

A vibrant still life of fresh vegetables including tomatoes, basil, and peppers on a wooden surface. The scene is filled with various types of tomatoes, some whole and some sliced, along with fresh basil leaves, red and yellow peppers, and a metal grater. The background is a rustic wooden cutting board.

# SACHEM LIBRARY COMMUNITY COOKBOOK

A collection of community submitted recipes





The Sachem Community Cookbook is a  
compilation of community submitted  
recipes.

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# Salads and Vegetable Dishes



## Grandma Chrissy's Zucchini and Eggs

by Jason Zulfekar

**This recipe is very special to me and my mom because it was my grandma's original recipe. She used to make this for my mom all the time and she loved it. My mom sometimes makes it for herself and I for breakfast. To be honest I am not a big fan of Zucchini but I've grown to like it. It's very delicious on Italian bread or a good white bread. Eat hot or cold.**

### Ingredients

**2-3 zucchini washed**  
**1 large yellow onion, halved and sliced Julienne style**  
**1/2 stick butter**  
**salt and pepper to taste**  
**tbsp. a few sprigs of fresh parsley chopped.**  
**1/4-1/2 cup Locatelli cheese**  
**3-4 eggs scrambled**

### Directions

- 1. Add butter to skillet and start melting on medium heat.**
- 2. Add zucchini, onions, garlic, salt and pepper and parsley. Stir together and cover. Lower heat and let zucchini and onions get softer.**
- 3. Once soft, add locatelli cheese to eggs and scramble into zucchini and onions.**
- 4. Mix all thoroughly together until eggs are scrambled. Cook for another 5-10 mins and continue to mix.**
- 5. Taste and see if the cheese is good, if you can't taste it, add a little more. Don't be afraid of the cheese.**

## Tomatoes with Yogurt Sauce

by Abigail Lynch

**This recipe comes from my mom who made this in an attempt to get me to try new foods. She had seen a variation of this before and made some adjustments to get me to eat it. Since then, it has been one of my favorite foods to eat.**

### Ingredients

**3/4 cup low-fat yogurt  
1 cup of canned chickpeas  
6 tomato slices  
basil  
virgin olive oil**

**1/2 tsp ground cumin  
cucumber  
salt and pepper  
1 tsp of coriander**

### Directions

- 1. Mix coriander and cumin in a bowl.**
- 2. Slice the tomatoes on a baking sheet.**
- 3. Add spices to the tomatoes**
- 4. Mix the yogurt and cucumber, add a little bit of hot sauce and adjust once settled.**
- 5. Add chickpeas and add some salt and pepper to taste.**
- 6. Adjust placement of tomatoes and drizzle yogurt on.**
- 7. Add the basil.**



## **Breakfast Egg Muffins**

by Anthony Rossi

### **Ingredients**

- 10 large eggs**
- 1/3 cup half and half**
- 1 cup (heaping) small diced cooked ham**
- 3/4 cup finely chopped red bell pepper**
- 2/3 cup shredded sharp cheddar cheese**
- 1/4 cup chopped green onions (thinly slice white portion)**
- 2 Tbsp chopped fresh parsley**
- 1/4 tsp salt, or to taste**
- 1/2 tsp black pepper**

### **Directions**

- 1. Preheat oven to 375°.**
- 2. Crack eggs into a large mixing bowl and add half and half. Using a fork pierce the yolks then whisk with the fork until just combined.**
- 3. Add ham, bell pepper, cheddar, green onions, parsley, salt and pepper. Stir with the fork.**
- 4. Spray a 12-cup muffin pan well with non-stick cooking spray. Fill each with about 1/3 cup of the mixture (filling nearly to the top. Scoop near the bottom of the bowl with the measuring cup to get some of the mix-ins in each measurement).**
- 5. Bake in preheated oven until eggs are just barely set, about 19 – 23 minutes.**
- 6. Let cool in pan about 5 minutes then serve or cool on a wire rack about 30 minutes if storing in the fridge or freezer.**

## Stuffed Mushrooms (Vegan + Gluten Free)

by Melissa Ventura

This is an original recipe of mine that I made for my family to eat. We have a lot of food allergies so this recipe is vegan and gluten free. It's flavored with oregano and parsley and absolutely delicious! It's the perfect appetizer or side dish for a family dinner or party.

### Ingredients

- 2, 8oz containers white, button, or baby bella whole mushrooms
- 1½ cups almond flour
- ½ small onion, chopped small
- 4 cloves garlic, minced
- ¼ tsp salt
- 1-2 Tbsp olive oil
- 1 tsp thyme
- 1 tsp oregano
- 1 Tbsp fresh parsley, chopped

### Directions

1. Preheat oven to 400°F. Gently rub the dirt off the mushrooms with a damp paper towel. Take off the stems and set aside. On a baking sheet with parchment paper, place the mushroom heads round side on top. Cook for 10 minutes.
2. Chop up stems into small pieces. In a skillet on medium heat, place chopped stems, onion, and garlic. Cook about 5 minutes until onion is softened and stems are cooked. Add the salt, thyme, and oregano. Keep on the heat for another minute, then take off the heat and pour into a large bowl.
3. Add the almond flour and fresh chopped parsley to the mushroom mixture. Mix it until it looks like it's all starting to stick together.
4. Flip mushroom heads over, so the bottom is facing up and scoop the filling into the mushrooms. Really pack each mushroom. Try and use all of your filling. Bake for another 10-15 minutes until the filling starts to brown a little on top. Enjoy hot.

## Easy Greek Pasta Salad

by Diane McClernon

### Ingredients

- 1/4 cup chopped red onion**
- 1/2 cup black olives, sliced or Kalamata olives**
- 1/2 cup grape tomatoes, sliced**
- 2 cups baby spinach, torn into bite sized pieces**
- 6 oz. feta cheese, crumbled**
- 3 cups of bow tie pasta**
- 1/2-3/4 cup Greek vinaigrette dressing**

### Directions

- 1. Boil pasta according to directions on package.**
- 2. Drain and rinse under cold water for about 30 seconds.**
- 3. Pour pasta into bowl and mix in spinach.**
- 4. Mix in tomatoes, onions and olives.**
- 5. Add the feta cheese and dressing.**
- 6. Stir all ingredients together and cover and refrigerate.**

## Cucumber Salad

by Regan Groh

**This recipe is one of my favorite family recipes. It tastes amazing and is very refreshing especially in the summer. This recipe is meaningful to me because it is a way to remember my grandpa anytime we make it. Although he is not with us, I still get to remember his life in many ways including making this.**

### Ingredients

**1 cucumber**

**2 Tbsp of apple cider or white vinegar**

**1 ½ tsp of sugar**

**½ tsp of salt**

**⅛ tsp black pepper**

**¼ tsp of dill weed**

### Directions

- 1. Mix ingredients dissolving sugar.**
- 2. Slice the cucumber about 5 millimeters thick & place into a bowl.**
- 3. Pour the mix over the cucumber slices & let it chill for 3 hours in a covered container.**
- 4. Repeat this as many times as you like to have more & enjoy!**

# Stuffed Zucchini Flowers

by Makayla Schwabe

This is a Food Network Recipe that my mom and I make with the zucchini flowers we grow in our garden. I chose this recipe because they are delicious and kids would like them too. This recipe is easy to follow and make so it is a good choice for teenagers who enjoy cooking. Also, sometimes you have too many zucchinis growing and you can't possibly eat them all, so this gives you a unique way to use the flowers.

