

Home Sweet Home

Recipe Contest 2003



Virginia
 Tech

VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

Dear Home Sweet Home Recipe Entrant,

Thank you for your contribution to Student Programs Housing and Dining Services' 2003 Home Sweet Home Recipe Contest. Without your special family recipes the Home Sweet Home Dinner would not be possible. Nothing says home like a home cooked meal. Your contribution will help us provide a little bit of home to every student.

Nearly 80 recipes from 11 states were submitted for this year's contest. Due to the great response and the excellent recipes, our selection committee had a difficult time choosing the winners (listed below). Unfortunately, not everyone could win, but we have published all the entries in this cookbook, including one favorite recipe from Chad Brodtkin, the executive chef of the Depot at Dietrick.

2003 Home Sweet Home Recipe Contest Winners:

Hazelnut Mocha Mix—Delora Bright, Roanoke, Virginia

Taco Soup—Lou Pape, Smithfield, Virginia

Chicken Ritz—Linda Parson, Midlothian, Virginia

Mexican Lasagna—Gale Moore, Woodbridge, Virginia

Grandma's Delicious Noodle Kugel—Sara Cunningham, Lexington, Virginia

Barbecued Butter Beans—Sandy Mackie, Paoli, Pennsylvania

Pineapple Stuffing—Carol Carson, Colorado Springs, Colorado

Pecan Rice—Patti Faulkner, Baton Rouge, Louisiana

Crunchy Peanut Butter Brownies—Pam Pillmore, Doylestown, Pennsylvania

Congratulations to our winners! On each of the winning recipes, you'll find a printed ribbon near the title. While these are the winners from this year's submissions, we know that every recipe is a winner at home.

With warm regards,



Richard J. Johnson
Director of Housing and Dining Services

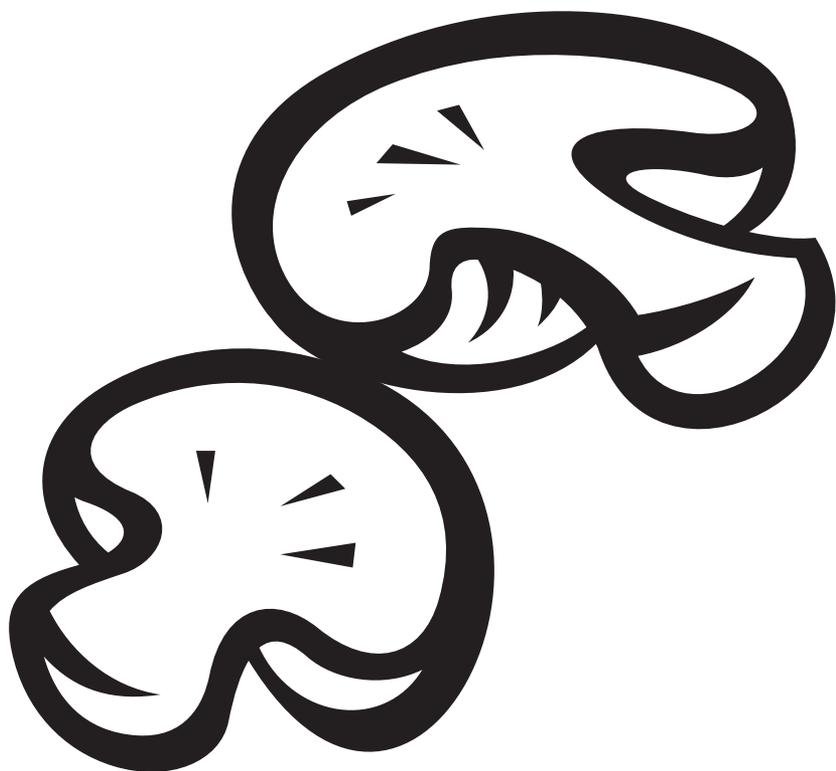
Home Sweet Home Recipes

Appetizers, Salads, and Soups	5
 Chef's Recipe: Italian Mushrooms	8
 Taco Soup	9
Beef & Barley Vegetable Soup	10
Broccoli Salad	11
Chicken Gumbo	12
Cream of Broccoli Soup.....	13
Crunchy Pea Salad	14
Cucumber Salad.....	15
Ham-It-Up Crescent Snacks	16
Hawaiian Fruit Salad	17
Hokie Party Dip	18
Oriental Cabbage Salad	19
Tailgate Chili.....	20
Tropical Fruit Salad.....	21
Tzatziki (Greek Cucumber Sauce).....	22
Side Dishes	23
 Barbecued Butter Beans.....	26
 Grandma's Delicious Noodle Kugel	27
 Pecan Rice.....	28
 Pineapple Stuffing.....	29
Baked Beans	30
Broccoli-Cauliflower Casserole.....	31
Cheese Potatoes	32
Escalloped Pineapple.....	33
Hashbrown Casserole	34
I Love Squash Casserole	35
Scalloped Potato Casserole.....	36

Vegetable Pizza.....	37
Beverages and Breads	39
 Hazelnut Mocha Mix.....	42
Angel Biscuits	43
Never Fail Rolls.....	44
Overnight Pecan Rolls.....	45
Wassail	46
Main Dishes.....	47
 Chicken Ritz	50
 Mexican Lasagna	51
Barbecued Beef.....	52
Chicken & Dumplings	53
Chicken Breasts with Chipped Beef	54
Chicken Broccoli Bake.....	55
Chicken Marengo	56
Chicken Paprika	57
Chicken Tortilla Bake.....	58
Cornbread & Chicken Cheese Chowder..	59
Cornflake Chicken Fingers.....	60
Dee's Delicious Chicken Casserole.....	61
Hamburger Stroganoff	62
Hawaiian Haystacks	63
Krispy Cajun Chicken Tenders.....	64
Low-Fat Fettuccine Primavera	65
Marinade Chicken on the Grill	66
Oriental Sweet and Sour Meatballs.....	67
Sausage Pie	68
Slap Yourself Chili.....	69
Spicy Ham Biscuits	70

Spinach Pollo Delight	71
Sunday Roast Beef.....	72
Walnut Chicken	73
Desserts	75
 Crunchy Peanut Butter Brownies	78
Apple Pie	79
Better Than Sex Cake	80
Blueberry Buckle.....	81
Chocolate Cherry Bars	82
Chocolate Chip Oatmeal Cookies.....	83
Chocolate Chocolate Chocolate Cake ...	84
Chocolate Delight.....	85
Chocolate Eclair Cake.....	86
Eclair Cake	87
Fancy Chocolate Cake	88
Fruit Pizza.....	89
Granny's Cake	90
Granny's No-Mix Cherry Supreme.....	91
Mint Pie.....	92
Peanut Butter Cup Chocolate Chip Cheesecake	93
Peanut Butter Oatmeal Treats.....	94
Pineapple Orange Squares	95
Pistachio Cake	96
Sour Cream Pound Cake.....	97
Triple Chocolate Brownies	98
Triple Chocolate Cake.....	99
Triple Chocolate Cake	100
Index.....	101

Appetizers & Salads & Soups



Appetizers, Salads, and Soups

 Chef's Recipe: Italian Mushrooms	8
 Taco Soup	9
Beef & Barley Vegetable Soup	10
Broccoli Salad	11
Chicken Gumbo	12
Cream of Broccoli Soup.....	13
Crunchy Pea Salad	14
Cucumber Salad.....	15
Ham-It-Up Crescent Snacks	16
Hawaiian Fruit Salad.....	17
Hokie Party Dip	18
Oriental Cabbage Salad	19
Tailgate Chili.....	20
Tropical Fruit Salad	21
Tzatziki (Greek Cucumber Sauce).....	22

Italian Mushrooms



Source: Chad Brodtkin, executive chef at the Depot at Dietrick
Chef Brodtkin has competed in more than 15 American Culinary Federation competitions earning bronze, silver, gold, and best of show awards. He competed in the International Culinary Olympics in 1992. His team went on to win bronze, silver, and the first ever gold medal with a completely plant-based entry. He was employed as the Executive Chef for Resorts USA in the Pocono Mountains of North Eastern Pennsylvania for 10 years prior to moving to Blacksburg with his family. He has been the Executive Chef at the Depot at Dietrick since September 2000.

Personal quote:

I like this recipe because it is a blend of some great flavors. I have impressed some distinguished guests with this recipe. You need just enough breadcrumbs to keep it from melting out of the cap. You can test one by stuffing and baking a single mushroom cap. If the filling runs out, just add a little more crumbs. Hope you enjoy.

Serves: 8

Cooking Time: approximately 14 minutes

Ingredients:

- 12 oz. (large) fresh mushrooms
- 2 $\frac{3}{4}$ oz. Mozzarella cheese, shredded
- 2 T. 1 tsp. Parmesan cheese, grated
- $\frac{1}{4}$ oz. pimiento, chopped
- 1 pinch fresh parsley (chopped coarse)
- $\frac{1}{2}$ oz. breadcrumbs, crushed
- 1 pinch fresh garlic
- $\frac{3}{4}$ tsp. whole oregano
- 1 $\frac{3}{4}$ tsp. whole basil, dried
- 1 dash salt
- $\frac{1}{4}$ tsp. black pepper, ground
- 2 tsp. butter, softened

Preparation Instructions:

- 1) Remove stems and cut bottoms of mushrooms to allow them to sit flat.
- 2) Finely dice mushroom pieces and sauté in a small amount of butter.
- 3) Roast garlic.
- 4) Place mushrooms and remaining items into a large bowl and mix well.
- 5) Fill each mushroom cap with $\frac{3}{4}$ oz. of filling.
- 6) Test one mushroom cap after filling to ensure that mix does not run out of cap when baked.
- 7) Adjust filling as needed from test and resume filling mushrooms, placing into desired service pan for plating.
- 8) Bake in 350° for approximately 14 minutes or until filling is melted and mushroom is tender.

Taco Soup



Source: Lou Pape - Smithfield, Virginia

Student: Albert J. Pape

Personal Quote:

This dish is healthy. A great way to get vegetables in. Great with crackers or hot bread. Also good on toast with cheese.

Serves: 12 (1 cup servings)

Preparation Time: 15 minutes

Ingredients:

- 1 lb. ground turkey
- 1 lg. onion, chopped
- 1 pkg. ranch dressing mix
- 1 pkg. taco seasoning
- 1 can each: pinto beans, hot chili beans, whole corn/Mexican, stewed tomatoes
- 28 oz. can crushed tomatoes

Preparation Instructions:

- 1) Cook onions until tender. Set aside.
- 2) Brown meat—drain, and add cooked onions.
- 3) Add remaining ingredients with liquid (4 regular cans + 28 oz. can). Simmer 1 hour or leave in crock pot all day.

Beef & Barley Vegetable Soup

Source: Margaret Hardage - Charlotte, North Carolina

Student: Jonathan Hardage

Personal Quote:

This has been a favorite of ours for years. It's a hearty, healthy soup for those chilly fall and winter days and nights. We like the fresh vegetables and barley. It goes great with a grilled cheese sandwich or just biscuits, fruit, and a glass of milk.

Serves: 6-8

Preparation Time: 30 minutes

Cooking Time: 1 hour

Ingredients:

- 1 lb. lean ground chuck
- 5 c. water
- 1 (14 oz.) can no-salt stewed tomatoes
- 1 (6 oz.) can low-sodium cocktail vegetable juice
- 1/3 c. barley
- 1/3 c. dried split peas
- 1/2 c. onion, chopped
- 1 T. beef flavored bouillon granules
- 1/4 tsp. pepper
- 1/4 tsp. dried whole basil
- 1 bay leaf
- 3/4 c. celery with leaves, chopped
- 1/2 c. sliced carrots

Preparation Instructions:

- 1) Cook beef until brown and crumbled.
- 2) To a large pot, add meat, water, and next 10 ingredients.
- 3) Bring to boil, cover, reduce heat, and simmer 30 minutes.
- 4) Stir in celery and carrots; cover and simmer 30 minutes.
- 5) Remove bay leaf. Enjoy!

Broccoli Salad

Source: Chris Wilson - Nashville, Tennessee

Student: Charles Scott Wilson

Personal Quote:

A delicious side dish. With pasta mixed in (I would suggest farfel), it can be a meal in itself! Great side dish with burgers or barbecued chicken!

Serves: 6-8

Preparation Time: 20 minutes

Ingredients:

- 2 bunches of broccoli, chopped
- 1 lb. of bacon, fried and crumbled
- 1 small onion, chopped
- ½ c. shredded cheddar cheese
- 1 sweet red pepper, chopped

Dressing:

- 1 c. Miracle Whip salad dressing
- ½ c. sugar
- 2 T. white vinegar

Preparation Instructions:

- 1) Combine all ingredients (broccoli, bacon, onion, cheese, and pepper).
- 2) Stir dressing ingredients together.
- 3) Mix dressing in with other combined ingredients.

Chicken Gumbo

Source: Nancy Mackrides - Newtown Square, Pennsylvania

Student: Daniel Mackrides

Personal Quote:

Chicken gumbo is a South Louisiana staple. There are a number of variations, depending on which part of the state you come from. It is a cross between a soup and a stew and starts with a roux. It is served in a bowl over a large scoop of rice.

