F degrees.
- 2) In medium bowl, combine flour and sugar; cut in margarine until crumbly.
- 3) Stir in ½ cup chips; press firmly on bottom of 13x9 inch baking pan.
- 4) Bake for 15 minutes.
- 5) Meanwhile, in same bowl, combine sweetened condensed milk, egg, and vanilla; stir in remaining 1½ cups chips and nuts.
- 6) Spread evenly over prepared crust. Bake 20 to 25 minutes or until light golden brown.
- 7) Cool completely. Cut into bars. Store, covered, at room temperature.

Cherry Delight

Source: Tammy Borgie – Luray, Virginia

Student: John D. Borgie

Description of Dish:

This is John's favorite dish. The recipe came from his Aunt Helen who lives in Stratsburg, Va. Originally, it was served on Christmas Eve, but we liked it too much and now eat it all year.

This Dish Serves: 9-12

Preparation Time: 30 minutes

Cooking Time: chill for 24 hours

Ingredients:

- 1 can cherry pie filling
- 1 large package cream cheese
- $\frac{3}{4}$ c. sugar
- 1 large package Dream Whip
- 1 stick butter
- cold milk
- 3 c. graham cracker crumbs

Preparation Instructions:

- 1) Melt butter and mix with graham crackers.
- 2) Use half of the mixture to cover the bottom of a 13"x 9" baking pan or dish.
Save the rest to use on top.
- 3) Fix Dream Whip as directed on package.
- 4) Cream sugar and cream cheese together then mix with the Dream Whip.
- 5) Put a layer of Dream Whip and cream cheese then the cherry pie filling. Add the rest of the cream mixture. Finish with the graham cracker crumbs.
- 6) Set 24 hours in refrigerator before serving.

Chocolate Layered Dessert

Source: Sandy Mackie – Paoli, Pennsylvania.

Student: Craig Mackie

Description of Dish:

This is Craig's favorite dessert! I have made this for parties that we attend and also for families who have someone convalescing from an illness or surgery.

This Dish Serves: 10-12

Preparation Time: 30 minutes

Ingredients:

- 3 c. cold milk
- 2 (4 serving size) package chocolate flavor instant pudding and pie filling
- 1 (8 oz.) tub Cool Whip non-dairy whipped topping, thawed
- 1 (12oz) package pound loaf, cut into $\frac{1}{2}$ inch cubes
- $\frac{1}{2}$ c. chocolate syrup
- 4 (1.4 oz) package chocolate covered English toffee bars chopped (Heath or Skor candy bars)

Preparation Instructions:

- 1) Pour milk into large bowl.
- 2) Add pudding mixes, beat with a wire whisk for 2 minutes.
- 3) Let stand for 5 minutes.
- 4) Gently stir in 2 cups of whipped topping.
- 5) Arrange half of the cake cubes in $3\frac{1}{2}$ quart serving bowl (looks nice in a glass trifle bowl).
- 6) Drizzle with half of the chocolate syrup.
- 7) Layer with half of the chopped candy bars and half of the pudding mixture.
- 8) Repeat layers, ending with pudding mixture.
- 9) Refrigerate 1 hour or until ready to serve.
- 10) Garnish with remaining whipped topping. Sprinkle with additional chopped candy bars.
- 11) Store leftover dessert in refrigerator.

Chocolate Oatmeal Cookies

Source: Lisa Ray – Oak Hill, Virginia

Student: Jeremy Ray

Description of Dish:

These are easy to prepare cookies that my mother began making when I was a little girl. They quickly became a family favorite of my brother and I. Now, they are requested over birthday cake by both Jeremy and his brother on their birthdays!

Serves: 9 (2 cookies per serving)

Preparation Time: 15 minutes

Cooking Time: 15-20 minutes

Ingredients:

- 2 c. sugar
- 1 stick butter
- 4 Tbsp. Cocoa
- ½ c. milk
- 3½ c. uncooked oatmeal
- ½ c. peanut butter
- 1 tsp. vanilla

Preparation Instructions:

- 1) Combine sugar, butter, cocoa, and milk in a saucepan.
- 2) Bring to a hard boil while stirring.
- 3) Set off burner and stir in oats, peanut butter, and vanilla.
- 4) Drop by spoonful onto wax paper.
- 5) Cool and eat.

Crystal's Favorite

Source: Cheryl Gambardella – Moseley, Virginia

Student: Crystal Gambardella

Description of Dish:

A chocolate lover's dream. Cool and refreshing. Perfect dessert for a hot summer day.

