



*The Central Pennsylvania Food Bank
Community Recipe Book*





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Introduction

At the Central Pennsylvania Food Bank, we believe food unites us all. Sharing our recipes gives us the chance to connect with others and experience a piece of another culture. We have compiled this book with recipes from our staff, agency members, and individuals throughout Central Pennsylvania. We hope this cookbook will inspire you to create something new and share it with others!



Common Measurement Conversions

Teaspoons	Tablespoons	Cups	Ounces	Other
3 teaspoons	1 tablespoon	1/16 cup	1/2 oz	
6 teaspoons	2 tablespoons	1/8 cup	1 oz	
	4 tablespoons	1/4 cup	2 oz	
	8 tablespoons	1/2 cup	4 oz	1/4 pint
	12 tablespoons	3/4 cup	6 oz	
	16 tablespoons	1 cup	8 oz	1/2 pint
		2 cups	16 oz	1 pint
		4 cups	32 oz	1 quart

Measurement Abbreviations

Teaspoon: t or tsp

Tablespoon: T or tbsp

Ounce: oz

Fluid Ounce: fl or fl oz

Cup: c

Pint: pt

Quart: qt

Gallon: gal

Pound: lb



Food Safety Basics



Clean

- Wash hands and surfaces often.
- Clean all produce thoroughly with tap water, including those with skins and rinds that are not eaten. Consider using a vegetable brush for a deeper clean.
- Wash your cutting boards, utensils, and countertops with hot soapy water after preparing each food item and before you move on to the next item.

Separate

- In the store, separate raw proteins and eggs from other items in your shopping cart.
- At home, separate raw proteins from other foods in your refrigerator. Place them in containers or sealed bags on the bottom of your refrigerator.

Thaw

- Thaw frozen food in the refrigerator. This is the safest way to defrost meat.
- Thaw in cold water. Replace the water every 30 minutes so the water remains cold.
- Thaw food in the microwave if you will be cooking the food immediately.

Cook

- Use a food thermometer to ensure you are cooking to the safe internal temperature. (see chart on following page)
- Heat leftovers thoroughly to 165 degrees F.

Chill

- Your home refrigerator should be kept at 40 degrees F or less to prevent growth of harmful bacteria.
- Refrigerate or freeze perishable food within 2 hours.





Safe Cooking Temperatures

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F and allow to rest for at least 3 minutes
Ground Meats	160 °F
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F .
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F
Eggs	160 °F
Fish & Shellfish	145 °F
Leftovers	165 °F
Casseroles	165 °F



Beverages

Isabel's Bloody Marys

By: Cydne Shull

INGREDIENTS

- 1-46 oz container of tomato juice (or V8 Juice Original)
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper
- 1/8 tsp white pepper
- 1 tsp Worcestershire sauce
- Tabasco or Crystal hot sauce to taste (suggested 1/4-1/2 tsp)
- 1 tbsp horseradish
- 1/4 cup dill pickle juice
- Celery, lemon slice and giant stuffed green olives for garnish

DIRECTIONS

1. Add all ingredients into a large glass pitcher. Mix, then chill in the refrigerator an hour or so before serving.
2. Pour a single serving in a tumbler, add 2-3oz vodka or not for a "Virgin Mary", garnish and serve.

SERVINGS: 1 PITCHER

Isabel's Bloody Marys



Background: My Nana, Isabel's, recipe. She would make it every Christmas morning with eggs benedict for breakfast.

Williamport Agency Services Coffee Ritual

By: Jeremy Pearson

INGREDIENTS

- Coffee beans
- Water

DIRECTIONS

SERVINGS: 1-4

1. Go on an Adventure. You don't need to settle for getting your coffee from the grocery store. Wherever you find yourself, you can find a small coffee shop or roaster, selling high quality coffee beans as freshly roasted as possible. The best cup of coffee starts with the best beans, don't fail before you begin.
2. Gather your water and coffee beans. Hypothetically, let's pretend that you just returned from visiting your grandmother in Elysburg, and while you were there you picked up a bag of coffee at Profile Coffee and Roasters. The tantalizing smell will drive you nuts all the way home and when you finally get inside your house, the first thing you will need to do is whip up some coffee. You have just been daydreaming about this for an hour and a half. You will want to do this right the first time. When brewing coffee, you want consistency. Grab a scale and measure out 1000 grams of water and 62 grams of coffee. (Fun fact: A milliliter and a gram of water are the same.) This is a nice starter ratio, you can add more coffee or less depending on your taste.
3. Grind the coffee. Grinding your coffee beans fresh is always better than buying pre ground coffee and allowing it to go stale. There are many oils that remain trapped inside of your coffee bean, and you do not want to lose them by letting your bag of ground coffee lay around like a misplaced bag of potato chips you forgot about.



Williamport Agency Services Coffee Ritual Continued...

DIRECTIONS

4. Grab a filter and start pouring. In the pictures provided you will see a glass Bodum Pour Over carafe that comes with a mesh basket. These are great for making pour over coffee for yourself or friends. You can use the mesh basket that comes with the carafe on its own, but adding a paper filter will give you a cleaner cup of coffee. Once your water comes up to a boil, start pouring slowly over the bed of coffee grounds. Really take your time with this step, this is a chance to really think about your life. Where are you going with it? What regrets do you want to turn into future goals and accomplishments?
5. While you are practicing this meditation, the extra time you are investing into the pour is extracting the rich flavors that you have just unlocked from your freshly ground beans.
6. Take your coffee and drink it, share it. It's really up to you.
7. It's your coffee, you can turn it into ice cream or make scented candles, whatever you want. I'm just a recipe, I can't dictate your life. Remember: There are not a lot of problems that you can't solve with coffee. It's not just a beverage, it's a companion.



Background: Coffee is thought to have originated in Ethiopia over 1000 years ago. It then made its way to the middle east where it was greatly commodified. The Beans then spread to Europe and eventually throughout the whole world, bringing joy and productivity to all who come into contact with it!

Frosty Apple Cow Milk Punch

By: Linda Gilbert

INGREDIENTS

- 2 cups cold milk
- 1 pint vanilla Ice Cream, softened
- 1 can (6 oz) frozen apple juice concentrate or apple cider
- 1/8 tsp cinnamon
- 1/4 tsp nutmeg

DIRECTIONS

1. Put all ingredients in a large bowl and mix.
2. ENJOY.

SERVINGS: 8

Background: This recipe has been prepared by many county dairy princesses across the state of Pennsylvania for many years. It is a refreshing recipe for anytime of the year - especially in the fall. This is a beverage which is delicious and nutritious with milk having 13 essential nutrients.