Serves: 10-15

Preparation Time: about 2 hours **Cooking Time:** about 4 hours

Ingredients:

- 1 ½ c. oil (Wesson or olive)
- 1 c. flour
- 1 large onion, chopped
- 1 medium bell pepper, chopped
- 2 stalks celery, chopped
- large cloves garlic, chopped fine
- 2 - 3 quarts chicken broth or water (warm up in another stock pot)
- 4 whole, boneless chicken breasts, cut into 1 ½ inch cubes
- salt & pepper
- 1 tsp. garlic powder
- 2 shakes Lea & Perrins Worcestershire sauce
- Tony Chachere's seasoning (if none, increase salt, pepper, garlic powder)
- scallions, chopped
- gumbo filé (powdered sassafras root)

Preparation Instructions:

- 1) Chop vegetables and cube chicken ahead of time.
- 2) In a stockpot or soup pot (at least 5 quart size), mix oil and flour until all lumps are gone. Set stovetop heat to medium low, stir the oil/flour mixture (the roux) constantly, while it browns. Use a flat edge spoon or wooden spatula, the bottom of the pot must be scraped constantly so that the roux does not burn. The roux is ready when it is several shades darker than peanut butter. This usually takes 20 to 30 minutes. Once the roux is the desired color, add all chopped vegetables.
- 3) Let the vegetables sauté until they are all limp. This takes 15-30 minutes.
- 4) Add heated chicken stock/water to mixture. Add cut-up chicken to pot.
- 5) Add 1 tsp. Tony's seasoning, 1 tsp. salt, sprinkling of black pepper over the top, garlic powder, and Worcestershire sauce.
- 6) Let gumbo simmer for 2 hours or more, until chicken is tender and falling apart when tested with a fork. (If gumbo is cooking down too much, lower heat and add some water.)
- 7) Before serving, add seasoning to taste. Serve in a soup bowl over a scoop of cooked white rice. Garnish with chopped scallions and a sprinkling of gumbo filé if desired. Gumbo is also very good leftover and freezes very well.

Cream of Broccoli Soup

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

My family loves broccoli soup! I've tried many recipes over the years and this one is the best.

Ingredients:

2 T. butter
1 c. onions, coarsely chopped
1 leek or 2 scallions, finely chopped
 $\frac{3}{4}$ c. celery, chopped
2 T. flour
8 c. chicken stock
2 lbs. or 2 bunches of broccoli (fresh)
1-1 $\frac{1}{2}$ c. cream (light or heavy)
1-2 T. parsley or chives, finely chopped
1 tsp. salt
 $\frac{1}{2}$ tsp. white pepper
dash nutmeg

Preparation Instructions:

- 1) Prepare broccoli by peeling stalks and leaves. Separate flowers from stalks. Cut stalks into half-inch slices and set aside.
- 2) Melt butter, sauté onions, celery, and leeks or scallions for five minutes. Sprinkle with flour and cook 1 minute. Stir in chicken stock. Add broccoli stalks, lower heat and simmer uncovered for 15 minutes. Add flowerets (save 8-10 for final garnish) and cook for 15 minutes more.
- 3) Purée soup until smooth. Return to saucepan and season with salt, pepper, and nutmeg. Enrich with cream and garnish with parsley, chives and flowerets.

Crunchy Pea Salad

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This salad is a very nutritious winning combination of vegetables and cashews.

Ingredients:

- 1 (10 oz.) package frozen baby peas
- 1 c. celery, diced
- 1 c. cauliflower, chopped
- $\frac{1}{4}$ c. diced green onions
- $\frac{1}{2}$ c. sour cream
- $\frac{3}{4}$ c. ranch dressing
- 1 c. cashews, chopped

Preparation Instructions:

- 1) Combine peas, celery, cauliflower, onions, sour cream, and dressing. Mix well.
- 2) Add cashews and serve.

Cucumber Salad

Source: Linda Shubert - Severn, Maryland

Student: Ian Jewett

Personal Quote:

Cucumber Salad can be served with anything. It's an old family favorite passed down from Ian's grandmother.

Serves: 6

Preparation Time: 10 minutes

Ingredients:

3 large cucumbers

½ c. mayonnaise (imitation or no cholesterol mayonnaise is fine too)

¼ c. sugar

¼ c. vinegar

1 small onion (optional)

salt and pepper to taste

Preparation Instructions:

- 1) Peel cucumbers.
- 2) Slice into quarter-sized pieces and place in medium-sized bowl.
- 3) If you opted to add onion, peel and slice the onion very thin. Add onion to the cucumbers and toss together.
- 4) In a small bowl combine mayonnaise, sugar, and vinegar. Mix ingredients with a fork until smooth.
- 5) Pour over cucumbers and onion.
- 6) Best if chilled 30 or more minutes before serving.

Ham-It-Up Crescent Snacks

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This appetizer can be made on short notice and is always a winner at any gathering.

Ingredients:

- 1 can (8oz.) crescent dinner rolls
- 4 thin slices boiled ham
- 4 tsp. mustard
- 1 c. grated cheese

Preparation Instructions:

- 1) Preheat oven to 375°. Separate dough into 4 rectangles and press perforations to seal.
- 2) Place ham on rectangles. Spread with mustard; sprinkle with cheese.
- 3) Starting at shorter side, tightly roll up each rectangle. Pressing edges to seal, cut each roll into five slices.
- 4) Place on ungreased cookie sheet. Bake at 375° until golden brown, approximately 15 minutes.

Hawaiian Fruit Salad

Source: Jane Morgan - Alexandria, Virginia

Student: Virginia Morgan

Personal Quote:

A family member makes this fruit salad whenever our extended family gathers for a dinner. It is a big favorite with the children but it is enjoyed by everyone. It tastes a little different each time it is made because of the various fruit combinations that are used to make it.

Serves: 8-10

Preparation Time: 15 minutes

Ingredients:

- 1 (8 oz.) pkg. instant vanilla pudding
- 1 ½ c. juice, drained from the fruit below
- 2 c. pineapple, drained
- 2 c. mandarin oranges, drained
- ½ c. maraschino cherries (for color)
- 2 c. green or red grapes
- 1 - 2 sliced bananas
- any other fruit that you like

Preparation Instructions:

- 1) Combine the instant pudding and 1 and ½ c. of juiced drained from the pineapple, mandarin oranges, and cherries.
- 2) Stir the pineapple, mandarin oranges, grapes, cherries, bananas, and fruit of your choice into the juice and pudding mixture.
- 3) Chill the fruit and serve with dinner as a sweet treat.
- 4) Pecan halves may be sprinkled on the salad just before it is served.

Hokie Party Dip

Source: Cheryl Patton - South Burlington, Vermont

Student: Tyler Patton

Personal Quote:

Sure to be a crowd pleaser every time— piping hot and spicy Mexican dip with scoopable Tostito chips. A must-have appetizer for our son, family, and friends at all Virginia Tech football parties in front of the big screen in Vermont. Don't miss kickoff, it goes quick!

Serves: 8-10 people

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 (8 oz.) pkg. of cream cheese
- 1 small onion, chopped
- 1 small can green chilies, chopped
- 1 (8 oz.) jar medium smooth taco sauce
- 2 c. Monterey jack cheese

Preparation Instructions:

- 1) Layer all ingredients in an 8 inch round glass pie plate starting with cream cheese and ending with Monterey jack cheese.
- 2) Bake uncovered for 10 minutes at 350°. **Tips:** let dip sit for 5 minutes before serving, use scoopable Tostito chips. Enjoy!

Oriental Cabbage Salad

Source: Andrea Obusek - Moon Township, Pennsylvania

Student: Kristine Obusek

Personal Quote:

My daughter loves this salad because she is a vegetarian and it is extremely easy to make. We had this at her graduation party and everyone was asking for the recipe! This recipe makes a good side dish with anything and is especially good for college students because of the Ramen noodles!

Serves: 4-6

Preparation Time: ½ day

Ingredients:

- 1 bag broccoli slaw
- 1 pkg. Ramen noodles
- $\frac{2}{3}$ c. slivered toasted almonds

Dressing:

- 4 1/2 T. red wine vinegar
- 3 T. sugar
- ½ tsp. pepper
- ½ c. salad oil
- 1 tsp. salt
- 1 pkg. Ramen noodle seasoning

Preparation Instructions:

- 1) Mix all salad ingredients and set aside.
- 2) Mix all dressing ingredients except Ramen noodles.
- 3) Pour dressing over salad mixture and toss together.
- 4) Let marinate in refrigerator for about 4 to 6 hours.
- 5) Add noodles prior to serving for crunchy effect!

Tailgate Chili

Source: Chris Wilson - Nashville, Tennessee

Student: Charles Scott Wilson

Personal Quote:

Delicious hot chili on a cold day. Great served with cornbread!

Serves: 8

Preparation Time: 20 minutes

Cooking Time: 1 1/2 hours

Ingredients:

- 6 (8 oz.) chicken breasts, cut into small pieces
- 2 bell peppers, chopped
- 2 c. onions, chopped
- 4 garlic cloves, chopped
- 2 T. olive oil
- 4 cans stewed tomatoes
- 2 cans drained pinto beans
- 1 1/2 c. medium picante sauce
- 4 tsp. salt
- 2 tsp. cumin
- 2 tsp. chili powder
- pepper to taste

Preparation Instructions:

- 1) Sauté the chicken, garlic, peppers, and onions in a large pot.
- 2) Add the rest of the ingredients and simmer for one to one and a half hours.

Tropical Fruit Salad

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

The dressing on this salad makes it different than any other fruit salad. It always disappears at any potluck supper.

Ingredients:

1 can (13 oz.) pineapple cubes
1 can (11 oz.) mandarin orange segments
green grapes
strawberries
1 banana, sliced
1 avocado, peeled and sectioned
coconut (optional)

Dressing:

$\frac{1}{2}$ c. sugar
1 T. flour
1 egg, slightly beaten
 $\frac{3}{4}$ c. pineapple juice
 $\frac{1}{4}$ c. lemon juice

Preparation Instructions:

Salad:

- 1) Drain cans of pineapple and mandarin oranges, reserving juice.
- 2) Combine above with green grapes and strawberries.
- 3) Add banana and sectioned avocado to pineapple, oranges, grapes, and strawberries.
Feel free to add any in-season fruit. Add coconut if desired. Serve in a lettuce-lined bowl.

Dressing:

- 1) Mix well and cook over low heat until thickened, stirring constantly.
- 2) Cool before mixing with salad fruit. Add dressing to fruit and gently mix.

Tzatziki (Greek Cucumber Sauce)

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

While living in Japan, we participated in an international food festival. This was one of my favorites because it is tasty yet very low in calories.

Ingredients:

- 2 c. plain yogurt
- 2 cucumbers
- 1 clove garlic, crushed
- 1 T. vinegar
- 1 T. olive oil
- salt and pepper to taste
- 1 cheesecloth (3-ply)

Preparation Instructions:

- 1) Pour yogurt into cheesecloth to drain overnight in refrigerator.
- 2) Peel and chop cucumbers very fine and drain well (squeeze them wrapped in cheesecloth).
- 3) Add other ingredients and mix well.
- 4) Serve with crackers or toast points.

Side Dishes



Side Dishes

 Barbecued Butter Beans.....	26
 Grandma’s Delicious Noodle Kugel	27
 Pecan Rice.....	28
 Pineapple Stuffing.....	29
Baked Beans	30
Broccoli-Cauliflower Casserole.....	31
Cheese Potatoes	32
Escalloped Pineapple.....	33
Hashbrown Casserole	34
I Love Squash Casserole	35
Scalloped Potato Casserole.....	36
Vegetable Pizza.....	37

Barbecued Butter Beans



Source: Sandy Mackie - Paoli, Pennsylvania

Student: Craig Mackie

Personal Quote:

Great dish for picnics and tailgate parties. A much requested recipe!

Serves: 10-12

Preparation Time: 20 minutes

Cooking Time: 2 ½ hours

Ingredients:

- 6 (1 lb.) cans butter beans, drained
- 1 ½ boxes brown sugar
- 1 (36 oz.) bottle catsup
- 1 lb. bacon, cut in small pieces

Preparation Instructions:

- 1) Mix all ingredients together and place in open roasting pan. Stir occasionally.
- 2) Bake at 350° for 2 ½ hours.

Grandma's Delicious Noodle Kugel



Source: Sara Cunningham - Lexington, Virginia

Student: Ryan Cunningham

Personal Quote:

This recipe has been in our family for generations. It traditionally is prepared at all of our holiday meals and is a favorite. As a side dish it goes well with turkey, beef or chicken main courses, but the kids often argue that it tastes like a dessert!

Serves: 8-10

Preparation Time: 20 minutes

Cooking Time: 1 hour

Ingredients:

½ lb. fine egg noodles

½ lb. cream cheese (softened to room temperature)

1 lb. cottage cheese

Topping:

1 pkg. graham crackers (about 10 large rectangles)

4 eggs

¾ c. sugar

¾ c. white raisins (optional)

6 c. sour cream

7 T. vanilla

Preparation Instructions:

- 1) Cook and drain the noodles and set aside.
- 2) Crush graham crackers to crumbs and set aside, saving for topping.
- 3) If using raisins (which my family prefers I leave out!), soak them in hot water to plump and squeeze out excess liquid.
- 4) Smooth together cream cheese and cottage cheese in a large mixing bowl.
- 5) Add all remaining ingredients except the graham cracker crumbs to cheese mixture mixing well, adding cooked noodles last, folding in carefully.
- 6) Pour into 9 x 13 glass baking dish. Sprinkle crushed graham cracker crumbs on top making a thick golden topping.
- 7) Bake at 350° for 1 hour.
- 8) Cool at least 15 minutes before cutting into squares. Can be served warm or cool as leftovers! Can also be frozen to save for another meal.