This Dish Serves: 12

Preparation Time: 1 hour 40 minutes

Ingredients:

- 1 c. graham cracker crumbs
- 1 stick margarine
- 2½ cups Cool Whip
- 8 oz. cream cheese
- 1 c. powdered sugar
- 1 large package instant chocolate pudding
- 1 small package instant vanilla pudding
- 3½ c. cold milk
- 1 small Hershey bar

Preparation Instructions:

- 1) 1st layer: Mix graham cracker crumbs and melted margarine. Press into bottom of 9x13 inch pan. Chill 10 minutes.
- 2) 2nd layer: Cream powdered sugar and cream cheese together. Fold in 1½ cups Cool Whip. Spread over 1st layer. Chill 10 minutes.
- 3) 3rd layer: Mix large and small pudding mixes with 3½ cups cold milk. Spread over 2nd layer. Chill 10 minutes.
- 4) 4th layer: Spread 1 cup Cool Whip over 3rd layer. Sprinkle with grated chocolate bar.
- 5) Refrigerate at least 1 hour before serving.

Davy Crockett Bars

Source: Susan Catron – Chilhowie, Virginia

Student: Samuel Robert Catron

Description of Dish:

This recipe is served for dessert. I got this one from a friend. Good served on the go or with ice cream.

This Dish Serves: 8-12

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 c. self-rising flour
- 1 c. white sugar
- 1 c. brown sugar
- 1 c. quick-cooking oatmeal
- 6 oz. chocolate chips
- 1 c. oil
- 3 eggs
- 1 c. chopped nuts (optional)

Preparation Instructions:

- 1) Mix all together and bake in greased 13x9 inch pan.
- 2) Bake 30 minutes at 350°F.

Dirt Dessert

Source: Debra Lynn Kauffman – Forest Hill, Maryland

Student: Joe Kauffman IV

Description of Dish:

This dessert actually looks like dirt in a bowl. I obtained this recipe from friends at church. It is very good. It's Hokie good.

This Dish Serves: 8-10

Preparation Time: 15-20 minutes

Ingredients:

- 2 (8 oz.) cream cheese
- $\frac{3}{4}$ c. confectioner sugar
- $\frac{1}{2}$ tsp. vanilla
- 2 boxes instant vanilla pudding
- 2 c. cold milk
- 12 oz. Cool Whip
- 1 package Oreos (reg. size)

Preparation Instructions:

- 1) Cream together in a bowl, cream cheese, confectioner sugar, and vanilla.
- 2) In a separate bowl, mix the pudding and milk.
- 3) Add the pudding mixture to the creamed ingredients.
- 4) Fold in Cool Whip.
- 5) Crush the Oreos to a fine consistency. This can be done in a food processor or place the Oreos in a large plastic sealed bag and roll with rolling pin.
- 6) In a bowl, layer crushed Oreos alternating with pudding mixture. Have the last layer be crushed Oreos.

Extra-Moist Chocolate Fudge Cake

Source: Darlene Snyder – Alexandria, Virginia

Student: Colby Snyder

Description of Dish:

Colby loves this cake. I plan to use it as a bribe to get him home occasionally. This cake is great served any way, but is really good chilled.

This Dish Serves: 10

Preparation Time: 20 minutes

Cooking Time: 35-45 minutes

Ingredients:

- 1 can cherry pie filling
- 1 box devil's food cake mix
- 2 eggs
- 1 tsp. vanilla
- 1 c. sugar
- $\frac{1}{2}$ c. milk
- 1 stick butter
- 1 (6 oz.) package chocolate chips
- $\frac{3}{4}$ cups chopped nuts (optional)

Preparation Instructions:

- 1) In a mixing bowl, beat cherry pie filling until it is all broken up.
- 2) Add cake mix, eggs, and vanilla. Beat for 2 minutes.
- 3) Pour batter into a well-greased 9x13x2" baking pan. Bake at 350°F for 40-45 minutes.
- 4) About 10 minutes before cake is finished, prepare chocolate frosting glaze in a saucepan by combining sugar, milk, and butter.
- 5) Bring to a boil, stirring constantly, and continue cooking for 1 minute until sugar is dissolved.
- 6) Add chocolate chips and stir until melted.
- 7) Remove cake from oven and punch holes on top with an ice pick or knife.
- 8) Slowly pour glaze over top.

