



The

# SILVERADO KITCHEN

Version 1.0



**SILVERADO**  
TECHNOLOGIES

# The Silverado Kitchen 1.0

A collection of recipes from the Silverado and Sasiadek's staff

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*The Silverado Kitchen 1.0 was created by the Cookbook Committee*

# Start Menu

## (appetizers)

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[start menu](#) - First appearing in Windows 95, the Start Menu is the main menu for Windows, so named because it is where you are most likely to go to start doing almost anything on the computer. It's no longer just a Windows term, almost all computer systems and programs today will call the main list of options Start Menu to remind you "This is where you get started!"

[appetizers](#) - This is where you get started!

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# Mozzarella

From: Brian Bahnsen  
Print Services Technician

## Instructions

- 1:  
While stirring add the citric acid solution to the milk at 55 degrees F and mix thoroughly.
- 2:  
Heat the milk to 90 degrees F over medium/low heat.
- 3:  
Gently stir in diluted rennet with an up and down motion, while heating the milk to 100 to 105 degrees F. turn off the heat. The curd should be pulling away from the sides of the pot; they are ready to scoop out with a slotted spoon (about 3 to 5 minutes for this).
- 4:  
The curds will look like thick yogurt and have a bit of shine to them, and the whey will be clear. If the whey is still milky white, wait a few more minutes.
- 5:  
Scoop out the curds with a slotted spoon and put into a 2-quart microwaveable bowl. Press the curds gently with your hands, pouring off as much whey as possible. Reserve the whey.
- 6:  
Microwave the curds on high for 1 minute. Drain off all excess whey. Gently fold the cheese over and over (as in kneading bread) with your hand or spoon. This distributes the heat evenly throughout the cheese.
- 7:  
Microwave two more times for 35 seconds each: add salt to taste after the second time (optional). After each heating, knead again to distribute the heat.
- 8:  
Knead quickly until it is smooth and elastic. When the cheese stretches like taffy, it is done. If the curds break instead of stretch, they are too cool and need to be reheated.
- 9:  
When the cheese is smooth and shiny, roll it into small balls and eat while warm. Or place them in a bowl of ice water for ½ hour to bring the inside temperature down rapidly; this will produce a consistent smooth texture throughout the cheese. Alt-

## Notes

When making cheese, *Curds* are the solids which stick together and become the cheese, and *Whey* is the liquid left. Don't just throw the whey out, there's a lot of good recipes made from whey. Here's a few ideas:

[Ricotta from Heaven Pg 6](#)

[Whey Ricotta Pg 5](#)

[Tang Whey Pg 82](#)

## Ingredients

- 1 1/2 tsp  
Citric Acid  
(Dissolved in 1/2 cup cool water)
- 1 Gallon  
Pasteurized whole milk  
(ultra-pasteurized not recommended)
- 1/4 tsp  
Liquid rennet (or 1/4 rennet tablet)  
(diluted in 1/4 cup cool, unchlorinated water)
- 1 tsp  
Cheese salt (optional)

# Whey Ricotta

From: Brian Bahnsen  
Print Services Technician

## Instructions

- 1:
- Pour the whey into a large pot. Add milk, if desired. Heat the mixture to 200 degrees F.
- 2:
- While stirring, turn off the heat and add the vinegar. You will notice tiny white particles of participated albuminous protein.
- 3:
- Carefully ladle the curds into a colander lined with butter muslin or cheese cloth. Allow it to drain. When the muslin is cool enough to handle, tie the corners in to a knot and hang the bag over the sink or a bowl to drain for several hours.
- 4:
- When the cheese stops draining, untie the muslin and place the cheese into a bowl. Add the salt and the herbs, if desired. For a richer, moister cheese, add a small amount of cream.
- 5:
- Cover the bowl and refrigerate for up to a week.

## Ingredients

- Fresh Whey
- 1/4 cup
- Cider Vinegar
- 1-2 cups
- Whole milk (optional, to increase yield)
- 1/2 tsp
- Cheese salt (optional)
- 2 tbsp
- Light or heavy cream (optional)
- Herbs (optional)

# Ricotta from Heaven

**From:** Brian Bahnsen  
Print Services Technician

## Instructions

- 1:**  
Heat the whey in a pot until foam appears. This usually happens just prior to boiling. If the mixture boils, it will taste burned.
- 2:**  
Turn off the heat; let the whey set for 5 minutes.
- 3:**  
Gently skim off the foam and place the whey in a colander lined with butter muslin.
- 4:**  
Let drain for 15 minutes, then refrigerate. This ricotta will keep for up to 1 week in the refrigerator, but I doubt it will last that long.

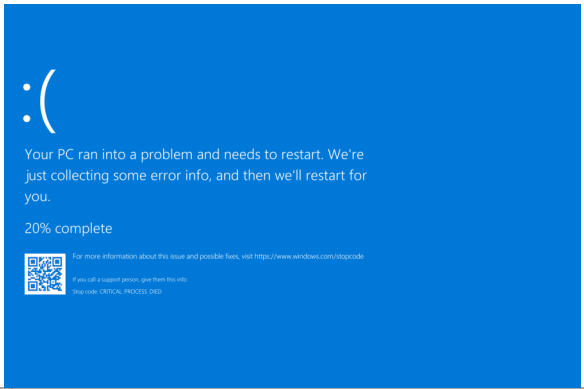
**Yield:** about ½ pound per gallon of whey

## Ingredients

Fresh Whey, no more than 3 hours old

# Blue Scream of Death

From: Jason Faiferlick  
Technical Services Manager



## Instructions

- 1: Preheat oven to 325 degrees.
- 2: In a blender or food processor, place cream cheese and soften
- 3: Place all remaining ingredients except blue cheese and chives in with the cream cheese and blend until smooth.
- 4: Stir in blue cheese just so it is mixed in (don't use blender!).
- 5: Place in small cast iron skillet or baking dish, and bake for 20-25 minutes, or until bubbly and melted.
- 6: Garnish with remaining bacon and the chopped chives.

## Notes

This is named after the infamous “Blue Screen of Death” which most Windows users have encountered at least once. Officially known as a “Stop Error” by Windows and called “Kernel Panic” by techies, it happens when Windows encounters an error so bad it forces Windows to immediately crash. The screen that shows is bright blue with simple text, which is quite shocking when you’re not expecting it. Since the only thing you can do is restart and hope you saved your work recently, it earned the nickname “Blue Screen of Death”.

## Ingredients

- 8 ounces Cream cheese
- 2 cloves Garlic, minced
- 1/2 cup Half & half
- 1/4 Cup Mayonnaise
- 1 tsp Juice from one lemon
- 1/4 tsp Black pepper
- 2 slices Bacon, cooked (reserve about a tablespoon for garnish)
- 1-2 Habanero peppers, finely diced
- 4 ounces Blue cheese, crumbled
- Freshly chopped chives

# Bacon Deviled Eggs

From: Laura Miller  
Network Technician



## Instructions

- 1: Hard boil the eggs (place in saucepan, cover with water, boil for 10 to 16 minutes, rotate eggs every few minutes to keep the yolk in the center).
- 2: Tap eggs on a hard surface and run under cold water to peel them.
- 3: Slice in half the length of the egg.
- 4: Gently remove the egg yolk.
- 5: With a fork, pulverize the yolks.
- 6: Mix all remaining ingredients except paprika and bacon bits into the egg yolks until smooth.
- 7: Mix in the bacon bits.
- 8: Add some mayonnaise if the yolk mixture is too dry.
- 9: Pick the best 24 egg halves.
- 10: Fill each half with a spoonful of yolk mixture (you can also pipe it from a plastic bag, just cut off one corner and squeeze bag to push out yolk mixture).
- 11: Sprinkle eggs with paprika.

## Ingredients

- 14 Eggs
- 1/2 cup Mayonnaise
- 1/2 tsp (one squirt) Yellow mustard
- 1/2 tsp Turmeric
- Pinch Black pepper
- 2 tbsp Balsamic vinegar (I like fruit ones like strawberry, pomegranate, or pear)
- 1/2 cup Bacon bits
- Paprika for garnish



# Bean Dip

From: Laura Miller  
Network Technician



## Instructions

- 1:  
In large frying pan, lightly soften onions and cilantro in butter.
- 2:  
Add the beans and salsa – cook until hot, stirring constantly.
- 3:  
Add Velveeta and keep stirring and cooking until blended fully.
- 4:  
Pour into a bowl and garnish with shredded cheese.
- 5:  
Microwave until cheese is melted.
- 6:  
Additional optional garnishes: cilantro, black olives, green onions, paprika.
- 7:  
Enjoy with your choice of chips or vegetables.

## Notes

Enjoy with your choice of chips or vegetables.

## Ingredients

- 1 small  
Onion, chopped
- 2 tbsp  
Cilantro, chopped
- 2 tbsp  
Butter
- 1 can  
Refried beans
- 1/2 cup  
Velveeta jalapeno cheese  
**OR**  
1 package  
Jalapeno cheese sauce
- 1/2 cup  
Salsa
- 1 cup  
Shredded cheese

# Spicy Deviled Eggs

From: Laura Miller  
Network Technician



## Instructions

- 1: Hard boil the eggs (place in saucepan, cover with water, boil for 10 to 16 minutes, rotate eggs every few minutes to keep the yolk in the center).
- 2: Tap eggs on a hard surface and run under cold water to peel them.
- 3: Slice in half the length of the egg.
- 4: Gently remove the egg yolk.
- 5: With a fork, pulverize the yolks.
- 6: Mix all remaining ingredients except paprika into the egg yolks until smooth.
- 7: Add some mayonnaise if the yolk mixture is too dry.
- 8: Pick the best 24 egg halves.
- 9: Fill each half with a spoonful of yolk mixture (you can also pipe it from a plastic bag, just cut off one corner and squeeze bag to push out yolk mixture).
- 10: Sprinkle eggs with paprika.

## Ingredients

- 14 Eggs
- 1/2 cup Mayonnaise
- 1/2 tsp (one squirt) Yellow mustard
- Pinch Ground oregano
- Pinch Black pepper
- Pinch Salt
- 2 tbsp Pepperoncini juice (from jar of hot peppers)
- Paprika for garnish

# Farmers Cheese

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Put milks in a pot and place on medium heat
- 2:  
Once you can see the milk start to combine add the lemon juice
- 3:  
Let the curds form
- 4:  
Drain through cheese cloth
- 5:  
Hang cheese cloth to let drip
- 6:  
Place in a container and mix in salt

## Notes

When making cheese, *Curds* are the solids which stick together and become the cheese, and *Whey* is the liquid left. Don't just throw the whey out, there's a lot of good recipes made from whey. Here's a few ideas:

[Ricotta from Heaven Pg 6](#)

[Whey Ricotta Pg 5](#)

[Tang Whey Pg 82](#)

## Ingredients

- 1/2 gallon  
Milk (not ultra-pasteurized)
- 3 cups  
Buttermilk
- 1 lemon  
Juice from one small lemon (use fresh)
- Salt to taste

# Simple Hummus

From: William Peterson  
Help Desk Technician II



## Instructions

- 1: Mix all items in a food processor until they form a paste.
- 2: Serve topped with some olive oil.

## Ingredients

- 1 can  
Garbanzo Beans
- 2 cloves  
Garlic, minced
- 1 tbsp  
Olive Oil
- 2-3 tbsp  
Water
- 1 lemon  
Juice from one lemon

## Notes

Check the recipe for [Basic Pita](#) on [Pg 19](#). Goes great with this recipe!

# Wheat 2.0 (bread)

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**Wheat (or any program) 2.0** - All that “2.0” at the end of a program means is that it’s the second major version, but often that second major version is the one where they finally get all the features they wanted to include in the original release added in. Also they’ve had a chance to hear from the users what they want and make those changes, so that’s another reason the second major release—or Version 2.0—is so exciting sometimes. Marketing execs picked up on that excitement and started to add the “2.0” to anything they wanted to promote as a huge leap forward for anything, leading to such terms as “Real Estate 2.0”, “Car repair 2.0”, etc. The biggest hyped 2.0 ever was “Web 2.0”, a supposed leap forward in standards for websites that never really seemed to be explained.