## Ingredients

12 large zucchini blossoms	1 tsp lemon zest
3/4 cup fresh whole milk ricotta	Kosher salt
1/4 cup grated low moisture mozzarella (about 1 ounce)	vegetable oil, for frying
2 Tbsp grated parmesan cheese	1 1/4 cups all purpose flour
2 Tbsp chopped fresh basil	1/4 tsp baking powder
	1 1/2 cups chilled plain seltzer
	warm marinara, for dipping

## Directions

1. Get the zucchini flowers ready for stuffing by carefully opening the leaves and removing the stamen inside the flower.
2. To make the filling, mix the ricotta, mozzarella, parmesan, basil, lemon zest and 1/2 teaspoon salt in a medium bowl and stir to combine. Transfer to a sandwich-size resealable plastic bag and snip a small corner from one point at the bottom.
3. Open the leaves of a blossom and pipe in about 1 tablespoon of filling. Gently twist the top of the blossom to trap the filling. Repeat with the remaining zucchini blossoms and filling.
4. Pour about 1 inch of vegetable oil in a large nonstick skillet and heat to 360°F. (If you don't have an oil thermometer, you'll know the oil is ready if you drop in a scrap of bread and it sizzles on contact and begins to brown after a few seconds.) Line a baking sheet with paper towels.
5. For the batter, whisk the flour, baking powder and 1/2 teaspoon salt in a medium bowl. Whisk in the seltzer to make a smooth batter.
6. When the oil is ready, dip the zucchini flowers in the batter one at a time, letting excess batter drip back into the bowl. Add as many as will fit in the skillet without crowding. Fry, turning once, until the batter is light, crisp and golden, 2 to 3 minutes per side. Remove with a slotted spoon to the lined baking sheet to drain and repeat with the remaining blossoms.
7. Serve warm with marinara for dipping or I like to just sprinkle them with a little salt.

## **Summer Black Bean Salad**

by Susan Gasparik

### **Ingredients**

**3 tomatoes, chopped**

**½ onion chopped**

**2-3 scallion stalks cut in small pieces**

**1 bunch of cilantro chopped**

**15.5 oz. can of Goya organic black beans  
(strained and rinsed in cold water)**

**8 oz. orzo pasta cooked al dente (strained  
and rinsed in cold water)**

**2 Tbsp lemon juice**

**2 Tbsp olive oil**

**freshly ground salt and pepper to taste**

### **Directions**

- 1. In a large bowl, mix all of the ingredients thoroughly.**
- 2. Refrigerate for at least three hours.**
- 3. Serve cold and enjoy!**

# Cabbage Salad by Smitha Thotam

## Salad Ingredients

1/2 cabbage,  
thinly sliced  
1 bunch  
scallions,  
thinly sliced

## Dressing Ingredients

3/4 cup of oil, any neutral oil  
1/2 cup sugar  
1/4 cup apple cider vinegar

## Toppings

2 packets Ramen noodles  
3/4 stick of butter  
2 tsp sesame seeds  
1 cup roasted almonds

## Directions

1. Warm the oil with the sugar, and apple cider vinegar in a saucepan until sugar melts. Keep aside to cool.
2. Add salad dressing to the salad to your taste
3. For the topping, melt butter, roast Ramen noodles in it.
4. Add 2 tsp sesame seeds, 1 cup roasted almonds and roasted noodles as topping.

## Cucumber Salad

by Jaden Ly

**This Cucumber Salad can be learned and made quickly by anyone. Even though it is simple, everyone will be addicted to the amount of wonderful taste of the dish. It's fresh and healthy and it can be served together with a lunch or dinner.**

### Ingredients

**4 fresh cucumbers**

**1 Tbsp soy sauce**

**½ cup chopped peanuts**

**1 lemon**

**1 tsp sugar**

**¼ tsp salt**

**¼ tsp black pepper**

**2 pcs red peppers**

### Directions

- 1. Cut the cucumbers into thick slices.**
- 2. Cut the lemon into 4 pieces.**
- 3. Put the cucumbers in a big bowl.**
- 4. Add salt and marinate for 15 minutes.**
- 5. Get a different bowl and add the sugar, salt, black pepper, and chopped red pepper.**
- 6. Squeeze the lemon juice into the bowl.**
- 7. Add soy sauce and mix evenly.**
- 8. Take out the cucumbers from the first bowl and wash the salt off with cold water.**
- 9. Mix the cucumbers into the 2nd bowl.**
- 10. Prepare the salad on a plate and sprinkle chopped peanuts on top.**



# Toppings & Sides



## Diana's Delicious Pickles

by Emma Parente

### Ingredients

**4" long short cucumbers with bumpy skin**

**¼ cup sliced Vidalia onion**

**3-5 sprigs fresh dill weed**

**½ cup apple cider vinegar**

**½ cup water**

**2 smashed garlic cloves**

**1 ½ tsp kosher salt**

**¼ tsp granulated sugar**

**¼ tsp whole black peppercorns**

**¼ tsp yellow mustard seeds**

### Directions

- 1. Pack a pint-sized jar with sliced cucumbers, onion slices, and dill (leave ½" on top for liquid).**
- 2. In saucepan, heat vinegar, water, garlic, be all spices until mixture comes to simmer and salt and sugar dissolved.**
- 3. Cool the brine down to warm, fill jar so everything is covered with brine.**
- 4. Close lid tightly and refrigerate 24-48 hours before eating.**

## Potato Chips

by Jigar Shah

The reason I chose this recipe is because my parents always say chips are not good for you and that they have a lot of fat. So, I thought why not make my own healthy chips.

### Ingredients

3 potatoes  
olive oil  
salt  
parsley

### Directions

1. On a cutting board, slice the potato into  $\frac{1}{8}$ -inch (3mm) slices.
2. Dry the potato slices with a paper towel until there is no more moisture.
3. Transfer the sliced potatoes to a bowl and coat in olive oil.
4. Wipe down a large flat microwavable-safe plate with olive oil to prevent the chips from sticking.
5. Place the chips on the plate in an even layer and sprinkle with salt.
6. Microwave the chips on high for 6-7 minutes or until the chips just start to brown. When the chips develop some color remove them from the microwave and slowly peel from the plate. If chips are sticking, they can also be flipped halfway through!
7. Repeat this process until all the potato slices are cooked.
8. Add parsley on top and enjoy!

# Homemade Karavias Tzatziki

by Logan Karavias

Tzatziki is also known to some people as cucumber and yogurt sauce. It is served at many Greek restaurants and Greek homes. My family and I eat tzatziki with grilled chicken, vegetables, pita bread, gyros and it tastes great when you dip pizza into it. This recipe is important to my family and I because my mom and I created this recipe and we think it is the best tzatziki ever. My Yia Yia gave us her Tzatziki recipe but we felt it was missing something so we created our own with fresh lemon and extra virgin olive oil. Tzatziki is made simply with drained greek fat free yogurt, drained cucumber, olive oil, fresh lemon, lots of garlic, sea salt, and black ground pepper. We love to make this recipe weekly because we use it for so many of our weekly meals and it is super easy to make. Just need to make sure to dry and drain the cucumbers from any seeds before putting them into the yogurt sauce so it does not get watered down. Once you mix it all together, put it in the refrigerator to stay cold. We usually eat it right away because it is so delicious.

## Ingredients

32 oz. Fage fat free yogurt  
4 large cucumbers  
(cut out seeds, and dry the  
cucumber)  
4 Tbsp extra-virgin olive oil  
4 Tbsp chopped dill  
2 Tbsp fresh lemon  
6 medium cloves garlic,  
chopped  
1 Tbsp sea salt  
1 Tbsp ground black pepper

## Directions

1. Pour 32 ounces of Fage fat free yogurt into a bowl.
2. Wash and peel cucumbers. Take out seeds in the middle and dry off cucumbers. Make sure the cucumbers are not wet because it will make the yogurt sauce watery.
3. Cut cucumbers into small bite size pieces.
4. Peel and chop 6 medium cloves of garlic.
5. Add 4 cucumbers and garlic to Fage fat free yogurt in a bowl.
6. Add ingredients of 4 tablespoons extra-virgin olive oil, 4 tablespoons chopped fresh dill, 2 tablespoon fresh lemon, 1 tablespoon sea salt and 1 tablespoon ground black pepper to yogurt and cucumbers in bowl.
7. Mix all ingredients together. Once mixed well, cover the bowl with lid and put finished tzatziki to stay cold. You may also eat the tzatziki right away too because it is so yummy and you do not need to wait to eat or cook it.