Fast Fixin' Microwave Fudge

Source: Dee Bright – Roanoke, Virginia

Student: Chris Bright

Description of Dish:

I found this recipe in a cookbook that came with the first microwave I ever had. I used to make it for my dad after he had a stroke and had a hard time chewing and swallowing. He could put a small piece in his mouth and let it melt slowly. It was a real favorite of his. This past year the math club at Chris's school wanted to have a bake sale and asked us to bring fudge. I pulled out this recipe and thought of my dad. It was a big hit at the bake sale by the way.

This Dish Serves: 16

Preparation Time: 20 minutes

Cooking Time: 6 minutes

Ingredients:

- 2 packages (16 ounces each) confectioners sugar
- 1 c. unsweetened cocoa
- ½ c. milk
- 1 c. butter (not margarine)
- 1½ c. chopped nuts (optional)
- 2 Tbsp. vanilla extract

Preparation Instructions:

- 1) Set power at high.
- 2) In large microwave safe bowl, mix sugar, and cocoa.
- 3) Make a well in the center.
- 4) Add milk and butter to center well (do not stir).
- 5) Heat 5 to 6 minutes or until butter is melted.
- 6) Add nuts and vanilla.
- 7) Stir until smooth (use electric mixer).
- 8) Spread into well-greased square baking dish.
- 9) Chill until firm.
- 10) Cut into squares to serve.

Fat Man's Misery

Source: Cheryl Williams – Amelia Court House, Virginia

Student: Cheryl Williams

Description of Dish:

This dessert is served when there will be a large gathering of people. It was my mom's recipe and I inherited it when she passed away.

This Dish Serves: Varies

Preparation Time: 1 hour

Cooking Time: 20 minutes

Ingredients:

1st layer:

- 1½ c. all purpose flour
- 1½ c. chopped walnuts
- 1 cube margarine

2nd Layer:

- 1 large package instant chocolate pudding
- 1 large package. instant vanilla pudding
- 3 c. milk

3rd layer:

- 1 (8 oz. pkg.) cream cheese (room temp.)
- 1 c. powdered sugar
- 1 small container Cool Whip

4th Layer:

- 1 large container Cool Whip
- nuts (finely chopped)

Preparation Instructions:

- 1) **1st Layer:** First cream together flour and margarine.
- 2) Mix in walnuts.
- 3) Place in 9x13 inch pan and brown in oven at 425°F, stirring often.
- 4) Set aside and cool completely.
- 5) Spread out evenly on bottom of pan.
- 6) **2nd Layer:** Mix chocolate and vanilla pudding together with the milk.
- 7) Spread evenly over the 1st layer.
- 8) **3rd Layer:** Cream together the cream cheese, powdered sugar and Cool Whip.
- 9) Spread evenly over the 2nd Layer.
- 10) **4th Layer:** Spread Cool Whip over the 3rd layer and sprinkle with nuts.

Forgotten Cookies

Source: Linda Shubert – Severn, Maryland

Student: Ian Jewett

Description of Dish:

This recipe for Forgotten Cookies with Chocolate Chips is one of our family favorites. I make them every Christmas and some times as a special Birthday treat too. I've even made them as a gift for Ian's best friend; he simply devours them. This recipe is a modified version of our Grammy's Forgotten Cookie recipe. The cookies are always hit! Serve these cookies with milk, hot chocolate, or any of your favorite drinks.

This Dish Serves: 18 – 2 cookies each (1½ to 3 dozen cookies, depending on size)

Preparation Time: 20 minutes

Cooking Time: 3 hours

Ingredients:

- 2 large egg whites
- ⅛ tsp. cream of tartar
- ½ c. sugar
- ¼ tsp. vanilla
- 1 c. miniature chocolate chips

Preparation Instructions:

- 1) Heat oven to 200°F.
- 2) In medium-size bowl with electric mixer at high speed, beat egg whites and cream of tartar until stiff peaks form.
- 3) Add sugar, 2 Tbsp. at a time, beating 2 to 3 minutes after each addition until sugar is dissolved.
- 4) Beat in vanilla until mixture stands in stiff, glossy peaks.
- 5) Fold in chocolate chips.
- 6) Drop onto large cookie sheet lined with greased foil.
- 7) Bake 2 hours. Turn oven off; leave meringues in oven 1 hour longer until crisp and dry.
- 8) Cool completely on cookie sheet; remove carefully.
- 9) Store meringues, loosely wrapped in wax paper, in airtight containers in cool dry place or freezer; do not refrigerate.

French Strawberries

Source: Gayle Yoxtheimer – Alexandria, Virginia

Student: Zach Yoxtheimer

Description of Dish:

This dish is a take-off of the classic French dessert using crème fraîche. It is best served chilled and in parfait glasses.