Appetizers & Sides

Crockpot Mac & Cheese

By: Christine Werner

INGREDIENTS

- 1 lb (16 oz) elbow macaroni
- 3 cups milk
- 2 cans evaporated milk
- 6 cups shredded sharp cheddar cheese (or mild)
- 1 stick butter/margarine

DIRECTIONS

1. Boil macaroni as directed on package and drain.
2. Add all ingredients in crockpot, stir, cover
3. Cook on low 3 - 4 hours

Note: Crockpot liner is recommended.

SERVINGS: 20+

Background: This recipe is great for large gatherings and easy to make.



Grandma's Meatballs

By: Kelsey Hudak

INGREDIENTS

- 2 slices white bread
- Milk (as needed)
- 1lb ground beef
- 2 eggs
- 2 cloves garlic, minced
- 1 tbsp dried parsley
- 1/4 cup pecorino romano cheese, finely grated
- 1/4 tsp salt
- 1/2 tsp pepper

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Place the bread in a mixing bowl. Cover with milk until the bread is damp all over but not soaked.
3. Add all remaining ingredients and combine.
4. Form into approximately 12 meatballs.
5. Place onto baking sheet.
6. Bake for 30 minutes or until brown on top and oozing with cheese.
7. Pair with your favorite sauce and pasta or eat them right off the pan like we do at home!

SERVINGS: 6

Background: My Grandma's simple recipe for the most delicious meatballs!



Scotch Eggs

By: Nellie Stinson

INGREDIENTS

- 1 lbs sausage meat (half beef and half pork)
- ½ tsp cumin
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper
- 8 hard cooked eggs, peeled
- ¾ cup flour
- ½ tsp salt
- Pinch of ground pepper
- 2 eggs, beaten lightly
- 1 cup fine dry breadcrumbs
- Oil for frying (vegetable)

Mustard Aioli:

- 2 cups mayonnaise
- ¼ cup white wine (optional) (use your favorite)
- 2 tsp dry mustard
- 1½ tsp Old English Mustard
- Salt to taste
- ½ tsp Worcestershire sauce
- 1 tbsp fresh lemon juice
- Mix all ingredients gently into mayonnaise, stirring lightly to blend. Chill. Makes 2¼ cups.

DIRECTIONS

1. Mix sausage with cumin, onion powder, garlic powder, salt, and pepper.
2. Shape into 8 flat patties and wrap around eggs, covering egg completely.
3. Dredge in flour which has been mixed with salt and pepper.
4. Then roll in egg and cover with crumbs.
5. Heat oil to 375 degrees F and fry eggs for about 5 minutes, until sausage is cooked and nicely browned.
6. Serve hot or cold with Mustard Aioli.

SERVINGS:4-8

Scotch Eggs



Background: I had them at the UK Pavilion in Epcot Center and fell in love!

Motel Rice & Beans

By: Kavrina Kelly

INGREDIENTS

- 1 can French style green beans, drained
- 1 can black beans, NOT drained
- 1 can sweet corn, drained
- 1 cup of rice, rinsed
- 2 cups of water

Optional:

- salt to taste
- garlic powder
- onion powder
- chili powder

DIRECTIONS

1. In a medium sized bowl, mix together the French style green beans, sweet corn, and black beans. (optional: add salt, onion powder, garlic powder, and chili powder to taste) Set aside.
2. Pour 1 cup of rice into a rice cooker (or a pot) and add 2 cups of water. If using a rice cooker, press "cook". If using the stove, place a lid on the pot and simmer on medium heat until the rice is cooked. (Approximately 20 minutes)
3. Once the rice is cooked, dish out three servings of rice. Pour the bean/corn mixture over top of the rice. (note: the mixture tastes best at room temperature)
4. Enjoy!

Note: Hot sauce also tastes FABULOUS on this dish!

SERVINGS: 3

Background: When I was younger, my family and I were homeless for a few months. We were finally put up in a motel and had a rice cooker to use. My mother went to the store and bought 4 cans each of: Black beans, French Style Green Beans, and Sweet Corn. She also bought a bag of rice. She mixed the contents of the canned goods together, made rice, and poured the concoction over it. We feasted on that mixture for days because it was a cheap, easy, and quick way to feed five children.

To this day I crave that. I add spices now, and sometimes omit the rice and put the vegetable bean mixture over a bed of lettuce, but man, this has the perfect balance of poppy corn, creamy black bean, and earthy taste of the green beans!

Sweet Potato Gratin with Gruyere

By: Kelsey Cantor

INGREDIENTS

- Cooking spray
- 2 cups heavy cream
- 1 tsp salt
- 3 lbs sweet potatoes, peeled
- 1/2 cup shredded gruyere
- Optional: 1/2 tsp cayenne pepper

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray 9x9 inch. baking dish with cooking spray
2. Stir together heavy cream and salt in large bowl. Slice sweet potatoes thinly with mandolin into bowl, coating slices with cream mixture
3. Layer 1/3 of sweet potatoes in baking dish. Sprinkle with half of cheese. Repeat with another 1/3 of sweet potatoes and remainder of cheese. Top with remaining sweet potatoes. Pour any remaining cream mixture over top.
4. Bake, uncovered, on center rack of oven 30 minutes. Remove from oven.
5. Press fork or spatula carefully against top layer to allow liquid to flow over top. Return pan to oven; bake 30 min. Remove pan; press top layer to allow liquid to flow over top. Return pan to oven; bake 30-40 min or until potatoes are tender. Remove from oven; let rest 15 minutes.

SERVINGS: 6



Background: Tried this recipe as a sample from Wegmans around Thanksgiving time about 6 years ago. Started making it at our family Thanksgiving gatherings and has become a family favorite!