**Bread** - Where would we be without the second major version of wheat, aka bread?

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# Irish Soda Bread

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:  
Preheat oven to 400 degrees
- 2:  
Mix dry ingredients, add only enough buttermilk to form a ball.
- 3:  
Remove onto floured surface to knead for at least 5 minutes.
- 4:  
Form dough onto piece of parchment. Cut cross into top about ¼ inch deep.
- 5:  
Bake at 400 degrees for 40 min.
- 6:  
Wrap in moist towel to cool on cooling rack.

## Ingredients

- 1 cup  
White flour (all purpose or bread flour)
- 2 cups  
Whole wheat flour
- 1 tsp  
Baking soda
- 1 tbsp  
sugar
- 1 tbsp  
Bacon grease
- 1 tsp  
Salt
- 12—16 ounces  
Buttermilk

# Whole Wheat Bread

From: Brian Bahnsen  
Print Services Technician



## Instructions

- 1:  
Mix dry ingredients.
- 2:  
Stir in milk followed by oil and egg. Mix well and add extra flour until dough forms a ball.
- 3:  
Remove from bowl and knead on floured surface for 50 turns. Cover and let rest for 10 minutes.
- 4:  
Shape into loaf and place into greased bread pan. Cover and let rise in a warm spot until it is 1 inch taller than pan. About 35 minutes. Meanwhile, preheat oven to 375 degrees.
- 5:  
Bake for 30 minutes. After the first 15 minutes cover the top with a foil tent to prevent over browning.
- 6:  
Remove immediately from pan to a cooling rack. Let bread cool at least 10 minutes before slicing.

## Ingredients

- 1/2 cup  
White flour (all purpose or bread flour)
- 2 cups  
Whole wheat flour
- 2 tsp  
Instant yeast
- 2 tbsp  
Sugar (you can substitute honey)
- 1 tsp  
Salt
- 1 cup  
Warm milk
- 2 tbsp  
Olive oil
- 1  
Egg
- Extra flour for kneading

# Easy Rustic Bread

From: Carlton Rueb  
Account Manager

## Instructions

- 1:  
Combine all ingredients in a large mixing bowl. Once combined, make sure dough is not excessively sticking to bowl edge. Cover with plastic wrap and let rise for 12 hours.
- 2:  
Flour a working surface and scrape dough onto surface. Grab one side of dough and fold on to itself. Grab the other side and fold again. Turn dough 90 degrees and fold third edge. Grab other side and fold again. Repeat this process until dough firms up, about 2-3 minutes. If the dough starts to tear at the edge, stop.
- 3:  
Put a large, clean dishcloth over the bowl and cover with flour. Place the dough with the folded side up into the bowl on top of the dishcloth. Cover with more flour and cover with edges of dishcloth. Let rise for 2 hours.
- 4:  
While dough is rising, preheat oven to 475 degrees Fahrenheit. Preheat Dutch Oven inside oven.
- 5:  
Take preheated Dutch Oven out of oven and sprinkle flour in bottom. Toss dough from bowl into Dutch Oven so the dough becomes inverted. With a small, sharp knife, make 3 or 4 random long cuts along the surface of the dough. (Bonus: make pretty shapes)
- 6:  
Put the lid back on the Dutch Oven securely and place in the preheated oven. After 30 minutes, adjust the lid of the Dutch Oven so it's ajar to let the steam escape. Bake another 15 minutes.
- 7:  
Remove the Dutch Oven from the oven, and remove the bread immediately by dumping on a surface. Place the bread immediately back into the oven for another 10 to 12 minutes.
- 8:  
You can tell the bread is cooked by knocking on the bottom. It should have a hollow sound.
- 9:  
Remove bread from oven and place on an uneven surface so that the bottom is exposed to the air- this prevents the bottom from becoming soggy.
- 10:  
Enjoy the crackling sound as it cools!

## Notes

This is my go-to bread recipe because of its simplicity- only four ingredients and minimal kneading required!

## Ingredients

- 1000 grams  
Bread flour
- 700 grams  
Water
- 20 grams  
Salt
- 1 packet  
Active dry yeast



# Grandma Dixie’s Banana Bread

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:
- Preheat oven to 350 degrees. Grease a loaf pan.
- 2:
- Cream butter and sugar together. Add eggs and vanilla, mix well.
- 3:
- Mash bananas with a fork. Mix into batter.
- 4:
- Mix flour, salt, and baking soda together in another bowl. Mix into batter. If adding nuts, fold them in.
- 5:
- Bake for 1 hour.

## Notes

Grandma Dixie wasn’t big on instructions. The actual instructions for this recipe are just “Heat oven to 350. Bake for 1 hour”. The above instructions are just a suggestion based on typical baking techniques.

## Ingredients

- 2
- Bananas
- 3/4 cup
- Sugar
- 2
- Eggs
- 1 1/2 cups
- Flour
- 3/4 tsp
- Salt
- 3/4 tsp
- Baking soda
- 3/4 tsp
- Vanilla
- 1/4 cup
- Butter
- Nuts (optional)

# Dual Grain Bread

**From:** William Peterson  
Help Desk Technician II

## Instructions

- 1:**  
Mix yeast, water and 1 cup of flour in a bowl to make a starter.
- 2:**  
Let sit for 2-3 hours, it should be bubbling.
- 3:**  
Add olive oil, salt and rest of flour to form a solid dough. Knead on a floured surface for 8-12 minutes.
- 4:**  
Place in an oiled bowl and cover. Let raise for a hour.
- 5:**  
Punch down, kneed and shape into a round loaf. Place on a baking sheet and brush with more olive oil. Let raise for another hour.
- 6:**  
Bake at 375 F for 25-30 minutes. Once done you should be able to knock on the bottom and hear a hollow sound.

## Ingredients

- 3 + cups**  
Flour (wheat or a mixture of wheat, rye, and white)
- 1 cup**  
Warm water (90-110 degrees)
- 2 tsp**  
Yeast (about 1 pack)
- 2 tbsp**  
Olive Oil
- 1 1/2 tsp**  
Salt

# Baguette

From: William Peterson  
Help Desk Technician II



## Instructions

- 1:  
Mix  $\frac{1}{2}$  cup of water, 1 cup flour and  $\frac{1}{4}$  tsp yeast to form starter. Let rest for at least 12 hours.
- 2:  
Mix the starter with the rest of the ingredients. Knead for 4 or 5 minutes.
- 3:  
Place in a lightly greased bowl and cover, let rise for 90 minutes.
- 4:  
Deflate by pushing a couple fingers into the dough. Fold the sides towards the center and turn over. Let rise another 45-60 minutes.
- 5:  
Place dough on lightly greased surface and divide into 2 or 3 parts. Form the dough into round pieces by pulling the edges towards the center.
- 6:  
Cover and let rest for 15 minutes, or up to an hour if you wrap it in plastic wrap.
- 7:  
Flatten the dough with your hands and fold in half.
- 8:  
Repeat and dough will start to elongate. Once it gets to 7" or 8" inches place on a working surface and roll the dough until it gets to 15" or 16 ".
- 9:  
Pinch the ends to create a slight point. Place on a baking sheet, or if you have them a baguette pan.
- 10:  
Let rise for an additional 30-45 minutes. Pre-heat oven to 450 F with a dish on the bottom rack.
- 11:  
Bring 1  $\frac{1}{2}$  cup water to a boil.
- 12:  
Make 3-5 cuts into the top of the dough. Place loaves on the middle rack. Pour boiling water in to dish on bottom rack.
- 13:  
Bake for about 25 minutes.

## Ingredients

- 4  $\frac{1}{2}$  cups  
Flour
- $\frac{1}{2}$  cup  
Water at room temperature (75-90 degrees)
- 1 cup + 2 tbsp  
Warm water (90-110 degrees)
- 1  $\frac{3}{4}$  tsp  
Yeast
- 1  $\frac{1}{2}$  tsp  
Salt

# Basic Pita

**From:** William Peterson  
Help Desk Technician II

## Instructions

- 1:**  
Mix flour, salt and yeast together. Add Olive Oil, Honey and water.
- 2:**  
Mix together to make a dough, it should not be sticky, but should stick together.
- 3:**  
Let the dough raise for 30-45 minutes.
- 4:**  
Make the dough in to 3 or 4 balls. Roll out or hand form in to a flat piece about ¼ inch thick.
- 5:**  
Pitas can be cooked on the stovetop or in the oven

### Oven:

- Place baking stone in oven and pre heat to 450
- Place piece on stone and let bake about 3-4 minutes

### Stovetop:

- Heat a pan on low-medium heat
- Place piece one at a time and let brown slightly on one side
- Flip and brown on other side

## Ingredients

- 1 cup**  
Flour
- 1 tsp**  
Yeast (about 1/2 a pack)
- 1 tbsp**  
Olive oil
- 1 tbsp**  
Honey
- 1/3 to 1/2 cup**  
Water
- Pinch**  
Salt

# Croissants

**From:** William Peterson  
Help Desk Technician II

## Instructions

- 1:**  
Combine flour, yeast, sugar and salt. Add milk and mix.
- 2:**  
Cut the 2 Tbsp of butter in to cubes and mix in. Knead for 5-10 minutes. Wrap-up and set in fridge for at least 1 hour.
- 3:**  
Meanwhile, combine the three sticks of butter with the Tbsps of flour and create a pad that is 7"x 7". Wrap-up and place in fridge for at least 30 minutes.
- 4:**  
Roll out your dough to make a square about 11" x 11". Place your butter pad on the dough at an angle so it is a diamond on a square. Fold the dough over so it covers the butter.
- 5:**  
Press the dough with a rolling pin and roll out the dough to about 12" x 12".
- 6:**  
Laminate the dough:
- Fold 1/3 of the dough from the right towards the center
  - Fold the left 1/3 on top of that
  - Fold the lower 1/3 towards the center
  - Finally fold the upper 1/3 on top of that
- 7:**  
Wrap the dough up and place in fridge for 2 hours.
- 8:**  
Press and roll the dough out to 12" x 12". Laminate the dough again.
- 10:**  
Wrap the dough and refrigerate for another 2 hours.
- 11:**  
Press and roll out your dough, you should be able to do about 20" x 20".
- 12:**  
Cut the dough left to right and create triangles getting a zig-zag pattern. Roll the triangles up and shape. (You can also cut them in to squares and fill them with chocolate, fruit or cheese)
- 13:**  
Place on your backing sheet and brush with an egg wash. Let the croissants rest for 30 minutes.
- 14:**  
Pre-heat oven to 400 F.
- 15:**  
Bake for 16-18 minutes turning 180 degrees half-way through bake time.

## Ingredients

- 3 cups**  
Flour
- 1 tbsp**  
Yeast
- 1/4 cup**  
Sugar
- 1 tsp**  
Salt
- 1 1/4 cup**  
Milk
- 2 tbsp**  
Butter
- 2 to 3 tbsp**  
Flour
- 3 sticks**  
Butter
- 1 large**  
Egg

# Egg-Less Pasta

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Place the flour and salt in a bowl and mix (some people say to do this on the counter, you can do it in a bowl and make the clean up a bit easier).
- 2:  
Add water and mix, you want a thick dough, it needs to hold together, but not stick to your hand.
- 3:  
Once you have the dough knead until it is nice and elastic, say 4-8 minutes. Wrap it up in plastic wrap, or in a closer container and let sit for 20 - 30 minutes.
- 4:  
Flour your counter and roll out your dough to about 1/8 inch thick. You can then cut it to your preference:
  - Thick noodles for fettuccini
  - Thin for spaghetti
  - Cut into squares put something inside and fold into tortellini
    - Place something in the middle
    - Fold into a triangle with a bit of water to seal it
    - Connect two corners and stick together with water
  - Or cut into small bit size pieces, there are so many options.
- 5:  
Placed your cut pasta on a baking sheet and let dry.
- 6:  
Cook the way you would normally cook pasta, although it will cook quicker than store bought.
- 7:  
Top with your favorite sauce.