This Dish Serves: 6

Preparation Time: 20 minutes

Ingredients:

- 2 (16 oz.) cartons of strawberries
- 1 to 1½ c. granulated sugar
- 1 (16 oz.) carton sour cream (not fat free)
- 2 Tbsp. vanilla (not imitation)

Preparation Instructions:

- 1) Mix together sour cream, sugar, and vanilla.
- 2) Blend well.
- 3) Add quartered strawberries and mix gently.
- 4) Fill dessert dishes and chill for at least one hour.
- 5) Enjoy!

German Chocolate Cheesecake Bars

Source: Donna Reid – Annapolis, Maryland

Student: Patrick Reid

Description of Dish:

This recipe originated in Portland, Oregon from a cousin. Once chilled, I usually let it sit out for about an hour before serving.

This Dish Serves: 20-24

Preparation Time: 45 minutes

Cooking Time: 30 minutes

Ingredients:

1 package German chocolate cake mix
1/3 c. shredded coconut
1/3 c. butter, softened
3 eggs
16 oz. cream cheese, softened
2 tsp. vanilla
3/4 c. sugar

Frosting:

1/4 c. plus 2 Tbsp. sugar
1 Tbsp. vanilla
2 c. sour cream

Preparation Instructions:

- 1) Mix cake mix, coconut, butter, and 1 egg (mixture will be dry).
- 2) Cover bottom of 9x13 inch ungreased pan with mixture.
- 3) Beat together cream cheese, 2 eggs, vanilla, and sugar until smooth.
- 4) Spread over dry mixture in pan.
- 5) Bake at 350°F for 20-25 minutes or until set and has light brown edges.
- 6) Remove and spread with frosting while still warm. Allow to cool about 30 minutes and then refrigerate at least 8 hours.
- 7) After chilled, cut into bars.

Great American Chocolate Chip Cookies

Source: Janice Ganoe – Petersburg, Virginia

Student: Jodi Ganoe

Description of Dish:

Jodi perfected this recipe and is known in the family as the best cookie maker. On a trip to Europe in 2001, all travelers were given their own box of cookies for the long air flight.

This Dish Serves: makes 6 dozen

Preparation Time: 15 minutes

Cooking Time: 9 minutes/batch

Ingredients:

- 1 c. butter, softened
- $\frac{3}{4}$ c. sugar
- $\frac{3}{4}$ c. packed brown sugar
- 1 tsp. vanilla
- 2 eggs
- $2\frac{1}{4}$ c. unsifted all-purpose flour
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 2 c. semi-sweet chocolate chips (12 oz. package)

Preparation Instructions:

- 1) Cream butter, sugar, brown sugar, and vanilla in large mixer bowl until light and fluffy.
- 2) Add eggs and beat well.
- 3) Combine flour, baking soda, and salt.
- 4) Gradually add to creamed mixture and beat well.
- 5) Stir in chocolate chips.
- 6) Drop by rounded teaspoons onto ungreased cookie sheet.
- 7) Bake at 375°F for 8-10 minutes, or until lightly browned.
- 8) Cool for 1 minute before removing from cookie sheet. Cool completely on wire racks.

Julie's Pumpkin Pie

Source: Mary Jayne Rix – Chesapeake, Virginia

Student: Julie Rix

Description of Dish:

This was a handwriting exercise in Julie's first grade class. Our family has enjoyed this recipe for Thanksgiving dessert ever since.

This Dish Serves: 8

Preparation Time: 15 minutes

Cooking Time: chill 4 hours

Ingredients:

- $\frac{3}{4}$ c. milk
- 1 package instant vanilla pudding
- $\frac{3}{4}$ tsp. pumpkin pie spice
- $\frac{1}{2}$ c. pumpkin pie
- $\frac{2}{3}$ c. chocolate chips
- 2 c. Cool Whip
- 1 graham cracker pie crust

Preparation Instructions:

- 1) Mix together milk, pudding, and pumpkin pie spice. Let stand for 5 minutes.
- 2) Add pumpkin and chocolate chips, stir well.
- 3) Fold in Cool Whip and pour into graham cracker pie crust.
- 4) Chill in fridge for 4 hours.

JW's Oatmeal Box Chocolate Chip Cookies

Source: Joanne Wickoff Wilson – Camp Hill, Pennsylvania

Student: Matt R. Fischman

Description of Dish:

This is a chocolate chip cookie that crumbles and melts in your mouth like no other. Matt first helped his momma make these cookies at Christmas time when he was 2 years old.