Soups & Salads

Pear, Gorgonzola, and Walnut Salad

By: Chris Forman

INGREDIENTS

- 1 ripe pear
- 3 tbsp crumbled gorgonzola cheese
- 3 tbsp chopped walnuts
- Honey (to taste)
- Arugula
- Olive oil
- Balsamic Vinegar
- Salt/Pepper

DIRECTIONS

1. Toss arugula with olive oil and balsamic to taste. Sprinkle with salt and pepper.
2. Preheat oven to 350 degrees F. Cut pear in half and scoop out about 1/4 of the pear (and eat!).
3. Fill scooped out area with 1.5 T of gorgonzola and sprinkle with 1.5 T chopped walnuts (or more or less according to taste).
4. Bake for approx. 30 minutes until cheese is melted. Remove and drizzle with honey. Plate 1/2 pear on a bed of the dressed arugula. Enjoy!

SERVINGS: 2

Background: A friend gave me this recipe and I have modified it to my taste.



Broccoli Salad

By: Linda Gilbert

INGREDIENTS

- 1 bunch fresh broccoli
- 1 cup shredded cheddar cheese
- 1 onion, chopped (I use red)
- 1/2 lb bacon (fried, drained, and crumbled)

Dressing:

- 1/2 cup Salad Dressing
- 1/4 cup sugar
- 1 tbsp vinegar

DIRECTIONS

1. Cut the broccoli into bite size pieces then mix the shredded cheese, onions and bacon with the prepared dressing.
2. Stir the items of the dressing and cover the above items. Refrigerate until serving.

Note: if the salad seems dry - make another batch of dressing and pour on the salad until covered but not laying in dressing.

SERVINGS: 6



Background: My very dear friend, Gloria Heisey, prepared this recipe when she invited me for dinner many years ago. Since then, I make this for my family for holidays and when I have them to our home for a meal. It is great with any meal. We tend to pair it with ham and mashed potatoes. Many fond memories of holiday and family conversations while enjoying this all-time favorite. Normally, my extended family requests it for family gatherings.

Rustic Italian Tortellini Soup

By: Erika Siracusa

INGREDIENTS

- 3 Italian turkey sausage links (4 oz each), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14-1/2 oz each) reduced-sodium chicken broth
- 1-3/4 cups water
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 package (9 oz) refrigerated cheese tortellini
- 1 package (6 oz) fresh baby spinach, coarsely chopped
- 2-1/4 tsp minced fresh basil or 3/4 tsp dried basil
- 1/4 tsp pepper
- Red pepper flakes, to taste
- Shredded Parmesan cheese, to taste

DIRECTIONS

1. Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink.
2. Add garlic; cook and stir 2 minutes longer.
3. Add the broth, water, and tomatoes. Bring to a boil.
4. Stir in tortellini; return to a boil. Reduce heat; simmer uncovered, for 5-8 minutes or until tortellini are tender, stirring occasionally.
5. Add the spinach, basil, pepper, and pepper flakes; cook 2-3 minutes longer or until spinach is wilted.
6. Serve while hot; sprinkle cheese on top if desired. Enjoy!

SERVINGS: N/A



Background: My grandmother, who we lovingly call Mimi, is the queen of soups in our family! I've enjoyed many of her soups growing up and she shared some of her favorite soup recipes with me some time ago. This hearty soup recipe is my favorite to make on a cold day and best served with Parmesan cheese sprinkled on top and sliced Italian bread.

White Chicken Chili

By: Jenna Hollinger

INGREDIENTS

- 1 ½ lb boneless, skinless chicken breasts or thighs
- 1 tbsp fat or choice (for stovetop and Instant Pot versions only)
- 1 medium onion, diced
- 1 medium bell pepper, any color; diced
- 1 small jalapeno, seeds and membranes removed and finely diced
- 6 cloves garlic, minced
- 2 ½ tsp ground cumin
- 1 tsp dried oregano
- 1 tbsp chili powder
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 ½-2 cups organic chicken broth (or homemade bone broth)

DIRECTIONS

Slow Cooker Directions

1. Add the onion, peppers, garlic, and spices (cumin, oregano, chili powder, salt, and black pepper), and beans, if using, to the bottom of a slow cooker. Arrange the chicken on top of the vegetables in a single layer.
2. Add the broth and place the lid on the slow cooker.
3. Set heat to **LOW** and cook 5-6 hours or until the chicken is done and the vegetables are tender.
4. Remove the chicken from the slow cooker and shred it with two forks. Return the shredded chicken to the slow cooker.
5. Turn the heat to **HIGH**. Add the coconut milk, stir and replace the lid. Continue heating for an additional 10-15 minutes or until heated through.
6. Stir in the lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

SERVINGS: 4-6



White Chicken Chili Continued...

INGREDIENTS

- 1 (14-oz) can full-fat coconut milk*
- Juice of ½ lime
- ½ cup fresh cilantro, chopped
- Fresh cilantro and lime wedges for garnish, optional
- Optional: 1 (14-oz) can white beans, drained and rinsed (omit for Whole30)

DIRECTIONS

Stovetop Directions

1. Place a large saucepan with a lid (or Dutch oven) over medium heat. Add 1 tablespoon fat of choice and heat until it just starts to shimmer. To the hot oil, add the onions and peppers. Saute 5-6 minutes, stirring occasionally, until onion and peppers start to soften.
2. Add garlic, cumin, oregano, chili powder, salt, pepper, and beans, if using. Continue to cook an additional 30-60 seconds or until fragrant.
3. Lay the chicken in the pan over the onion and pepper mixture. Add 1 cup of broth and bring it just to a boil. Reduce the heat, cover, and simmer for 12-15 minutes or until chicken is cooked through. Shred the chicken in the pan using two forks or transfer it to a cutting board to shred before returning it to the pan.
4. Add the remaining 1 cup of broth and coconut milk and return to a simmer. Cover the pan and allow the chili to simmer for an additional 10 minutes.
5. Remove from heat and stir in the lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped parsley and lime wedges, if desired.

SERVINGS: 4-6

Background: This was a recipe my sister and I made on the whole30 program. We loved it so much, it became one of our go to recipes especially in the winter. This is the Chili I am making for the contest! :)



Entrées

Crispy Parmesan Chicken

By: Ainslie Davi

INGREDIENTS

- 2-3 large chicken breasts
- 2 eggs, beaten
- 1 cup flour
- 1 cup panko
- 1/4 cup parmesan
- Dried herbs (I use basil, thyme, rosemary)
- Any neutral oil for pan frying

DIRECTIONS

1. Beat the chicken breasts in a large zip lock bag with a rolling pin or mallet until flattened
2. Place the flour in a dish, eggs in a dish, and panko mixed with parmesan and herbs in a dish, all separate
3. On a stove top, heat up an oiled pan on medium to medium-high heat; make sure the oil covers the entire bottom of the pan
4. As the stove heats up, place the first breast into the flour, making sure all sides are covered; then, cover all sides with the beaten eggs; finally, put in the panko/herb/parmesan mixture
5. Place the breaded chicken breast on the oiled pan; repeat with the rest of the breasts
6. Flip the breasts when one side is golden; keep frying until the chicken can be cut at the largest part and no pink remains
7. Place on a paper towel once finished cooking to soak up excess oil
8. Enjoy!