Pecan Rice



Source: Patti Faulkner - Baton Rouge, Louisiana

Student: Rachel Faulkner

Personal Quote:

This recipe is a wonderful dish since it goes with so many entrées. We serve it with grilled chicken, fish, beef kabobs, and traditionally at our family Thanksgiving gathering. It's a been a hit at many a potluck dinner, and has become our family's favorite. Rachel requests my Pecan Rice often, and it means "home" to her.

Serves: 10-12

Preparation Time: 10-15 minutes

Cooking Time: 40 minutes

Ingredients:

- 2 c. converted rice (such as Uncle Ben's)
- 1 T. olive oil
- 2 T. butter
- 4 c. chicken broth
- 8 oz. mushrooms, chopped
- ½ c. pecans, chopped
- 4 green onions or scallions, chopped
- 6 oz. Parmesan cheese, grated
- salt and pepper to taste

Preparation Instructions:

- 1) Preheat oven to 350°.
- 2) In a large, deep sauté pan melt butter in olive oil over medium-high heat.
- 3) Add rice and stir constantly until rice begins to turn amber color, about 2-3 minutes.
- 4) Pour in chicken broth and bring to a boil.
- 5) Reduce heat to a low simmer, and cover the pan. Cook until all the broth is absorbed and the rice is soft, about 20 minutes.
- 6) In a large mixing bowl, combine the cooked rice with the chopped mushrooms, pecans, and scallions.
- 7) Stir in the Parmesan cheese with a dash of salt and pepper, and then transfer the mixture to a casserole dish. Place in oven at 350° for 20 minutes. Enjoy!

Pineapple Stuffing



Source: Carol Carson - Colorado Springs, Colorado

Student: Amanda Carson

Personal Quote:

We always serve this with ham. It used to be just for Easter but became a favorite. I got the recipe at a dinner party that almost ended up in a fistfight.

Serves: 6

Cooking Time: 1 hour

Ingredients:

½ c. butter

½ c. sugar

4 eggs

5 slices white bread, cubed

20 oz. crushed pineapple, drained

Preparation Instructions:

- 1) Cream butter and sugar.
- 2) Beat in one egg at a time.
- 3) Fold in bread and drained pineapple.
- 4) Put in greased 1 ½ qt. casserole dish and bake for 1 hour at 350°. Double ingredients for 9 x 13 dish.

Baked Beans

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This family recipe adds a different twist on the traditional cookout staple of baked beans.

Cooking Time: 2 ½ hours

Ingredients:

- 5 (15 oz.) cans baked beans
- 2 (15 oz.) cans butter beans
- 1 (large) can tomatoes
- 5 T. brown sugar
- 1 green pepper, sliced
- ½ lb. bacon, cut in pieces

Preparation Instructions:

- 1) Mix and bake at 300° for 2 ½ hours or until thick.

Broccoli-Cauliflower Casserole

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This is my favorite vegetable casserole. Easy to make and everyone loves it.

Cooking Time: 25 minutes

Ingredients:

- 1 (10 oz.) pkg. frozen broccoli
- 1 (10 oz.) pkg. frozen cauliflower
- 1 (10 oz.) can cream of celery soup
- 1 (4 oz.) can mushroom pieces
- ¼ c. sliced green onions
- ½ tsp. dried basil
- ¼ tsp. salt
- ¼ c. Parmesan cheese
- ½ tsp. paprika

Preparation Instructions:

- 1) Cook broccoli and cauliflower. Drain well. Cut into large pieces.
- 2) In 2 quart casserole, combine soup, mushrooms, onions, basil, and salt. Carefully stir in broccoli and cauliflower.
- 3) Sprinkle with cheese and paprika. Bake uncovered for 25 minutes at 375°.

Cheese Potatoes

Source: Beverly Taylor - Jamestown, New York

Student: William Taylor

Personal Quote:

This recipe is great because it is easy to make and can be made ahead. It is super with ham.

Serves: 9-12

Preparation Time: 10 minutes

Cooking Time: 1 hour

Ingredients:

- 1 ½ lb. frozen hash brown potatoes (we prefer O'Briens)
- ½ pint half and half or milk
- ½ lb. butter
- ½ lb. American processed cheese (we prefer Velveeta)
- 3 oz. sharp cheddar cheese, grated

Preparation Instructions:

- 1) Arrange frozen potatoes in a 9 x 9 baking dish.
- 2) Melt all remaining ingredients in a saucepan, pour over potatoes, and stir gently to mix.
- 3) Cover and refrigerate for one hour or longer.
- 4) Bake uncovered in preheated 350° oven for one hour (may be frozen after baking).

Escalloped Pineapple

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

Excellent with ham. I like to serve this with holiday dinners.

Cooking Time: 45 minutes

Ingredients:

½ c. sugar

½ c. margarine

3 eggs, well beaten

1 (no. 2) can crushed pineapple, do not drain

4 slices white bread

Preparation Instructions:

- 1) Cream sugar and margarine together.
- 2) Add eggs to mixture. Add pineapple.
- 3) Remove crust and break bread into bite size pieces. Stir all ingredients together and pour into 1 ½ quart dish.
- 4) Bake at 350° for 45 minutes, uncovered.

Hashbrown Casserole

Source: Donna Weatherford - Danville, Virginia

Student: Carlton Weatherford, Jr.

Personal Quote:

This dish is quick to make and great to serve with any meal. Carlton is a meat and potato man. A Hokie football player needs lots of protein and something to stick to his ribs.

Serves: 8

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Ingredients:

- 1 stick margarine
- 2 c. grated cheese
- 1 c. sour cream
- 2 T. onion flakes
- 1 T. salt
- 2 lb. hashbrowns
- ½ tsp. pepper
- 1 c. grated cheese
- 1 small can cream of chicken soup
- breadcrumbs

Preparation Instructions:

- 1) Melt butter, pour half in casserole dish and set aside.
- 2) Mix in bowl cheese, sour cream, onion flakes, salt, pepper, chicken soup, and other half of butter.
- 3) Add hash browns, mix and pour into buttered dish.
- 4) Sprinkle remaining cheese on mixture and add breadcrumbs on top.
- 5) Bake at 300° for 20 minutes.

I Love Squash Casserole

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

When Chris was little he wanted to plant a garden. I figured I'd use up all the squash seeds, so 7 rows, 7 plants per row. We had this dish a lot that year. Now when we have this dish, we remember that squash summer and laugh.

Serves: 6-8

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Ingredients:

- about 2 lb. of summer squash
- 1 onion, peeled, sliced, and divided into rings
- 1 carton (8 oz.) sour cream
- 1 can condensed milk
- 8 c. Pepperidge Farm herb dressing mix
- 2 c. shredded Colby or cheddar cheese
- 3 or 4 T. butter or margarine

Preparation Instructions:

- 1) Slice squash and boil for a few minutes, just until tender. Drain well.
- 2) In a baking dish, place half of the squash and half of the fresh, uncooked onion rings.
- 3) Cover with half of the sour cream.
- 4) Pour half of the condensed milk over these layers.
- 5) Sprinkle 1 c. of the dressing mix on top then add 1 c. of the cheese.
- 6) Repeat the layers in order with the remaining ingredients.
- 7) Dot generously with butter or margarine. Bake at 350° for 30 minutes.

Scalloped Potato Casserole

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

Everyone loves this casserole! Nice and creamy.

Cooking Time: 30 minutes

Ingredients:

- 1 c. sour cream
- 1 can cream of mushroom soup
- $\frac{1}{4}$ c. melted margarine
- $\frac{1}{3}$ c. green onions
- 1 $\frac{1}{2}$ c. shredded cheddar cheese
- 3 lbs. all purpose potatoes, peeled and cubed
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{2}$ c. bread crumbs

Preparation Instructions:

- 1) Mix sour cream, butter, green onions, and $\frac{1}{2}$ c. of cheese in a lightly greased 3-quart casserole.
- 2) Gently stir in potatoes, salt and pepper.
- 3) Top with remaining cheese and bread crumbs. Bake in preheated oven at 350° for 30 minutes.

Vegetable Pizza

Source: Donna Weatherford - Danville, Virginia

Student: Carlton Weatherford, Jr.

Personal Quote:

This is a good appetizer to serve at a gathering like a party, shower, or meal. It's a healthy pizza to eat anytime. Carlton likes it because he gets raw veggies as well to eat.

Serves: 12 people

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Ingredients:

2 cans crescent rolls

2 c. grated

2 pkg. cream cheese, softened

½ pkg. Ranch dressing

carrot, broccoli, cauliflower, green peppers and onions. Grated finely

Preparation Instructions:

- 1) Press dough into pizza pan for crust.
- 2) Bake at 350° for 10 minutes. Cool.
- 3) Mix ranch dressing into cream cheese, spread onto crust when cool. Assemble veggies in layers as you would a pizza. Cover and refrigerate until serving. Cut like pizza.

Beverages



&

Breads

Beverages and Breads

 Hazelnut Mocha Mix	42
Angel Biscuits	43
Never Fail Rolls	44
Overnight Pecan Rolls	45
Wassail	46

Hazelnut Mocha Mix



Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

We like this sweet chocolate drink on cold winter days. Since it is a dry mix, I can send it to Tech with Chris and it is a little taste of home.

Serves: about 18 $\frac{1}{4}$ cups dry mix

Preparation Time: 20 minutes

Cooking Time: 2 minutes

Ingredients:

- 1 pkg. (1 lb. 9.6 oz.) nonfat dry milk powder
- 1 pkg. (16 oz.) confectioners sugar, sifted
- 1 pkg. (15 oz.) chocolate mix for milk (I use Nestlé Quick)
- 1 jar (11 oz.) non-dairy powdered creamer
- 2 jars (8 oz. each) hazelnut flavored non-dairy powdered creamer
- $\frac{1}{2}$ c. cocoa
- $\frac{1}{4}$ c. instant coffee granules

Preparation Instructions:

- 1) In a very large bowl, combine dry milk, confectioner's sugar, chocolate mix, creamers, cocoa, and coffee granules; stir until well blended.
- 2) Store in resealable plastic bags.
- 3) To serve, heat 10 oz. hot water in microwave on high for 2 minutes. Pour hot water over 3 rounded T. mix and stir until well blended. **Tip:** To cut calories, delete the confectioner's sugar and add Equal or other low cal sweetener to each individual serving.

Angel Biscuits

Source: Nancy Robeson - Vienna, Virginia

Student: Jesse Robeson

Personal Quote:

These biscuits have probably been served at every Thanksgiving and Christmas dinner—always made with love by Jesse's grandmother!

Serves: 20

Preparation Time: 45 minutes

Cooking Time: 12-15 minutes

Ingredients:

- 1 package yeast
- 2 T. very warm water
- 5 c. flour
- 1 tsp. baking soda
- 1 T. baking powder
- 2 T. sugar
- 1 ½ tsp. salt
- 1 c. shortening
- 2 c. buttermilk

Preparation Instructions:

- 1) Dissolve yeast in water. Set aside.
- 2) Sift dry ingredients in large bowl.
- 3) Cut in shortening. Add buttermilk, then add yeast mixture. Stir until thoroughly moistened.
- 4) Turn mixture onto floured board and knead 2 minutes.
- 5) Roll out to ½" thickness and cut into rounds. Makes about 30 biscuits.

Never Fail Rolls

Source: Jane Morgan - Alexandria, Virginia

Student: Virginia Morgan

Personal Quote:

These rolls are excellent and a family favorite especially when we are gathered for Christmas or Thanksgiving. These rolls can be made the night before a big dinner. On the day of the dinner, the rolls can be formed in the morning and will be ready to be placed in the oven when the meat is done.

Serves: Makes 2 dozen rolls

Preparation Time: 1 hour

Cooking Time: 12-15 minutes

Ingredients:

- 1 c. boiling water
- 2 tsp. butter
- ½ c. sugar
- 1 c. cold water
- 1 tsp. salt
- 1 pkg. yeast dissolved in ½ c. warm water
- 2 eggs
- 7 c. flour

Preparation Instructions:

- 1) In a large mixing bowl combine 1 c. of boiling water, 2 tsp. butter, ½ c. sugar, 1 c. cold water, and 1 tsp. salt.
- 2) Dissolve 1 pkg. of yeast in ½ c. warm water and add to the above mixture.
- 3) Beat 2 eggs and add to mixture.
- 4) Gradually add 7 c. of flour to the mixture. Do not knead.
- 5) Cover the bowl with plastic wrap and refrigerate over night. The mixture will double itself. You can push the dough down and let it rise again over several days before use.
- 6) To form each roll, butter hands and make three balls. Place the 3 balls in a 3" inch buttered muffin tin. Allow 3-4 hours to rise.
- 7) Bake at 400° for 12-15 minutes.

Overnight Pecan Rolls

Source: Kalene Orndorff - Raleigh, North Carolina

Student: David Orndorff

Personal Quote:

These yummy rolls are made Christmas Eve and baked Christmas morning. The whole family enjoys them. Even though preparing them on Christmas Eve is somewhat time consuming, the aroma and taste is well worth it the next morning.