This Dish Serves: makes 4 dozen

Preparation Time: 15 minutes

Cooking Time: 10-12 minutes

Ingredients:

- 1 cup (2 sticks) butter flavor Crisco
- 3 cups Quaker Oatmeal “old fashioned” (uncooked)
- 1 bag Nestle “mini” morsels
- 1 cup firmly packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt (optional)

Preparation Instructions:

- 1) Heat oven to 350°F.
- 2) Beat together Crisco and sugars until creamy.
- 3) Add eggs and vanilla; beat well.
- 4) Add combined flour, baking soda, cinnamon and salt; mix well.
- 5) Stir in oats and chocolate chips; mix well.
- 6) Drop by rounded tablespoonfuls onto ungreased cookie sheet.
- 7) Bake 10 to 12 minutes
- 8) Cool 1 minute on cookie sheet; remove to wire rack.

Mocha Sprinkled Ice Cream

Source: Beth Durham – Roanoke, Virginia

Student: David Durham

Description of Dish:

Try it when you are in a pinch when you need something really quick and delicious.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

vanilla ice cream
favorite liquor
instant coffee granules

Preparation Instructions:

- 1) Scoop vanilla ice cream into a bowl.
- 2) Pour your favorite liquor on top, such as Grand Marnier, Amaretto, or a chocolate liquor.
- 3) Sprinkle with instant coffee granules.
- 4) You can really dress this up for company by adding a dollop of whipped cream and a sprig of mint.

Opera Pie

Source: Jeanene Krogh – Onancock, Virginia

Student: Matthew Krogh

Description of Dish:

This recipe was in the Virginia Opera, Norfolk, Va. gift shop entitled “Chocolate Chip Pie.” I renamed it, “Opera Pie.” It is one of my family’s favorite pies.

This Dish Serves: 6

Preparation Time: 30 minutes

Cooking Time: 55-60 minutes

Ingredients:

- 2 eggs
- $\frac{3}{4}$ c. soft butter or margarine
- $\frac{1}{2}$ c. flour
- $\frac{1}{2}$ c. granulated sugar
- $\frac{1}{2}$ c. brown sugar
- 1 c. chopped pecans
- 1 c. semi-sweet chocolate bits
- 1 unbaked pie crust

Preparation Instructions:

- 1) Mix first 5 ingredients together.
- 2) Stir in last 2 ingredients by hand.
- 3) Pour into unbaked pie crust.
- 4) Bake at 325°F for 55-60 minutes.

Peanut Butter Pie

Source: Mrs. T. Roland Lide – Columbia, South Carolina

Student: Philip L. Gregory

Description of Dish:

This is a "To-Drool-For" Pie

This Dish Serves: Makes 2 pies - 12 slices

Preparation Time: 45 minutes

Ingredients:

- 1 (8 oz.) package cream cheese
- 1 c. powdered sugar
- $\frac{3}{4}$ -1c. crunchy peanut butter
- 1 (12 oz.) Cool Whip
- 2 graham cracker pie shells

Preparation Instructions:

- 1) Mix cream cheese, sugar, and peanut butter together.
- 2) Fold in Cool Whip.
- 3) Pour into pie shells and chill for several hours or overnight.
- 4) Top with cool whip and serve.

Peanut Butter Pie

Source: Nanette Attkisson – Rockville, Virginia

Student: Christa Attkisson

Description of Dish:

We serve this for every holiday. This recipe is from Southern Living magazine.

This Dish Serves: 16-20

Preparation Time: 15 minutes **Cooking Time:** freeze overnight

Ingredients:

- 1 (8 oz.) package cream cheese, softened
- 1 c. crunchy peanut butter
- 1 (16 oz.) container frozen whipped topping
- 1½ c. sifted powdered sugar
- 2 (9 inch) graham cracker crusts

Preparation Instructions:

- 1) In large mixing bowl, combine cream cheese and peanut butter.
- 2) Beat at medium speed until light and fluffy.
- 3) Gradually add whipped topping and powdered sugar, and beat until smooth.
- 4) Spoon into prepared crusts.
- 5) Freeze at least 8 hours or overnight
- 6) Garnish with chocolate shaving or mini chocolate chips, if desired.