## Guacamole

by Vanessa Kamor

I chose a guacamole because it is a family tradition. Guacamole has been in every family get-together or party I've been to. Guacamole helps connect my memories with my family together.

### Ingredients

3 big tomatoes

2 avocados

1 white onion

1 jalapeno

1/2 cup of cilantro

1 lime

1 tsp of salt

### Directions

1. Dice the tomatoes, make sure to remove the seeds.
2. Chop the jalapeno pepper, remove the seeds.
3. Add half of the jalapeno to the tomato.
4. Smush the jalapeno slightly.
5. Add salt.
6. Smush until you get a paste texture.
7. Add the avocados and blend with the jalapeno.
8. Add the onion, tomatoes, remaining pepper and chopped cilantro.
9. In a separate container, squeeze the lime.
10. Pour the lime juice into the guacamole.
11. Mix with a spoon to your textured liking.

## Tomato Sauce Recipe

by Jack Carey

### Ingredients

2 tsp olive oil  
1 medium yellow onion  
3 cloves of garlic  
3, 28 oz. cans of Red Pack Crushed Tomatoes  
1 6 oz. can of Red Pack Tomato Paste  
1 tsp sugar  
1 tsp fresh parsley  
1 tsp fresh basil  
salt

### Directions

1. Chop half the onion into small pieces and set aside.
2. Chop the garlic gloves and set aside.
3. In a large pot, heat the oil over medium heat.
4. Add onions to the oil and sauté until soft.
5. Add the garlic and sauté for one minute, careful to not let it burn.
6. Add the 3 cans of crushed tomatoes.
7. Fill one of the empty cans halfway with water and add it to the pot.
8. Add half of the tomato paste and stir.
9. Add the sugar, salt, parsley and basil.
10. Stir and let simmer on low heat for 2.5-3 hours, stirring occasionally.

# Entrées



# Jackfruit Biryani

by Neetika Jaisinghani

Biryani is one of my favorite rice dishes from the Indian cuisine. It has a lot of flavors and easily customizable to anyone's liking. Jackfruit is a tropical fruit but really tastes and looks like meat. Biryani with jackfruit is something that I curated because of my love for biryani and my need to customize biryani to a vegetarian dish.

## Ingredients for the Marinade

- 2 cups tender ripe jackfruit (cut into individual pieces)
  - 4 medium onions, sliced
  - 2 Tbsp barista/fried onion
  - 4 sprigs cilantro
  - 2 sprigs of mint leaves
  - ½ cup curd, beaten
  - 1 tsp coriander powder
  - 1 Tbsp deggi chili powder
  - ½ tsp green chili paste
  - 1 Tbsp ginger garlic paste
  - 3-4 green chilies, slit
  - salt to taste
- Add all ingredients to the jackfruit and marinate in the fridge for 3 hours

## Ingredients for the Rice

- 1 cup Basmati Rice, washed and rinsed
- 4 cloves
- ½ inch cinnamon
- 2 green cardamom pods
- 6 black peppercorns
- 1 bay leaf
- salt to taste

## Directions for the Biryani

1. In a heavy bottom pan, add any oil and marinated jackfruit. Cook for about 10-12 min or until soft.
2. Simmer the stove to the lowest heat.
3. Add chopped cilantro and chopped mint leaves.
4. Layer the 80% cooked rice After it is cooked, layer the 80% cooked rice.
5. Add barista and more cilantro and mint.
6. Cover the pot with foil and then press with the lid.
7. Cook for 20 min on very low heat.
8. Open and serve all the layers like cake.

## Directions for the Rice

1. Soak the rice in water for 20 min.
2. Heat 6 cups of water in a pot.
3. Add salt and all the dry spices from the ingredients.
4. Add rice and boil until rice is 80% cooked.
5. Stop the cooking of rice by straining it and spreading it on a platter to cool.



# Easy, No Fuss Thanksgiving Turkey

by Adrienne Abele

Found this recipe the first year I was tasked with making the turkey for Thanksgiving. Its been a hit since and now I'm the official Thanksgiving turkey maker.

## Ingredients for the Turkey

- 1, 12-20 pound turkey
- 1 onion , peeled and quartered
- 1 lemon , quartered
- 1 apple (your favorite kind), quartered
- .75 ounce container fresh rosemary
- .75 ounce container fresh thyme
- .75 ounce container fresh sage

## Ingredients for the Herb Butter

- 1 cup unsalted butter , softened
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 6-8 cloves garlic , minced
- fresh chopped herbs

## Directions

1. If the turkey is frozen: thaw in the fridge, 24 hours for every 5 pounds of turkey. I like to give myself 1 extra day, just to be safe.
2. Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature.
3. Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 325 degrees F.
4. Make the herb butter by combining room temperature butter, minced garlic, salt, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, and half a tablespoon of fresh chopped sage. (You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey)
5. Use 4-5 ribs of celery and 4 large carrots, roughly chopped. The veggies will add great flavor for your dripping to use for gravy.
6. For an electric roasting oven: directions stay the same! convection oven: You can use the same method to cook the turkey in a convection oven, just check the temperature sooner (start checking after 2 hours) as it will cook faster.
7. Remove turkey from packaging and remove the neck and giblets from the inside the cavities of the bird. (Reserve them for gravy, if you want, or discard them). Pat the turkey very dry with paper towels.
8. Season the cavity of the turkey with salt and pepper. Stuff it with the quartered lemon, onion and apple and leftover herbs. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath.
9. Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting rack inside a roasting pan. Microwave the remaining herb butter mixture for 30 seconds. Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings.
10. Roast at 325 degrees F for about 13-15 minutes per pound, or until internal temperature (inserted on middle of thigh and breast) reaches about 165 degrees. I remove the turkey from the oven once it reaches 160 degrees. Then, I tent it with foil, and let it rest on the counter. It will continue cooking under the foil, to reach 165 degrees F.
11. Allow turkey to rest for 20-30 minutes before carving.

# Sweet Potato Black Bean Chili

by Cathi Forrester

This Sweet Potato Black Bean Chili is packed with hearty texture and flavor! Tender chunks of sweet potatoes, perfectly seasoned beans, fire-roasted tomatoes, and a killer seasoning mix come together for an incredible vegetarian chili. Top your chili with some fresh cilantro, creamy avocado, and a handful of freshly grated cheese.