## Ingredients

1 cup  
Flour

Pinch  
Salt

Water

# Boot Up (breakfast)

---

**Boot Up** - When you power on your phone, desktop, laptop, or any other computer, it doesn't just come on. You have to wait (patiently as possible!) while it runs through a bunch of steps such as testing to see what hardware it has, if anything changed since it was last powered on, if there are any updates to apply, loading the programs that are needed to start up your computer, finding out which user you are, and then loading the programs for you personally. These steps all have a name, but the total collection of steps leading to where you can start using the computer is called Boot Up.

**Breakfast** - One of the steps you take in the morning to bring yourself online.

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# Energy Bars

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:**  
Mix all ingredients. Press into parchment lined 8x11 pan.
- 2:**  
Bake at 200 degrees for 20 minutes.
- 3:**  
Cool in refrigerator overnight. Cut into bars, store in container. No need to refrigerate unless wanted.

## Ingredients

- 2 cups**  
Oats (not instant)
- 1/2 cup**  
Brown Sugar
- 1/2 cup**  
Peanut Butter
- 1/2 cup**  
Honey
- 1/2 cup**  
Nuts or chocolate chips



# Frittata

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:**  
Sauté all ingredients except beaten eggs in 8" oven safe skillet.
- 2:**  
Add beaten eggs. Cook on stove top until edges of egg are beginning to cook.
- 3:**  
Put skillet in 325 degree oven for 20 minutes.

## Notes

After 15 minutes I will put some cheese on top and bake the remaining time.

## Ingredients

- 2**  
Eggs, beaten
- 4 to 5**  
Mini peppers
- 1/4 cup**  
Diced onion
- 1/4 cup**  
Sliced mushrooms
- 2 tbsp**  
Olive Oil
- Minced garlic (optional, to taste)
- 1/2 cup**  
Diced meat (Optional: sausage, ham, chicken, bacon, etc.)

# Hash Brown Casserole

**From:** Katie Boyer  
Project Coordinator

## Instructions

- 1:**  
Preheat oven to 350 degrees.
- 2:**  
In large bowl, combine hash browns, butter, soup, sour cream, onion, cheese, salt and pepper, and green chilis (if using).
- 3:**  
Place in a 13 x 9 casserole dish and bake for 40 minutes.

## Ingredients

- 1 package (2 lbs)**  
Frozen hash browns (thawed)
- 1/2 cup**  
Butter, melted
- 1 can**  
Cream of mushroom soup
- 8 oz**  
Sour cream
- 1/2 cup**  
Chopped onions
- 2 cups**  
Cheddar cheese, shredded
- Salt and pepper to taste
- Diced green chilis (optional)

# Fat Free Crunchy Granola

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Mix all dry ingredients together and set aside.
- 2:  
Mix wet ingredients together thoroughly.
- 3:  
Pour liquid over dry ingredients tossing with a spoon while pouring.
- 4:  
Prepare a cookie sheet with sides or a lasagna/brownie type baking dish by covering the bottom with parchment paper or foil.
- 5:  
Spread evenly on the pan – spreading right to the sides.
- 6:  
Place in 350 degree Fahrenheit oven.
- 7:  
Cook for about 10 minutes, stirring the oatmeal every couple of minutes.
- 8:  
Turn the pan around once during the middle of the baking time.
- 9:  
Let cool completely and package in a zippered bag or air tight container.

## Notes

Don't worry about how long it will stay fresh, it will be gobbled up long before that.

## Ingredients

- 1 cup  
Crispy rice cereal
- 1 3/4 cup  
Rolled Oats
- 1/2 cup  
Slivered almonds, chopped walnuts, and  
chopped pecans, all raw.
- Pinch  
Sea salt
- 1 tsp  
Cinnamon
- 1/2 cup  
Maple syrup
- 1 tsp  
Vanilla flavoring
- 1/2 tsp  
Butter flavoring

# Breakfast Sandwiches

From: Leah Proudfoot  
Procurement Manager

## Instructions

- 1:  
Break the eggs into a large bowl. Whisk together with the water and salt.
- 2:  
Cook in a large skillet with a little butter, but do not overcook.
- 3:  
On the bottom of a toasted muffin, first place ham, then cheese, followed by hot egg and the top of the muffin.
- 4:  
Wrap each sandwich in foil.

## Notes

Lissa Rupe’s Egg-McMuffins and a Millet family holiday favorite. These are also good with fresh baked biscuits!

## Ingredients

- 12  
English muffins—Split, toasted, and buttered
- 12  
Eggs, extra large
- 1/2 cup  
Water, cold
- 1 tsp  
Salt
- 12 slices  
Good cheddar
- 24 slices  
Good ham, cooked sausage patties, or bacon  
(I like black forest ham, but use your favorite)

# Tater Tot Breakfast Casserole

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:  
Preheat oven to 350. Grease 9x11 baking pan. 1 hour baking time.
- 2:  
In a mixing bowl, crack eggs and whisk.
- 3:  
Mix in green chilies and ham. Salt and pepper to taste.
- 4:  
Pour thawed tater tots into greased baking pan. Pour egg mixture over tater tots and 1 cup of shredded cheese over the top.
- 5:  
Bake for 50 minutes. Put the additional cup of shredded cheddar cheese over top and bake for 10 minutes longer.
- 6:  
Serve with salsa or hot sauce to spice it up a bit.

## Notes

We make this casserole for our lake trips and dunes trips to share with family and friends.

## Ingredients

- 1 package  
Frozen tater tots (thaw before baking)
- 12  
Eggs
- 4 oz (1 can)  
Green Chilies
- 1 package  
Ham, cubed
- 2 cups  
Cheddar cheese, shredded
- Salt and pepper to taste

# Crepes

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Sift dry ingredients together
- 2:  
Mix eggs and milk together
- 3:  
Slowly add dry ingredients, mixing until smooth
- 4:  
Add butter and milk
- 5:  
Cook in a large skillet or crepe pan if you have one (a tortilla pan can work too)
- 6:  
You can then fill the crepe with your choices to make them sweet or savory

## Ingredients

- 1 cup  
Flour
- 3  
Eggs
- 2 cups  
Milk
- 1 tbsp  
Butter, melted
- 1 tsp  
White sugar
- 1/4 tsp  
Salt

# Enable Cookies (desserts)

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[Enable Cookies](#) - When a website wants to remember something from your last visit, it needs to store that on your computer as a small file called a “cookie”. So why is it called a cookie? Because you should only take these files from websites you can trust, just like you should only take a cookie from someone you trust.

[Desserts](#) - Treat yourself!

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<a href="#">Peanut Butter Cookies</a>	<a href="#">Pg 34</a>
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# Chocolate Chip Cookies

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:**  
Mix butter, vanilla, sugar and eggs until light and fluffy.
- 2:**  
Mix in flour, soda and salt.
- 3:**  
Stir in chips.
- 4:**  
Spoon onto parchment covered baking sheet. Bake at 325 degrees for 10 minutes.
- 5:**  
Remove onto cooling grate or towel to cool.

## Ingredients

- 1 cup**  
Butter
- 1 1/2 cups**  
Brown sugar
- 1 tsp**  
Vanilla
- 3**  
Eggs
- 2 1/2 cups**  
Flour
- 1 tsp**  
Salt
- 1 tsp**  
Baking soda
- 1**  
Large package chocolate chips



# Chocolate Drop Cookies

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:  
Cream butter and sugar.
- 2:  
Add eggs, vanilla and cocoa; blend well.
- 3:  
Add dry ingredients and milk.
- 4:  
Drop onto parchment covered baking sheet. Bake at 325 degrees for 15 to 20 minutes.
- 5:  
Remove onto cooling grate or towel to cool.

## Ingredients

- 1 cup  
Butter
- 2 cups  
Brown sugar
- 2  
Eggs
- 2 tsp  
Vanilla
- 4 tbsp  
Cocoa
- 3 cups  
Flour
- 1 tsp  
Salt
- 1 tsp  
Baking soda
- 1 cup  
Buttermilk

# Peanut Butter Cookies

**From:** Brian Bahnsen  
Print Services Technician

## Instructions

- 1:  
Cream butter, sugars and vanilla together.
- 2:  
Add eggs and peanut butter.
- 3:  
Add dry ingredients.
- 4:  
Form into golf ball sized balls onto parchment lined cookie sheet. Press crosshatch into top with floured fork (do not press too flat).
- 5:  
Bake at 350 degrees for 10 to 15 minutes.

## Ingredients

- 1 cup  
Butter
- 1 cup  
Sugar
- 1 cup  
Brown sugar
- 1 tsp  
Vanilla
- 3  
Eggs
- 1 cup  
Peanut butter (creamy or chunky)
- 3 cups  
Flour
- 2 tsp  
Baking soda
- Pinch  
Salt

# Raspberry Oatmeal Bars

From: Katie Boyer  
Project Coordinator



## Instructions

- 1:  
Preheat oven to 350 degrees.
- 2:  
In large bowl, combine cake mix, oats, and butter until crumbly.
- 3:  
Press 2 cups of crumb mixture into a greased 13 x 9 pan.
- 4:  
Bake for 10 minutes, then cool for 5 minutes.
- 5:  
Mix preserves and water in a bowl until blended. Spread over crust and sprinkle with rest of crumb mixture.
- 6:  
Bake 25-30 minutes or until lightly browned. Cool and cut.

## Ingredients

- 1 package  
Cake mix, yellow or white.
- 3/4 cup  
Butter, melted
- 2 1/2 cups  
Quick cooking oats
- 1 jar  
Raspberry preserves
- 1 tbsp  
Water

# Chocolate Raspberry Cheesecake Cookies

From: Laura Miller  
Network Technician

## Instructions

- 1:  
Make the raspberry sauce
- Puree the raspberries and 1 1/2 tbsp sweetener in a blender or food processor. Press liquid through a strainer or cheesecloth over a small saucepan. Discard seeds.
  - Bring the raspberry sauce to a gentle simmer. Simmer the raspberry sauce gently over low heat for about 3-5 minutes, until volume is reduced by about 1/3. Remove from heat and allow to cool to room temperature.
- 2:  
Make the cream cheese mixture.
- Beat the 4 oz cream cheese, 2 tbsp sweetener, half the whisked egg and 1/2 tsp vanilla together.
- 3:  
Preheat the oven to 350 degrees F (177 degrees C). Line a large cookie sheet with parchment paper.
- 4:  
Beat together the butter, 1 oz cream cheese, and 1/2 cup sweetener, until it's fluffy and light in color.
- 5:  
Beat in the two extracts and remaining egg.
- 6:  
Mix in the cocoa or cacao powder.
- 7:  
Mix in the nut flour, 1/2 cup at a time. (The dough will be slightly crumbly when done.)
- 8:  
Use a rounded spoonful of dough for each cookie and lightly press onto the prepared cookie sheet. Use the back of a round teaspoon-size measuring spoon to press on the center of each dough ball and create an indentation in the center of each cookie. You may need to press on the sides to keep the cookie dough firm.
- 9:  
Use a small spoon to drop the cheesecake into each cookie indentation.
- 10:  
Use a 1/4 to 1/2 teaspoon to dribble a small circle of the raspberry sauce onto the center of the cheesecake. Use a toothpick to swirl it.
- 11:  
Bake for 10 to 12 minutes and the cheesecake just barely jiggles when you shake the pan. Carefully slide the parchment paper onto a cooling rack. Allow to cool 5 to 10 minutes before moving.