SERVINGS: 4



Background: There is not much background! My mom gave me this recipe to cook in my college apartment my senior year. It's a very easy recipe, and it's SO yummy. I normally pair it with broccoli, olive oil, and seasoning salt that I either grilled or put in the oven.

Fisher Family Lasagna

By: Rebecca Bedenbaugh Fisher

INGREDIENTS

- 1 lb sweet Italian sausage (out of casings)
- 1 lb lean ground beef
- 1 onion, diced
- 2 cloves garlic, crushed (or 2 tbsp pre-minced)
- 1 (28 oz) can crushed tomatoes
- 2 (6.5 oz) cans canned tomato sauce
- 2 (6 oz) cans tomato paste
- ½ cup water
- 2 tbsp white sugar
- 1 tbsp dry parsley.
- 1 ½ tsp dried basil leaves
- 1 tsp sea salt
- 1 tbsp Italian seasoning
- Dash nutmeg
- 1 tsp fennel seeds
- 1/2 tsp fresh ground black pepper

DIRECTIONS

1. In a large pot or Dutch oven - Cook sausage and ground beef on medium heat, break apart meat and cook until browned.
2. Drain most of the fat and set meat aside in a bowl.
3. In the same pot the fat, cook diced onion until just soft.
4. When onions look translucent, push them to the side and add garlic and fennel seeds in the cleared area in the middle of the pot, cook until fragrant, about 1 - 2 minutes.
5. Add tomato paste to the pot, spreading it on the bottom of the pot and let cook on medium heat for about 5 minutes, stir and re-spread once halfway through.
6. Next add crushed tomatoes, tomato sauce, and water. Add back in meat. Season with sugar, basil, 1 teaspoon salt, Italian seasoning, and pepper. Simmer, covered, for about 1 1/2 hours, stirring occasionally so nothing is sticking to the bottom of the pot. Taste and adjust seasonings. Watch out, it will "burp" hot sauce at you so use the pot lid as a shield when you stir occasionally.
7. In a mixing bowl, combine ricotta cheese with egg, parsley, and a dash of nutmeg. Refrigerate.
8. Right before layering: Bring a large pot of salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.
9. Preheat the oven to 375 degrees F.

SERVINGS: 15

Fisher Family Lasagna Continued...

INGREDIENTS

- 12 - 15 lasagna noodles
- 16 oz ricotta cheese (or large curd cottage cheese with 2 eggs instead of 1)
- 1 egg (if using ricotta)
- 1 lb mozzarella cheese, shredded
- ¾ cup grated Parmesan cheese (not the kind in a sprinkle jar)
- ¾ cup romano & asiago, grated
- 9 slices of provolone

DIRECTIONS

10. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a deep 9x13-inch baking dish. Arrange slightly overlapping noodles lengthwise over meat sauce. Spread with 1/2 of the ricotta cheese mixture. Top with 2 cups of mozzarella cheese. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese, and 1/4 cup of the Romano-Asiago blend.
11. Put down a 2nd layer of noodles, spread the last 1/2 of ricotta mix, then 9 slices of provolone cheese, 1 1/2 cups meat sauce, and top with a 1/4 cup of Parm, and 1/4 cup of the Romano-Asiago blend. Put down 3rd layer of noodles and top with remaining mozzarella and Parmesan, Romano and Asiago cheeses.
12. Cover with foil: to prevent sticking make a crease lengthwise along the middle of the piece of foil before placing it on the casserole dish to create a tent-like structure with the foil to make sure the foil does not touch the cheese. You can get creative and use wooden toothpicks, etc but I never have those on hand.
13. Bake in the preheated oven for 25 minutes. Remove the foil and bake for an additional 25 minutes, then broil on High for 2 minutes, then check and decide if you want to broil longer. I like to have a nice golden brown crust but follow your heart. Rest lasagna for 20 minutes before cutting.

SERVINGS: 15

Fisher Family Lasagna



Background: I grew up in a household with a father that didn't know how to cook much other than spaghetti, pancakes, and french toast. The joke is that we had spaghetti 6 nights a week growing up, but we always had fun making each other laugh. I developed this recipe for family dinners because all my siblings were TIRED of spaghetti but we wanted to eat something "spaghetti adjacent" that reminded us of childhood dinners at the table. It makes a considerable amount so be ready with a deep casserole pan!!

Chicken Zucchini Casserole

By: Rachel Schall

INGREDIENTS

- 1 package (6 oz) stuffing mix
- 3/4 cup butter, melted
- 3 cups diced zucchini
- 2 cups cubed cooked chicken breast (can substitute frozen chicken)
- 1 can (10 3/4 oz) condensed cream of chicken soup, undiluted
- 1 medium carrot, shredded
- 1/2 cup chopped white onion
- 1/2 cup sour cream
- For a cheesier dish, add 1/2 cup of shredded cheddar cheese.

DIRECTIONS

1. In a large bowl, combine stuffing mix and butter. Set aside 1/2 cup for topping.
2. Add zucchini, chicken, soup, carrot, onion, and sour cream to the remaining stuffing mixture.
3. Transfer to a greased 11 x 7 inch baking dish.
4. Sprinkle with reserved stuffing mixture.
5. Bake, uncovered, at 350 degrees F until golden brown and bubbly, about 40-45 minutes.
6. Remove from oven and let cool for about 5 minutes.
7. Enjoy!

SERVINGS: 4



Photo courtesy of Mr.food.com

Background: My mom makes this dish in the summertime with fresh zucchini from her garden. It was a favorite of mine when I was younger, and now I get to make it for my family. We love it!