Serves: 4

Preparation Time: 2 hours

Cooking Time: 25 minutes

Ingredients:

Dough:

- 1 T. yeast
- $\frac{1}{4}$ c. warm water
- $\frac{1}{4}$ c. warm milk
- $\frac{1}{4}$ c. sugar
- $\frac{1}{2}$ tsp. salt
- 1 egg
- $\frac{1}{4}$ c. butter
- about 3 c. flour

Filling:

- 2 T. butter
- 2 tsp. cinnamon/sugar
- $\frac{1}{4}$ c. butter
- $\frac{1}{4}$ c. honey
- $\frac{1}{4}$ c. brown sugar
- $\frac{3}{4}$ c. chopped pecans

Preparation Instructions:

- 1) Dissolve yeast in $\frac{1}{4}$ c. warm water.
- 2) Stir in $\frac{1}{4}$ c. warm milk, $\frac{1}{4}$ c. sugar, $\frac{1}{2}$ tsp. salt, 1 egg, $\frac{1}{4}$ c. soft or melted butter, 1 $\frac{1}{4}$ c. flour. Blend until smooth.
- 3) Stir in one or more cups of flour, knead. (I do most of this in my mixer.)
- 4) Place in greased bowl, cover, and let rise until doubled.
- 5) Let rest 10 minutes. Turn dough onto floured surface and roll out about 12 x 9 inches.
- 6) Spread dough with softened 2 T. butter and cinnamon/sugar mix.
- 7) Roll up; cut into 15 rolls. Melt $\frac{1}{4}$ c. butter, stir in honey, brown sugar and pecans in bottom of pan and place rolls on top. (I use a glass pan so I can see their color when baking.)
- 8) Cover in refrigerator; next morning let sit out 1 hour, bake. Turn onto platter and devour immediately!

Wassail

Source: Winifred Johnson - Clifton Forge, Virginia

Student: Chris Bright

Personal Quote:

We always have this with our Thanksgiving meal. It is a spicy, hot drink that is good in cold weather. Chris always looks forward to it.

Serves: 15

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/3 c. whole cloves
- 2/3 c. stick cinnamon
- 2 c. water
- 1 gal. cider
- 4 c. orange juice (or 12 oz. frozen canned)
- 1 c. lemon juice (or 6 oz. frozen canned)
- 1 c. pineapple juice
- 2 c. sugar

Preparation Instructions:

- 1) Put cloves and cinnamon in a cloth bag and 2 c. of water in a small saucepan; simmer 20 minutes.
- 2) Remove bag of spices.
- 3) Place remaining ingredients in a large pot. Add the spiced water to the pot. Bring to a boil, then simmer until ready to serve. **Tip:** Can be put in a crock pot on low until ready to serve.

Main Dishes



Main Dishes

 Chicken Ritz	50
 Mexican Lasagna	51
Barbecued Beef.....	52
Chicken & Dumplings	53
Chicken Breasts with Chipped Beef	54
Chicken Broccoli Bake.....	55
Chicken Marengo	56
Chicken Paprika	57
Chicken Tortilla Bake.....	58
Cornbread & Chicken Cheese Chowder..	59
Cornflake Chicken Fingers.....	60
Dee's Delicious Chicken Casserole.....	61
Hamburger Stroganoff	62
Hawaiian Haystacks	63
Krispy Cajun Chicken Tenders.....	64
Low-Fat Fettuccine Primavera	65
Marinade Chicken on the Grill	66
Oriental Sweet and Sour Meatballs.....	67
Sausage Pie	68
Slap Yourself Chili	69
Spicy Ham Biscuits	70
Spinach Pollo Delight.....	71
Sunday Roast Beef.....	72
Walnut Chicken	73

Chicken Ritz



Source: Linda Parson - Midlothian, Virginia

Student: Zach Parson

Personal Quote:

This is a very delicious, heart-warming recipe. I prepare this recipe throughout the year but it is especially delightful on chilly winter days. It can easily be prepared low fat by using low-fat soup, lite sour cream, and low-fat crackers.

Serves: 4

Preparation Time: 45 minutes

Cooking Time: 30 minutes

Ingredients:

- 2-3 c. of cooked chicken breast (about 6 breasts)
- 1 can cream of chicken soup (no water)
- 8 oz. sour cream
- 1 can green peas, drained (optional)
- 30 crushed Ritz crackers

Preparation Instructions:

- 1) Layer chicken in bottom of a 9 x 13 baking dish.
- 2) Mix sour cream with cream of chicken soup.
- 3) Pour over chicken evenly.
- 4) Add salt and pepper at your discretion.
- 5) Crush 30 Ritz crackers. Place in Ziploc bag and use a rolling pin.
- 6) Sprinkle Ritz crackers evenly on top of casserole.
- 7) Place in oven at 350° for 30 minutes.

Mexican Lasagna



Source: Gale Moore - Woodbridge, Virginia

Student: Shane Moore

Personal Quote:

Shane says when I make this recipe, he thinks about it all day in school (high school) and can't wait to get home to eat it!

Serves: 8

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 9 pieces lasagna noodles (½ box)
- 1 lb. hamburger
- 8 oz. salsa
- 1 jar (16 oz.) spaghetti sauce
- 1 lb. shredded mozzarella cheese
- 1 lb. shredded cheddar cheese
- 1 pkg. taco seasoning
- ¾ c. water

Preparation Instructions:

- 1) Boil water and cook lasagna noodles until tender. Drain.
- 2) Brown hamburger and drain.
- 3) Add ¾ c. water and taco seasoning. Cook until absorbed into hamburger.
- 4) Stir in salsa.
- 5) Spray casserole dish with cooking spray; begin layering with 3 lasagna noodles, then a layer of hamburger mix, layer of both cheeses, layer of spaghetti sauce. Repeat, ending with cheese on top.
- 6) Bake at 350° for 30 minutes.

Barbecued Beef

Source: Sandy Mackie - Paoli, Pennsylvania

Student: Craig Mackie

Personal Quote:

Craig always shows up for dinner when this is on the menu! Great with potato salad.

Serves: 12

Preparation Time: 30 minutes

Cooking Time: 8 hours

Ingredients:

- 3 lbs. beef cubes
- 2 c. onion, chopped
- 1(6 oz.) can tomato paste
- ½ c. brown sugar
- ¼ c. cider vinegar
- ¼ c. chili powder
- 2 tsp. salt
- 2 tsp. Worcestershire sauce
- 1 tsp. dry mustard

Preparation Instructions:

- 1) Put all ingredients into crock pot. Cover and cook on low for 8 hours.
- 2) After cooking for 6 hours, stir occasionally with wire which to shred meat.
- 3) Serve on hamburger buns or Kaiser rolls.

Chicken & Dumplings

Source: Marion MacLeod Caudle - Rockville, Maryland

Student: Kathryn MacLeod Boynton

Personal Quote:

Chicken and Dumplings w/mashed potatoes, green peas, green salad, and black magic cake.

Serves: 6-8

Preparation Time: 45 minutes

Cooking Time: 1 hour +

Ingredients:

Chicken:

2 c. chicken broth

1 tsp. poultry seasoning

1 bay leaf

1-1 ½ lbs. chicken, skinless, boneless

2 T. fresh parsley (optional)

2 cans cream of chicken soup

2 cans milk

1 c. petite peas

Dumplings:

2 c. Bisquick mix

$\frac{2}{3}$ c. milk

Preparation Instructions:

- 1) Cook chicken with chicken broth, poultry seasoning and bay leaf for 10 minutes. Strain broth.
- 2) Add fresh parsley, 2 cans cream of chicken soup, and 2 cans milk.
- 3) Add petite peas. Cook 10 more minutes covered.
- 4) Combine 2 c. Bisquick and $\frac{2}{3}$ c. milk until just mixed, will be stiff.
- 5) With two spoons, drop dumpling mixture into boiling stock and cook 10 minutes, uncovered.
- 6) Turn dumplings with spoon. Cover and cook 10 minutes.

Chicken Breasts with Chipped Beef

Source: Sandy Mackie - Paoli, Pennsylvania

Student: Craig Mackie

Personal Quote:

Quick and easy. A family favorite. Great for company.

Serves: 8

Preparation Time: 20 minutes

Cooking Time: 1 ½ hours

Ingredients:

- 8 chicken breasts, boneless
- 8 slices of bacon
- 2 pkgs. chipped (dried) beef
- 1 (8 oz.) pkg. cream cheese, softened
- 1 can cream of mushroom soup

Preparation Instructions:

- 1) Put chipped beef in bottom of 9 x 13 baking dish.
- 2) Wrap each chicken breast with slice of bacon and place on top of chipped beef.
- 3) Mix cream cheese and soup together and spoon over chicken breasts.
- 4) Cover dish tightly with aluminum foil.
- 5) Bake at 325° for 1 ½ hours.

Chicken Broccoli Bake

Source: Alice Smith - Gibsonia, Pennsylvania

Student: Michael Smith

Personal Quote:

Broccoli Bake is best served with a side dish of white rice. My son likes the mixture of bread, chicken, and cheese.

Serves: 4-6

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Ingredients:

- 2 c. cooked broccoli, chopped
- 2 c. soft bread cubes
- 1 (12 oz.) jar chicken gravy
- ½ c. milk
- 2 c. cooked chicken, cubed
- 2 c. American cheese, cubed
- dash of pepper

Preparation Instructions:

- 1) In buttered baking pan (9 x 9) layer broccoli, chicken, bread cubes, and cheese.
- 2) Combine gravy, milk, and pepper.
- 3) Pour over mixture.
- 4) Bake at 375° oven for 45 minutes.
- 5) Let stand 5 minutes. Serve with white rice or noodles.

Chicken Marengo

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

My mother made this as an easy dinner. The chicken is always tender and the tomato-mushroom sauce is yummy.

Cooking Time: 40 minutes

Ingredients:

- 2 ½ - 3 lbs. chicken
- ¼ c. flour
- 1 tsp. salt
- ¼ tsp. pepper
- 2 T. oil
- 1 clove garlic
- ½ c. hot water
- 1 can (15 oz.) tomato sauce
- 1 bouillon cube
- 1 can (4 oz.) mushrooms

Preparation Instructions:

- 1) Mix flour, salt and pepper together and coat chicken.
- 2) Brown chicken in oil. Add garlic.
- 3) Dissolve bouillon in water. Add chicken with mushrooms and sauce.
- 4) Cook 40 minutes or until tender.

Chicken Paprika

Source: Susan Kapuscinski - Springfield, Virginia

Student: Anna Kapuscinski

Personal Quote:

A quick and easy main dish, usually weeknight fare, and one of Anna's favorite meals. Served over noodles with a mixed green salad.

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 T. margarine
- 4 chicken breast halves
- 1 can cream of mushroom soup
- 2 tsp. paprika
- $\frac{1}{8}$ tsp. ground red pepper
- $\frac{1}{3}$ c. sour cream or yogurt
- hot cooked noodles with parsley

Preparation Instructions:

- 1) In a skillet, brown chicken in hot margarine.
- 2) Remove and set aside.
- 3) Combine soup, paprika and pepper in skillet. Heat to boiling.
- 4) Return chicken to skillet. Cover and cook over low heat.
- 5) Stir in sour cream. Heat through. Serve over noodles.

Chicken Tortilla Bake

Source: Erin Lockwood - Hummelstown, Pennsylvania

Student: Brad Lockwood

Personal Quote:

An easy “Tex Mex” recipe that is a family favorite enjoyed for dinner, but easily reheated for leftovers! My student likes this dish anytime and will often spice it up with hot sauces and salsa on top. Recipe is often served with toppers—sour cream, guacamole, hot salsa, refried beans, and cornbread and Spanish/Mexican rice.

Serves: 6-8

Preparation Time: 35 minutes

Cooking Time: 25 minutes

Ingredients:

- 6 boneless chicken breasts
- ½ c. green onion, thinly sliced
- 1 clove garlic, minced
- 2 T. vegetable oil
- 4 c. cold chicken broth
- 3 T. cornstarch
- 1 c. shredded Monterey jack or cheddar cheese
- ½ c. mayonnaise
- ½ c. sour cream
- 5 oz. green chilies, chopped
- ¼ c. black olives, sliced
- ¼ c. cilantro or parsley, chopped
- 12 (6") flour tortillas
- ¼ c. black olives
- ½ c. of shredded cheese

Preparation Instructions:

- 1) Cut chicken into thin strips, sauté chicken, green onions, and garlic in oil until light brown and cooked through.
- 2) Mix broth and corn starch in saucepan, bring to boil (stir constantly). Boil for one minute and remove from heat.
- 3) Stir in 1 c. cheese, sour cream, mayonnaise, green chilies, ¼ c. black olives, and cilantro/parsley.
- 4) Combine 1 c. of this sauce with the chicken mixture in a bowl and mix well.
- 5) Spoon reasonable amount of chicken mixture into center of a flour tortilla. Roll to enclose filling. Repeat with all tortillas; arrange seam-side down in nonstick baking dish.
- 6) Spoon remaining sauce over tortillas and sprinkle with ¼ c. black olives and ½ c. cheese (or as desired).
- 7) Bake at 350° for 25 minutes or until heated through.

Cornbread & Chicken Cheese Chowder

Source: Elizabeth Powell - Greensboro, North Carolina

Student: Meredith Powell

Serves: 4-5

Cooking Time: 40 minutes

Ingredients:

Cornbread:

1 12 oz. pkg. corn muffin mix (I use Flako)

1 tsp. salt

3 eggs, beaten

½ c. corn oil

½ pint sour cream

1 (17 oz.) can creamed corn, not drained.

1 can whole kernel corn, drained.

