FITNESS, FUN, FRIENDSHIP & FOOD

SOUTH DAKOTA STATE UNIVERSITY
WELLNESS CENTER
COMMUNITY FITNESS

2011 Cookbook
Recipe: Jewish Coffee Cake
From: Carol Schimsen  Makes: 4 mini loaves
1 c. sugar
3 eggs
2 c. flour
1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1 tsp. vanilla
8 oz. sour cream

Gingerbread men

Pistachio Cake
Mary Berg
1 box white cake mix
1 pk. pistachio instant pudding
3 eggs
1 cup water
1/2 cup oil
Mix these all together and pour into a 9x13 pan. Bake at 350 for 25-30 min.
Frosting: 1 pk. instant pistachio pudding, 1 envelope cream whip
1 cup cold milk, beat til stiff

Here's what's cooking: Lemon Cake
1 pkg. yellow cake mix
1 3 oz pkg lemon jello
4 Eggs
3/4 c. salad oil
3/4 c. water
Beat 5 minutes. Pour into greased 9x13 pan. Bake 35 min. @ 350°
While warm, poke holes w/ a meat fork. Pour over:
2 c. powdered sugar + 1/2 c. Real lemon Juice
Recipe from the kitchen of: Elaine Ross  Serves: (over)
Cream shortening and sugar. Add eggs; beat well. Add salt and sour cream. Sift baking powder, soda, salt with flour. Add to other mixture and mix well. Grease and flour pans. Topping: 1/2 T. brown sugar, 1 tsp flour, 1 T. butter, and 1/4 c. nuts.
Bake at 350° for 40-60 min.

Carol, I got this recipe from Carolyn Flippin - it is a favorite of her family and now it is a favorite of my family! Enjoy!
Here's what's cooking: **Gourmet Baked Spinach**

2 T finely chopped onion
3 T butter
3 T flour
1 tsp salt
1/4 tsp pepper
1/8 tsp nutmeg
2 c milk
2 (10 oz) frozen chopped spinach (cooked, drained)
3 hard-boiled eggs, finely chopped

Recipe from the kitchen of: Joan Hogan

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Here's what's cooking: **Cucumber Salad**

Serves 4 to 6

3 lbs seedless cucumbers
sliced into paper-thin disks
1/2 tsp sea salt (tablespoon)
1/2 tsp red pepper flakes (optional)
2 tbsp sugar
1 clove garlic crushed and chopped
2 green onions finely minced
2 tbsp sesame oil

Recipe from the kitchen of: BJ Kim

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Here's what's cooking: **Caramel Apple Salad**

Combine:

1 small pkg. Butterscotch instant pudding 1/2 cup of crushed pineapple with juice

Add:

one diced unpeeled apple
10 marshmallows
10 dry roasted peanuts
1 tub Cool Whip

Recipe from the kitchen of: Dan Clites

Serves:

Del 2011 - Brookings, SD
1/2 c. corn flakes crumbs
1/2 c. grated cheddar cheese
2 T. butter - melted
paprika

Cook onions in butter until tender, not brown.
Stir in flour, s + p + nutmeg.
Add milk gradually & cook stirring constantly
until thick & bubbly.
Fold in spinach & eggs.
Spread in buttered, shallow dish 1/2 eg.
at this point, you could refrac for a day.
Finish topping next day.
Combine corn flakes, crumbs & cheese, + butter +
spread over spinach. Sprinkle with paprika. Bake 375 for 20m.

1 tsp. toasted sesame seeds
1/2 tsp. black pepper
1/2 cup rice vinegar or distilled vinegar

Place the cakes in a bowl and sprinkle with
sea salt. Let sit at least for 15 minutes.
Then squeeze out as much liquid as possible.
In the same bowl, combine the remaining ingredients.
Mix well.
Cover and refrigerate.
(Just experiment with more or less sugar and vinegar per your test.)
A Recipe for Nut Goody Bars

Ingredients:
- 2 oz Hershey bars
- 1 cup peanut butter
- 1/2 cup white chocolate chips
- 1 can Spanish peanuts
- Greased cake pan

Melt together in a pan. Add 1 can Spanish peanuts. Grease cake pan.REFRIGERATE.