Peanut Butter Pie

Source: Patricia Black – Dayton, Virginia

Student: Robert Black

Ingredients:

2 c. milk, heated
½ c. sugar
2 eggs
1 Tbsp. butter
2 Tbsp. cornstarch
¼ tsp. salt
1 tsp. vanilla
1 baked piecrust

Crumbs: ½ c. peanut butter
⅔ c. powdered sugar

Preparation Instructions:

- 1) Make a crumb mixture and reserve a small amount to garnish on top.
- 2) Beat eggs, cornstarch, sugar, salt, and vanilla.
- 3) Add to hot milk and butter, and boil until thick.
- 4) Sprinkle crumbs on pie crust.
- 5) Pour pudding mixture over crust and crumb mixture while still warm.
- 6) Cool.
- 7) Top with whipped cream and reserved crumbs.
- 8) Chill.

Peanut Butter Pie

Source: Dawn Ulmer – Blackwood, New Jersey

Student: George Ulmer

Description of Dish:

A homemade pie with a gourmet taste. I have to make sure that I always set aside a piece of this pie for George to make sure he definitely gets some so he doesn't miss out because it goes fast.

This Dish Serves: 6-8

Preparation Time: 15 minutes

Ingredients:

8 oz. cream cheese
½ c. powdered sugar
2 tbsp. milk
1 tsp. vanilla
½ c. peanut butter
1 large container Cool Whip
1 Chocolate Oreo pie crust
chocolate syrup
semi-sweet and peanut butter chips

Preparation Instructions:

- 1) Beat cream cheese.
- 2) Add sugar and blend/cream well.
- 3) Add milk, vanilla, and peanut butter and beat well.
- 4) Fold in Cool Whip.
- 5) Pour into chocolate crust.
- 6) Drizzle with chocolate syrup, and sprinkle with chocolate and peanut butter chips.
- 7) Refrigerate.

*For desired lower fat: Substitute with fat-free Cool Whip and reduce-fat peanut butter.

Pineapple Cream Pie

Source: Karen Emami – Vienna, Virginia

Student: Mahmoud John Emami

Description of Dish:

This dessert is a favorite in the Emami household. My mother gave me the recipe. John prefers this as his "Birthday Cake" rather than a traditional cake for this special day.

This Dish Serves: 9

Preparation Time: 20 minutes

Cooking Time: 20-25 minutes

Ingredients:

- $\frac{3}{4}$ c. flour
- $\frac{3}{4}$ stick margarine or butter
- $\frac{1}{2}$ c. chopped pecans
- 1 (5 $\frac{1}{2}$ oz.) box instant vanilla pudding
- 1 Tbsp. sugar
- 2 c. sour cream
- 1 small can crushed pineapple
- $\frac{3}{4}$ c. Cool Whip

Preparation Instructions:

- 1) Crust: chop pecans.
- 2) Cut oleo and flour together, preferably in a food processor.
- 3) Add chopped pecans and mix well.
- 4) Press to bottom of a 5x7 inch pan.
- 5) Bake at 375°F for 20-25 minutes
- 6) Cool at room temperature.
- 7) Filling: Mix together pudding, sugar, sour cream, and pineapple (with juice).
- 8) Spoon over cooled crust and spread evenly.
- 9) Top with Cool Whip
- 10) Refrigerate for 1 hour before serving.

Red Velvet Pound Cake

Source: Jane McCall – Charlotte, North Carolina

Student: Ben McCall

Description of Dish:

This is our family's favorite birthday cake.

This Dish Serves: 16-20

Preparation Time: 25 minutes

Cooking Time: 60-65 minutes

Ingredients:

½ c. vegetable oil
1 c. margarine
4 eggs
2½ c. sugar
2 Tbsp.
1 oz. red food coloring
2 tsp. Vanilla
3½ c. flour
1 tsp. baking powder
½ tsp. Soda
½ tsp. salt
1c. buttermilk

Frosting:

1 box of powder sugar
3 oz. cream cheese
1 stick of margarine
3 Tbsp. milk
½ tsp. vanilla

Preparation Instructions:

- 1) In a large mixing bowl, beat oil, margarine, and sugar until light and fluffy.
- 2) Add eggs one at a time beating after each addition.
- 3) In a small bowl, make a paste of cocoa, food coloring, and vanilla.
- 4) Add to the large bowl and beat.
- 5) Combine flour, baking powder, baking soda, and salt.
- 6) Add alternately with buttermilk to batter beating only to combine.
- 7) Bake in greased and floured tube pan at 350°F for 60-65 minutes until a toothpick comes out clean.
- 8) Remove from pan cool on a plate. Frost.

Frosting:

- 1) Beat powdered sugar, cream cheese, margarine, milk, and vanilla until smooth.
- 2) Frost cake and refrigerate.