## Ingredients

1 and 1/2 Tbsp olive oil	3/4 tsp fine sea salt
1/2 large yellow onion, diced (~1 cup)	1/4 tsp freshly cracked pepper
2 cups (~1 medium) peeled and chopped sweet potatoes	1 can (16 ounces) pinto beans in mild chili sauce sometimes called ranch beans
1 Tbsp minced garlic (~4 cloves)	2 cans (15.5 ounces) black beans, drained and rinsed
1 Tbsp minced jalapeno (~1/2 of 1 full one), optional	1 can (14.5 ounces) fire-roasted petite diced tomatoes
1 Tbsp chili powder	1 and 1/2 cups vegetable stock (can use broth or chicken broth)
1 tsp ground cumin	2-3 Tbsp freshly squeezed lime juice
1/4 tsp cayenne pepper	1/4 cup diced fresh cilantro
1/2 tsp onion powder	optional toppings: sour cream, Cheddar cheese
1/4 tsp garlic powder	

## Directions

1. Heat the olive oil in a large pot over medium high heat.
2. Once shimmering, add in the onion. Sauté for 2-3 minutes or until almost translucent.
3. Stir in the 1/2-inch sweet potato chunks. Stir until quite tender, around 9-10 minutes.
4. Add in the garlic and jalapeno. Stir for 1 minute.
5. Stir in the chili powder, ground cumin, cayenne pepper, onion powder, garlic powder, salt, and pepper. Stir for 1 minute longer, or until fragrant.
6. Add the undrained chili beans, drained and rinsed black beans, and undrained petite diced tomatoes.
7. Add in the vegetable stock.
8. Stir everything to combine and bring to a boil. Once it is boiling, reduce the heat to medium low and cover the pot. Allow to simmer for 8-15 minutes or until a good amount of the liquid is absorbed and the sweet potatoes are tender. The time will vary, depending on your stove. For best results, check the chili every 3-5 minutes and give it a good stir at each check to avoid burning or sticking to the bottom.
9. Remove from the heat. Season to taste with any additional salt or pepper as needed. Add lime juice and cilantro.
10. Finish individual bowls with your favorite toppings. We top ours with a good handful of freshly grated sharp Cheddar cheese, another squeeze of lime, a spoonful of sour cream, fresh chopped avocado, and some more chopped cilantro. Don't forget the toppings; they add a lot!

## **Taco Salad**

by Collin Peters

**This is a recipe from my grandmother, which is why it is meaningful to me. She used to make it for my mom and uncle when they were younger. Now my mom makes it for dinner or for special events and it's one meal that all of my family members like a lot and can enjoy together.**

### **Ingredients**

- 1 lb. of chopped meat**
- 1 package of taco seasoning**
- 1 head of lettuce**
- 1 cup of cherry tomatoes**
- 1 small onion**
- 1 block of cheddar cheese**
- 1 bag of Doritos**
- 1 container of Hidden Valley ranch dressing**

### **Directions**

- 1. Brown chopped meat, drain and add taco seasoning (set aside)**
- 2. Finely chop lettuce**
- 3. Cut tomatoes in half**
- 4. Finely chop onion**
- 5. Shred cheddar cheese**
- 6. Crush Doritos**
- 7. Add all ingredients to a large serving tray and mix well**
- 8. Add Ranch Dressing to taste and mix again**

## **CBQ Chicken**

by Donald Cerrito

**CBQ is the next step after BBQ!**

### **Ingredients**

**whole chicken, quartered**

**3/4 cup olive oil**

**2 Tbsp garlic salt**

**2 lemons, juice only**

**1 Tbsp pepper**

**1 gallon Ziploc bag**

### **Directions**

- 1. Put ingredients in Ziploc bag and put in fridge overnight.**
- 2. Cook on a charcoal grill.**
- 3. Flip the chicken and use remaining juices from the Ziploc bag to brush onto the chicken.**

## Stuffed Pepper Egg Cups

by Isabella Sinclair

**This is a recipe my dad and I made in the summer. I really enjoyed making it with him because it is fun to cook with him. I like learning simple recipes that I can make by myself and share with others.**

### Ingredients

**1 red bell pepper  
1 yellow bell pepper  
4 eggs  
2 Tbsp milk  
salt and pepper to taste  
precooked bacon  
parsley  
tomato  
crumbled feta cheese**

### Directions

- 1. Cut the tops off the peppers, remove the cores, and place the peppers upright in a pan that is safe to go in the oven.**
- 2. Add the precooked bacon, parsley, the tomatoes and feta cheese to the pepper.**
- 3. Add the eggs, milk, salt, and pepper to a bowl and mix until combined.**
- 4. Add the egg mixture to the stuffed peppers.**
- 5. Transfer the muffin pan to a preheated oven set to 325°F.**
- 6. Cook for 30 minutes.**

## Supreme Tacos

by Krish Malik

Tacos are one of my favorite foods that provide a great tasting experience. I like spicy food and the crunch on hard tacos is amazing. I also enjoy spending time with my family on Taco nights where everyone can dress their own tacos.

### Ingredients

- 2 lbs. ground beef
- 1 Tbsp chili powder
- 3/4 tsp salt and pepper
- 1/2 cup tomato sauce
- 1/2 tsp cumin
- 1 cup of diced tomatoes
- 1 cup of shredded cheese
- 1 cup of shredded lettuce
- 1 cup diced onions
- 1/2 lb. sour cream
- 1/2 cup of sliced jalapenos
- 3 hard tacos

### Directions

1. Add the beef to a large skillet over medium-high heat. Break apart the meat with a wooden spoon.
2. Add salt, pepper, chili powder and cumin and stir well until meat is cooked through, about 6-8 minutes. Stir occasionally for another 8 minutes until liquid evaporates.
3. Reduce heat and turn the stove off after 5 minutes.
4. Place beef in a bowl.
5. Fill taco shells with ground beef, onions, tomatoes, lettuce, jalapenos and cheese.

## **Pronto Chili**

by Samantha Margolis

I chose this recipe because this is my brother's favorite recipe and I love to help my mom make it. Every time my brother comes home from college, we make this recipe for him and he loves it! When my brother was ten-years old, he found this recipe in a cookbook and we have been making it for him since! This recipe is very easy and simple especially because it only takes 45-minutes.

### **Ingredients**

- 1 lb. ground beef**
- 1 medium onion, chopped**
- 1 medium green pepper, chopped**
- 2-3 tsp chili powder**
- 1 tsp ground cumin**
- 1 tsp salt**
- 1 can (14 1/2 oz.) Mexican sweet tomatoes**
- 1 can (15 3/4 oz.) chili beans in gravy**
- 1 cup frozen corn**
- shredded cheddar cheese, optional**

### **Directions**

- 1. In a large saucepan, cook the beef, onion and green pepper over medium heat until the meat is no longer pink, then drain.**
- 2. Add the chili powder, cumin, salt, tomatoes, beans and corn and bring to a boil.**
- 3. Reduce the heat, cover and simmer for 20 minutes.**
- 4. Serve with shredded cheddar cheese, if desired.**

## Pasta with Pesto

by Kayleigh McKewon

**This homemade dish is from my mother who serves this at every special occasion.**

### Ingredients

**1lb. dried tagliatelle  
fresh basil sprigs to garnish  
1/4 cup pine nuts, salted  
2 garlic cloves  
4 oz. fresh basil leaves  
2 oz. freshly grated parmesan cheese  
1/2 cup olive oil**

### Directions

- 1. Put the garlic, pine nuts, a large pinch of salt and the basil into a mortar and pound with a pestle.**
- 2. Transfer to a bowl and gradually work in the parmesan cheese with a wooden spoon.**
- 3. Add the olive oil to make a thick, creamy sauce.**
- 4. Taste and adjust the seasoning if necessary.**
- 5. Bring a large pan of lightly salted water to a boil.**
- 6. Add the pasta and return to a boil and cook for 8-10 minutes or until tender.**
- 7. Drain the pasta well and return it to the pan.**
- 8. Toss with half of the pesto and serve.**
- 9. Add remaining pesto on top.**
- 10. Garnish with basil sprigs and serve.**



## Pizza with Pop

by Michael D'Antonio

This recipe is my pop's special pizza recipe. Every Friday I go next door to my pop's house to make an amazing pizza pie. This recipe is special to me because I'm really close with my pop and it is something we bond over every week along with other things. This pizza is the best when I tell you the first time I tried his pizza I could not enjoy anyone's pizza the way I love his pizza.