## Notes

Low Carb, Gluten Free and Sugar Free

## Ingredients

- 1/2 cup  
Raspberries
- 1 1/2 tbsp  
Swerve Sweetener (can substitute palm sugar or real sugar)
- 4 oz  
Plain cream cheese (softened)
- 2 tbsp  
Swerve Sweetener (can substitute palm sugar or real sugar)
- 1/2 tsp  
Vanilla extract
- 1  
Large egg, whisked and split evenly (use half for cream cheese filling and half for cookies)
- 1/4 cup  
Butter (softened)
- 1 oz  
Plan cream cheese (softened)
- 1/2 cup  
Swerve Sweetener (can substitute palm sugar or real sugar)
- 1/2 tsp  
Vanilla extract
- 1/2 tsp  
Raspberry extract
- 2 tbsp  
Cocoa or cacao powder
- 2 1/2 cup  
Nut flour (almond or walnut)

# Kahlua Cake with Peanut Butter Mousse

From: Christopher Dragna  
Network Technician III



## Instructions

- 1:  
Preheat oven to 350. Prepare two 9-inch round cake pans: generously butter the sides and coat with flour or sugar. Baking cooking spray with flour also works well. You can alternatively line the bottom and sides with parchment paper.
- 2:  
In a large bowl, mix together the 1 cup of milk with the oil and the eggs.
- 3:  
Add the flour, white and brown sugars, cocoa, baking soda, and baking powder. Mix until combined.
- 4:  
Add sour cream and the 1 tsp vanilla, mix just until combined. Divide batter between prepared pans.
- 5:  
Bake until a wooden pick inserted in center comes out clean, 30 to 35 minutes. Let cool completely in pans.
- 6:  
While cakes cool, prepare the mousse.
  - Using a stand mixer fitted with the paddle attachment or a hand mixer, beat butter and cream cheese at medium speed until smooth.
  - Add peanut butter, the 2 tbsp milk, and the 2 tbsp vanilla. Beat until combined.
  - Gradually add confectioners' sugar, beating until smooth.
- 7:  
Once the cake has cooled, take out of the pans and use a bread knife or cake leveler to make the tops of both cakes even. Then cut each cake in half. You can make this easier by placing the cakes in the freezer for 30 minutes first.
- 8:  
On the CUT side of each of the 4 layers of cake, brush with about 1/4 cup of Kahlua. Spread 1/4 of the peanut butter mouse on the first of the 4 layers of cake. Place the next layer on top and repeat with remaining layers and mousse. If desired, top with chopped candy - I like to use Reese's Pieces and chopped Hershey's bars.

## Notes

This is actually a fairly easy cake to make when you want to not spend a lot of time or money but really want to wow people. You can leave out the Kahlua entirely, the cake is more than tasty enough without it. Or use strong coffee or espresso instead.

## Ingredients

- 1 cup + 2 tbsp  
Milk
- 1 cup  
Vegetable oil
- 3 large  
Eggs
- 2 tbsp + 2 tsp  
Vanilla
- 2 1/2 cups  
Flour
- 1 1/2 cups  
White sugar
- 1/2 cup  
Brown sugar
- 1 cup  
Cocoa
- 1 1/2 tsp  
Baking soda
- 1 tsp  
Baking powder
- 1 cup  
Sour cream
- 1 cup  
Kahlua (or other coffee liquor)
- 1 cup  
Butter
- 1 cup  
Cream cheese
- 1 jar (16 oz)  
Peanut butter, creamy
- 1 1/2 cup  
Powdered sugar
- Chopped candy for garnish (optional)

# Nutella Cheesecake

From: Christopher Dragna  
Network Technician III

## Instructions

- 1:  
Preheat oven to 300 degrees. Prepare a 9-inch springform pan: generously butter the sides and coat with flour or sugar. Baking cooking spray with flour also works well. You can alternatively line the bottom and sides with parchment paper. Wrap the outside of the springform in aluminum foil.
- 2:  
Crush the cookies into medium-fine crumbs (use entire cookie, do not remove filling). Add the melted butter and mix.
- 3:  
Press into the bottom and up the sides of the springform pan, there should be enough to cover all the inside of the pan.
- 4:  
In a food processor, blend the ricotta cheese until it is smooth. Add the sugar and egg yolks to the ricotta and blend in the food processor until well combined, stopping occasionally to scrape the sides.
- 5:  
Add the flour and blend well. Then add 1/3 of the jar of Nutella and the vanilla, blend until combined. Transfer to a large bowl and set aside.
- 6:  
In a large bowl or using a standing mixer, whip the egg whites until stiff peaks form.
- 7:  
Add 1/3 of the egg whites to the ricotta mixture and fold gently in. Add remaining whites and fold in until just combined.
- 8:  
Pour batter into springform. Bake until center is firm or a knife inserted in the center comes out mostly clean, about 90 minutes. Allow to cool completely on a wire rack.
- 9:  
In a medium bowl, mix the remaining 2/3 jar of Nutella and the heavy cream until smooth. Pour over the top and spread gently to reach the edges.
- 10:  
Cover with plastic wrap and refrigerate at least 6 hours or up to 3 days before serving. To serve, release the sides of the springform pan and carefully transfer from bottom of springform to a serving platter.

## Notes

This is my stepson's favorite desert, he won't let me show up to Thanksgiving or Christmas without one. I've refined the recipe over several years to this version. The steps may sound intimidating but it's fairly easy so give it a go!

The crust is delicious and easy, but the butter will seep out the cracks in the springform when baking, which is why it must be wrapped in foil to prevent the oven from smoking. I usually also put a jelly roll pan under it to catch drips.

## Ingredients

- 3/4 cup  
Butter, melted
- 21 oz (1 1/2 packages)  
Chocolate sandwich cookies
- 1 1/2 pounds  
Ricotta
- 1 tbsp  
Vanilla
- 3 tbsp  
Flour
- 6 large  
Eggs, separated
- 6 tbsp  
White sugar
- 1 jar (13 oz)  
Nutella
- 1/2 cup  
Heavy Cream

# Buckeyes

**From:** Georgette Rosberg  
Print Services Manager

## Instructions

- 1:**  
Mix together all ingredients except the chocolate chips and paraffin. Form into balls.
- 2:**  
Melt chips and paraffin in double boiler. Don't let the water boil.
- 3:**  
With a toothpick, dip balls into chocolate mixture.
- 4:**  
When dipping leave bald spot on top as a Buckeye. Makes 6 or 7 dozen.

## Notes

Most stores sell chocolate pre-mixed with paraffin labeled as "dipping melts" or similar if you can't find paraffin.

## Ingredients

- 1 lb (about 3 cups)**  
Powdered sugar
- 1/2 cup**  
Butter
- 1 1/2 cups**  
Peanut butter
- 1 tbsp**  
Vanilla
- 12 oz (1 bag)**  
Chocolate chips (semi-sweet or milk)
- 1/2—3/4 cup**  
Shaved paraffin

# “The Ginger Snap Cookie”

**From:** Leah Proudfoot  
Procurement Manager

## Instructions

- 1:  
Mix together all ingredients until fully combined.
- 2:  
Form dough into small dough balls, I made them roughly the size of a ping pong ball.
- 3:  
Roll in sugar, and place on parchment or Silpat lined baking sheet.
- 4:  
Bake for 8 - 10 minutes in a 350 degree oven. Do not over bake! When you take them out they should feel almost under cooked, they will still be soft!

## Notes

Iris B. Bench's famous cookie!

## Ingredients

- 3/4 cup  
Shortening
- 1 cup  
White sugar
- 2 cups  
Flour
- 1  
Egg
- 2 tsp  
Baking soda
- 1 tsp  
Ginger
- 1 tsp  
Cinnamon
- 1/4 cup  
Dark molasses



# Magnolia Bakery’s Banana Pudding

From: Leah Proudfoot  
Procurement Manager

## Instructions

- 1:  
Mix together the water, pudding mix, and sweetened condensed milk until smooth. Refrigerate for at least 4 hours, or overnight until it sets up.
- 2:  
Whip heavy cream until soft peaks form. Working in thirds, fold the whipped cream into the pudding mixture until well incorporated.
- 3:  
In a trifle bowl, layer vanilla wafers, sliced bananas, and pudding mixture, continue until you’ve used up all the pudding mixture. Refrigerate at least another 30 minutes before serving.

## Ingredients

- 1 1/2 cups  
Water
- 2/3 cup  
Instant vanilla pudding mix
- 1 can (14 oz)  
Sweetened condensed milk
- 3 cups  
Heavy cream
- 1 box (12 oz)  
Vanilla Wafers
- 4  
Bananas, sliced

# Dulcia Domestica

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Mix the ground almonds and cracked pepper together
- 2:  
Stuff the mixture inside the hole in the pitted dates
- 3:  
Place 1 ½ to 2 cups of red wine in a pot with 1-2 TBSP of Honey
- 4:  
Heat but do not boil, you want the mixture around 130-140 F
- 5:  
Add the filled dates to the mixture and let soak for 5-6 minutes
- 6:  
Take out and allow to dry
- 7:  
Eat warm or let them cool

## Notes

This is an ancient Roman desert.

## Ingredients

Dates (pitted if you want life to be easy)

Ground Almonds (whole if you want life to hard)

Cracked Pepper

Red Wine

Honey

# Operating System (entrees)

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**Operating System** - Whether it's Windows, IOS, or Android, at the heart of any computer is the Operating System. Like the entrée of a meal, everything is designed to go with the Operating System: the software, the peripherals, everything.

**Entree** - The center of your meal.

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Prickly Pear and Pineapple Chicken	<a href="#"><u>Pg 46</u></a>
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Simple Tamales	<a href="#"><u>Pg 55</u></a>

# My Wife’s Favorite Meatloaf

From: Christopher Dragna  
Network Technician III

## Instructions

- 1:  
Heat oven to 350. Spray the inside of a loaf pan with cooking spray.
- 2:  
In a food processor, pulse the croutons until you have medium-fine crumbs. Set aside.
- 3:  
Roughly chop the carrots, celery, and onion . Place in food processor along with garlic cloves and pulse until you have a slurry. Set aside.
- 4:  
In a large mixing bowl, combine the ground beef, crouton crumbs, vegetable slurry, 1/2 cup ketchup, mustard, eggs, and all seasonings except 1/2 tsp black pepper. Mix thoroughly using clean hands until completely combined.
- 5:  
Pack into prepared loaf pan and bake in over for 45 minutes.
- 6:  
In a small bowl, combine the ketchup, honey, and salt and pepper to taste. Spread over the hot meatloaf while still in the over, then bake for another 15-30 minute.
- 7:  
Remove from oven and serve immediately with mushroom gravy (see [Pg 56](#))

## Notes

Using croutons instead of breadcrumbs let you mix up the flavor of the meatloaf by purchasing flavored croutons. Some varieties I've used and liked are: Italian seasoning, garlic Parmesan, and bacon flavored.

## Vegetarian option

The only thing my wife missed when she became a vegetarian was this meatloaf. We’ve found that substituting Soy Crumbles for the ground beef results in an almost identical flavor (use a little less soy crumbles than ground beef since they won’t cook down, I usually use about 1 ½ pounds of soy crumbles). However, the texture is very different and the meatloaf can come out dry and crumbly. Adding 2 tbsp of olive oil fixes this and the end result is virtually indistinguishable.

## Ingredients

- 2 lbs  
Ground beef (85% lean or better is preferred)
- 1 package  
Croutons, any flavor
- 2  
Carrots, peeled
- 3 stalks  
Celery
- 1 medium  
Onion
- 3 cloves  
Garlic, peeled
- 1/2 cup  
Ketchup
- 1/2 cup  
Brown mustard
- 2  
Eggs
- 1 tsp  
Black pepper
- 1/2 tsp  
Red pepper flakes
- 2 tsp  
Season salt
- 1 tsp  
Paprika
- 1/2 cup  
Ketchup
- 3 tbsp  
Honey

# Tater Tot Enchilada Casserole

From: Katie Boyer  
Project Coordinator



## Instructions

- 1: Preheat oven to 350 degrees.
- 2: Add oil to a skillet on medium heat and cook onion and garlic till tender. Put in a bowl and set aside.
- 3: Cook beef in skillet until brown. Add taco seasoning and cook for 2 minutes. Remove from heat.
- 4: Add onions and garlic to beef. Pour enchilada sauce onto beef. Return to heat and cook for 2-3 minutes.
- 5: Pour enchilada mixture into a 13 x 9 pan. Scatter tatter tots on top, sprinkle with cheese, then top with olives.
- 6: Bake uncovered 15-20 minutes or until cheese is bubbly and tater tots are golden brown. Garnish with green onions and cilantro.