Shoofly Cupcakes

Source: Sue Rhoads – Wyomissing, Pennsylvania

Student: Michael Rhoads

Description of Dish:

Shoofly pie is a Pennsylvania Dutch tradition in this area. The cupcakes travel well to picnics.

This Dish Serves: 2 dozen

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 c. flour
- $\frac{3}{4}$ c. oil
- 1 c. molasses or Karo
- 2 c. boiling water
- 2 c. brown sugar
- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. salt

Preparation Instructions:

- 1) Mix flour, liquid oil, and brown sugar together and set aside 1 cup of crumbs.
- 2) Mix molasses or Karo, boiling water, baking soda, and salt with the above mixture.
- 3) Pour into cupcake tins and sprinkle crumbs on top of each cake.
- 4) Bake at 350°F for 30 minutes.

Sour Cream Chocolate Chip Cake

Source: Patricia Harris – Voorhees, New Jersey

Student: Mark McDonnell

Description of Dish:

An old friend made this cake many years ago and has been a favorite of Mark's forever. Plus, there are no eggs in it for those with egg allergies.

This Dish Serves: 20

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Ingredients:

1 stick margarine
1 ½ c. sugar
1 ½ tsp. vanilla
3 c. flour
3 tsp. baking powder
1 pint sour cream
1 ½ tsp. baking soda
12 oz. bag semi-sweet chocolate morsels
cinnamon sugar

Preparation Instructions:

- 1) Cream together margarine, sugar, and vanilla.
- 2) Add baking soda to sour cream and set aside.
- 3) Add flour and baking powder to sugar/margarine mixture.
- 4) Add sour cream with baking soda mixture. May need to stir with metal spoon, batter may be very thick.
- 5) Add some chocolate morsels to batter and spread in 9x13 inch ungreased cake pan.
- 6) Sprinkle rest of morsels on top and sprinkle with cinnamon sugar.
- 7) Bake at 350°F for most pans (325°F for glass) for 45 minutes.

Sticky Toffee Pudding

Source: Lissa Brand – Ellicott City, Maryland

Student: Stacy Brand

Description of Dish:

We discovered this “FAB” dessert while living in England. After tasting many variations of this cake, we think this recipe is the best. Serve with warm toffee sauce and whipped cream or vanilla ice cream.

This Dish Serves: 12

Preparation Time: 20-30 minutes

Cooking Time: 30-40 minutes

Ingredients:

6 oz. finely chopped dates
½ c. boiling water
1 tsp. baking soda
2 c. flour
2 c. sugar
2 sticks butter
3½ Tbsp. cocoa
½ c. water
2 eggs
½ c. milk
¼ tsp. salt
1 tsp. vanilla

Toffee Sauce:

12 oz. brown sugar
8 oz. butter
6 oz. heavy cream

Preparation Instructions:

- 1) Mix dates, boiling water, and baking soda, and set aside.
- 2) Mix flour and sugar in a separate bowl, and set aside.
- 3) Heat to boiling, butter, water, and cocoa.
- 4) Add to flour mixture.
- 5) Add eggs, milk, salt, vanilla, and date mixture, and mix thoroughly.
- 6) Bake in ungreased 9x13 inch pan at 375°F for 30-40 minutes.
- 7) While cake is baking, prepare toffee sauce. Mix brown sugar, butter, and heavy cream.
- 8) Bring to a boil for 1 minute.
- 9) Keep sauce warm. Serve cake with warm toffee sauce and whipped cream.

Strawberries and Cream

Source: Teresa Maher – Blacksburg, Virginia

Student: Teresa Maher

This Dish Serves: 20

Preparation Time: 1 hour

Ingredients:

- 1 (14 oz.) can sweet condensed milk
- 1½ c. cold water
- 3 (4 oz.) small instant vanilla pudding
- 1 pint (2 cups) whipped cream
- 6 cups pound cake, 12 oz cubed (9x5 inch loaf)
- 6 cups sliced strawberries

Preparation Instructions:

- 1) Mix can of milk, powdered pudding mix, and 1½ cups cold water and chill for at least 25 minutes (can be overnight).
- 2) Wash and slice strawberries.
- 3) Slice and cube pound cake.
- 4) Fold in freshly whipped cream with cold pudding and milk mix.
- 5) Into 4 quart round bowl, put 2 cups mix then half of cake cubes.
- 6) Next add half of sliced strawberries.
- 7) Repeat layers with 2 cups mix, cake and strawberries.
- 8) Top with remaining pudding mix.
- 9) Keep cold until time to serve.