Mary Cech
Chocolate. Break into pieces, store in cool place or refrig.

Remarks: Don't get too hot, in fact 200° is fine as I believe it is hotter than one realizes with the smooth top stoves. Yummy

Dec. 2011
Here's what's cooking:

**Snowflake Mix**

- 3 cups bite-size rice sq. corn
- 3 cups bite-size corn squares
- 1 C small pretzel twists
- 1 C honey roasted peanuts
- 2-12 oz. packages white baking pieces
- 1-12 oz. pkg. Candy Coated milk chocolate pieces (M&Ms)

Combine all but white-baking chips.

Melt baking chips & toss with mix.

Recipe from the kitchen of: Linda Thaden

Serves: 

**Soft Ginger Cookies**

- 2 1/2 C flour
- 1 tsp. soda
- 1/2 tsp ground ginger
- 1/4 - 1/2 tsp cinnamon
- 1/4 tsp ground cloves

Mix together

1 stick butter
1 C sugar (1/2 C for roll balls in)
1 egg
1/4 C molasses + 1 tsp lemon juice

Cream together

Serves:

**S'more Cookie Bars**

Preparation Time: 10 minutes  
Cook Time: 25 minutes  
Serves: 2 dozen

3/4 cup IMPERIAL® Spread  
3 cups graham cracker crumbs  
1 package (6 oz.) semi-sweet chocolate chips (1 cup)  
1 cup butterscotch chips  
1 cup mini marshmallows  
1 can (14 oz.) sweetened condensed milk

Directions: Preheat oven to 350°F. In 13x9-inch baking pan, combine IMPERIAL® Spread with crumbs; press to form even layer. Evenly sprinkle with chocolate chips, then butterscotch chips, then mini marshmallows. Pour condensed milk evenly over mixture. Bake 25 minutes or until bubbly. On wire rack, let cool completely. To serve, cut into squares. For easier cutting, refrigerate 1 hour.
Preheat oven to 350°.
Shape dough into 3/4" balls.
Dust in sugar and place on cookie sheet. Bake until just firm (8-10 min).

Be generous with spices.
Caramel Tree Pie
1 9" unbaked pie shell
3 eggs
3/4 c. sugar
1/4 c. melted butter
1-12 oz. jar Amaretto cream topping
1/4 c. pecan halves
Beat egg, sugar, and butter until fluffy. Add sugar or
butter and Amaretto topping. Stir in pecans
Pour filling into shell and bake 350° for
45 minutes. Swirl in seeded pears top.
Recipe from the kitchen of: Madeleine Kraft
Serves: 8

Baklava Tray
1 lb. Baklava Dough (Filo Dough)
3 c. walnuts, chopped
1 c. Refined butter
1 tsp cinnamon
1/2 c sugar
2 c. sugar syrup
Mix nuts, sugar, spices & 1 tsp butter
Increase the baking sheet (12" x 17") with butter
Recipe from the kitchen of: Madeleine Andrulis
Serves:

Breakfast Casserole
2 pkgs of Jimmy Dean (Cooked)
1 c. Un. 1/2 and 1 regular
4 1/2 cups Rice Krispies
2 1/3 cup raw rice (regular, not instant)
6 eggs
2 can cream of Celery Soup
1 onion
1 pound shredded Cheddar cheese
9 X 13 " pan
Recipe from the kitchen of: Lyle K. Hansen
Serves:
Keep in touch 811 7th Ave. Brookings SD 57006
Place two layers of dough at a time & brush lightly with butter, when you reach 1/2 the amount of layers, spread the hot mixture evenly over the dough, then continue with the rest of the dough. Cut into diamond shapes. Heat the rest of the butter (1 can) & pour on the tray. Bake for about 1 hr, in a 325° oven. Cool for 10 mins then pour the cold syrup over.