## Ingredients

- 1 lb Ground beef
- 2 cloves Garlic, minced
- 1 tbsp Olive oil
- 1 pack Taco seasoning
- 1 medium Yellow onion, finely chopped
- 2 cups Tater tots
- 1 can Enchilada sauce
- 1 cup Cheese, shredded
- 1/2 cup Black olives, sliced
- Salt & pepper to taste
- Green onions or cilantro (for garnish)

# Prickly Pear and Pineapple Chicken

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Add all ingredients into frying pan and simmer for 20 to 20 minutes adding water as needed.
- 2:  
Add chicken tenders without overlapping them until pan is fully covered.
- 3:  
Let cook until edges start to look done, flip and cook the other side.
- 4:  
Toss chicken in sauce to make sure all sides are covered and cook until done.
- 5:  
Remove from pan, but leave as much of the sauce as possible.
- 6:  
Continue steps 1 through 5 until all chicken is cooked.
- 7:  
Pour remaining sauce over the cooked chicken and add some more chopped Cilantro as a garnish.

## Ingredients

- 1 can  
Pineapple juice
- 1 1/2 cup  
Prickly pear juice (can use any 100% juice)
- 1/2 cup  
Pineapple, chopped fine or crushed
- 1  
Anaheim chili pepper, diced
- 1/2 medium  
Onion, diced
- 1 tbsp  
Cilantro, chopped
- 1/4 tsp  
Ginger powder (or use minced ginger)
- 1/4 tsp  
Garlic, ground (or use minced garlic)
- 1 tsp  
Cumin, ground
- 1 package  
Chicken breast tenders

# Vegetable Stir Fry

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Add the first five ingredients together into the wok or frying pan.
- 2:  
Simmer for a few minutes.
- 3:  
Turn up heat and add first group of vegetables and nuts – cook to just under desired softness – stirring constantly – add coconut or regular water as needed.
- 4:  
Add additional vegetables and cook to desired softness.
- 5:  
Shortly after adding the additional vegetables, drain some of the liquid and mix with the cornstarch. Add back in and finish cooking until the liquid is thick, but clear.
- 6:  
Serve over rice, noodles, spaghetti squash or spiralized vegetables.

## Notes

You can add 2 cups cut up chicken during step 2 if desired.

## Ingredients

- 1/2 cup  
Soy Sauce (I use gluten free or coconut aminos)
- 1/2 cup  
Vinegar
- 1/2 cup  
Orange juice
- 1 tbsp  
Chili garlic sauce
- 1 tsp  
Ginger, finely chopped (can substitute ginger powder)
- 1 tbsp  
Cornstarch
- 2 cups  
Chopped vegetables – any assortment of suggested vegetables:  
Asparagus, zucchini, summer squash, broccoli, onions, peppers, carrots, celery, cabbage, bok choy, cauliflower, beets.  
Additional vegetable options to be added later:  
Spinach, peapods, green onions
- 1/2 cup  
Nuts of your choice (almonds, cashews, peanuts)
- Rice, noodles, spaghetti squash or spiralized vegetables to serve over

# Cheesy Chicken Pasta Sauce

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Sauté garlic and onion in olive oil until onion is translucent.
- 2:  
Add pesto sauce and simmer for a few more minutes.
- 3:  
Add tomatoes, red pepper and vegetables and simmer until vegetables are slightly soft.
- 4:  
Add cream and shredded parmesan (keep about ¼ cup for a garnish) – mix well.
- 5:  
Simmer for 10 more minutes, stirring often.
- 6:  
Add in spinach and chicken (or you can use the chicken as a garnish instead).
- 7:  
Simmer for a couple of more minutes.
- 8:  
Serve over pasta – add parmesan (and if you choose, grilled chicken) as a garnish.

## Ingredients

- 1 tbsp  
Olive Oil
  - 1 clove (1/2 tsp)  
Garlic, chopped
  - 2 tbsp  
Diced onion
  - 2 tbsp  
Pesto sauce
  - 1 can  
Petite diced tomatoes
  - 1 cup  
Thinly sliced zucchini (other vegetable choices: cauliflower, beets, peppers)
  - 1 cup  
Cream or half and half
  - 1 pinch  
Crushed red pepper
  - 1 bag (8 oz)  
Shredded parmesan
  - 1 cup  
Chopped spinach
  - 1 cup  
Chicken, grilled, cut up
- Cooked pasta of your choice (you can also use spaghetti squash or spiralized vegetables)



# Spicy Pasta

From: Rachel Sanders  
Senior Account Manager

## Instructions

- 1:
- Cook pasta per directions on packaging.
- 2:
- While the pasta is cooking heat the extra virgin olive oil on medium high in a large pan. Add the minced garlic and cook until fragrant (about a minute).
- 3:
- Add the vodka and cook until reduced by half.
- 4:
- Once the vodka has reduced, add the tomatoes, heavy cream, red pepper flakes, salt, and pepper. Let sauce come to a simmer.
- 5:
- Add cooked pasta and serve.
- Or for an extra treat:
- 6:
- Preheat oven to 350.
- 7:
- Put the pasta and sauce in a large baking dish. Add pieces of mozzarella on top, covering as much of the dish as possible. Fill in with the shredded parmesan.
- 8:
- Cook for 20 minutes or until cheese is melting and dish is bubbling.
- 9:
- Enjoy the cheesy goodness.

## Notes

This recipe offers the flexibility of a quick weeknight dinner – or with a few additions can make a great Sunday night family meal.

## Ingredients

- 1 package
- Penne pasta
- 2 tbsp
- Olive oil, extra virgin
- 2 cloves
- Garlic, minced
- 3/4 cup
- Vodka
- 1 can (20 oz)
- Crushed tomatoes
- 3/4 cup
- Heavy cream
- 1 tsp
- Red pepper flakes
- Salt and pepper to taste
- 1/2 lb
- Mozzarella (optional, fresh if possible)
- 1/4 cup
- Parmesan, shredded (optional)

# مقلوبة الباذنجان Upside-down Eggplant

From: Rula Skeif  
Accounting Manager



## Instructions

- 1:  
Soak the rice in water with a pinch of salt.
- 2:  
Wash the eggplants, partially peel, slice into long, half-inch thick slices. Sprinkle with some salt. Leave in a colander for an hour.
- 3:  
In a pan, sauté the eggplants with vegetable oil until golden brown. (you can also spray oil on it and put in the oven until golden brown)
- 4:  
In a pan, sauté the nuts with olive oil till they turn golden.
- 5:  
In a deep pan, sauté the ground beef with vegetable oil, salt and spices until cooked.
- 6:  
In a cooking pot: (use a non-stick pot or spray the inside of pot with some vegetable oil) Layer the below ingredients as follows:
  - Eggplants: lay them so they cover the entire bottom and sides of the pot.
  - Rice: drain from water. Mix with half the ground beef. Lay on top of the eggplants
  - Add a pinch of salt to the beef broth, pour on top
- 7:  
Cook on high for 10 minutes. Cover and lower to medium for another 10 minutes
- 8:  
When the water is all dried up, stick a spoon to the bottom of the rice to check if it has been fully cooked.
- 9:  
When fully cooked, turn off the stove. Leave covered for 10 minutes, then uncover.
- 10:  
Put a flat, round serving plate on top of the pot. Firmly and without moving it, flip the pot-Plate combination quickly upside down so the pot is now sitting on top the plate. Leave them that way for 10 minutes.
- 11:  
Lift the pot. You may have to shake it little to make sure none of the ingredients have stuck to the pot.
- 12:  
Add the remaining beef then the nuts to the top. And your meal is ready to serve.

## Ingredients

- 2 lbs  
Eggplant
- 2 lbs  
Ground beef
- 1 1/2 cups  
Rice
- 1 3/4 cup  
Beef broth
- Salt
- Seven spices
- Pine nuts
- Peeled almonds (whole or chopped)
- Vegetable oil

# Gnocchi Parisienne w/ Sauce Gruyère

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:
- In a small sauce pan combine water, salt, nutmeg and 2 tbsp of butter
- 2:
- Once the mixture boils add flour and mix with a wooden spoon until mixture comes away from the pan
- 3:
- Let the mixture cool for about 5 minutes
- 4:
- Beat 1 egg into the dough
- 5:
- Mix it the 1/4 cup gruyere and second egg
- 6:
- Add final egg and mix until smooth
- 7:
- Bring a pot of salted water to a light boil and have a bowl of cold/ice water next to the pot
- 8:
- Put the mixture in a pastry bag with a 3/4" to 1" cut in the tip
- 9:
- Squeeze dough over pot cutting into 1 1/2" – 1 3/4" pieces
- 10:
- Simmer in water for 3 minutes
- 11:
- Pull out of boiling water and place in bowl of cold water to halt cooking
- 12:
- Place on a towel to dry a bit
- 13:
- Grease baking sheet with 2 Tbsp butter
- 14:
- Arrange gnocchi on baking sheet and sprinkle with the 3 Tbsp of gruyere
- 15:
- Bake at 350 F for 25 minutes
- 16:
- While baking make the sauce
- Melt 2 Tbsp butter in a sauce pan over med-low heat
  - Add flour and stir but do not brown
  - Gradually whisk in milk
  - Increase heat and bring to a light boil
  - Reduce heat to med and stir until it thickens
  - Remove from heat and add gruyere and mix
  - Add salt and white pepper to taste
- 17:
- Broil 6" from heat element for 1-2 minutes
- 18:
- Let cool before plating and covering with sauce

## Ingredients

- 1 cup
- Water
- 1/4 tsp
- Nutmeg
- 1 cup
- Flour
- 1/4 cup + 3 tbsp
- Gruyère cheese (grated)
- 1 tsp
- Salt
- 3 tbsp
- Butter
- 3
- Eggs, large
- 2 tbsp
- Butter
- 1 1/2 cup
- Milk
- 2 tbsp
- Flour
- 1/4 cup
- Gruyère cheese (grated)

# Ratatouille de Campeaux

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Heat ¼ cup of olive oil in a large pan
- 2:  
Once hot, add onion and garlic and caramelize
- 3:  
Add eggplant & thyme and cook for 7-10 minutes
- 4:  
Add bell pepper, zucchini, yellow squash & apple and cook for 7-10 minutes
- 5:  
Add tomato, basil, parsley, salt & pepper and cook a further 5-7 minutes

## Notes

This is one of the editor's favorite recipes. Everyone is always happy when William makes some!

## Ingredients

- 1/4 cup  
Olive oil
- 1 medium  
Onion, diced
- 1-2 cloves  
Garlic, minced
- 1 large  
Eggplant, chopped into about 1" cubes
- 1 medium-large  
Zucchini cut into bite-sized pieces
- 1 medium-large  
Yellow squash cut into bite sized pieces
- 1 large  
Bell pepper, diced
- 1 large (or 2 medium)  
Tomato(s), chopped
- 1  
Sour apple, chopped
- Fresh thyme, parsley and basil
- Salt and pepper

# Rye Flour Ravioli filled w/ Gorgonzola & Arugula

From: William Peterson  
Help Desk Technician II



## Instructions

- 1:  
Mix Flour, egg and some water - you want to make a slightly sticky dough
- 2:  
Wrap dough in plastic wrap and let rest at least 20 minutes
- 3:  
While the dough rest, mix your gorgonzola and arugula together
- 4:  
Roll the dough out and cut with a small round cookie cutter, or cup, etc. (or cut them into rectangles)
- 5:  
Wet the cut pieces on the two sides that will pressed together (if you made rectangles wet one side of a rectangle)
- 6:  
Places some of the gorgonzola and arugula in the center of a piece of dough
- 7:  
Place a second round piece on top and press them together to seal the dough (if you made rectangles fold it in half and press together)
- 8:  
Boil some water with a bit of salt in a pot
- 9:  
Place ravioli in the pot and boil for 5-7 minutes
- 10:  
Take out of boiling water and place on plate

## Notes

Top with whatever you like - I like to top this with truffle olive oil and cracked pepper.