Strawberry Pie

Source: Sandra Lasken – Mount Laurel, New Jersey

Student: Melisa Lasken

Description of Dish:

This is an extremely good pie, very light and tasty. Perfect for the summer, but it is also enjoyable throughout the year. All that is needed is strawberries. Serve with whipped cream.

This Dish Serves: 8

Preparation Time: 20 minutes

Cooking Time: 5 minutes

Ingredients:

- 1 (10 in. piecrust (cooked)
- 1½ c. water
- 1½ c. sugar
- 3 Tbsp. cornstarch
- 1 pkg. (4-serving size) Strawberry Jell-O
- 2 c. of sliced strawberries

Preparation Instructions:

- 1) In a saucepan cook water, sugar and cornstarch, stirring often, until mixture is thick.
- 2) Remove from heat and add Jell-O.
- 3) Cut strawberries into slices from stem to tip to make flat strawberry slices, mix into the cooked mixture.
- 4) Pour strawberry mixture into cooked piecrust and refrigerate until Jell-O is set.
- 5) Cut and enjoy.

Triple Layer Brownies

Source: Darlene Schultz – Millers, Maryland

Student: Daniel Schultz

Description of Dish:

This recipe is a fudgy brownie topped with melted chocolate and peanut butter on a chewy peanutty crust. This recipe came from a Pampered Chef Cookbook. Our family and friends love and enjoy this dessert.

This Dish Serves: 30 bars

Preparation Time: 15 minutes

Cooking Time: 36-38 minutes

Ingredients:

1/2 c. dry roasted peanuts, chopped	2 eggs
1 c. quick or old-fashioned oats	1/4 c. water
1/2 c. packed brown sugar	1/2 c. oil
1/3 c. all purpose flour	3/4 c. semi-sweet chocolate morsels
1/4 tsp. baking soda	1/2 c. creamy peanut butter
1/2 c. margarine, melted	Additional chopped peanuts (optional)
1 package Duncan Hines Chewy Brownie mix (21 ounces)	

Preparation Instructions:

- 1) Preheat oven 350°F.
- 2) Spray 13x9 inch rectangle baker with nonstick cooking spray.
- 3) Chop peanuts.
- 4) Combine oats, brown sugar, flour, baking soda and peanuts in a small bowl.
- 5) Add margarine; mix well.
- 6) Press oat mixture into bottom of baker.
- 7) Bake 8 minutes.
- 8) Remove from oven.
- 9) Meanwhile, prepare brownie mix according to package directions.
- 10) Gently spoon batter over partially baked crust; carefully spread to edges of baker.
- 11) Bake according to package directions for brownies (28 minutes).
- 12) Cool completely.
- 13) Combine chocolate morsels and peanut butter in a small micro-bowl.
- 14) Microwave, uncovered, on high for 1 minute.
- 15) Stir until smooth.
- 16) Spread chocolate mixture evenly over cooled brownies.
- 17) Sprinkle with additional chopped nuts.
- 18) Cool until chocolate mixture is set.
- 19) Cut into bars.
- 20) Store in tightly covered container in refrigerator.

Chocolate Chip Pumpkin Loaf

Name: Gloria Seymour – Burke, Virginia

Student: Laurie Seymour

Description of Dish:

This recipe originated from Southern Living Magazine many years ago. We always make it in the Fall and definitely for Thanksgiving and Christmas breakfast.

This Dish Serves: 6-8

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Ingredients:

$\frac{1}{3}$ c. margarine softened
1 c. sugar
2 eggs
 $1\frac{3}{4}$ c. flour
1 tsp. baking soda
 $\frac{3}{4}$ c. chocolate semi-sweet morsels
 $\frac{1}{2}$ tsp. salt
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{4}$ tsp. ginger
 $\frac{1}{4}$ tsp. cloves (ground)
 $\frac{3}{4}$ c. cooked, mashed pumpkin

Glaze:

$\frac{1}{2}$ c. powdered sugar
1 Tbsp. milk
 $\frac{1}{8}$ tsp. nutmeg
 $\frac{1}{8}$ tsp. cinnamon

Preparation Instructions:

- 1) Cream butter, gradually add sugar and beat well.
- 2) Add eggs, one at a time.
- 3) Combine dry ingredients and add to the butter and egg mixture alternating with pumpkin (begin and end with the flour mix). Add chips and stir well.
- 4) Spoon into 9x5x3 inch greased and floured loaf pan. Bake at 350°F for 55 minutes.
- 5) Cool 10 minutes and remove from pan. When completely cool, drizzle with glaze.