FITNESS, FUN, FRIENDSHIP & FOOD

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

Mary Berg

Pistachio Cake
1 box white cake mix
1 pkg. pistachio instant pudding
3 eggs
1 cup water
1/2 cup oil
Mix these all together and pour into a 9 x 13 pan. Bake at 350 for 25-30 min.
Frosting: 1 pkg. 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 9 x 13 pan. Bake 35 min. @ 350°
While warm, poke holes w/a meat fork. Pour over: 20 powdered sugar + 1/2 c. Real lemon Juice
Recipe from the kitchen of: Elaine Ross
Serves:
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: 10 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
2 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  Serves: 

---

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

Serves 4 to 6

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

Recipe from the kitchen of: SJ Kim  Serves: 4-6

---

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

Combine:
1 Small pkg. Butterscotch instant pudding & 1 oz.
can of crushed pineapple with juice

Add:
one diced unpeeled apple
1 C. Marshmallows
1 C. dry roasted peanuts
1 tub Cool Whip  Serves:

Recipe from the kitchen of: Sue Oltes  Brookings, SD
1/2 c corn flakes crumbs
1/2 c grated cheddar cheese
2 T butter-melted
pepprika

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 c.
(at this point, you could refrigerate for a day.)
Finish topping next day.
Combine corn flakes, crumbs & cheese & butter &
spread over spinach. Sprinkle with pepprika. Bake 375 for 20 m.

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 taste.)
Here's what's cooking: **Coco Christmas Balls**
(Chest cookie, Argus Leader 2011)

2 Tbsp cocoa (crush in blender)
2 - 8 oz cream cheese, softened
Blend the above & roll into balls
(perhaps refrigerate to firm)

Roll in choc almond bark
You're done!

Recipe from the kitchen of: Connie Quirk
Serves:

Rae Jean Gee
Here's what's cooking: **Quick English Toffee**

1/2 c chopped pecans
1/2 c butter
1/2 c brown sugar
1/2 c semi-sweet choc. pieces

Sprinkle nuts in greased 9" pie plate. Melt butter in saucepan and add sugar. Cook over med heat, stirring constantly to 290 degrees on candy thermometer. Pour over nuts in a drizzle pattern. Sprinkle with choc pieces. When melted, spread with spatula. Cool, refri to set

Recipe from the kitchen of: Rae Jean Gee
Serves:

A Recipe for **Nut Goody Bars**
Ingredients
2 - 8 oz Hershey bars
1 c peanut butter
16 oz white chocolate chips
melt together
add 1 can Spanish peanuts
greased cake pan
refrigerate

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

Remarks: Don’t get too hot
in fact 280° is fine as I
believe it is hotter than one realises 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&M's)

Combine all but white baking chips. Melt baking chips & toss with mix.

Recipe from the kitchen of Linda Thaden

**Soft Ginger Cookies**

2 1/2 c flour
1 tsp soda
1/2 tsp ground ginger
1/2 tsp cinnamon
1/4 tsp ground cloves
1 stick butter
1 c sugar (1/2 c for roll balls in)
1 egg
1/4 c molasses + 1 tsp lemon juice

Mix together

Cream together

Recipe from the kitchen of Linda Thaden

**The Imperial Recipe Collection**

**S'More Cookie Bars**

Preparation Time: 10 minutes  
Cook Time: 25 minutes  
Makes 2 dozen bars

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.
Roll in sugar and place on cookie sheet. Bake until just firm (8-10 min).

Be generous with spices.
Here's what's cooking: Caramel Tree Pie
1-9" unbaked pie shell
3 eggs
3 c. sugar
1/4 c. melted butter
1-12 oz jar American's caramel topping
1 1/2 c. pecan halves
Beat lightly with fork. Add sugar and butter. Caramel topping. Stir in pecans. Pour filling into shell and bake 350° for 45 minutes. Inserted knife comes out clean.

Recipe from the kitchen of: Madeleine Bartz
Serves: 12

Here's what's cooking: Baklava Tray
1 lb Baklava Dough (Filo Dough)
3 c. walnuts, chopped
1 c. Almond butter
1 tsp cinnamon
1/2 c sugar
2 c sugar syrup

Mix nuts, sugar, spices & 1 tsp butter. Grease the baking sheet (12" x 17") with butter.

Recipe from the kitchen of: Madeleine Andrusis
Serves: 12

Here's what's cooking: Breakfast Casserole
2 pkg. of Jimmy Dean cooked
1 c. milk, 1/2 + 1 regular
4 1/2 cups Rice Kripies
2/3 cup raw rice (regular, not instant)
6 eggs
2 can cream of celery soup
1 onion
1 pound shredded cheddar cheese
9 x 13 ba

Recipe from the kitchen of: Lyda K. Hanson
Serves: 12

Keep in touch 811 7th Ave. Brookings SD 57006
Place two layers of dough at a time and brush lightly with butter when you reach ½ the amount of layers. Spread the meat mixture evenly over the dough, then continue with the rest of the dough. Cut into diamond shapes.

Heat the rest of the butter (1 cup) in a 325° oven.

Bake for about 1 hr. 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 to layer it.

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

I'm blessed to have met 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

(over)

Italian Pasta & Meatballs

1 can chicken broth
1 cup water
1/2 lb. mini-rigatoni pasta (3 cups)
1 lb. Italian turkey meatballs
1 box 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 pkgs of Jimmy Dean cooked
1 egg, 1 hot and 1 regular
4 1/2 cups Rice Kripies
2/3 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: Lyla K Hanson  Serves: 
Keep in touch  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 N-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:
- 2 C Mashed and
- 1/4 c. sour cream & Tscusa
- 1 t. onion salt
- 1 t. chili powder 4 drops Tabasco

Add to:
- 1 can Mexicorn (15 oz.)
- 1 can red kidney beans (15 oz.) (can blackbeans)
  (Rinse and Drain all Vegetables)

May add:
- 1/4 c. cubed cheddar
- 1/4 c. cilantro-chop

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
  (not instant)

1/2 c. brown sugar
1/2 c. melted butter
1/2 c. 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: 

↓

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