## Ingredients

- 1 cup  
Rye Flour
- 1  
Egg
- Water
- Gorgonzola
- Arugula

# Vegetarian Paella

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Mix 1 tsp olive oil, 1 clove of garlic, 1 Tbsp lemon juice and cilantro and set aside
- 2:  
Combine stock, water and saffron in a pan and bring to a simmer, but not a boil
- 3:  
Heat 1 tsp of olive oil in a separate pan, or a paella if you have one, and heat over low-med
- 4:  
Add onion & bell pepper, and sauté for 15 minutes
- 5:  
Add rest of garlic, paprika and tomato. Cook for 5 more minutes
- 6:  
Add rice and stir for 60-90 seconds
- 7:  
Add mixtures from step 1 and 2
- 8:  
Add chorizo/andouille and boil for 10 minutes
- 9:  
Cook until the rice absorbs the liquid
- 10:  
Sprinkle rest of lemon juice on top
- 11:  
Remove from heat and cover to cool for 5-10 minutes

## Ingredients

- 2 tsp  
Olive oil
- 1  
Roma tomato
- 2 cloves  
Garlic, minced
- 1 small or medium  
Lemon, juice from
- 1/4 cup  
Cilantro, chopped
- 1/2 cup  
Bell pepper, finely chopped.
- 1 large  
Shallot, finely chopped
- 1  
Veggie chorizo or andouille sausage
- 2/3 cup  
Arborio rice
- 1/4 cup  
Water
- 1 cup  
Vegetable stock
- 1/4 tsp  
Paprika
- 1 pinch  
Saffron
- Salt and pepper

# Simple Tamales

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Place some corn husks in a container with warm water for 45-60 minutes
- 2:  
Mix masa and water into a paste
- 3:  
Put mixture along with corn, butter, sugar, salt and baking powder in a food processor and blend until combined.
- 4:  
Put in a bowl and mix in cheese and chilies
- 5:  
Fill corn husks and place in a steamer to steam
- 6:  
Steam for 80-90 minutes, until husk can cleanly pull away from the mixture

## Notes

If you want you can put some meat inside the tamale before steaming it

## Ingredients

- 1 can  
Sweet corn
- 1 3/4 cups  
Masa harina (maseca)
- 1 1/8 cup  
Warm water
- 1/2 cup (1 stick)  
Butter
- 2 tbsp  
sugar
- 1/2 tsp  
Salt
- Shredded cheese
- Green chilies (diced)
- Dried corn husks

# Add-Ins

## (Sauces and Dressings)

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**Add-Ins** - Sometimes your software can be improved by a little addition to add some extra functions. For example, you might want your Outlook email program to be able to send emails directly from QuickBooks. You can add these extra functions by using “Add-Ins”, or little additions to a program that add to the original abilities of the software. These “Add-Ins” aren’t necessary for the software to work but will make it a little better.

**Sauces and Dressings** - A little something extra for your food.

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Mushroom Gravy	<a href="#"><u>Pg 57</u></a>
Vegetarian Country Gravy	<a href="#"><u>Pg 58</u></a>
Café Rio Salad Dressing	<a href="#"><u>Pg 59</u></a>
Cranberry Salsa	<a href="#"><u>Pg 60</u></a>
Apple Mustard	<a href="#"><u>Pg 61</u></a>
Whole Grain Dijon Mustard	<a href="#"><u>Pg 62</u></a>



# Mushroom Gravy

**From:** Christopher Dragna  
Network Technician III

## Instructions

- 1:**  
In a large saucepan over medium heat, melt the butter. Add the garlic, sauté for a few minutes.
- 2:**  
Add mushrooms. Sauté for 5- 10 minutes, mushrooms should still not be completely tender.
- 3:**  
Add the vegetable broth and bay leaves, pepper, and season salt. Stir just until it starts to boil, then reduce heat to low and cover. Simmer for 10-20 minutes.
- 4:**  
In a small bowl, mix the cornstarch with 4-5 tbsp cold water or cold broth.
- 5:**  
Increase heat on broth back to medium, and just when it begins to boil, whisk in about half the cornstarch mixture.
- 6:**  
Stir constantly until broth thickens to gravy consistency. If the mixture is not thick enough, gradually add a small amount more cornstarch mixture, allowing a few minutes to thicken after each addition (if necessary, make more cornstarch & cold water mixture).
- 7:**  
When the desired consistency, remove bay leaves and serve.

## Ingredients

- 2 cups**  
Mushrooms (any variety, sliced)
- 1 tbsp**  
Butter
- 2 cloves**  
Garlic, finely chopped
- 4 cups**  
Vegetable broth
- 2**  
Bay leaves
- 2 tsp**  
Black pepper
- 2 tsp**  
Season salt
- 2 tbsp**  
Cornstarch

# Mushroom Gravy

**From:** Christopher Dragna  
Network Technician III

## Instructions

- 1:**  
If adding the vegetarian patties, cook according to package directions. Let cool slightly, then break into small pieces.
- 2:**  
In a saucepan over medium-high heat, melt the butter, then add the flour. Stir constantly, allowing the flour-butter mixture to brown slightly.
- 3:**  
Add the milk and whisk until the flour-butter mixture has dissolved.
- 4:**  
Add the pepper, salt, red pepper, and liquid smoke. Be careful adding the liquid smoke, just a drop or two is needed to provide the sausage flavor.
- 5:**  
Whisk constantly until the mixture thickens. Add vegetarian sausage if using. Serve immediately over biscuits.

## Ingredients

- 1/4 cup**  
Butter
- 1/2 cup**  
Flour
- 2 cups**  
Milk
- 3 tsp**  
Black pepper
- 1/2 tsp**  
Salt
- 1 pinch**  
Red pepper flakes
- 1-2 drops**  
Liquid smoke
- 2**  
Vegetarian sausage patties (optional)

# Café Rio Salad Dressing

From: Leah Proudfoot  
Procurement Manager

## Instructions

- 1:  
Prepare ranch dressing as directed using 1 cup buttermilk and 1 cup mayonnaise.
- 2:  
Blend in other ingredients until smooth. Enjoy!

## Ingredients

- 1 package  
Hidden Valley Ranch dressing mix
- 1 cup  
Cilantro (I use almost the entire bunch)
- 3-4  
Tomatillos
- 1/4 tsp  
Cayenne pepper

# Cranberry Salsa

**From:** Leah Proudfoot  
Procurement Manager

## Instructions

- 1:**  
Combine all ingredients in food processor except sugar and cumin. Blend together.
- 2:**  
Hand mix sugar and ground cumin.

## Notes

Serve with favorite tortilla chips or crackers.

## Ingredients

- 12 oz**  
Cranberries
- 1/2**  
Jalapeño (with a few seeds)
- 2**  
Green onions
- 1/2 cup**  
Sugar
- 1/4 tsp**  
Cumin
- 1/2 bunch**  
Cilantro
- 1/2**  
Lime, juiced
- Orange zest (optional)

# Apple Mustard

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Put mustard seeds in a jar with the cider and vinegar, place lid loosely on top
- 2:  
Let sit for 48 hours
- 3:  
Transfer to blender and add a pinch of salt and brown sugar, blend into a paste
- 4:  
Place in an airtight container for 48 hours before consuming

## Ingredients

- 1/2 cup  
Yellow mustard seeds
- 1/2 cup  
Apple cider (not juice - the fresher the better)
- 1/2 cup  
Vinegar, apple cider
- Salt
- 2 tsp  
Brown sugar

# Whole Grain Dijon Mustard

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Put mustard seeds in a jar with the wine and wine vinegar, place lid loosely on top
- 2:  
Let sit for 48 hours
- 3:  
Transfer to blender and add in a pinch of salt and brown sugar, blend until it forms a paste
- 4:  
Place in an airtight container and refrigerate for 48 hours before consuming

## Ingredients

- 1/4 cup  
Whole Brown mustard seeds
- 1/4 cup  
Yellow mustard seeds
- 1/2 cup  
Sauvignon Blanc
- 1/2 cup  
Vinegar, white wine (not white vinegar)
- Salt
- 1 1/2 tsp  
Brown sugar

# Peripherals (Sides)

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**Peripherals** - Besides your desktop computer or laptop, there's a lot of things that plug into your computer, such as your printer, webcam, or USB drive. Anything that's not a part of the main computer - even the monitor - is called a "Peripheral".

**Sides** - Things to go with your entrée.

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Garlic Parmesan Potato Wedges	<a href="#"><u>Pg 64</u></a>
Mini Peppers and Onions	<a href="#"><u>Pg 65</u></a>
Calabacitas	<a href="#"><u>Pg 66</u></a>
Tato Salad	<a href="#"><u>Pg 67</u></a>
Potato Salad	<a href="#"><u>Pg 68</u></a>
Grandma Rosie's Corn Casserole	<a href="#"><u>Pg 69</u></a>

# Garlic Parmesan Potato Wedges

From: Brian Bahnsen  
Print Services Technician

## Instructions

- 1:  
Preheat oven to 375. Lightly grease a large baking sheet and set aside.
- 2:  
Place potato wedges in a large bowl. Drizzle with olive oil and toss to coat. In a small bowl whisk together salt, garlic powder, and Italian seasoning. Sprinkle potato wedges with the shredded cheese, tossing to coat, then sprinkle with the seasoning mixture.
- 3:  
Place potato wedges on prepared baking sheet in a single layer with skin-sides-down. Bake for 25-35 minutes until potatoes are fork-tender and golden. Sprinkle with freshly chopped parsley and dressing for dipping.

## Ingredients

- 3-4 large  
Russet potatoes, cut into wedges
- 4 tbsp  
Olive oil
- 2 tsp  
Salt
- 2 tsp  
Garlic powder
- 2 tsp  
Italian seasoning
- 1/2 cup  
Parmesan cheese, shredded
- Fresh parsley or cilantro (optional)
- Ranch or blue cheese dressing (optional)



# Mini Peppers and Onions

**From:** Brian Bahnsen  
Print Services Technician



## Instructions

- 1:  
Add 1 teaspoon olive oil to hot pan.
- 2:  
Sauté peppers, onions, garlic and mushrooms.
- 3:  
Add cut kale and miso, cover and steam for 5 minutes.
- 4:  
Add meat and stir.

## Notes

I will add rice noodles or rice & quinoa.

## Ingredients

- 6-8  
Mini peppers (sliced)
- 1/2 large  
Red onion, cubed
- Fresh garlic, minced
- 6-8  
Mushrooms (sliced)
- 1 cup  
Kale
- 1 cup  
Cooked chicken or beef, cubed
- Spices (Turmeric, pepper, chili powder, cumin)
- 2 tbsp  
Miso mix

# Calabacitas

From: Georgette Rosberg  
Print Services Manager

## Instructions

- 1:  
Wash and cut squash in thin slices
- 2:  
Chop one large golden onion
- 3:  
Chop any tomatoes (I prefer cherry or any sweeter tomato)
- 4:  
Sauté in vegetable oil onions and tomatoes until onions are clear. Stir occasionally. While that is cooking add squash with a small amount of water. Cover and steam until they are tender or soft to your taste. Stirring occasionally. Can drain or leave some liquid with veggies when done.
- 5:  
Add onions and tomatoes to large pot of veggies. Add frozen corn if desired, cover until heated. Salt and pepper as desired, last add shredded cheese and mix in. I prefer any 3 cheese mixed pre-shredded, but never taco mix.

## Ingredients

- 3  
Squash, yellow
- 3  
Squash, green
- 1 large  
Onion, golden
- 1 package  
Cherry tomatoes
- 1/2 package  
Corn, frozen
- 1/3 to 1/2 Package  
Shredded cheese

# Tato Salad

From: Georgette Rosberg  
Print Services Manager

## Instructions

- 1:  
Cut washed red potatoes into cubes and boil in salted water to desired tenderness
- 2:  
Mix olive oil, finely chopped scallion, sea salt, black pepper and garlic powder in a little bowl. (I let this mixture sit overnight so the olive oil is infused with the garlic and scallion)
- 3:  
Drizzle olive oil mixture over cooled potatoes and gently mix.
- 4:  
Right before serving add the softened sun dried tomato and fresh parsley.