You can layer in this order or you can mix together & layer it.

Rice Krispies (Save some for topping)
Sausage
mix eggs with the soup, onion and rice
then add the saved Rice Krispies on top
Bake 350 for 45 min. You can Freeze it before or after you bake it.

I'm blessed to have meet you. Lovely person.
Merry Christmas; Happy New Year.
Microwave Apple Crisp

6 C. peeled and diced apples
1 T lemon juice

Topping: 6 T Butter (softened)
3/4 C. packed brown sugar
3/4 C. quick oatmeal
1/2 C. flour
1 t. cinnamon

Italian Pasta & Meatballs

1 can Chicken Broth
1 cup Water
4/4 lb. mini-rigatoni Pasta (3 cups)
1 pkg. Italian Turkey Meatballs
1 box - 9 oz. Frozen Green Beans
1 pint Grape Tomatoes - halved
3 Tbsp. Italian Salad Dressing
1/2 cup Shredded Parmesan Cheese

Here's what's cooking: Breakfast Casserole

2 lbs of Jimmy Dean cooked
1 egg, 1 hot and 1 regular
4 1/2 cups Rice Krispies
2/3 cup raw rice (regular, not instant)
6 eggs
2 can cream of celery soup
1 onion
1 pound shredded cheddar cheese
9x13 pan

Recipe from the kitchen of: Lyla K. Hanson Serves: 811 7th Ave. Brookings SD 57006
Place diced apples in an 8” baking dish. Pour the lemon juice over the apples.

Topping: Mix softened butter with remaining ingredients until crumbly. Sprinkle over apples. Press down lightly.

* Microwave on high for 12-16 min, depending on how firm or soft you like your apples. I do mine for 12 min.

Bring broth & water to a boil in a large nonstick skillet. Stir in pasta, cover, reduce heat & cook 10 minutes. Stir in meatballs, beans, tomatoes, Italian dressing & Parmesan. Return to boil. Cover & simmer 5 minutes.

Serve with Parmesan

Serves 1-6

You can layer in this order or you can mix together) I layer it:

Rice Krispies (Save some for topping)
Sausage
mix eggs with the soup, onion and rice then add the saved Rice Krispies on top
Bake 350 for 45 min. You can freeze it before or after you bake it.

I'm blessed to have meet you, lovely person

Merry Christmas & Happy New Year.
Here's what's cooking: **Mexican Corn Salad**

Mix together:
- \( \frac{3}{4} \) cup hominy
- \( \frac{1}{2} \) cup sautéed sliced green \& \( \frac{1}{4} \) tsp. salt
- 1 cup\( \frac{1}{2} \) cup diced red onion
- 1 tsp. fresh lime juice
- 4 drops hot sauce

Add to:
- 1 can corn
- 1 can black beans
- 1 can red kidney beans

Rinse and drain all vegetables.

May add:
- \( \frac{1}{4} \) cup diced cheddar
- \( \frac{1}{4} \) cup chopped \& cilantro-chopped

Great as a salad or salsa-type with chips.

Recipe from the kitchen of: Jeanette Bare  Serves: ____________

Here's what's cooking: **Overnight Carmel Rolls**

18 frozen dinner rolls
1 pkg. butterscotch pudding
\( \frac{1}{2} \) cup brown sugar
\( \frac{1}{2} \) cup melted butter
\( \frac{1}{2} \) cup chopped nuts

Put frozen rolls in bottom of well-greased bundt pan. Sprinkle pudding over rolls, then the sugar.

Recipe from the kitchen of: Nancy Fixen  Serves: ____________

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butter and nuts. Cover with foil and put on counter. Next morning bake in pre-heated 350° over for 30-40 min. Cool on rack 5-8 min. and turn onto plate.