Chicken Cheese Chowder:

1 c. carrots, shredded

¼ c. onion, chopped

4 T. butter or margarine

¼ c. all purpose flour

2 c. milk

1 (13 ¾ oz.) can (1 ¾ c.) chicken broth

1 c. cooked chicken, diced

1 T. dry white wine

½ tsp. celery seed

½ tsp. Worcestershire sauce

1 c. sharp cheese, shredded

Preparation Instructions:

Cornbread:

- 1) Preheat oven to 350°. Stir together corn muffin mix, salt, beaten eggs, corn oil, and sour cream. Stir until smooth.
- 2) Fold in creamed corn - whole kernel corn (if desired). Bake at 350° for about 40 minutes until done using 9 x 13 pan. Bake about 30 minutes if using two 8 x 8 pans.

Chicken Cheese Chowder:

- 1) In large saucepan, cook carrot and onion in butter till tender, but not brown.
- 2) Blend in flour; add milk and chicken broth. Cook and still till thickened and bubbly.
- 3) Stir in chicken wine, celery seed and Worcestershire. Heat through.
- 4) Add Cheese. Stir till melted. Garnish with snipped chives. Recipe can be doubled.

Cornflake Chicken Fingers

Source: Donna Offterdinger - Bethesda, Maryland

Student: Cara Offterdinger

Personal Quote:

This is so easy. The chicken can also be baked for fewer calories. You can also use soy or rice flour if there are wheat allergies. This is tasty for all ages. This recipe has been a favorite for all of Cara's friends for the last few years. I serve this with mashed potatoes or saffron rice and green beans and a salad.

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 20-30 minutes

Ingredients:

- 5 chicken breasts-boneless, skinless
- 1 large box cornflakes cereal
- 3-4 jumbo eggs
- flour
- oil

Preparation Instructions:

- 1) Cut each chicken breast into 5 or 6 pieces.
- 2) Pour oil into large Dutch oven and heat to medium high.
- 3) Crush cornflakes into crumbs. Pour some onto a plate (enough to cover the plate and make a little mound).
- 4) Put eggs in a shallow bowl and mix together.
- 5) Put flour in a shallow bowl.
- 6) To coat each piece of chicken, coat with flour, then with the egg mixture, then roll in the cornflakes and put in the hot oil.
- 7) Drain on paper towels. Please be careful with the hot oil.

Dee's Delicious Chicken Casserole

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

This chicken casserole is a little different. The water chestnuts give it an unexpected crunch. It is also a good way to use up those little broken chips at the bottom of the bag.

Serves: 8-10

Preparation Time: 20 minutes (best if refrigerated 4 to 8 hours before)

Cooking Time: 50 minutes

Ingredients:

- 6 chicken breast halves (leftover turkey can also be used)
- 1 c. diced celery
- 1 onion, chopped
- 1 can sliced water chestnuts
- $\frac{2}{3}$ c. mayonnaise
- 1 (10 1/4 oz) can cream of chicken soup
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 2 c. potato chips, crushed
- 3 hard-cooked eggs
- 3 c. frozen green peas

Preparation Instructions:

- 1) Boil chicken until done; drain, rinse, and debone. (**Note:** While the chicken is boiling you can chop the celery and onion, and cook the eggs.)
- 2) Cut chicken into bite-size pieces, and put into large mixing bowl.
- 3) Add diced celery, chopped onion, water chestnuts, salt, pepper, and peas, then mix.
- 4) In a separate bowl, mix mayonnaise and soup. Add to the chicken mixture.
- 5) Shell and chop the eggs and add to mixture.
- 6) Add 1 c. crushed potato chips and mix well.
- 7) Place in buttered casserole dish; put 1 c. crushed chips on top.
- 8) Refrigerate overnight, (or at least 4 hours).
- 9) Bake at 375° for 30 minutes.

Hamburger Stroganoff

Source: Donna Offterdinger - Bethesda, Maryland

Student: Cara Offterdinger

Personal Quote:

This is one of Cara's favorite recipes. It is easy to serve to a crowd. I serve this with a salad.

Preparation Time: 30 minutes

Ingredients:

- 3 T. butter
- 1 small onion, chopped
- 1 small jar sliced mushrooms, drained
- 2 lbs. ground beef
- 2 T. Worcestershire sauce
- 4 cans of beef broth
- ½ c. flour
- 32 oz. sour cream
- 1 large package of egg noodles

Preparation Instructions:

- 1) Cook egg noodles according to directions on package—the water should be put on the stove at start of making the stroganoff and the noodles ready about the same time the stroganoff is ready.
- 2) Brown the ground beef and drain.
- 3) Melt butter in large Dutch oven.
- 4) Add onion and mushrooms and cook until the onion is clear.
- 5) Add the ground beef, Worcestershire sauce, and 3 cans of the beef broth.
- 6) Mix the flour with the other can of beef broth and add to mixture.
- 7) Just before serving, add the sour cream and warm through. Serve over cooked egg noodles.

Hawaiian Haystacks

Source: Rhonda Robeson - Leesburg, Virginia

Student: Jesse Robeson

Personal Quote:

I received this recipe when my son was just a little boy, and it has been a family favorite ever since! It's a great meal to serve company, because they can select the toppings of their choice. You can serve it with warm Angel Biscuits.

Serves: 8

Preparation Time: 30-40 minutes

Cooking Time: 10 minutes

Ingredients:

- 2 (10 ³/₄ oz.) cans of cream of chicken soup
- 1 can (10 ³/₄ oz.) chicken broth (or, use the broth from the cooked chicken)
- 4 c. cooked long grain rice (cook more rice, if you're on a tight college budget!)
- 1 (9 ¹/₂ oz.) chow mein noodles
- 3 tomatoes, chopped
- 1 c. celery, chopped
- ¹/₂ c. green pepper, chopped
- ¹/₂ c. onion, chopped
- 20 oz. pineapple chunks
- 1 c. grated cheddar cheese
- ¹/₂ c. slivered almonds
- 3 c. shredded chicken

Preparation Instructions:

- 1) Boil chicken until fully cooked. Shred, or cut the chicken into small pieces. Set aside. Keep the broth if using it instead of canned broth.
- 2) Cook the rice according to directions. While the chicken is boiling and the rice is simmering, cut up the vegetables and put into bowls. Also put the pineapple, cheese, and almonds each in its own bowl.
- 3) Combine soups in sauce pan on medium heat. This makes gravy.
- 4) Add the chicken. Simmer for 10 minutes.
- 5) Create your own haystack, beginning with the rice, then add the chicken and gravy mixture, then add any toppings you'd like!

Krispy Cajun Chicken Tenders

Source: Susi Burns - Williamsburg, Virginia

Student: Brendon Burns

Personal Quote:

This is a quick and easy way to spice up chicken strips. Brendon loves chicken any way you cook it, but this one is "one" of his favorites and it's easy to prepare. I serve it with wild rice or boiled red potatoes with parsley and butter.

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 25-30 minutes

Ingredients:

- 4 boneless chicken breasts
- 1 ½ c. Rice Krispies, crushed but not fine
- 3 T. flour
- ¾ tsp. salt
- ¼ tsp. dried thyme
- 1 ¼ tsp. poultry seasoning
- ¼ tsp. garlic powder
- ½ tsp. paprika
- ¼ tsp. ground pepper
- ¼ tsp. cayenne pepper
- 1 stick of melted margarine or butter

Preparation Instructions:

- 1) Cut excess fat off of chicken and cut into strips. You can also use chicken already cut into strips.
- 2) In a Ziploc bag, place all dry ingredients and crush together.
- 3) Dip chicken into melted butter and dredge/coat in dry mixture.
- 4) Place chicken in a greased baking dish.
- 5) Bake at 400° uncovered for 25-30 minutes. This is a great recipe to prepare ahead of time and store in an airtight container to shorten preparation time in kitchen.

Low-Fat Fettuccine Primavera

Source: Elizabeth D'Andrea - Fredericksburg, Virginia

Student: Britt Calloway

Personal Quote:

You won't believe it is low fat—I promise! Very rich and smooth—Britt loves it. His sister is a vegetarian and I add the grilled chicken or shrimp separately so the whole family can enjoy! I know you will love this recipe!

Serves: 6

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Ingredients:

12 oz. pkg. fettuccine, uncooked	vegetable cooking spray
½ c. onion, chopped	1 ½ c. fresh snow peas, trimmed
1 c. fresh broccoli flowerets	½ c. sliced fresh mushrooms
¼ c. freshly grated Parmesan cheese	
1 medium-size sweet red pepper, seeded and cut into thin strips	

Alfredo Sauce:

2 c. nonfat cottage cheese	½ c. evaporated skimmed milk
¼ c. freshly grated Parmesan cheese	½ tsp. salt
½ tsp. dried basil	¼ tsp. black pepper
¼ tsp. fresh garlic, crushed	⅛ tsp. ground red pepper
3 T. butter-flavored granules	

Meat:

½ tsp. salt	¼ tsp. pepper
2 lb. deveined and peeled shrimp or 2 lb. chicken strips	

Preparation Instructions:

- 1) Cook fettuccine according to package directions, omitting salt and fat. Drain.
- 2) Coat a large non-stick skillet with cooking spray; place over medium-high heat until hot. Add onion; cook, stirring constantly, until tender. Add snow peas and next 3 ingredients. Cook, stirring constantly until vegetables are crisp-tender.
- 3) Combine cooked pasta, vegetable mixture, and Alfredo Sauce in a large bowl; toss gently.
- 4) Place cooked and seasoned shrimp or chicken strips on top of pasta and vegetable mixture. Sprinkle with Parmesan cheese and serve immediately.

Alfredo Sauce:

- 1) Combine all ingredients in an electric food processor. Cover and process until smooth, stopping once to scrape down sides.
- 2) Pour mixture into a small saucepan; cook over medium-low heat, stirring constantly, until thoroughly heated.

Meat:

- 1) Either grill and season meat or coat frying pan with vegetable cooking spray and place on medium-high heat.
- 2) When pan is hot, toss shrimp or chicken strips in pan with seasoning for approximately 5 minutes or until tender.

Marinade Chicken on the Grill

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

I think this is Chris's favorite way to have chicken. We even fire up the grill on milder winter days for this spicy chicken.

Serves: 6

Preparation Time: 3 hours 20 minutes

Cooking Time: 20 minutes

Ingredients:

- 1/2 c. soy sauce
- 2/3 c. cooking oil
- 1 tsp. sugar (or 4 pkg. Splenda sweetener)
- 2 T. lemon juice
- 6 boneless skinless chicken breasts
- garlic salt
- black pepper, freshly ground

Preparation Instructions:

- 1) Combine first four ingredients.
- 2) Tenderize chicken breast with a meat mallet.
- 3) Sprinkle garlic salt and black pepper on both sides of chicken.
- 4) Place chicken in a gallon size Ziploc bag and pour marinade over chicken.
- 5) Close bag and place in refrigerator for 3 hours.
- 6) Cook on grill on medium for 5 minutes, turn over, and cook another 5 minutes. Turn chicken over and reduce heat to low. Cook for 5 minutes, turn over and cook another 5 minutes. Tip: While the chicken is cooking, keep the leftover marinade in the refrigerator. Each time you go out to turn the chicken take some of the leftover marinade and baste the chicken. Do not leave the marinade outside in the heat! When the chicken is done, discard the leftover marinade. Do not serve it on the side.

Oriental Sweet and Sour Meatballs

Source: Susan Linnstaedt - Stafford, Virginia

Student: Richard Linnstaedt

Personal Quote:

Richard enjoys oriental food—this is the dish nearest to “oriental” that mom will make! Serve over boiled rice. We love this recipe; it’s so easy!

Serves: 4-6

Preparation Time: 30 minutes

Cooking Time: 15-30 minutes

Ingredients:

Meatballs:

- 1 lb. hamburger
- ½ c. dry bread crumbs
- ¼ c. milk
- 3 T. onions, finely chopped
- ½ tsp. salt
- 1 egg

Sweet & Sour Sauce:

- ½ c. packed brown sugar
- 1 T. cornstarch
- 1 large can pineapple chunks with juice
- ½ c. vinegar
- 1 ½ T. soy sauce
- 1 green pepper, cut in pieces

Preparation Instructions:

- 1) Mix meatball ingredients; shape into 1 ½ inch balls.
- 2) Cook over medium heat until brown (20 minutes).
- 3) Remove from pan. Drain fat from pan.
- 4) Mix brown sugar and cornstarch in pan. Stir in pineapple syrup, vinegar, and soy sauce. Heat to boiling, stir, reduce heat.
- 5) Add meatballs. Cover, simmer, stirring occasionally, 10 minutes. Stir in green pepper. Cover and simmer for 5 minutes.

Sausage Pie

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

I first had this when I attended Virginia Tech in the 70s. Phyllis Randall (Dr. Randall's wife, professor in English) always had students to her house for meals and fellowship. This pie is easy to make for a lot of people, and yummy too.

Cooking Time: 25 minutes

Ingredients:

½ lb. hamburger

½ lb. sausage

1 onion

½ lb. cheddar cheese

1 unbaked piecrust

3 eggs

½ c. evaporated milk

Preparation Instructions:

- 1) Preheat oven to 400°. Mix hamburger, sausage, and onion and brown together.
- 2) Mix above with cheddar cheese and place in unbaked piecrust.
- 3) Beat together eggs and evaporated milk.
- 4) Bake for 25 minutes at 400°.

Slap Yourself Chili

Source: Joan Marable - Mechanicsville, Virginia

Student: Kemper Marable

Personal Quote:

Ordinary doesn't describe my chili or my son but "oh so good" does! This is an upscale version of an old classic. Special ingredients make this chili unique so serve it with yeast bread on a cold fall day and you'll be simply satisfied.