### Ingredients

4 cups of flour	tomato sauce
1 tsp of sugar	oregano
1 pack of yeast	onion
2 tsp of salt	basil
1 ½ cups of water	parsley
2 Tbsp of olive oil	mozzarella

### Directions

1. Combine the flour, sugar, yeast, and salt in a bowl.
2. Mix with an electric mixer.
3. Add the water and olive oil together.
4. Leave in a bowl, cover the top with a dish towel and let rise for 1 hour.
5. Take your dough out and put iron a pan (I prefer a circular pizza pan)
6. Spread 1 cup of tomato sauce over the dough.
7. Preheat oven to 400°.
8. Sprinkle pizza with garlic, oregano, onion ( if you prefer), basil and parsley
9. Cover with shredded mozzarella cheese (as much as you want).
10. Bake in the oven for 30 minutes or until done.

## Netta's Squash Soup

by Isabella D'Amico

**This is my Great Grandmother's recipe. I chose this recipe because family is very special to me. This recipe is a way that we can remember her forever.**

### Ingredients

- 2-3 peeled and cubed potatoes**
- 3 large carrots peeled and diced**
- 3 large zucchini peeled and cubed**
- 1 medium onion minced**
- 1 large clove garlic crushed**
- 4 eggs scrambled**
- 1 can (8 oz.) tomato sauce**
- 1 carton vegetable stock**
- ½ cup of grated Pecorino Romano cheese**
- 2 Tbsp of olive oil**

### Directions

- 1. In a large pot on medium setting, sauté garlic and onion with 2 tablespoons of olive oil.**
- 2. Add potato, carrots, and zucchini until fork tender.**
- 3. Then add can of tomato sauce and vegetable stock. Reduce stove to low and let simmer for 30 min.**
- 4. Slowly whisk in scrambled eggs until cooked.**
- 5. Finally, stir in 1/2 cup of Pecorino Romano cheese.**

## Pasta

by Meerum Haq

I've always had a passion for cooking, and when I created this scrumptious dish for the first time, it was incredible. I served it for dinner one night, and my family truly enjoyed it. I've cooked it several times, and each time it just gets better, so I thought I'd share my family's flawless recipe.

### Ingredients

1 onion	salt
2 garlic cloves	pepper
tomato sauce	basil
heavy cream	chili powder
2 Tbsp butter	pepper flakes
garlic powder	rigatoni ( 4 servings )
	mozzarella cheese

### Directions

1. First, grab a pot and fill with water. Afterwards, add some salt to the water. Before incorporating your rigatoni, make sure the water is at a full boil. Get a pan and heat it up on the stovetop with a decent amount of olive oil over low heat.
2. Then finely chop one whole onion. Add two minced cloves of garlic to it after further chopping. Once the onions and garlic have been minced into small bits, carefully add them into the pan. (Be cautious of the heated oil; if it becomes too hot, it may splash on you.) Let them cook until you notice some onion color.
3. Once the onions are lovely and golden brown, you need to add enough tomato sauce for 4 serves and more heavy cream to the mixture so that the sauce is a great, deep orange color rather than a light orange. For three to four minutes, let that cook. After that, stir the sauce while adding the butter. (You must mix your sauce often; else, little lava bubbles will burst and sauce will start to splatter everywhere.)
4. Seasoning time! To the sauce, season with salt and pepper to taste. Then include garlic powder, basil, chili flakes, and whatever much chili powder you believe is necessary. The sauce becomes more spicy as you add additional chili powder! After thoroughly combining everything, cook for two minutes. Then, add mozzarella cheese until it is as cheesy as you like!
5. Whenever the rigatoni is perfectly cooked, drain it to remove all the water before adding the pasta to the sauce. Gently stir it all over to thoroughly coat the sauce. Enjoy after adding some basil and chili flakes on top! (The recipe serves 4 servings.)

## Fried Cod with Rice

by Jaden Ly

**Fried cod with rice is one of my favorite dishes for dinner at home. This dish is simple but it is tasteful and healthy. It's a quick dish that can be prepared with very common ingredients.**

**Everyone can enjoy this delicious entre in a family dinner.**

### Ingredients

- 1 cup rice**
- 1lb. cod fish**
- 1 fresh cucumber**
- 1 fresh tomato**
- 1 egg**
- oil**

### Directions

- 1. Prepare the rice with a rice cooker.**
- 2. Cut the cucumber in thin slices.**
- 3. Cut the tomato in thin slices.**
- 4. Lightly fry the cod fish in a pan with olive.**
- 5. Prepare a sunny-side-up egg.**
- 6. Prepare the plate and enjoy!**

## Caldereta (Filipino beef stew)

by Lillian Meyer

**This recipe is a part of my culture as a Filipino. This recipe is how my mother makes this dish. My Great grandparents have made this meal for years. This recipe is great for when it's cold outside like during the fall and winter.**

### Ingredients

**1 pouch (50g) Mama Sita's spicy sauce (Caldereta mix)**

**2.2 lbs. beef brisket cut into 1 ½ inch cubes**

**4-5 potatoes cut into quarters**

**3-4 carrots cut into thirds**

**1 green bell pepper sliced**

**½ cup of green peas**

**2 cups water**

**3 Tbsp of cooking oil**

### Directions

- 1. Pan fry meat in heated cooking oil in a tall pot until brown. Save liquid.**
- 2. Add water. Bring to a boil. Simmer until the meat is tender. Add more water as needed.**
- 3. Add Mama Sita's spicy sauce mix and stir.**
- 4. Add the potatoes & carrots & simmer on low heat for about 30-45 minutes, or until potatoes and carrots are soft. Stir occasionally while it's simmering.**
- 5. Add green bell pepper and green peas. Cook until done. Serve hot with white rice.**

**Note: Other meat substitutes can be lamb or chicken.**

## Colorful Chicken

by Jaden Ly

**This dish is very colorful on any family dinner table. It is one of my favorite dishes at home. I really like the sweetness of the bell peppers that is mixed with the tenderness of the chicken. I enjoy having this Colorful Chicken with a bowl of white rice. This plate has plenty of delicious flavors.**

### Ingredients

- 1 lb. chicken breast**
- 1 yellow bell pepper**
- 1 red bell pepper**
- 1 cup cashews**
- 1 tsp soy sauce**
- 1/4 tsp salt**
- 1/4 tsp black pepper**
- 1/2 cup chopped garlic**
- 1 tsp olive oil**

### Directions

- 1. Cut the bell peppers and chicken into small squares.**
- 2. Use a pan and add the olive oil.**
- 3. Add the chopped garlic and chicken.**
- 4. Stir evenly for 5 minutes.**
- 5. Add salt and black pepper.**
- 6. Add bell peppers.**
- 7. Keep cooking for another 5 minutes.**
- 8. Add soy sauce.**
- 9. Add cashews and stir for 1 minute.**

## Creamy Red Pepper Pasta

by Hannah Helfenbein

### Ingredients

360g pasta  
2 red peppers  
1 small red onion  
1 garlic clove  
60g walnuts  
50g parmigiano cheese  
extra virgin olive oil  
pinch of salt

### Directions

1. **Chop your onions and peppers.**
2. **In a pan over medium heat, sizzle onions with olive oil for a couple of minutes.**
3. **Add peppers, season with a pinch of salt and add one ladleful of boiling water.**
4. **Cover with a lid and cook for 10-15 minutes or until soften. Stir occasionally.**
5. **In a blender, add cooked peppers, garlic clove, walnuts, parmigiano cheese and a drizzle of olive oil. Mix until creamy.**
6. **In the meantime, boil your pasta in salted water until al dente. Drain and mix it with your pasta. Bon appetite!**

## Slow Cooker Chicken

by Lisa Scuderi-Burkimsher

When I purchased my slow cooker, I was looking for easy recipes and this has been my go to dish.