## Notes

Serves....I don't know.

## Ingredients

- 2 lbs  
Potatoes, red
- 1  
Scallion, fresh, chopped
- 1/8 tsp  
Garlic powder
- 1/8 tsp  
Salt, sea
- Pinch  
Salt, table
- Pinch  
Black pepper
- 2 tbsp  
Parsley, fresh, chopped
- 1/4 cup  
Sun dried tomatoes, softened

# Potato Salad

From: Laura Miller  
Network Technician

## Instructions

- 1:  
Peel and wash the potatoes.
- 2:  
Boil until you can easily prick them with a fork.
- 3:  
Hard boil the eggs (place in saucepan with the potatoes).
- 4:  
Drain potatoes and eggs.
- 5:  
Put the potatoes in the fridge.
- 6:  
Tap eggs on a hard surface and run under cold water to peel them.
- 7:  
Slice in half the length of the egg.
- 8:  
Gently remove the egg yolk.
- 9:  
With a fork, flake the egg yolks.
- 10:  
Cut the egg whites into yolks.
- 11:  
Cut potatoes into chunks.
- 12:  
Mix all the sauce ingredients (mayonnaise, mustard, salt, pepper, and milk) thoroughly.
- 13:  
Taste the sauce and add more of ingredients to taste.
- 14:  
Add vegetables to potatoes.
- 15:  
Mix sauce into potato/vegetable mixture add some mayonnaise and/or milk if the potatoes seem dry.
- 16:  
Put potato salad back in the fridge to cool.
- 17:  
Garnish with chopped spinach around the outside and paprika in the center.

## Ingredients

- 6-8  
Potatoes, depending on the size
- 3  
Boiled eggs
- 1 cup  
Celery, chopped
- 1/2 cup  
Spinach, chopped
- 1/2 cup  
Onion, diced (optional)
- 1/2 cup  
Mayonnaise
- 1 squirt (1/2 tsp)  
Mustard, yellow
- Pinch  
Salt
- Pinch  
Pepper, black
- 2 tbsp  
Milk
- Paprika and chopped spinach for garnish

# Grandma Rosie’s Corn Casserole

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:  
Preheat oven to 350. Grease 8x8 baking pan. 45 min baking time.
- 2:  
Put all ingredients in a bowl and mix. Transfer mixture to greased baking pan and bake for 45 minutes. Casserole is done when the center is completely set.

## Notes

Grandma Rosie always makes this for our family get togethers. It’s delicious and goes with anything.

## Ingredients

- 1 can  
Corn (drained)
- 1 can  
Creamed corn
- 1 cup  
Sour cream
- 1/2 cup (1 stick)  
Butter, melted
- 1 box  
Jiffy Corn Muffin mix
- 1 cup  
Cheddar cheese, shredded
- 4 oz (1 can)  
Green chilies

# Anti-Virus (Soups & Salads)

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**Anti-Virus** - Sometimes peoples' computers get infected with viruses, spy-ware, malware and a number of things can slow your system down, lock it so it can't be used or even destroy all our data. An anti-virus program protects the health of your computers and servers.

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**Soups and Salad** - Tasty and healthful recipes to help you feel well.

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Veggie Chili	<a href="#"><u>Pg 71</u></a>
Japanese Curry	<a href="#"><u>Pg 72</u></a>
Chicken Chili	<a href="#"><u>Pg 73</u></a>
Curry Chicken Salad	<a href="#"><u>Pg 74</u></a>
Hamburg Soup	<a href="#"><u>Pg 75</u></a>
Mexican Chicken Soup	<a href="#"><u>Pg 76</u></a>
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Fatoush Salad	<a href="#"><u>Pg 80</u></a>
Pedantic Fruit Salad	<a href="#"><u>Pg 81</u></a>

# Veggie Chili

From: Allison Duffy  
President

## Instructions

- 1:  
Cut veggies and put into bowl. Measure seasoning and put into small bowl.
- 2:  
Wash beans and put into large bowl.
- 3:  
Cut corn off cob if available. If not, use frozen.
- 4:  
In a 4 quart pot, heat 1-2 tbsp of oil. Stir in veggies and cook for 5 minutes.
- 5:  
Stir in seasonings and cook for 5 minutes.
- 6:  
Stir in beans and cook for 5 minutes.
- 7:  
Stir in tomatoes. Cook at low and stir often for about 1 hour. Make sure carrots are not too hard.
- 8:  
When done to taste, turn off heat and stir in corn. Let sit for 10 minutes.
- 9:  
Serve in bowl with cheese on top.

## Notes

If desired, can be made with ground beef. At step 4, brown 1-2 lbs 90% lean or more ground beef, then stir in veggies.

## Ingredients

- 3-4  
Carrots
- 1 large  
Onion
- 3 cloves  
Garlic
- 1  
Pepper, yellow or orange
- 2 ears  
Corn
- 4 cans (15.5 oz)  
Black beans
- 1 cans (15.5 oz)  
Kidney beans
- 1 can (29 oz)  
Tomatoes, crushed
- 2 can (29 oz)  
Tomatoes, diced
- 1/4 tsp  
Cumin
- 4 tsp  
Chili powder
- 1/4 tsp  
Red pepper flakes
- 1 tsp  
Oregano
- Cheddar cheese, grated
- Chips or bread

# Japanese Curry

From: Christopher Dragna  
Network Technician III

## Instructions

- 1:  
Peel potatoes and carrots, then cut into large chunks (larger than bite sized). Cut onion into thin strips. Dice garlic.
- 2:  
In a large saucepan, heat the olive oil, then sauté the onions and garlic on medium low heat until onions are translucent.
- 3:  
Add butter and melt. Add all seasonings except the garam masala.
- 4:  
Slowly add flour and mix into a paste-like consistency.
- 5:  
Add the broth and stir until the paste has dissolved. Add the vegetables (and meat, if using). Cover and cook on medium low for 1-2 hours, stirring occasionally. Curry is done when veggies are at desired tenderness.
- 6:  
Before serving, add garam masala and stir well. Serve over white rice.

## Notes

Potatoes and carrots are the most commonly used veggies, but anything goes with curry - yams, mushrooms, bell peppers, whatever you like.

## Ingredients

- 2-3 large  
Potatoes, russet
- 2-3 large  
Carrots
- 1 large  
Onion
- 2 cups  
Chicken, pork, or steak (optional)
- 3 cloves  
Garlic
- 2 tbsp  
Olive oil
- 2 tbsp  
Butter
- 1 cup  
Flour
- 3 tbsp  
Curry powder
- 1 1/2 tbsp  
Turmeric
- 2 tsp  
Garam masala (can substitute cinnamon)
- 1 tsp  
Pepper, white or black
- 1 tsp  
Seasoned salt
- 1 tsp  
Ginger, ground
- 4 cups  
Broth (vegetable, chicken, or beef)



# Chicken Chili

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Add all ingredients into large sauce pan.
- 2:  
Simmer for 30 minutes
- 3:  
Serve topped with shredded cheese and tortilla strips.

## Ingredients

- 2 cans  
Petite tomatoes, diced
- 1 can  
Spicy beans
- 1/3 cup  
Onions, chopped
- 1/3 cup  
Picante sauce or salsa
- 1 tbsp  
Chili powder
- 1 tbsp  
Cilantro, fresh, chopped (or 1 tsp dried)
- 1 tsp  
Garlic, minced
- 2  
Chicken breasts, shredded or chopped (or 1 can drained chicken breast)
- Shredded cheese and tortilla strips for garnish

# Curry Chicken Salad

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Mix the mayonnaise, turmeric and curry fully – set aside.
- 2:  
Stir all the other ingredients together.
- 3:  
Mix the mayonnaise mixture into the salad.
- 4:  
Serve as sandwiches or over a bed of lettuce.

## Ingredients

- 1/3 cup  
Mayonnaise
- 1 tsp  
Turmeric
- 2 tsp  
Curry (use 1 tsp hot curry and 1 tsp sweet cur-  
ry)
- 1/2 cup  
Celery, chopped
- 1/2 cup  
Carrots, chopped
- 1/2 cup  
Bell pepper, chopped (I use green)
- 1/2 cup  
Spinach, chopped
- 1/2 cup  
Apple, chopped
- 1/2 cup  
Walnuts, chopped
- 1  
Chicken breast, shredded or chopped (or 1 can  
drained chicken breast)

# Hamburg Soup

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Simmer vegetables in broth with seasoning for 20 to 30 minutes (until vegetables are to your desired softness allowing for additional cooking).
- 2:  
Stir in remaining ingredients except spinach and simmer for 20 to 25 minutes longer.
- 3:  
Add spinach about 5 minutes before step 2 is complete.

## Notes

If the soup is not flavorful enough, add 1 TBSP of ketchup.

## Ingredients

- 2 cans (14.5 oz)  
Beef broth
- 1/2 cup  
Carrots, cut up
- 1/2 cup  
Potatoes, cut up
- 1/4 cup  
Celery, cut up
- 1/4 cup  
Onion, cut up
- 1 tsp  
Italian seasoning
- 1/2 tsp  
Pepper, black
- 1 cup  
Hamburger, cooked (use a fork to separate to small pieces)
- 1 can  
Petite tomatoes, diced
- 1 can (8 oz)  
Tomato sauce
- 1 tbsp  
Picante sauce or salsa
- 1/4 cup  
Spinach, cut up

# Mexican Chicken Soup

From: Laura Miller  
Network Technician



## Instructions

- 1:  
Cook chicken breast in chicken broth with spices, garlic and vegetables.
- 2:  
Strain vegetables and chicken breast from broth.
- 3:  
Put broth back into the sauce pan and add tomatoes, tomato sauce and salsa.
- 4:  
Simmer broth for 25 to 30 minutes.
- 5:  
Cut chicken breast into ½ inch pieces – set aside.
- 6:  
Add chicken breast and vegetables back to broth.
- 7:  
Add spinach and cilantro and (optional) pasta or rice.
- 8:  
Simmer for 10 more minutes.

## Ingredients

- 2  
Chicken breasts
- 4 cans (14.5 oz)  
Chicken broth
- 1 tsp  
Garlic, minced
- 1/2 cup  
Carrots, cut up
- 1/2 cup  
Celery, cut up
- 1/4 cup  
Onion, cut up
- 1 can  
Petite tomatoes, diced
- 1 can (8 oz)  
Tomato sauce
- 1/2 cup  
Picante sauce or salsa
- 1/2 cup  
Spinach, chopped
- 1/4 cup  
Cilantro, cut up
- Cooked pasta or rice (optional)

# Chili

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:  
Brown onion and ground beef, drain fat.
- 2:  
Combine all ingredients and heat to boiling.

## Ingredients

- 1 lb  
Ground Beef, extra lean
- 1  
Onion, chopped
- 2 cans  
Rotel tomatoes
- 2 cans  
Diced tomatoes with garlic
- 1 can (8oz)  
Tomato sauce
- 1 can  
White beans (drained)
- 1 can  
Pinto beans (drained)
- 1 can  
Black beans (drained)

# Vegetarian Posole

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:  
Heat oil in a large pot over medium-high heat. Add onion and cook, stirring, for 3 to 4 minutes.
- 2:  
Add garlic and cook 1 minute more.
- 3:  
Pour broth over onion mixture and bring to a boil; reduce heat to low and simmer 5 minutes.
- 4:  
Add hominy and beans; cook 2 minutes.
- 5:  
Add Swiss chard (or other greens) and cook until greens are wilted and just cooked, about 2 minutes more.
- 6:  
Stir in cilantro, salt and pepper and cayenne pepper if desired.
- 7:  
Garnish with remaining ingredients and serve.