Serves: 10

Preparation Time: 30 minutes

Cooking Time: several hours

Ingredients:

- 2 celery stalks
- 4 garlic cloves
- 1 green pepper
- 2 T. olive oil
- 1 medium onion
- 2 bay leaves
- ½ c. brown sugar
- 2 T. chili powder
- 4 (15 oz.) cans dark red kidney beans
- 2 T. hot sauce (red hot)
- 1 c. merlot
- 1 T. cumin
- 1 T. oregano
- ½ tsp. ground pepper
- 1 (7 oz.) can roasted red peppers, diced
- 2 lb. rump roast (cut into 1" cubes, raw)
- 1 tsp. salt
- 1 (12 oz.) can tomato paste
- 1 (29 oz.) can tomato puree

Preparation Instructions:

- 1) Chop first 5 ingredients and sauté until translucent.
- 2) Combine all ingredients in crock pot and cook on high for several hours. Crock pots vary.

Spicy Ham Biscuits

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

Chris's first grade teacher shared this recipe with me many years ago and it is one of our family's favorites. It is great to make on Christmas Eve then pop in the oven to warm on Christmas morning while you open the gifts.

Serves: 8-10

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Ingredients:

- 1 stick margarine
- ½ tsp. poppy seed
- 1 ½ T. Dijon mustard
- 1 tsp. Worcestershire sauce
- 2 T. minced onion
- ½ lb. ham, sliced thin
- ½ lb. Swiss or Mozzarella cheese, sliced thin
- 2 pkg. (24) dinner rolls (I like to use the small Pepperidge Farm rolls)

Preparation Instructions:

- 1) Melt the first 5 ingredients together in a saucepan.
- 2) Slice rolls open and layer with a slice of ham and a slice of cheese.
- 3) Place in a 9 x 13 pan.
- 4) Pour or brush margarine mixture over rolls.
- 5) Bake at 300° for 20 minutes. **Tip:** Can be fixed and placed in the refrigerator overnight and baked the next morning.

Spinach Pollo Delight

Source: Mary Anna Stokes - Front Royal, Virginia

Student: Savannah Stokes

Personal Quote:

This delicious and colorful main entrée delights the palette and appeals to the five senses. You'll think you're sampling the color wheel while indulging in a diverse spectrum of flavors. Best served with Parmesan couscous or Parmesan risotto.

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Ingredients:

- 4 skinless, boneless chicken breasts
- ½ c. lime juice
- 1½ c. teriyaki sauce
- 2 T. Italian seasoning
- 2 large bags of fresh baby spinach, rinsed and drained
- 2 Granny Smith apples, finely diced
- 2 medium ripe red tomatoes, diced
- 1 T. fresh chopped cilantro
- 1 tsp. fresh chopped dill
- 1 tsp. of each salt and fresh grated pepper
- ⅔ c. pine nuts
- 2 c. prepared Parmesan couscous or Parmesan risotto
- freshly grated Parmesan cheese for garnish

Preparation Instructions:

- 1) Combine lime juice, teriyaki sauce and Italian seasoning.
- 2) Marinate chicken breasts in mixture for 3 hours.
- 3) Sear chicken on high heat, reduce heat to medium flame and simmer chicken.
- 4) Add diced apples until done (steam) then separate the apples and chicken.
- 5) Meanwhile, prepare couscous or risotto and set aside
- 6) Chop tomatoes and toss in cilantro, dill, salt and pepper. Cover and set aside.
- 7) Steam spinach until just wilted, toss in pine nuts and cooked apples and set aside.
- 8) Looks lovely served on a square plate! Place a small bed (¼ of mixture) of the prepared spinach, pine nuts, apples under the grilled chicken breast, top with ¼ of tomato mixture, and garnish with shredded Parmesan cheese. Serve with couscous or risotto.

Sunday Roast Beef

Source: Faye Peery - Chatham, Virginia

Student: Katherine "Katie" Peery

Personal Quote:

Sunday Roast Beef is a long time favorite in the Peery household with everyone on a very busy schedule. Serving this recipe at a dinner meal is one of Katie's favorite entrées. After the dinner meal the leftovers are a real treat for her to have as barbecue sandwiches. It doesn't take long for it to disappear with Katie around.

Serves: 8-10 servings

Preparation Time: 15 minutes

Cooking Time: 5 hours

Ingredients:

- 1 (5 ½ lb.) boneless rump roast
- 1 tsp. salt
- 1 tsp. pepper
- 1 garlic clove, cut into 3 slices
- 1 ⅓ c. all-purpose flour, divided
- 3 T. olive oil
- 7 c. water, divided
- ½ c. sweet pickle juice
- ½ c. ketchup
- 1 T. prepared mustard
- 1 T. Worcestershire sauce
- 1 tsp. chili powder

Preparation Instructions:

- 1) Rub roast with salt and pepper. Cut three slits in roast; insert garlic.
- 2) Coat with ⅓ c. flour. Brown roast on all sides in hot oil in Dutch oven.
- 3) Stir together 6 c. water and next 5 ingredients; pour over roast.
- 4) Bake, covered at 350° for 5 hours or until tender.
- 5) Remove roast from Dutch oven keep warm. Whisk together remaining 1 c. flour and remaining 1 c. water. Whisk flour mixture into drippings; cook over med. heat, stirring constantly, until thickened.
- 6) Serve gravy with roast. A five star recipe.

Walnut Chicken

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This is an easy oriental dish. After living in Japan we enjoy eating this over rice.

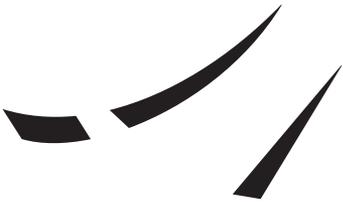
Ingredients:

- 5T. oil (divided)
- 5 tsp. soy sauce (divided)
- 3 tsp. cornstarch (divided)
- 2 whole boneless chicken breast, skinned and cut into 1 inch pieces
- ½ c. chicken broth
- ½ tsp. ground ginger
- ½ tsp. dried red pepper
- 1 medium onion, cut into 1 inch pieces
- 1 clove garlic, minced
- ½ lb. broccoli, cut into 1 inch pieces
- 1 red bell pepper, cut into 1 inch pieces
- ½ c. walnuts, chopped coarsely

Preparation Instructions:

- 1) Mix 1 T. of oil, 2 tsp. soy sauce, and 1 tsp. cornstarch in small bowl. Stir in chicken to coat. Cover and refrigerate for 30 minutes.
- 2) In the meantime, mix chicken broth, ginger, remaining soy sauce, and 2 tsp. of cornstarch. Set aside.
- 3) Heat 4 tsp. oil in large skillet. Stir-fry refrigerated chicken mixture and dried red peppers over medium to high heat until chicken is no longer pink.
- 4) Remove from skillet. Stir-fry onion, garlic, and bell pepper in skillet until onion is tender. Add broccoli, stir-fry until tender.
- 5) Add chicken and broth. Cook stirring constantly until thickened. Stir in nuts and serve with rice.

Desserts



Desserts

 Crunchy Peanut Butter Brownies	78
Apple Pie	79
Better Than Sex Cake	80
Blueberry Buckle	81
Chocolate Cherry Bars	82
Chocolate Chip Oatmeal Cookies	83
Chocolate Chocolate Chocolate Cake	84
Chocolate Delight.....	85
Chocolate Eclair Cake	86
Eclair Cake	87
Fancy Chocolate Cake	88
Fruit Pizza	89
Granny's Cake	90
Granny's No-Mix Cherry Supreme.....	91
Mint Pie.....	92
Peanut Butter Cup Chocolate Chip Cheesecake.....	93
Peanut Butter Oatmeal Treats.....	94
Pineapple Orange Squares.....	95
Pistachio Cake	96
Sour Cream Pound Cake.....	97
Triple Chocolate Brownies	98
Triple Chocolate Cake.....	99
Triple Chocolate Cake	100

Crunchy Peanut Butter Brownies



Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

Great variation on brownies! Always a hit when I take to potlucks.

Cooking Time: 28-33 minutes

Cooking Temp: 350°

Ingredients:

Filling:

3 oz. cream cheese, softened

$\frac{1}{3}$ c. peanut butter

$\frac{1}{4}$ c. sugar

1 tsp. vanilla

1 egg

Brownies:

22 $\frac{1}{2}$ oz. package brownie mix

$\frac{1}{3}$ c. very hot water

$\frac{1}{2}$ c. oil

1 egg

$\frac{1}{2}$ c. cocktail peanuts, chopped

Preparation Instructions:

- 1) Heat oven to 350°. Grease bottom only of a 9 x 13 pan.
- 2) In small bowl blend filling ingredients. Beat at medium speed until smooth. Set aside.
- 3) In large bowl, combine all brownie ingredients. Beat 50 strokes with a spoon.
- 4) Spread half of batter in prepared pan. Drop filling by tablespoon over brownie batter. Spoon remaining brownie batter over filling. Marble by pulling knife through batter. Sprinkle with peanuts.
- 5) Bake at 350° for 28-33 minutes. Do not over bake. Cool completely. Cut into bars, store in refrigerator.

Apple Pie

Source: Brenda Bartocci - Clifton Forge, Virginia

Student: Charlie Bartocci

Personal Quote:

This is a quick and easy homemade apple pie. It's just as easy to make several and freeze for later. Charlie loves the smell and taste of homemade apple pie. After all, what's more American, right?

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 1 hour

Ingredients:

4 c. sliced apples

$\frac{1}{2}$ c. sugar

1 tsp. cinnamon

1 unbaked pie shell

Streusel topping:

$\frac{1}{3}$ c. butter (no margarine)

$\frac{3}{4}$ c. flour

$\frac{1}{2}$ c. sugar

Preparation Instructions:

- 1) Combine first 3 ingredients.
- 2) Sprinkle unbaked pie shell with flour and pour in apple mixture.
- 3) Combine streusel ingredients and place on top of pie.
- 4) Bake at 350° for one hour or cover, freeze, and bake later. If baking after frozen, increase time to 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ hours.

Better Than Sex Cake

Source: Debbie Jeunette - Boyce, Virginia

Student: William Jeunette

Personal Quote:

Cody loves this easy-to-make recipe because of its rich and moist butterscotch taste! I make these loaves by the dozen and freeze them so they are always on hand!

Serves: 15-20

Preparation Time: 15 minutes

Cooking Time: about 1 hour

Ingredients:

- 1 pkg. Duncan Hines Butter Cake
- 4 eggs
- ½ c. vegetable oil
- ¼ c. water
- 1 small pkg. vanilla pudding mix
- 8 oz. sour cream
- 6 oz. butterscotch chips

Preparation Instructions:

- 1) Combine the first 6 ingredients well and fold in chips.
- 2) Turn into a greased 10-inch tube pan and bake at 350° for 1 hour.

Blueberry Buckle

Source: Eileen Decker - Flemington, New Jersey

Student: Matthew Decker

Personal Quote:

Matt loves blueberries and this dessert is easy and delicious. You can serve it warm with ice cream or whipped cream.

Serves: 8-10

Preparation Time: 10 minutes

Cooking Time: 45-50 minutes

Ingredients:

- 2 c. all purpose flour
- $\frac{3}{4}$ c. granulated sugar
- $\frac{3}{4}$ c. milk
- $\frac{1}{2}$ tsp. salt
- 2 $\frac{1}{2}$ tsp. baking powder
- 1 egg
- $\frac{1}{4}$ c. shortening
- 2 c. cleaned blueberries

Topping:

- $\frac{1}{3}$ c. butter
- 1 c. sugar
- $\frac{3}{4}$ c. flour

Preparation Instructions:

- 1) Mix first 7 ingredients listed except blueberries.
- 2) When batter is smooth, fold in blueberries being careful not to crush them.
- 3) Make topping and mix until crumbly.
- 4) Pour batter into 9-inch square pan that has been greased. Put topping mixture on top of batter.
- 5) Bake at 375° for 45-50 minutes. Buckle is done when toothpick comes out clean.

Chocolate Cherry Bars

Source: Jane Morgan - Alexandria, Virginia

Student: Virginia Morgan

Personal Quote:

This recipe was a favorite of Virginia's maternal grandmother (also named Virginia). They are easy to prepare and very good.

Serves: Makes 15-18 bars

Preparation Time: 30 minutes

Cooking Time: 25-30 minutes

Ingredients:

Chocolate Cherry bars:

2 eggs

1 tsp. almond extract

1 chocolate fudge cake mix

1 (21 oz.) can cherry pie filling

Frosting:

1 c. sugar

1 T. butter

2 $\frac{1}{3}$ c. milk

36 oz. chocolate morsels

Preparation Instructions:

- 1) Preheat oven to 350°. Grease and flour a 9 x 13 pan.
- 2) In a large mixing bowl beat 2 eggs and 1 tsp. almond extract together.
- 3) To this mixture add the chocolate fudge cake mix and cherry pie filling.
- 4) Stir gently until well mixed. Pour the mixture into the 9 x 13 pan and bake at 350° for 25-30 minutes.
- 5) While the chocolate cherry bars are cooling, prepare the frosting in a small sauce pan.
- 6) Combine the 1 c. sugar, 5 T. butter, $\frac{1}{3}$ c. milk, and 6 oz. chocolate morsels.
- 7) Stir and boil the mixture for 1 minute.
- 8) Drizzle frosting over the chocolate cherry bars.