The original recipe is from TasteofHome.com

Stuffed Cabbage Rolls

By: Donna Lattanzio

INGREDIENTS

DIRECTIONS

SERVINGS: 6

For the tomato sauce:

- 2 tbsp butter
- 1/2 cup onion finely chopped
- 1 tsp garlic minced
- 28 oz can crushed tomatoes do not drain
- 15 oz can tomato sauce
- salt and pepper to taste
- 2 tbsp brown sugar
- 1 tbsp red wine vinegar

For the tomato sauce:

1. Melt the butter in a large pot over medium heat. Add the onion and cook for 4-5 minutes or until translucent.
2. Add the garlic and cook for 30 seconds. Add the crushed tomatoes, tomato sauce, salt and pepper to the pot.
3. Stir in the brown sugar and red wine vinegar. Bring to a simmer.
4. Cook for 10-15 minutes, stirring occasionally.

For the cabbage rolls:

1. While the sauce is simmering, assemble the cabbage rolls. Bring a large pot of water to a boil.
2. Immerse the cabbage head in the boiling water. Cook for 3-5 minutes or until cabbage leaves are pliable. Peel 12 large leaves off the cabbage
3. Place the ground beef, rice, onion, garlic, salt, pepper, 2 tablespoons of parsley and egg in a bowl. Add 1/2 cup of the tomato sauce to the bowl. Stir to combine.
4. Lay each cabbage leaf on a flat surface. Use a small knife to cut a V-shaped notch to remove the thick part of the cabbage rib.
5. Shape 1/3 of a cup of the meat mixture into a log shape and place in the center of a cabbage leaf. Roll the cabbage leaf around the meat mixture. Repeat with remaining meat and cabbage leaves.

Stuffed Cabbage Rolls Continued...

By: Donna Lattanzio

INGREDIENTS

DIRECTIONS

SERVINGS: 6

For the cabbage rolls:

- 1 lb ground beef, I use 90% lean
- 1 cup cooked rice
- 1/2 cup onion finely chopped
- 1 tsp garlic minced
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup fresh parsley leaves chopped, divided use
- 1 egg
- 1 head cabbage
- cooking spray

10. Preheat the oven to 350 degrees F.
11. Coat a 9"x13" pan with cooking spray. Place 1/2 of the tomato sauce in the bottom of the baking dish. Place the cabbage rolls, seam side down, in the dish. Top with remaining sauce.
12. Cover with foil. Bake for 60-90 minutes or until cabbage is tender and meat is cooked through. Sprinkle with remaining 2 tablespoons of parsley, then serve.

Background: My mom is Polish and would make these for us. Known as Golabki, it's a simple dish, but really tasty on a cold winter night!



Quick Fish Tacos

By: Melinda Gahan

INGREDIENTS

- 1 lb white fish
- 2 tbsp low sodium taco seasoning
- 3 tbsp reduced fat ranch dressing
- 4 cups coleslaw mix (shredded cabbage and carrots)
- 1 small jalapeno pepper, seeded, finely chopped (optional)
- 10 corn tortillas, 6 inch
- 1 1/4 cup sliced radishes
- Hot sauce or tomatillo salsa, if desired

DIRECTIONS

1. Sprinkle fish with 2 teaspoons of the taco seasoning. Bake in a 400 degree F oven until cooked through, 12 to 15 minutes. Let cool and flake into bite sized pieces.
2. While the fish is cooking, in a large bowl mix the ranch dressing and the remaining taco seasoning. Add the coleslaw mix and jalapeno, mix to combine.
3. Wrap tortillas in foil and heat in the oven, 5 to 10 minutes.
4. To serve, spoon 1/4 cup fish and 1/4 cup coleslaw mix into each tortilla. Top with radishes and the hot sauce if using.

SERVINGS: 4

Background: This is a recipe I use for my family that I realized adapts well to low budget cooking. I originally found it in a Pillsbury recipe book I got at a yard sale. Fish can be a tough sell to some at a food pantry and this is a good use for it.



Beef Rouladen

By: Abigail Shrom

INGREDIENTS

DIRECTIONS

SERVINGS: 4

For the Rouladen:

- 8 slices top round beef, about 4x6 inches in size and 1/4 inch thick (ask your butcher), gently pound the slices with a meat mallet until they're a little thinner than 1/4 inch (be careful not to pound holes into them)
- 1/3 cup whole grain mustard (or your preferred type of mustard)
- 8 slices bacon (optional)
- 8 medium German pickles , sliced lengthwise
- 1 medium yellow onion , chopped
- salt and freshly ground black pepper

1. Preheat your oven to 325 degrees F. Lay the beef slices out on a work surface. Spread each beef slice with about 2 teaspoons of mustard and sprinkle with a little salt and freshly ground black pepper.
2. If using bacon, place a strip of bacon on each beef slice so it's running the same length as the beef.
3. Place the sliced, German pickles and chopped onions on each beef slice. Roll up the beef slices, tucking in the sides as best you can and securing the beef rolls with toothpicks.
4. Heat the butter and oil in a heavy Dutch oven or pot (make sure it's oven-safe if baking in the oven) and generously brown the rouladen on all sides. Browning them well will ensure a rich and flavorful gravy. Set the rouladen aside on a plate. Do not remove the browned bits in the bottom of the pan (important for a flavorful gravy)
5. Add the onions to the pot and a little more butter or oil if needed. Cook the onions until softened and translucent, about 5 minutes. Add the garlic and cook for another minute.
6. Add the carrots and celery and cook for another 5 minutes.
7. Pour in the red wine, bring to a rapid boil for one minute, reduce the heat to medium and simmer for 2-3 more minutes. Add the beef broth, tomato paste, bay leaf, sugar, salt and pepper.

Beef Rouladen Continued...

INGREDIENTS

DIRECTIONS

SERVINGS: 4

For the Gravy:

- 1 tbsp butter
- 1 tbsp cooking oil
- 1 medium yellow onion , chopped
- 1 clove garlic , minced
- 1 large carrot , chopped
- 1 large celery stalk , chopped
- 1 cup dry red wine
- 2 cups beef broth
- 1 tbsp tomato paste
- 1 bay leaf
- 1 tsp sugar
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 4 tbsp chilled butter

8. Nestle the beef rouladen in the pot.

9. Transfer the pot (make sure it's oven-safe) to the oven, preheated to 325 degrees F, and cook for about 90 minutes or until fork tender.