### Ingredients

- 1 pack of chicken cutlets or boneless or bone in white meat chicken**
- 32 oz. chicken broth (regular or low sodium)**
- 2 packs of chicken bouillon packets (regular or low sodium)**
- 1 container of freshly chopped celery, onions and carrots**
- 1 small bag of frozen vegetables**
- 1 clove of garlic cut fine or freeze dry garlic to taste**

### Directions

- 1. Season chicken with parsley, salt, (or no salt if on low salt diet) pepper, and oregano to taste.**
- 2. Set slow cooker to 5 hours or as per the allotted time for soup on your device.**
- 3. One or two bags of microwave rice cooked ten minutes before soup is done.**



# Chicken Fajitas

by Jack Carey

One meaningful recipe to my family and I is the chicken fajitas that my mom makes. When my mom makes this recipe, I like to help her make it. I feel that making this dish is a good bonding experience. Along with the process of making it, it is one of my favorite things to eat for dinner, adding a payoff to the process.

## Ingredients

- 1 lb. of chicken breasts
- 1 Tbsp olive oil
- 2 peppers, any kind
- 1/2 onion
- 1 package of store bought fajita seasoning
- sour cream
- guacamole or avocado
- shredded cheddar cheese
- 1 package of tortillas

## Directions

1. Chop the peppers and onions into thin slices.
2. Slice the chicken breasts into small slice.
3. Pour olive oil into a pan and heat.
4. Add peppers and onions and sauté for a few minutes, until soft and fragrant.
5. Put the peppers and onions into a bowl.
6. Add oil to the pan and add the chicken.
7. Cook the chicken until cooked through.
8. Add the peppers and onions back to the pan with the chicken.
9. Add the fajita seasoning packet to the pan, following the seasoning package.
10. Heat tortilla in microwave until warm, about 10 seconds.
11. Once fully cooked, add the chicken mixture to tortillas.
12. Add sour cream, guacamole and cheese.
13. Fold and wrap your tortilla and enjoy!

# Grandpa Beard's Savory French Toast

by Janis Fleck

I was an astonished adult the first time I ordered French Toast in a restaurant and discovered it was sweet and served with syrup! My father's French Toast was savory, something I'd now call a cross among grilled cheese, a Monte Carlo, and French Toast. His savory version had an umami flair that was light years past any of them. This is my feeble attempt to duplicate his recipe.

## Ingredients

4 eggs or more  
1 cup whole milk or half and half  
6-8 slices seedless Jewish rye bread  
kosher salt, to taste  
fresh ground black pepper, to taste  
garlic powder, to taste and optional  
2 slices of Swiss cheese per bread slice  
2 slices of ham per bread slice, optional  
sweet or salted butter for frying

## Directions

1. Mix the eggs, milk or half and half, salt, pepper, and garlic powder in a large bowl.
2. Soak the rye bread in the mixture at least ten minutes. Be sure to turn the bread several times to make certain all the bread is soaked and swollen. You can do this in batches; it's easier, but takes longer. Don't just dip the bread and coat the outside. For this recipe, you want the bread wet and on the verge of falling apart. Don't worry if the bread does break; you can push the pieces back together in the pan. The egg mixture will hold them together and the cheese will further glue the pieces to each other.
3. Melt the butter in a large skillet or frying pan. Fry only two pieces of toast at a time. When the first side is done to your liking, carefully turn over the slices.
4. Put one slice of Swiss cheese on the cooked side to melt while the other half cooks. You can also add the ham at this time, if you're using it. When the second side is done to your liking, remove the toast and place it on a plate for serving.
5. Just before serving, add the second slice of Swiss cheese. The heat of the toast will melt it. If you put too much cheese on the toast while it's cooking, it will run off the toast into the pan and you'll have a mess.

**Note:** In a separate pan, sauté sliced potatoes, onions, and fresh mushrooms to serve as a side. The Swiss cheese can be replaced with sharp cheddar, smoked gouda, Havarti, fresh mozzarella, or gruyere cheese. However, the classic version calls for Swiss cheese, usually Jarlsberg.

## **Chicken Avocado Lettuce Wrap**

by Lisa Zimmerman

### **Ingredients**

- 4-6 romaine lettuce leaves**
- 1 medium avocado**
- 1/2 of a lemon or lime (for juice)**
- 1 cup cooked chicken, shredded or cubed**
- handful of grape tomatoes, halved**
- 2 Tbsp chopped onion**
- 1/4 of a bell pepper, diced**
- salt, pepper and garlic powder to taste**

### **Directions**

- 1. Cut avocado in half, remove pit and scoop flesh into a small mixing bowl.**
- 2. Using a fork, mash the avocado until nearly smooth.**
- 3. Squeeze lemon or lime juice into bowl and mix to combine.**
- 4. Sprinkle salt, pepper and garlic powder (to taste) into avocado and mix completely.**
- 5. Stir in chicken, tomatoes onion and bell pepper until everything is evenly coated.**
- 6. Scoop mixture into clean, dry romaine leaves and enjoy!**

## Turkey Tetrazzini

by Carol Hill

### Ingredients

**3/4 lb. spaghetti**  
**1/4 lb. butter**  
**1 lb. mushroom, sliced**  
**5 Tbsp flour**  
**2 cups chicken broth**  
**1 1/2 cups heavy cream**  
**1 1/2 tsp salt**

**1/2 tsp pepper**  
**1/8 tsp nutmeg**  
**1/4 cup sherry**  
**1/2 cup grated Swiss cheese**  
**4 cups cooked turkey, cut julienne**  
**1/2 cup grated parmesan cheese**

### Directions

- 1. Cook spaghetti in salted water 2 minutes less than time given on package.**
- 2. In a skillet, melt half of the butter.**
- 3. Sauté mushrooms, 5 minutes.**
- 4. Add the rest of the butter and melt.**
- 5. Add flour and stir until smooth.**
- 6. In a separate skillet, add the broth and cream and stir until it almost reaches a boil.**
- 7. Simmer on low heat, 10 minutes.**
- 8. Stir in the rest of the ingredients, saving 2 cups of turkey, stir in until cheese melts.**
- 9. Mix half half of the sauce, all of the spaghetti and remaining 2 cups of turkey.**
- 10. In a 3-quart casserole dish, alternate layers of spaghetti mixture with sauce and turkey mixture.**
- 11. Sprinkle parmesan cheese and bake in a 350 oven for 30 minutes or until browned.**

## Country Ribs

Laurie Graziano

### Ingredients

**3 lbs. bone-in country ribs (remove most of the fat)**

**28 oz. can tomato sauce**

**1 cup water**

**1/3 cup brown sugar**

**1/3 cup red wine vinegar**

**2 tsp dry mustard**

**4 tsp Worcestershire sauce**

**2-3 Tbsp oil**

**1 large onion sliced**

### Directions

- 1. In a very large pot, brown ribs in oil. Remove ribs.**
- 2. In the same pot, brown the onion until soft.**
- 3. Add all remaining ingredients and stir. Put ribs back in pot.**
- 4. Cover and simmer for about 2 hours. Stir periodically.**
- 5. Serve over noodles or bow tie pasta.**

# Desserts



## Soufflé

by Michelle Reis

In honor of my grandmother Frances D'Agostino who made this recipe for us all as kids during special occasions and holidays. My grandmother was an amazing cook, baker and her soufflé is fabulous. As adults, my sister, my mother and I would always forget the recipe and could never find the recipe. One Christmas a few years ago, my sister gave my mother the recipe engraved on a board so we would never forget the recipe. We now have the recipe hanging up in the kitchen and we always have it nearby.