Chocolate Chip Oatmeal Cookies

Source: Rhonda Robeson - Leesburg, Virginia

Student: Jesse Robeson

Personal Quote:

This recipe was given to me my freshman year of college by one of my roommates! My son has enjoyed these cookies all of his life—in fact, he can bake these cookies better than I can!

Preparation Time: 25 minutes

Cooking Time: 7-8 minutes

Ingredients:

- 1 c. shortening
- 1 c. sugar
- $\frac{3}{4}$ c. brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 $\frac{1}{2}$ c. flour
- 1 tsp. salt
- 1 $\frac{1}{2}$ c. oatmeal
- 1 $\frac{1}{2}$ c. chocolate chips
- 1 tsp. baking soda

Preparation Instructions:

- 1) Combine shortening, sugars, eggs, and vanilla. Set aside.
- 2) Combine flour, salt, and baking soda. Add to the shortening mixture.
- 3) Add oatmeal.
- 4) Add chocolate chips.
- 5) Roll into small balls. Place on cookie sheets, 12 cookies per sheet. (Instead of greasing the pan, I use aluminum foil.) Makes about 5 dozen cookies.

Chocolate Chocolate Chocolate Cake

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

What college student can resist chocolate? Chris will even eat this for breakfast, if I don't hide it!

Serves: 12

Preparation Time: 15 minutes

Cooking Time: 1 hour

Ingredients:

- 1 (18.5 oz.) pkg. chocolate cake mix
- 1 (4.5 oz.) pkg. instant chocolate pudding
- 2 heaping T. cocoa
- 1 (8 oz.) container sour cream
- ½ c. vegetable oil
- ½ c. water
- 4 eggs
- 1 (6 oz.) pkg. semi-sweet chocolate morsels

Preparation Instructions:

- 1) Preheat oven to 325°.
- 2) Grease and flour a 10-inch Bundt or angel food cake pan.
- 3) In a 3-quart mixing bowl, place all ingredients, except chocolate morsels.
- 4) Beat at low speed until moistened, then at high speed for 5 minutes.
- 5) Add chocolate morsels.
- 6) Pour into pan and bake at 325° for one hour, or until done. **Tip:** Because ovens vary, be sure to check for doneness after 50 minutes or so.

Chocolate Delight

Source: Laura Watkins - Chesapeake Beach, Maryland

Student: Bruce Watkins

Personal Quote:

Chocolate Delight is a delicious dessert that we usually save for special occasions. It is full of rich chocolate flavor and tastes just as good with or without nuts. The final layer of Cool Whip can be tinted with food coloring to match the holiday or occasion. Bruce loves this dessert because he is a chocolate fanatic just like his mom. We usually serve this dessert with friends and family at our annual oyster picnic in the fall.

Serves: 12-16 people

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Ingredients:

Crust:

$\frac{3}{4}$ c. melted butter or margarine

1 $\frac{1}{2}$ c. flour

$\frac{3}{4}$ c. nuts (optional), chopped

Layer 1:

1 $\frac{1}{2}$ c. Cool Whip

2 (8 oz.) cream cheese, softened

2 c. powdered sugar

Layer 2:

1 large pkg. vanilla instant pudding

1 large pkg. chocolate instant pudding

3 c. milk

Layer 3:

1 $\frac{1}{2}$ c. Cool Whip

Preparation Instructions:

Crust:

- 1) Combine and spread in 9 x 13 pan.
- 2) Bake for 15 minutes at 375°.
- 3) Completely cool crust before adding other layers. This can be done quickly by placing the crust in the freezer for about 15 minutes.

Layer 1:

- 1) Mix Layer 1 ingredients with hand mixer and spread over crust.

Layer 2:

- 1) Mix Layer 2 ingredients with hand mixer and spread over Layer 1.

Layer 3:

- 1) Spread Cool Whip over Layer 2.
- 2) Decorate with sprinkles, shaved chocolate or whatever your heart desires.
- 3) Refrigerate at least 1 hour until ready to serve.

Chocolate Eclair Cake

Source: Delora Bright - Roanoke, Virginia

Student: Chris Bright

Personal Quote:

A friend shared this recipe with me 20 years ago and it is still one of our family's favorites.

Serves: 8

Preparation Time: about 1 hour (then refrigerate overnight)

Cooking Time: 10 minutes

Ingredients:

- 1 box graham crackers
- 2 (3.9 oz) boxes instant vanilla pudding
- 3 ½ c. cold milk
- 8 oz. Cool Whip
- 1 c. sugar
- 1 c. cocoa
- ¼ c. milk
- ¼ c. margarine
- 1 tsp. vanilla

Preparation Instructions:

- 1) Place a layer of graham crackers in a 9 x 13 pan.
- 2) Prepare the filling: Mix 2 boxes of instant vanilla pudding and 3 ½ c. cold milk. Beat 2 minutes. Fold in Cool Whip.
- 3) Spread ½ of the filling over the graham crackers.
- 4) Place another layer of graham crackers on top of the filling.
- 5) Spread the remaining filling over the graham crackers.
- 6) Place another layer of graham crackers on top.
- 7) Place in refrigerator to keep cold.

Frosting:

- 1) Mix 1 c. sugar and ⅓ c. cocoa in a small sauce pan. Add ¼ cup milk. Stir and heat to boiling. Cook 1 minute.
- 2) Remove from heat and add margarine and vanilla.
- 3) Place pan in refrigerator for 30 minutes to cool.
- 4) Heat frosting to spreading consistency and spread frosting over the top layer of graham crackers.
- 5) Refrigerate overnight.

Eclair Cake

Source: Kathy Edwards - Salem, Virginia

Student: Lindsey Edwards

Personal Quote:

In our house we may not always have meat and potatoes, but we always have dessert. We are all chocoholics at our house. Lindsey especially likes the frosting I make to put on the cake; it is homemade with Hershey's Cocoa. It is a great summer time dessert and quick to make.

Serves: 12-15 people

Preparation Time: 20 minutes

Ingredients:

2 (3 oz.) boxes of instant vanilla pudding

3 c. cold milk

1 (8 oz.) container Cool Whip, thawed

1 box graham cracker

Frosting:

$\frac{1}{2}$ c. melted butter or margarine

3 c. powdered sugar

$\frac{1}{3}$ c. milk

1 tsp. vanilla

$\frac{2}{3}$ cup Hershey's cocoa

Preparation Instructions:

- 1) Mix pudding and milk together until smooth. Add thawed Cool Whip and blend together.
- 2) In 9x13 pan layer as follows: Layer of graham crackers, $\frac{1}{2}$ of pudding mixture, Layer of graham crackers, $\frac{1}{2}$ of pudding mixture, Layer of graham crackers, and spread frosting on top layer of graham crackers.

Frosting:

- 1) Mix melted butter and cocoa together until smooth. Alternate between sugar and milk and beat at medium speed until at spreading consistency, add more milk if necessary, add vanilla. Ready to spread.

Fancy Chocolate Cake

Source: Lynne Zarroli - Newark, Delaware

Student: Gregory Zarroli

Personal Quote:

This dessert is a true chocolate delight passed down from Greg's great-grandmother. Greg craves this cake for his birthday each year. It is great served by itself, but is also yummy with vanilla ice cream.

Serves: 12

Preparation Time: 20 minutes

Cooking Time: 45-50 minutes

Ingredients:

- 1 pkg. yellow cake mix
- 1 pkg. instant butterscotch pudding
- 1 small pkg. Nestlé semi-sweet morsels
- 1 bar Baker's German sweet chocolate
- 4 eggs
- ½ c. vegetable oil
- 1 c. water

Preparation Instructions:

- 1) Grate German chocolate.
- 2) Using mixer, blend cake mix, pudding, eggs, oil, and water. Beat 5 minutes.
- 3) Using a large spoon, add 1/2 German chocolate and morsels.
- 4) Pour batter into greased and floured 9 x 13 cake pan.
- 5) Cook at 325° for 45-50 minutes.
- 6) Remove from oven and sprinkle remaining grated chocolate on top.

Fruit Pizza

Source: Donna Weatherford - Danville, Virginia

Student: Carlton Weatherford, Jr.

Personal Quote:

A colorful dish that's light and delicious. Great for gatherings for a shower or party. Carlton likes fruit and this dish has a variety of them all in one dish.

Serves: 8-16

Preparation Time: 15-20 minutes

Cooking Time: 8-10 minutes

Ingredients:

- 1 tube sugar cookie dough
- 1 pkg. cream cheese, softened
- $\frac{1}{4}$ c. sugar
- 1 (20 oz.) chunk pineapple, drained
- $\frac{1}{2}$ pt. Strawberries, sliced
- 1 (11oz.) can mandarin oranges, drained
- 2 kiwi, peeled and sliced
- $\frac{1}{2}$ c. blueberries
- 2 bananas, sliced
- other fruit if desired

Preparation Instructions:

- 7) Press cookie dough into greased tart pan or pizza pan with sides.
- 8) Bake at 300° 8-10 minutes.
- 9) Cool and slice fruit in bowls.
- 10) Spread cream cheese mixed with sugar onto cookie dough.
- 11) Assemble fruit into rows or circles from the center to the outer edge. Be creative with color and pattern of layering.
- 12) Cover and refrigerate until serving. Cut into slices to serve.

Granny's Cake

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

This is the moistest flavored cake I've ever had.

Cooking Time: 45 minutes

Ingredients:

- 1 yellow cake mix
- 2 eggs
- 1 can pineapple, crushed
- ½ c. brown sugar
- ½ c. walnuts, chopped
- ½ c. coconut
- ½ c. milk
- ½ c. sugar
- ½ c. butter
- 1 T. vanilla

Preparation Instructions:

- 1) Mix cake mix, eggs, and pineapple and pour into 9 x 13 pan.
- 2) Mix crushed pineapple, brown sugar, chopped walnuts, coconut together and sprinkle over cake.
- 3) Bake at 350° for 45 minutes.
- 4) Heat together milk, sugar, butter and vanilla and drizzle over cooled cake.

Granny's No-Mix Cherry Supreme

Source: Yvonne Fink - Richmond, Virginia

Student: Bryon Fink

Personal Quote:

Granny loved this dessert and would often “whip it up” when she wanted something sweet. She liked it warm with vanilla ice cream. It usually serves 5-6, but Bryon and his Daddy claim it is just enough for two!

Serves: 5-6

Preparation Time: 6 minutes

Cooking Time: 45-50 minutes

Ingredients:

¼ c. butter

½ c. flour

½ c. sugar

1 tsp. baking powder

¼ tsp. salt

½ c. milk

1 can cherry pie filling (A quart of cooked apples can be substituted.)

Preparation Instructions:

- 1) Melt butter in 1 ½ qt. casserole.
- 2) Mix flour, sugar, baking powder, salt, and milk together and pour over melted butter. **Do not stir!**
- 3) Pour pie filling over mixture, still, do not stir.
- 4) Bake at 350° for 45-50 minutes.

Mint Pie

Source: Alice Smith - Gibsonia, Pennsylvania

Student: Michael Smith

Personal Quote:

This has become a family favorite for special or any occasion. It's always interesting to see who gets the extra piece.

Serves: 4-6

Preparation Time: 30 minutes

Ingredients:

- 1 c. crushed fudge mint cookies
- 3 T. hot water
- 1 6 oz. graham cracker crust
- $\frac{1}{3}$ c. sugar
- 2 T. milk
- $\frac{1}{4}$ tsp. peppermint extract
- 6-10 drops green food coloring
- 8 oz. Cool Whip, thawed
- cinnamon candies for garnish

Preparation Instructions:

- 1) Mix cookies and hot water.
- 2) Spoon into graham cracker crust and gently spread to cover bottom.
- 3) Beat cream cheese until smooth. Gradually beat in sugar, milk, and peppermint extract.
- 4) Fold in whipped topping.
- 5) Divide mixture in half and stir food coloring into one half until evenly colored. Fill pie crust with alternate dollops of white and green whipped topping mixture. Smooth top of pie with spatula.
- 6) Chill 3 hours. Garnish with cinnamon candies.

Peanut Butter Cup Chocolate Chip Cheesecake

Source: Cynthia Royce - Ashburn, Virginia

Student: Andrew Lewis

Personal Quote:

We've been making chocolate chip cheesecakes in my family for years but three years ago I took the family recipe a step further and started adding broken peanut butter cups to it. Now we don't know why we ever made a cheesecake without them.

Serves: 12-15

Preparation Time: 4 hours

Cooking Time: 1 hour

Ingredients:

- 1 chocolate wafer pre-made piecrust, crushed
- 6 Reese's Peanut Butter Cups
- 3 (8 oz.) pkgs. softened cream cheese
- 1 (14 oz.) can sweetened condensed milk
- 3 eggs
- 2 tsp. vanilla extract
- 1 c. mini-chocolate chips
- 1 tsp. flour

Preparation Instructions:

- 1) Preheat oven to 300°
- 2) Dump chocolate wafer pie-crust* into bottom of a 9-inch spring-form pan. Spread evenly and press firmly on bottom of pan. ***Note:** you can substitute homemade crust by crushing 1 ½ c. Oreos (about 18) and mixing with ¼ c. of melted butter).
- 3) Cut up 4 peanut butter cups into small chunks and scatter over crust.
- 4) In a mixing bowl, beat cream cheese until fluffy.
- 5) Add sweetened condensed milk, beat until smooth.
- 6) Add eggs and vanilla, mix well.
- 7) In a small bowl toss together ½ c. mini-chocolate chips with flour to coat.
- 8) Stir chips into cheesecake mixture.
- 9) Pour mixture into prepared pan.
- 10) Chop remaining 2 peanut butter cups into small pieces and add to remaining ½ c. of mini-chips, then sprinkle over top of cake.
- 11) Bake at 300° 1 hour or until cake springs back when lightly touched.
- 12) Cool at room temperature.
- 13) Chill.
- 14) Remove sides of pan.
- 15) Garnish as desired. Refrigerate any leftovers.