To Make the Rouladen Gravy:

1. When the beef is fork tender, remove the rouladen from the pot and set aside. Remove toothpicks from the rouladen.
2. Pour the liquid and vegetables through a strainer and reserve the liquid. (You can eat the veggies on the side or puree them in the blender and then return them to the gravy.) Return the strained liquid back to the pot and bring to a simmer. For a creamy gravy you can also add a few tablespoons of heavy cream at this point. Simmer, whisking constantly, until the gravy is thickened.
3. Add the chilled butter, whisking constantly, until the butter is melted and incorporated. Add salt, pepper to taste.

Background: German Beef Rouladen is made of braised beef rolled with spicy, brown mustard and pickles. Traditionally served with rotkohl (red cabbage) and potatoes. This was served at a lot of family dinners, growing up. I would ask my mom to make it for me, every year, for my birthday.

Beef Rouladen



Stuffed Pepper Casserole

By: Susan Kolletzki

INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1 lb (80%) lean ground beef
- 2 bell peppers, any color, chopped into 1" pieces
- 1 large yellow onion, chopped into 1" pieces
- 3 cloves garlic, thinly sliced
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp dried oregano
- 1 (6 oz) can tomato paste
- 1 (14.5oz) can fire-roasted diced tomatoes
- 1 1/2 cup beef broth
- 1 cup basmati rice
- 2 cup shredded pepper Jack cheese (about 8 oz)
- 1 tbsp finely chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large Dutch oven over medium heat, heat oil.
3. When oil is shimmering, add ground beef and cook, breaking apart with a wooden spoon and stirring occasionally, until cooked through, 4 to 6 minutes.
4. Stir in peppers, onion, garlic, salt, pepper, cumin, paprika, and oregano.
5. Cook, stirring occasionally, until spices are fragrant, about 1 minute.
6. Stir in tomato paste and cook, stirring, until fragrant, about 2 minutes.
7. Add tomatoes, broth, and rice. Stir until incorporated, scraping up any browned bits from bottom of pot.
8. Increase heat to high and bring to a boil. Immediately cover and transfer to oven.
9. Bake until rice is tender, 20 to 24 minutes. Remove from oven and set broiler to high.
10. Stir once more, then top with cheese.
11. Return to oven, uncovered, and broil until cheese is golden brown and bubbly, 3 to 4 minutes. Top with cilantro.

SERVINGS: 6-8

Stuffed Pepper Casserole

Background: Found this delicious recipe on line. The whole family enjoys this meal.



Crockpot Italian Chicken

By: Erica Mowrer

INGREDIENTS

- 1.5-2 lbs boneless skinless chicken breast (approximately 3 breasts)
- 16 oz Olive Garden Italian dressing (or any Italian dressing you like)
- 1/4 cup grated parmesan cheese
- 1/4 tsp black pepper
- 8 oz cream cheese
- 16 oz penne pasta cooked according to package directions and drain well
- 1/4 cup parmesan cheese

DIRECTIONS

1. Add the chicken breasts to the slow cooker.
2. Pour over the Olive Garden Italian dressing and sprinkle over the parmesan cheese and pepper.
3. Place the cream cheese on top.
4. Place the lid on the slow cooker. Cook on HIGH for 4 hours or LOW 6 hours.
5. When the cook time is almost complete, boil water and cook the pasta on the stove top as directed on the package.
6. Shred the chicken with 2 forks. Drain the pasta and add to the chicken and sauce. Stir. Sprinkle over the remaining parmesan cheese.

Note: Olive Garden dressing is high in sodium and can be salty. Choose a lower sodium dressing if desired.

SERVINGS: 8

Background: My daughter, Madison found this recipe on TikTok during the Covid quarantine. It has been a family hit ever since. With 6 ingredients it is really simple and cooks itself! We usually add garlic toast and a caesar salad to complete the meal.



Caprese Chicken Bake

By: Heather Kumler

INGREDIENTS

- 4 boneless skinless chicken breasts
- Salt & pepper, to taste
- 1 cup pesto sauce
- 2 tomatoes cut into 8 slices total
- 1 cup mozzarella cheese shredded
- Fresh basil
- Balsamic glaze for garnish (optional)

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Season chicken breasts liberally with salt and pepper on both sides. Lay the chicken in a 9-inch x 13-inch baking dish bottom side up.
3. Spread 2 tablespoons of pesto sauce on each breast and spread it all over the chicken. Flip the chicken over and spread the remaining pesto evenly over each breast.
4. Bake for 25 minutes until the chicken is cooked through.
5. Carefully remove the baking dish from the oven. Lay two slices of tomato on each chicken breast. Top chicken breast with 1/4 cup of mozzarella cheese.
6. Return the baking dish to the oven and bake for 5 more minutes or until the cheese is melted.
7. Remove from the oven and sprinkle on fresh basil. We like to drizzle some balsamic glaze over our chicken before serving.

SERVINGS: 4



Background: I stumbled upon this recipe and tried it at Noon Meal. Volunteers and guests loved it, usually served with a side salad and baked whole potatoes or rice pilaf. I hope you enjoy this recipe as much as we do at the noon meal.

Crockpot Swedish Meatballs

By: Lisa Fraelich

INGREDIENTS

- 10.75 oz can cream of mushroom soup (low sodium)
- 14 oz can of beef broth (low sodium)
- 1 packet dry onion soup mix
- 2 tbsp A1 steak sauce
- 2 lb bag of frozen meatballs
- 16 oz package egg noodles
- 1 cup sour cream

DIRECTIONS

1. In a 5-6 quart slow cooker, mix the can of cream of mushroom soup with the beef broth, 1 packet dry onion soup mix, and 2 Tablespoons steak sauce. Whisk together well.
2. Then add in the frozen meatballs and stir. Cover and cook on low for 6-8 hours or high for 3-5 hours.
3. Just before the meatballs are done, bring a pot of water to a boil and cook the egg noodles according to their packaging.
4. When meatballs are finished cooking, stir in 1 cup of sour cream.
5. Mix noodles and meatballs together or serve meatballs on top of noodles.

SERVINGS: 6



Background: Family Recipe.