### Ingredients

4 eggs

1 cup of Bisquick

1/2 cup parmesan cheese

1/2 cup mozzarella chopped in small squares

1 small onion chopped

1 large package of chopped broccoli

1/2 cup of Wesson oil

### Directions

1. Mix all the ingredients together using a whisk (do not use a mixer).
2. Bake at 375° for 45 minutes.

# Apple Hand Pies (Dairy Free + Vegan Option)

by Melissa Ventura

My brother and I love apples, so I made up an apple hand pie recipe. The apple filling is sweet and delicious paired with a flaky, buttery crust. The perfect autumn treat. I post all my recipes on my blog: <https://www.withlovelmelissashop.com/>

## Short crust Pastry Ingredients

2½ cups all-purpose flour  
½ tsp salt  
1 cup dairy free butter, diced  
½ cup ice water  
granulated sugar (to sprinkle on top)  
1 egg (for egg wash)

## Apple Filling Ingredients

4 cups apples, diced small  
¼ cup granulated sugar  
2 tsp arrowroot powder  
½ tsp cinnamon  
½ Tbsp lemon juice  
3 tsp butter

## Directions

1. In a large bowl, mix the flour and salt for the short crust pastry. Add in half the cubed butter and smush into the flour using your hands. Then add in the other half of butter and smush into flakes in the flour. Make sure to leave flakes of butter.
2. Add in the ice water a little at a time and compact until it starts to stick into a ball. Don't overwork it. Separate the pastry into two discs and wrap in plastic wrap. Refrigerate for at least 20 minutes.
3. In a large saucepan, combine all the ingredients for the apple filling and mix together on medium-low heat. Cook for about 5 to 10 minutes until the filling starts to thicken and get sticky. Take off heat and set aside.
4. On a lightly floured surface, roll out first disc of pastry until its ½" to ¾" inch thick. Using a 4" bowl or cookie butter, cut out circles from the pastry. Place the circles onto a baking sheet with parchment paper.
5. Preheat oven to 375°F. Mix egg and a tablespoon of water in a small bowl for egg wash. Add a rounded tablespoon of filling onto the middle of each circle. Brush the outside rim of a filed circle with egg wash, then fold in half over the filling. Use a fork to crimp the edges shut. Brush the outside with egg wash and sprinkle with sugar. Then using a small knife, cut a few slits into the top.
6. Do this with all your pastry and filling until you run out. You should get about a dozen. Place 6 hand pies on a baking sheet. Bake for 20 to 25 minutes or until the pastry is golden brown.



## Zucchini Bread

by Isabella Meichner

This recipe is meaningful to me because it is one of my mom's newest additions to the plethora of desserts that she makes, and has become one of my new favorites. The taste is not too sweet, not too salty, but the perfect balance. Zucchini bread is also perfect for an after-school snack, which is great for any student, like myself, who gets hungry after a long day of school.

### Ingredients

3 cups of flour  
1 tsp of salt  
1 tsp of baking soda  
1 tsp of baking powder  
3 tsp of cinnamon  
3 tsp of vanilla  
3 eggs

1 cup of vegetable oil  
2 cups of grated zucchini  
2 ¼ cups of sugar  
1 cup of walnuts (optional)  
1 cup of chocolate chips (optional)

### Directions

1. Preheat your oven to 325° Fahrenheit.
2. Grease and flour two 8x4 loaf pans.
3. Sift dry ingredients together in a bowl.
4. Beat the eggs, oil, vanilla, and sugar in a separate bowl.
5. Add the sifted ingredients to the ingredients in step 4, then stir in the grated zucchini and (if added) the walnuts/chocolate chips.
6. Once the batter is prepared, divide batter into the two pans and place them into the oven.
7. The zucchini bread should take 40-60 minutes to fully bake. Once it's done, pull it out of the oven, let it cool, and enjoy!

## **Raspberry Streusel Bars**

by Nancy Mandelbaum

### **Ingredients**

**1 cup butter (2 sticks, softened)**

**1 cup sugar**

**2 cups flour**

**1 egg**

**3/4 cup pecans, coarsely chopped**

**1 jar (10 oz.) Polaner raspberry fruit spread**

### **Directions**

- 1. Preheat oven to 350°.**
- 2. Beat butter and sugar with a hand beater until blended.**
- 3. Add flour and egg and blend with a spoon until crumbly.**
- 4. Stir in pecans, saving 1 cup of the mixture.**
- 5. Press remaining mixture into a greased 9" square pan lined with parchment paper and top with preserves.**
- 6. Spread to within 1/2" of edge.**
- 7. Crumble reserved mix over preserves.**
- 8. Bake 40-50 minutes or until lightly browned.**
- 9. Cool completely and cut into bars. Makes 24 bars.**

# Chocolate Chip Zucchini Bread

by Allison Aurelio

I found a recipe on Pinterest when we grew zucchini in our garden and wanted to make something with it. We added in chocolate chips and extra cinnamon to make it more of something my family would like. My brother and I were nervous that we wouldn't like it because we had never had zucchini before and were so surprised when we ate it how great it was. My whole family loves it and we try to always make it in the summer after we pick zucchini from the garden.

## Ingredients

3 cups all-purpose flour	3 eggs
1 tsp salt	½ cup apple sauce
1 tsp baking soda	½ cup vegetable oil
1 tsp baking powder	2 ¼ cups granulated sugar
4 tsp ground cinnamon	4 tsp vanilla extract
3 ½ cups grated zucchini (you can use as few as 2 cups and as much as 4 cups)	1 cup chocolate chips (and a few extra to sprinkle on the top)

## Directions

1. Preheat oven to 350°. Generously spray with cooking spray two 8"x4" loaf pans.
2. In a medium bowl, sift together flour, salt, baking soda, baking powder and cinnamon. Stir gently to combine.
3. Shred zucchini, lightly packing it down as you measure it.
4. Using a mixer, blend eggs, applesauce, oil, sugar and vanilla extract. Mix very well.
5. Slowly add the dry ingredients (about 1/3 at a time) mixing as you go – then beat well to fully combine.
6. With a rubber scraper or wooden spoon, stir in shredded zucchini and chocolate chips into the batter and mix well.
7. Pour half of the batter into each prepared pan.
8. Bake for 45 to 60 minutes or until a toothpick inserted into the center of the loaf comes out cleanly. (The bake time will vary depending on how much zucchini you add to the batter.)

## **Pumpkin Pie**

by Kayleigh McKeown

### **Ingredients**

**3/4 cup granulated sugar**

**1 tsp ground cinnamon**

**1/2 tsp salt**

**1/2 tsp ground ginger**

**1/4 tsp ground cloves**

**2 large eggs**

**1 can (15 oz.) pumpkin puree**

**1 can (12 fluid oz.) evaporated milk**

**1 9-inch, deep-dish pie shell, unbaked**

### **Directions**

- 1. Mix sugar, cinnamon, salt, ginger and cloves in a small bowl.**
- 2. Beat eggs in a large bowl then stir in pumpkin and sugar-spice mixture.**
- 3. Gradually stir in evaporated milk.**
- 4. Pour mixture into shell.**
- 5. Bake in a preheated 425 oven for 15 minutes.**
- 6. Reduce heat to 350 and bake for additional 40 minutes or until knife comes out clean when inserted in center.**
- 7. Cool on wire rack for 2 hours.**
- 8. Serve immediately or refrigerate and serve.**

## Danish Tarts

by Joanne Sprague

### Ingredients for Tart

12 cups flour  
2 tsp baking powder  
1/2 tsp salt  
1/2 cup Crisco shortening  
3/4 cup sugar  
1 egg

### Ingredients for Filling

2 cups slices strawberries  
1 cups rhubarb peeled and cleaned  
and cut into small pieces  
1/2 cup sugar  
1 tsp vanilla

### Directions

1. Sift dry ingredients and blend Crisco with a pastry blender or fork.
2. Beat eggs and sugar and mix into Crisco mixture.
3. Make a ball and divide it into 12 equal pieces.
4. Line a lightly greased muffin tin with each piece by pressing into shape.
5. Fill with pie filling and bake in a 400° oven for 20 minutes.