Peanut Butter Oatmeal Treats

Source: Chris Wilson - Nashville, Tennessee

Student: Charles Scott Wilson

Personal Quote:

These treats are delicious bar cookies. Easy to make. Great served warm with a glass of cold milk or with ice cream.

Serves: makes 4 dozen 1" x 2" cookies

Preparation Time: 10 minutes

Cooking Time: 15-17 minutes

Ingredients:

- 1 $\frac{1}{4}$ c. flour
- $\frac{1}{2}$ tsp. salt
- 1 tsp. baking soda
- 1 c. margarine or butter
- $\frac{3}{4}$ c. granulated sugar
- $\frac{3}{4}$ c. light brown sugar, firmly packed
- 2 eggs
- 1 tsp. vanilla
- 1 (16 oz.) jar of peanut butter
- 2 c. oats
- 1 c. mini chocolate chips (can substitute M&Ms)

Preparation Instructions:

- 1) In a small bowl, mix together flour, baking soda, and salt.
- 2) In a large bowl, cream butter, peanut butter, and the sugars.
- 3) Beat in the eggs and the vanilla, stir in flour mixture, oats, and chocolate pieces.
Do not over beat the mixture.
- 4) Place the mixture in an ungreased pan measuring 15 $\frac{1}{2}$ x 10 $\frac{1}{2}$.
- 5) Press the cookie dough down slightly to fill the pan. Bake at 350° for 15-17 minutes.

Pineapple Orange Squares

Source: Pam Pillmore - Doylestown, Pennsylvania

Student: Brian Pillmore

Personal Quote:

Refreshing summertime dessert!

Cooking Time: 20 minutes

Ingredients:

- 6 T. butter
- $\frac{3}{4}$ c. flour
- $\frac{1}{2}$ c. coconut
- 2 T. brown sugar
- 1 qt. vanilla ice cream
- 1 (8 oz.) pkg. cream cheese
- $\frac{1}{3}$ c. frozen orange juice concentrate, thawed
- 1 (8 oz.) can crushed pineapple, drained

Preparation Instructions:

- 1) Melt butter in medium saucepan. Stir in flour, coconut, and brown sugar. Press mixture in bottom of 8 x 8 x 3 baking pan.
- 2) Bake at 325° for 20 minutes. Cool. Soften ice cream.
- 3) In large bowl beat cream cheese and orange juice until fluffy.
- 4) Add ice cream by the spoonful and beat until smooth. Stir in pineapple. Spoon into prepared crust. Freeze 8 hours.
- 5) To serve, let stand 10-15 minutes. Cut into squares. Garnish with quartered pineapple slices and orange peel strips.

Pistachio Cake

Source: Dot Pawlowski - Mount Holly, New Jersey

Student: Ryan Pawlowski

Personal Quote:

This is my son's (and my father's) favorite birthday cake. They are born around St. Patrick's Day and this dessert is perfect for that! Very easy and delicious! I've been making it for years!

Serves: 10-12

Preparation Time: 20 minutes

Cooking Time: 50-55 minutes

Ingredients:

Cake:

- 1 box yellow cake mix
- 1 c. walnuts, chopped
- 1 c. club soda
- 4 eggs
- 1 pkg. (3 oz.) pistachio pudding

Topping:

- 1 (3 oz.) pkg. pistachio pudding
- 1 c. heavy cream
- 1 c. milk
- 1 drop green food coloring

Preparation Instructions:

Cake:

- 1) Grease and flour tube pan.
- 2) Combine all cake ingredients and beat for 4 minutes.
- 3) Bake at 350° for 50-55 minutes.
- 4) Let cool before icing.

Topping:

- 1) Combine topping ingredients and beat into peaks. Spread on cake. Cake must be refrigerated. Icing may be prepared and refrigerated while cake is baking.

Sour Cream Pound Cake

Source: Kathy P. Evans - South Boston, Virginia

Student: Jaimi M. Evans

Personal Quote:

Sour Cream Pound Cake is an old-fashioned recipe that can be served with fruit topping and whipped cream or served plain, which is delicious!

Serves: 15-20

Preparation Time: 30 minutes

Cooking Time: 1 hour 15 minutes

Ingredients:

- 2 sticks Land O' Lakes butter
- ½ c. Crisco shortening
- 3 c. sugar
- 6 eggs
- 2 tsp. vanilla extract
- 2 tsp. lemon extract
- 2 c. plain flour
- ¼ tsp. baking soda
- ½ tsp. baking powder
- 8 oz. sour cream

Preparation Instructions:

- 1) Cream butter, shortening and sugar until fluffy using a large spoon, not a mixer.
- 2) Add eggs, one at a time, beating until smooth. Add vanilla and lemon extracts.
- 3) In a separate bowl, mix flour, baking soda, and baking powder; then sift three times.
- 4) Add small amounts of flour mixture to above ingredients; beating until smooth. Fold in sour cream.
- 5) Line a lightly greased and floured aluminum tube pan with foil cut to fit bottom of pan; this prevents sticking and allows easy removal from pan.
- 6) Pour batter in pan and using plastic spatula, cut through batter to release air bubbles.
- 7) Bake at 325° on bottom rack in oven for 1 hour 15 minutes.

Triple Chocolate Brownies

Source: Carole Ashley - Sandston, Virginia

Student: Rachel Ashley

Personal Quote:

We are both addicted to chocolate, and this recipe is triple chocolate: chocolate brownies, with chocolate chips and chocolate fudge topping.

Serves: 24

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Ingredients:

Brownies:

1 c. butter, melted

2 c. sugar

1 c. unsifted flour

½ tsp. baking powder

⅔ c. cocoa

½ c. milk

2 eggs

1 ½ tsp. vanilla extract

1 (6 oz.) pkg. chocolate chips

Topping:

1 (14 oz.) can sweetened condensed milk

1 ½ tsp. vanilla extract

1 (12 oz.) pkg. chocolate chips

Preparation Instructions:

- 1) Preheat oven to 350°. Grease a 9 x 13 baking pan.
- 2) In mixing bowl, beat melted butter, sugar, flour, baking powder, cocoa, milk, eggs, and vanilla extract. Stir in chocolate chips.
- 3) Spread in pan. Bake 40 minutes at 350° or until set.
- 4) 10 minutes before brownies are done, empty condensed milk into saucepan.
- 5) Add vanilla extract and chocolate chips.
- 6) Heat over low heat and stir until chocolate is melted. Spread over hot brownies. Cool, chill, and cut into bars. **Tip:** Do not use the soft butter or margarine that comes in a tub. It will cause the topping to separate from the brownies.

Triple Chocolate Cake

Source: Joanne Jordan - Lynchburg, Virginia

Student: Karen Jordan

Personal Quote:

Chocolate cake with chocolate pudding and chocolate chips on top makes this dessert one that any chocolate lover will be unable to pass up!

Serves: 12

Preparation Time: 10-15 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 small pkg. chocolate pudding (not instant)
- 2 c. milk
- 1 chocolate cake mix
- 1 (6 oz or 12 oz) pkg. of chocolate chips

Preparation Instructions:

- 1) Cook the chocolate pudding with 2 c. milk according to the directions on the package until it begins to thicken.
- 2) Stir in 1 box of chocolate cake mix until well blended (it will have the consistency of brownies).
- 3) Pour into a lightly greased 9 x 13 pan.
- 4) Sprinkle package of chocolate chips on top. Bake at 350° for 30 minutes. Allow to cool.

Triple Chocolate Cake

Source: Judy Hall - Fairfax, Virginia

Student: Ian Hall

Personal Quote:

This cake is delicious and yet easy to make. We have three boys and it is their favorite cake and is always requested for their birthdays. Leave off the confectioner's sugar until after they blow out the candles!

Serves: 10-12

Preparation Time: 10 minutes

Cooking Time: 50-55 minutes

Ingredients:

- 1 pkg. chocolate cake mix (2 layer size)
- 1 (3.5 oz.) pkg. chocolate instant pudding
- 1 $\frac{3}{4}$ c. milk
- 2 eggs
- 12 oz. chocolate chips
- confectioner's sugar

Preparation Instructions:

- 1) Combine cake mix, pudding mix, milk and eggs in large bowl.
- 2) Stir by hand until well blended, about 2 minutes. Stir in chocolate chips.
- 3) Pour into a greased and floured 10-inch tube or Bundt pan.
- 4) Bake at 350° for 50-55 minutes or until cake springs back when lightly pressed.
Do not over bake.
- 5) Cool for 15 minutes in pan before removing. Sprinkle cooled cake with confectioner's sugar.

Index

Beans	
Baked beans	30
Barbecued butter beans	26
Slap yourself chili	69
Taco soup	9
Tailgate chili	20
Beef	
Barbecued beef	52
Beef and barley vegetable soup	10
Hamburger stroganoff	62
Mexican lasagna	51
Oriental sweet and sour meatballs	67
Sausage Pie	68
Slap yourself chili	69
Sunday roast beef	72
Beverages	
Hazelnut mocha mix	42
Wassail	46
Breads	
Angel biscuits	43
Never fail rolls	44
Overnight pecan rolls	45
Broccoli	
Broccoli-cauliflower casserole	31
Broccoli salad	11
Chicken broccoli bake	55
Cream of broccoli soup	13
Brownies/Bars	
Chocolate cherry bars	82
Crunchy peanut butter brownies	78
Peanut butter oatmeal treats	94
Pineapple orange squares	95
Triple chocolate brownies	98
Cakes	
Better than sex	80
Chocolate chocolate chocolate	84
Chocolate éclair	86
Eclair	87
Fancy chocolate	88
Granny's	90
Peanut butter cup chocolate chip cheesecake	93
Pistachio	96
Sour cream pound	97
Triple chocolate	99, 100

Casseroles	
Broccoli-cauliflower.....	31
Dee's delicious chicken.....	61
I love squash.....	35
Scalloped potato.....	36
Chicken	
Chicken and dumplings.....	53
Chicken breasts with chipped beef.....	54
Chicken broccoli bake.....	55
Chicken gumbo.....	12
Chicken marengo.....	56
Chicken paprika.....	57
Chicken ritz.....	50
Chicken tortilla bake.....	58
Cornbread and chicken cheese chowder.....	59
Cornflake chicken fingers.....	60
Dee's delicious chicken casserole.....	61
Hawaiian haystacks.....	63
Krispy cajun chicken tenders.....	64
Marinade chicken on the grill.....	66
Spinach pollo delight.....	71
Tailgate chili.....	20
Walnut chicken.....	73
Chili	
Slap yourself.....	69
Tailgate.....	20
Chocolate chips	
Chocolate cherry bars.....	82
Chocolate chip oatmeal cookies.....	83
Chocolate chocolate chocolate cake.....	84
Fancy chocolate cake.....	88
Peanut butter cup chocolate chip cheesecake.....	93
Peanut butter oatmeal treats.....	94
Triple chocolate brownies.....	98
Triple chocolate cake.....	99, 100
Dips	
Hokie party dip.....	18
Tzatziki.....	22
Fruit	
Apple Pie.....	79
Blueberry buckle.....	81
Chocolate cherry bars.....	82
Escalloped pineapple.....	33
Fruit pizza.....	89
Granny's cake.....	90

Granny's no-mix cherry supreme	91
Hawaiian fruit salad.....	17
Hawaiian haystacks	63
Oriental sweet and sour meatballs.....	67
Pineapple orange squares	95
Pineapple stuffing	29
Tropical fruit salad.....	21
Pasta	
Grandma's delicious noodle kugel	27
Hamburger stroganoff.....	62
Low-fat fettucine primavera	65
Peanut Butter	
Crunchy peanut butter brownies.....	78
Peanut butter cup oatmeal treats.....	94
Pies	
Apple	79
Mint	92
Sausage.....	68
Pizza	
Fruit pizza.....	89
Vegetable pizza.....	37
Pork	
Ham-it-up crescent snacks.....	16
Sausage pie	68
Spicy ham biscuits.....	70
Potatoes	
Cheese potatoes	32
Hashbrown casserole	34
Scalloped potato casserole.....	36
Salads	
Broccoli salad	11
Crunchy pea salad	14
Cucumber salad	15
Hawaiian fruit salad.....	17
Oriental cabbage salad.....	19
Tropical fruit salad.....	21
Soups	
Beef and barley vegetable	10
Chicken gumbo.....	12
Cornbread and chicken cheese chowder	59
Cream of broccoli.....	13
Taco soup.....	9
Turkey	
Taco soup.....	9

Virginia Tech does not discriminate against employees, students, or applicants on the basis of race, color, sex, sexual orientation, disability, age, veteran status, national origin, religion, or political affiliation. Anyone having questions concerning discrimination should contact the Equal Opportunity/Affirmative Action Office. If you are a person with a disability and desire assistive devices, services, or other accommodations to participate in this activity, please contact the Equal Opportunity and Affirmative Action Office at (540) 231-7500, TTY (540) 231-9460.