Deserto



Snickerdoodle Cookies

By: Marietta Ulrich

INGREDIENTS

- 1/2 cup softened butter
- 1/2 cup shortening
- 1 1/2 cup Sugar
- 2 eggs
- 2 3/4 cup flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1/4 tsp salt

Topping:

- 2 tbsp sugar
- 2 tsp cinnamon

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cream the butter, shortening, sugar, and eggs for 2 minutes or until a creamy smooth consistency
3. In a separate bowl mix together the flour, cream of tartar, baking soda, and salt
4. Then add the dry ingredients to the wet ingredients until just combined. Be careful not over mix it.
5. Shape the dough into ping pong size balls
6. mix the 2 tbsp of sugar and 2 tsp of cinnamon into a small bowl. Then roll the dough balls in the mixture and place them 2 inches apart on a cookie sheet.
7. Bake 8-10 minutes
8. Place baked cookies onto cooling racks. Let them cool for about 5 minutes before indulging in a taste. I promise that it's worth the wait in order to protect the roof of your mouth. I may or may not be speaking from personal experience.

SERVINGS:24



Background: this is a fifth generation cookie recipe from my maternal great great Grandmother. It is the most requested cookie during the holidays by family and friends. It's the perfect small, soft, chewy, and flavorful cookie. It's impossible to eat just one when they are fresh out of the oven. The aroma fills our home with hints of cinnamon and vanilla. No candle can truly imitate the scent of fresh baked cookies. This is an easy recipe to make with young children that love to help out in the kitchen. My 8 year old son loves the dough ball rolling part and of course taste testing.

Apple Crumb Pie

By: Crystal Handiboe

INGREDIENTS

- 1 unbaked pie crust, 9 or 10"

Pie Filling Ingredients:

- 6-7 cups peeled, thinly sliced apples
- 1 tsp cinnamon
- 1 1/2 tbsps melted butter
- 1/2 cup sugar

Crumb Topping Ingredients:

- 1/2 cup cold butter, cut into small bits
- 1/2 cup brown sugar
- 1 cup flour

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mix together pie filling ingredients and put into unbaked pie crust.
3. With a pastry blender or 2 forks, mix crumb topping ingredients until combined and crumbly.
4. Top the pie with the crumbs and pat down gently.
5. Bake uncovered for one hour.
6. Serve warm with whipped cream or ice cream.

SERVINGS: 6-8

Background: A family favorite for years.



Crème de Menthe Brownies

By: Kris Kaleida

INGREDIENTS

DIRECTIONS

SERVINGS: 12-15

Brownie

- 1 cup sugar
- ½ cup unsalted butter
- ½ tsp salt
- 4 beaten eggs
- 1 cup flour
- 16 oz chocolate syrup
- 1 tsp vanilla extract

Icing

- 2 cups powdered sugar
- ½ cup softened unsalted butter
- 2 tbsp Crème de Menthe liquor

Glaze

- 6 oz semisweet chocolate chips
- 6 tbsp unsalted butter

Brownies:

1. Cream butter and sugar.
2. Add other ingredients from step one and mix until combined.
3. Bake at 350 degrees F in a greased 9x13 inch pan for 35 minutes. Cool completely.

Icing:

1. Cream butter and powdered sugar.
2. Add liquor.
3. Beat until fluffy.
4. Spread mixture over cooled brownies.
5. Allow to set (refrigerator) until firm.

Glaze:

1. Melt together on low heat.
2. Mix thoroughly and spread over frosted brownies as a glaze. Chill in refrigerator.
3. Cut and serve!



Crème de Menthe Brownies



Background: This recipe came from my maternal grandmother and was always baked at Christmastime. These brownies are at the top of the list when I ask my kids what they would like me to bake for Christmas.

Grandma's Butter Dips

By: Tara Davis

INGREDIENTS

- 1/3 cup butter
- 2 1/4 cups flour
- 1 tbsp sugar
- 3 1/2 tsp of salt
- 1 cup of milk

DIRECTIONS

1. Heat oven to 450 degrees F.
2. Melt butter in a rectangular pan.
3. Mix all other ingredients together until dough just clings together.
4. Turn out mixture onto a well floured board and knead lightly, for about 10 minutes.
5. Roll out 1/2 inch into rectangular 12"x 8". Cut in half length to make into 16 strips.
6. Dip in melted butter until both sides are covered well with butter.
7. Place close together in two rows.
8. Bake 15 to 20 minutes, until golden brown. Serve piping hot!

SERVINGS: 32

Note: Use as you would hot biscuits.



Background: This recipe comes from my grandmother, Lola Smith. She use to make these butter dips with her Homemade Beef Pot Pie, Beef Stew, and any other dishes a butter breadstick would be good with. To this day, my brother, mom, and myself continue the tradition of baking them with many of the same meals.

Note about the photo: My sister-in-law gave this baking dish to me as a Christmas gift. It is a copy of my grandmother's recipe in her own handwriting and a photo of us on my wedding day. I of course cried like a baby when I opened it.

Lemon Sugar Cookies

By: Tracy Haas-Ungard

INGREDIENTS

- 2 cups sugar
- 1 cup softened butter
- 2 eggs
- 1 cup cream or half and half
- 1 tsp vanilla
- 2 tsp lemon extract
- 1 tsp baking soda
- 5 cups flour

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cream butter and sugar, add eggs and mix well.
3. Add vanilla, lemon, and cream, mix well.
4. Add baking soda and flour, mix gently.
5. Drop by teaspoon parchment paper lined cookie sheet.
6. Sprinkle with colored sugar.
7. Bake for 8-10 minutes.

SERVINGS: 36

Background: This recipe is from my grandmother Carrie Haas, and was included in Recipes & Remembrances, a cookbook from The Nippenose Valley, in honor of Immaculate Conception Church's 150th anniversary (1838-1988).



Oatmeal Carmelitas

By: George Weaver

INGREDIENTS

- 2 cups flour
- 2 cups traditional oats
- 1 1/2 cups brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 1/2 sticks (20 tbsp) of butter
- 1 cup semi-sweet morsels
- 1 cups chopped pecans
- 3/4 cup caramel topping mixed with 1/4 cup flour

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Combine dry ingredients (flour, oats, brown sugar, baking soda and salt) in a bowl.
3. Melt butter in a microwave, then add it to the dry mixture to create a crumble. Combine using an electric mixer.
4. Press 2/3 of the mixture evenly into the bottom of a greased 9x13 baking pan.
5. Bake for 10 min. then remove from then oven.
6. Sprinkle the morsels and pecans over the hot crust, then evenly pour the caramel/flour mixture.
7. Sprinkle the remaining 1/3 of the crumble over the top and bake for 15-20 min.
8. Cool before cutting into squares and serving.