**Note:** You can also use other fillings such as strawberry and blueberry, peach, cherry or jams of your choosing.

## Pumpkin Loaf

by Emily Brodsky

As fall is my favorite time of year and Halloween is one of my favorite holidays, I enjoy finding recipes that call for the use of pumpkin and spices in the batter. I chose this recipe because when I have tried the finished product in the past it reminded me of some of the treats I would purchase while pumpkin and apple picking with my family. Next, I think I would like to try to create pumpkin spice donuts with a little bit of powdered sugar. The sugar will add a bit of sweet touch and texture to the finish.

### Ingredients

1 can pumpkin puree	1 ½ tsp salt
4 eggs	1 tsp ground cinnamon
1 cup vegetable oil	1 tsp ground nutmeg
⅔ cup water	½ tsp ground cloves
3 cups white sugar	¼ tsp ground ginger
3 ½ cups all-purpose flour	(optional - powdered sugar)
2 tsp baking soda	

### Directions

1. Preheat oven to 350 degrees F. The recipe calls for you to grease and flour two 9x5 inch loaf
2. pans. I like using no-stick bakery spray, rather than the grease and flour. I found it to be easier for me.
3. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, I sifted together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger (make sure that your spices are fresh and not out of date).
4. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
5. Bake for about 50 minutes in the preheated oven. The loaves are done when the toothpick inserted in the center comes out clean.
6. You may want to sprinkle on some powdered sugar when the bread is completely cooled.

## **No Bake Spiced Rum Berry Pie**

by Denise Gonzalez

### **Ingredients**

- 1 pack prepared graham cracker crust (6 oz.)**
- 2 blocks (8 oz.) cream cheese, softened**
- 1/2 cup white sugar**
- 1 cup heavy cream**
- 1/2 tsp cinnamon powder**
- 1 tsp vanilla extract**
- 1/4 cup spiced rum**
- strawberries, sliced**
- blueberries**
- whipped topping**

### **Directions**

- 1. With an electric hand mixer cream together your cream cheese, white sugar, heavy cream, cinnamon powder, vanilla extract, and spiced rum, pour mixture into your prepared graham crust.**
- 2. Cover pie & refrigerate for several hours or overnight, make sure pie is completely set before adding on berry topping.**
- 3. Arrange your sliced strawberries and blueberries on top of pie before slicing, you can arrange them in any pattern you want! Be creative!**
- 4. Slice and serve with whipped topping on top of each slice, send me a cooksnap and let me know if you enjoyed this pie as much as I did!**

## Wacky Cake

by Donna Basile

This recipe dates back to World War II. I found it in a book I took out of the library, **Apple Turner Murder Mystery** by Joanne Fluke.

### First Set of Ingredients

1 ½ cups flour  
1 cup sugar  
½ tsp salt  
1 tsp baking soda  
3 heaping Tbsp cocoa powder

### Second Set of Ingredients

6 Tbsp of vegetable oil  
1 tsp vanilla extract  
1 tbsp vinegar  
1 cup cold water

### Directions

1. Mix together first set of ingredients.
2. Make 3 holes in in dry ingredients.
3. Put vegetable oil in one , vanilla extract in another and vinegar in the third.
4. Pour cup of cold water over the top and mix everything with a fork or wooden spoon.
5. Pour into a greased pan, 8" by 12" or 9" by 9" rectangular or a round pan 2" high.
6. Bake at 350° for 30 minutes. Serve with whip cream or ice cream, frost it or just eat it plain.



# **Peanut Butter and Jelly Cake**

by Ellen Spergel

## **Ingredients**

**1 stick unsalted butter, at room temperature**  
**all-purpose flour for the pan**  
**1 box white cake mix, including ingredients for the box mix**  
**1 cup creamy peanut butter**  
**1 ½ to 2 cups confectioners' sugar**  
**2 to 3 Tbsp milk**  
**¾ cup grape jelly**

## **Directions**

- 1. Butter a 9-inch-square cake pan, line with parchment, then butter again and dust with flour.**
- 2. Make the cake mix and fill the pan three-quarters full. You may have batter left over.**
- 3. Bake at 350° until a toothpick comes out clean, 30 to 35 minutes.**
- 4. Let the cake cool in the pan 10 minutes, then turn out onto a rack and let cool completely.**
- 5. Transfer the cake to a work surface. Trim off the top using a serrated knife, then slice the cake in half horizontally.**
- 6. Beat the butter and peanut butter with a mixer until smooth.**
- 7. Alternate adding the confectioners' sugar and milk, beating after each addition, until the frosting is fluffy and smooth.**
- 8. In another bowl, whisk the grape jelly until it is loose and spreadable.**
- 9. Spread a thick layer of peanut butter frosting on the bottom cake half.**
- 10. Spread the grape jelly on top of the peanut butter frosting, making sure to reach the edges.**
- 11. Top with remaining cake layer.**
- 12. Cut the cake in half diagonally and transfer to a serving plate.**
- 13. Separate the halves slightly to show the filling.**

## **Christmas Crackle**

by Robin Cormier

### **Ingredients**

**saltines**

**1 tsp vanilla**

**2 sticks of butter**

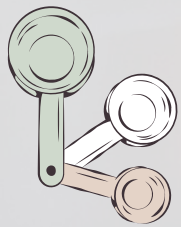
**2 cups chocolate chips**

**1 cup of sugar**

**chopped nuts (optional)**

### **Directions**

- 1. Preheat oven 350°.**
- 2. Line cookie sheet with aluminum foil and lightly spray with cooking spray.**
- 3. Place saltines in a single layer on cookie sheet covering entire pan.**
- 4. In medium pot melt butter, sugar and vanilla until smooth and bubbly (stirring often).**
- 5. Pour mixture over saltines as evenly as possible (use a spoon to make sure it's covered).**
- 6. Bake for 14 minutes.**
- 7. Remove pan from oven and sprinkle chocolate chips evenly. Let sit for 1-2 minutes. Using a rubber spatula, spread the now melted chips over the entire pan.**
- 8. Sprinkle chopped nuts over the chocolate.**
- 9. Chill in refrigerator until chocolate hardens (about 1 hour).**
- 10. Cut or break into "bite-size" pieces.**



## Kitchen Conversation Chart



<u>Cups</u>		<u>Ounces</u>		<u>Grams</u>		<u>Tablespoon</u>		<u>Teaspoon</u>		<u>Milliliters</u>
<b>1</b>	---	<b>8</b>	---	<b>225</b>	---	<b>16</b>	---	<b>48</b>	---	<b>250</b>
<b>3/4</b>	---	<b>6</b>	---	<b>170</b>	---	<b>12</b>	---	<b>36</b>	---	<b>175</b>
<b>2/3</b>	---	<b>5</b>	---	<b>140</b>	---	<b>11</b>	---	<b>32</b>	---	<b>150</b>
<b>1/2</b>	---	<b>4</b>	---	<b>115</b>	---	<b>8</b>	---	<b>24</b>	---	<b>125</b>
<b>1/3</b>	---	<b>3</b>	---	<b>70</b>	---	<b>5</b>	---	<b>16</b>	---	<b>70</b>
<b>1/4</b>	---	<b>2</b>	---	<b>60</b>	---	<b>4</b>	---	<b>12</b>	---	<b>60</b>
<b>1/8</b>	---	<b>1</b>	---	<b>30</b>	---	<b>2</b>	---	<b>6</b>	---	<b>30</b>
<b>1/16</b>	---	<b>1/2</b>	---	<b>15</b>	---	<b>1</b>	---	<b>3</b>	---	<b>15</b>



**1 tsp. of dried herbs = 1 tbsp. of fresh herbs**





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