## Ingredients

- 2 tsp  
Olive oil
- 1 large  
Onion, chopped
- 2 large cloves  
Garlic, finely chopped (about 2 tbsp)
- 5 cups  
Vegetable broth or water
- 2 cups  
Cooked whole hominy (or 14 oz canned hominy, drained and rinsed)
- 1 can (15 oz)  
Pinto beans (drained)
- 2 cups  
Swiss chard, kale, or collard greens
- 1/4 cup  
Fresh cilantro, chopped
- 1/4 tsp  
Salt
- 1/8 tsp  
Cayenne pepper
- 1 medium  
Avocado, diced into 1/2 inch pieces (about 3/4 cup)
- 3 medium  
Plum tomatoes, seeded and chopped
- 1 medium  
Lime, cut into wedges (for garnish)

# Veggie Soup

From: Michelle Wickert  
Service Coordinator

## Instructions

- 1:  
Spray pot with non-stick cooking spray. Sauté onions, carrots and garlic for 5 minutes.
- 2:  
Add broth, tomato paste, cabbage, green beans, peas, basil, oregano and salt & pepper to taste.
- 3:  
Simmer for about 5-10 minutes until all vegetables are tender, then add the zucchini and simmer for another 5 or so minutes.

## Notes

This is a quick veggie soup I like to make and low calorie. It's great to take for lunch the next day.

## Ingredients

- 3 cups  
Beef Broth (you can also use chicken or vegetable)
- 2 cloves  
Garlic, minced
- 1 tbsp  
Tomato paste
- 2 cups  
Cabbage, chopped
- 1/2  
Yellow onion, chopped
- 1/2 cup  
Carrots, chopped
- 1/2 cup  
Green beans
- 1/2 cup  
Peas
- 1/2 cup  
Zucchini, chopped (yellow or green)
- 1/2 tsp  
Basil
- 1/2 tsp  
Oregano
- Salt and pepper to taste

# Fatoush Salad

**From:** Rula Skeif  
Accounting Manager



## Instructions

- 1:**  
Brush the bread with oil olive, cut into 1-inch squares, place on a flat tray in the oven until golden crispy. (can also fry with vegetable oil)
- 2:**  
Wash all vegetables and drain.
- 3:**  
Cut the cucumber and radish diagonally then chop them into thin slices
- 4:**  
Chop the lettuce, pepper and tomato into ½ inches thick.
- 5:**  
Chop the mint, parsley and purslane into ¼ inch thick.
- 6:**  
Chop the green onion thinly.
- 7:**  
Mix all ingredients and place in a serving bowl or plate
- 8:**  
Decorate with crispy bread on top.
- 9:**  
Enjoy!

## Ingredients

- 1 loaf**  
Arabic (Greek) pita bread
- 3**  
Tomatoes
- 3**  
Arabic (Persian) cucumbers (can be substituted with long/English cucumbers)
- 1 head**  
Lettuce
- 1**  
Green or red pepper
- 1/2 bunch**  
Parsley
- 1/2 bunch**  
Purslane (green herb also called purulaca oleracea)
- 10 leaves**  
Green mint
- 2**  
Green onions
- 2**  
Radishes
- 1 tsp**  
Pomegranate molasses
- 1/2 tsp**  
Sumac
- 1/2 tsp**  
Salt
- 1/2**  
Lemon
- 3 tbsp**  
Olive oil
- 1/2 cup**  
Pomegranate



# Pedantic Fruit Salad

From: William Peterson  
Help Desk Technician II

## Instructions

- 1:  
Halve the cherry tomatoes
- 2:  
Cut the bell pepper in to bite size pieces
- 3:  
Slice the cucumber and cut the slices in half
- 4:  
Mix together in a bowl with the olive oil and balsamic vinegar

## Notes

Technically speaking, everything used to make this salad - even the olive oil and the balsamic vinegar - is a fruit or fruit product. *Technically.*

## Ingredients

- 20  
Cherry tomatoes
- 1 large  
Bell pepper
- 1  
Cucumber
- Olive oil
- Balsamic vinegar

# Hacks (Tips & Tricks)

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**Hacks** - Everyone knows what the term “Hack” means...and yet, no one seems to agree on what it means either. The Jargon File, a glossary of computer programming terms, has 8 different definitions of “Hacker”, and Dictionary.com lists 28 definitions for “Hack”. Generally, it’s used in computer terms to mean “a method of getting around software limitations or restrictions” or to a lesser extent “a useful trick on a computer”. It’s the second definition - a useful trick - that’s started to be used recently for everything from household cleaning to cooking, as more lists appear online everyday for “Hacks” for everything.

**Tips & Tricks** - Some useful ideas for when you’re in the kitchen.

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# Tang Whey

**From:** Brian Bahnsen  
Print Services Technician

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Add tang or Kool-Aid to the left over whey from making cheese.

Result; a very refreshing drink. With the protein and minerals in the whey, nutritionally it sure beats soda beverages.

# Substitute Honey for Sugar

**From:** Brian Bahnsen  
Print Services Technician

For every 1 cup of sugar, substitute 1/2 to 2/3 cup honey.

For every 1 cup of honey you're using, subtract 1/4 cup of other liquids from the recipe.

Add 1/4 teaspoon baking soda for every 1 cup honey used.

Reduce the temperature of the oven by 25°F.

# Chris' Baking Tips

**From:** Christopher Dragna  
Network Technician III

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Chris says: "I love all kinds of cooking, but baking is my passion. Here's a few tips I've picked up over the years."

- When making cakes or other sweets, instead of preparing a pan with butter and flour, you can butter the pan and dust the sides with powdered sugar instead. Adds a little caramel flavor to the edges.
- There are actually extremely few cake recipes where mixing the dry ingredients first makes a difference. You can add the dry ingredients one at a time, mixing after each addition, from smallest amount to largest, at the step where you would add the combined dry ingredients. If the instructions have you alternate combined dry with combined wet ingredients, go ahead and combine first.
- All the recipes that insist on unsalted butter are going to have you add salt anyway. Just omit the salt and use regular salted butter.
- I usually double the vanilla extract for all recipes. I find it works like salt does for savory, enhancing the flavor without being overpowering.
- Add 1 tsp cinnamon to any chocolate chip cookie recipe to enhance the flavor. You can also use 1/2 tsp black pepper (no, really!).
- If you need perfect slices of cake, cheesecake, or anything similar, run the knife under hot water long enough to heat the blade, then wipe the water off and cut. Repeat after each slice for best results.

## Better Buttercream Frosting

**From:** Christopher Dragna  
Network Technician III

Store bought frosting is expensive and not the best flavor, but for some reason everyone thinks homemade frosting is tricky. There are two tips to making your homemade buttercream frosting come out great:

- Buttercream frosting recipes consist mainly of butter, milk, powdered sugar, and flavoring (usually vanilla extract). Substitute half the butter in a recipe with cream cheese to make it creamier and more flavorful.
- Most recipes I find tell you to whip the frosting for a set amount of time. In my experience, it's never long enough. The longer you whip the frosting, the fluffier it becomes. If it becomes too soft from all the whipping, just put it in the fridge for 20 minutes. If it gets too stiff from being in the fridge, whip it some more!

### Better Buttercream Recipe

In a bowl, combine 1/4 cup butter and 8 oz (half a box) cream cheese. Beat with a mixer until combined.

Add in 4 cups powdered sugar. Beat until combined.

Add 1 tbsp vanilla extract and 2 tbsp milk. Beat for as long as you like, the frosting gets fluffier and smoother the longer you beat it.

# Fried Toast and Bacon Butter

**From:** Jason Faiferlick  
Technical Services Manager

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Jason says: “Most people just get rid of bacon fat when they bake or fry bacon, but that’s a sad end to the leftover bacon goodness. There are two things thing I like to do with my leftover bacon fat. You can store the bacon fat in a mason jar in the fridge for up to a month and use it for later. I like to use it for two things:”

**1:**

With the saved bacon fat or right after cooking up some bacon, place a slice or two of toast in with the bacon fat until browned to your liking. Fried toast is the best kind of toast, better than the toaster toast. Great for breakfast side, or even sliced for serving with cheese or dips. Experiment with different kind of breads!

**2:**

Bacon butter: mix 1 Tablespoon of bacon fat with one stick of softened butter until smooth. Serve and save the rest in the fridge. Great for toast, English muffins, and anything else that you can put butter on.

# “Mixing it up”

## Doctoring Brownie Mixes

From: Laura Miller  
Network Technician

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### Chocolate Peanut Butter Brownies:

Add ½ cup peanut butter to the brownie batter.

### Chocolate Mint Brownies:

Add mint flavoring to the brownie batter.

### Turtle brownies:

After adding brownie batter to baking dish, swirl in caramel ice cream syrup and sprinkle on pecans.

### Fruit brownies:

Add raspberry or strawberry flavoring and ¼ cup of jam to the brownie batter.

Add ¼ cup orange juice concentrate to the brownie batter.

### Double chocolate brownies:

Add ½ cup chocolate chips or chunks to the brownie batter after it is mixed – stir in gently.

### Mocha brownies:

Add 2 TBSP of instant coffee to the brownie mix before adding liquids.

### Brown and white swirl brownies:

Mix the ingredients below and swirl into brownie batter in baking dish.

1 (8 ounce) package cream cheese

1/3 cup sugar

1 egg

½ teaspoon vanilla

### Almond joy brownies:

Mix ½ cup sweetened or unsweetened coconut into the brownie batter.

Sprinkle with whole almonds after it is in the baking dish.

### Chocolate Chip Cookie Brownies:

Mix up a small batch of chocolate chip cookie dough.

Drop and spread spoonfuls of cookie dough over the top of the brownie batter in baking dish.

### Buttery Brownies:

Add butter flavoring to brownies – I do this one all the time, it is a trick I learned from my brother.

# Leah's Cooking Hacks

**From:** Leah Proudfoot  
Procurement Manager

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Leah says: *"Oh, I love a good cooking hack! I plan on being in infomercials in my next life, and reading through these, sure sounds like it!"*

- Need to juice a lemon, but you cannot find your juicer? Slice the lemon in half, put it between a pair of salad tongs and squeeze!
- Need to cut something soft like chevre (works for cookie dough and cheese cake as well!), but it keeps getting stuck to your knife and falling apart? Try a piece of unflavored floss, should slide right through, giving you uniform disks and pieces.
- Using fresh herbs in a recipe and you have more than you need? Or your herb garden has been plentiful and you have extra? Cut/break up the herbs, and place in an ice cube tray, top with water or olive oil, freeze, and use the next time you need them!
- Use your waffle maker for more than waffles! Hash-browns mixed with an egg and your favorite herbs or cut up ham, dollop onto the surface of your heated waffle iron, cook according to machine instructions, and voila, breakfast (or dinner in our house!) is served!
- Tired of throwing out brown sugar that has hardened? Place a piece of wheat bread in your sugar jar, and within a couple of hours, it should be as soft as it was when you first opened the bag!
- Too many cherry tomatoes or grapes to cut and not enough time? Place them on a plate, and then a second plate upside down on top of them, hold it down, with a long knife, cut between the plates and slice right through a plate full of small fruit in no time.

# Hacked Cupcakes

**From:** Rachel Sanders  
Senior Account Manager

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Rachel says: *"Baking from scratch is a laudable skill, but when planning a party for a 5 year old, choices must be made - desperate times call for desperate measures. That's when a box mix must be "hacked" to pose as homemade."*

1 box mix of your choice (I like Annie's Organics)

Using the recipe on the box add the following:

1 extra egg

Double the total amount of butter/oil, using half butter and half oil

Replace the water with same amount of milk

1 tsp vanilla extract.

Using the box mix of your choice (I like Annie's Organic), add one more egg than called for on the package recipe. Next double the overall amount of butter or oil called for on the box recipe, using half melted butter and half oil. If the box recipe calls for water, substitute with the same amount of milk. Add 1 tsp of vanilla extract.

Preheat oven to 350. Prepare cupcake trays with liners and spray with vegetable/canola oil. Fill cupcake liners 1/3 full. Turn oven down to 325 when putting the cupcakes in the oven, and bake per time indicated on the box. Before removing from the oven, check cupcakes for doneness with a toothpick – they may need to bake a few more minutes than box instructions. Let cool and top with your frosting of choice.



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