SERVINGS: 24

Background: A simple delicious dessert that was my mother's "go to" when she needed a quick treat for a potluck.



Southern Tea Cakes

By: Rebecca Bendenbaugh

INGREDIENTS

- 6 cups flour
- 1 tsp salt
- 2 tsp baking powder
- 2 tsp baking soda
- 3 cups Sugar
- 2 cups sour cream
- 2 tsp vanilla extract
- 2 eggs
- 2 sticks butter, softened

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mix wet ingredients together until combined.
3. Mix dry ingredients together in a separate bowl until well combined,
4. Add dry mixture in 1/4 portions to the wet mixture, folding together well before adding more, do not overbeat.
5. Allow dough to sit for 10 minutes before spooning onto cookie trays (parchment paper is suggested, you can use a piece of parchment paper over and over).
6. They don't have to be perfect, spoon out about a 2-tablespoon amount for each cookie, fitting about 6 per cookie sheet.
7. Bake for 10 to 12 minutes. They will be puffed up with very slight browning on the edges, but still look a little wet when you pull them out of the oven.
8. Allow to cool on a rack before handling too much. Bottoms should be light brown. Keep in an airtight container.

SERVINGS: 6 DOZEN

Southern Tea Cakes

Background: Tea Cakes are widely made in the South, and each family has a slightly different recipe, some flavor theirs with orange, lemon, or nutmeg. My recipe comes from my grandmother. This plain vanilla recipe is a crowd-pleaser. In South Central PA, I discovered these are similar to Sour Cream Sugar Cookies.



Sweetheart Salad

By: Linda Gilbert

INGREDIENTS

- 1 can crushed pineapple, undrained
- 1/2 cup sugar
- 1 1/2 tbsp plain gelatin
- 1/4 cup cold water
- 6 oz cream cheese
- 2 tbsp lemon juice
- 2 tbsp cherry juice
- 1 cup whipping cream
- 12 maraschino cherries, chopped

DIRECTIONS

1. Dissolve gelatin in cold water.
2. In a saucepan, combine pineapples and sugar. Bring to a boil.
3. Once the boiling point is reached, add the gelatin mixture.
4. Stir until gelatin is combined.
5. Add the cherry and lemon juice.
6. Cool to lukewarm.
7. In a separate bowl, mash the cream cheese.
8. Combine pineapple, cream cheese, and maraschino cherries. Chill until partially thickened.
9. Whisk the whipping cream until thickened.
10. Pour into an 8 1/2 cup mold and chill until firm.

SERVINGS: 8

Background: This is a recipe which was made for special occasions at church and then by my family. I entered this as my official recipe when I was 1978 Franklin County Dairy Princess for their recipe book.



Photo courtesy of TasteofHome.com

Ice Cream Dessert

By: Amanda Haffly

INGREDIENTS

- 70 Ritz (or similar) crackers - finely crushed
- 1/2 cup of melted butter or margarine
- 2 small packages of instant vanilla pudding
- 1 1/2 cups milk
- 2 quarts vanilla ice cream

DIRECTIONS

1. Combine crushed crackers and melted butter in a bowl, mix together to create a crumble.
2. Line the bottom of a 9x13 serving dish with 3/4 of the cracker crumble to create a cracker crust.
3. Mix the two packages of vanilla pudding with the milk in a separate bowl until smooth.
4. Add the two quarts of ice cream in to the pudding mixture, until mixed thoroughly.
5. Pour ice cream mixture over cracker crust, spread evenly
6. Sprinkle remaining cracker crumbs as a topping on the ice cream mixture.
7. Re-freeze for 4-6 hours before serving
8. Enjoy!

SERVINGS: 12

Ice Cream Dessert



Background: This is my mother's recipe, but I believe she learned it from her step-mother. It's very easy to make, and was a favorite of mine growing up, it makes me think of summer picnics and big family gatherings.

*Photo courtesy of
InspiredbyCharm.com*



Basico



Homemade Pasta

By: Maria D'Isabella

INGREDIENTS

- 2 eggs
- 2 cups of flour
- 2 pinches of salt
- 2 tbsp of olive oil
- 2-4 tbsp of water

DIRECTIONS

1. Sift the flour and salt together on a large cutting board or countertop.
2. Make a well in the center of the flour.
3. In a bowl, combine the eggs, olive oil and some of the water.
4. Slowly add the liquid mixture into the center of the well.
5. Using a fork, stir from the center and work towards the outer walls of the flour incorporating the egg mixture. Try not to break the wall!
6. Once the dough starts to form, begin kneading the ball with your hands for about ten minutes.
7. After a soft ball is formed, cover with plastic wrap and let the dough rest in the refrigerator for 15 minutes.
8. Using a pasta machine, roll out the dough into sheets and then change the setting to cut into spaghetti or fettuccine.
9. Boil a pot of salted water. Add the pasta and cook for a few minutes until al dente.
10. Serve with your favorite sauce! Enjoy!

SERVINGS: 4-6



Background: My Mom taught me how to make pasta when I was young. This is one of the best things that I've ever learned how to make!

Authentic Puerto Rican Sofrito

By: Loyna De Jesus

INGREDIENTS

- 5 green peppers
- 2 red peppers
- 4 cubanelle peppers
- 12 aji dulce peppers
- 5 cups Spanish onions, chopped
- 1 cup of garlic chopped
- 1 bunch of recao (culantro) chopped
- 1 bunch of cilantro chopped

DIRECTIONS

1. Rinse all ingredients and remove seeds from peppers. Give peppers a rough chop.
2. Blend all ingredients in a food processor or blender in small batches.
3. Refrigerate in a sealed container.
4. If you will not finish all of your sofrito within two weeks, freeze in small containers.
5. Sofrito is a puree of pure bliss in a bottle! It is used in stews, rice dishes, Latin pasta dishes, bean dishes, and a lot more!

SERVINGS:N/A

Background: Do you ever wonder what gives classic Hispanic food its bold flavors? If you've had rice and beans at a Latin restaurant, chances are that they used sofrito in their recipe. Truth is, sofrito is the base of most of our cooking. If you want an authentic Puerto Rican sofrito recipe, this one's for you!

