

there is no
LOVE
than ^{THE} **LOVE**
of **FOOD**
—GEORGE BERNARD SHAW

Recipes
from
NASPA
family
kitchens

HAPPY NEW YEAR

2017

On behalf of the NASPA staff, Board of Directors, and Foundation Board, we wish you a happy and prosperous new year. We hope you give one of our recipes a try—please let us know if you enjoy it!

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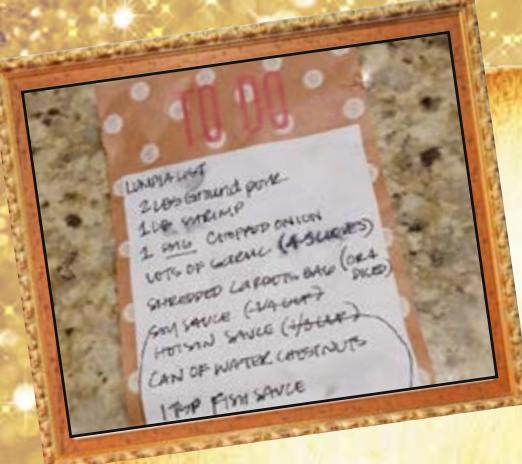
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APPS





Adrienne's Lumpia

INGREDIENTS:

Lumpia Wrapper. *Tip: I prefer Simex in the blue box. Be sure to keep them frozen and while you're rolling, keep a damp paper towel over them to keep them moist.*

2 eggs + a few tbsp. of water to use for sealing your roll.

FILLING INGREDIENTS:

Tip: I suggest frying up some of the meat after mixing everything to make sure you have enough of the seasonings you want.

2 lbs ground pork
1 lb peeled and deveined shrimp

3 eggs
1 big finely chopped onion
1 can water chestnuts
4 finely chopped carrots (on the bigger side)

2-3 stalks of finely chopped celery

LOTS of garlic, at least 4 big cloves finely chopped

6-7 tablespoons of soy sauce

6-7 tablespoons of hoisin sauce *Tip: Don't be afraid to be more generous with the hoisin and soy sauce.*

1 tsp Fish Sauce *Tip: Too much and it can get really salty so don't go overboard.*

Few pinches of pepper

PREPARATION:

- Set out your frozen lumpia wrappers to start thawing
- Chop up all the vegetables in a food processor (little by little so you get them finely chopped, but not too fine) and dump in a big bowl
- Add the pork to the bowl
- Chop up the shrimp until it is almost a shrimp paste (doesn't sound that appetizing but trust me its good) and add to the bowl
- Add all the seasonings
- Add three eggs

Tip: I highly recommend getting gloves for this next part...or else you better have a good nail brush to use...

- Mix everything by hand until it is well mixed

TO ROLL:

- Grab a tablespoon measuring spoon
- Lay out your first lumpia wrapper on a flat surface
- Spoon about a tablespoon and half of the meat mixture toward the end of the lumpia wrapper.
- Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly.
- Keep the roll tight as you assemble.
- Moisten the other side of the wrapper with water to seal the edge.

TO FRY:

- Fry up the fresh lumpia until golden brown.
- Drain on a bowl with paper towels or a wire rack over a cookie sheet with raised sides to catch the oil.
- Serve with sweet chili sauce or banana ketchup (it's a real condiment!).



from Jordana Taylor
Assistant Director of Member Services

Henrietta's Artichoke Parmesan Dip

INGREDIENTS:

1 tall can water-packed artichoke hearts (not marinated!)
1 cup grated Parmesan cheese
1 cup mayonnaise (best quality)

PREPARATION:

- Pre-heat oven to 350 degrees.
- In a medium bowl chop artichoke hearts into 1/4"-1/2 inch pieces.
- Stir in grated Parmesan till mixed.
- Stir in mayonnaise till blended.
- Place mixture into a crock or small casserole.
- Cook at 350 for 30 minutes on top shelf of oven, or slightly longer.
- Mixture should be bubbly and lightly brown on top.

"This is a Rue family favorite, and there are many versions available, but Mom's is the best. It has been my go-to potluck dish since my graduate student days. It is simple to prepare but never fails to impress."



from Penny Rue
Public Policy Division Director



Hoppin' John Salad with Molasses Dressing

from Epicurious.com

Makes about 10 servings | Total time about 30 minutes

INGREDIENTS:

1/4 Cup apple cider vinegar
1/4 Cup mild-flavored (light) molasses (my grocery store only had one option and it seemed to be fine)
1/4 Cup olive oil
1/4 teaspoon cayenne pepper
1 (1 lb) bag frozen black-eyed peas (could use canned or cook yourself if you prefer)
1 1/2 Cups yam/sweet potato, peeled and cut into 1/2 inch cubes
2 Cups andouille sausage, cut into 1/2 inch slices or cubes (I used fully cooked chicken andouille sausage)
1 1/2 Cups frozen okra, thawed, patted dry
1 Cup red onion, chopped

PREPARATION:

Whisk first 4 ingredients in a bowl to blend; season with salt and pepper if desired (I didn't use any). Cook black-eyed peas and yam in a large saucepan of boiling salted water until tender, about 8 minutes. Drain; cool (I had the okra defrosted and sitting in a colander, so I poured the peas and yams over the okra to drain and then rinsed with cool water). Place black-eyed peas, yams, okra into a large bowl. Add andouille sausage and onion. Whisk dressing again and then pour into bowl and stir to coat.

"I made this as a side dish for New Year's Day, as black eyed peas are supposedly a lucky food to eat at the start of the year. I had never done this dish before and it turned out to be the favorite of our dinner group."



from Amy Geist
Director of Strategic Initiatives

Jill's One Step Crowd Pleasing Dip

INGREDIENTS:

2 cans Mexicorn, drained
1 cup real mayonnaise
1 cup real sour cream
Tops of 3 bunches of green onions, sliced
1 small can green chilies, diced
 $\frac{1}{4}$ cup of jalapenos (the jar or can kind), chopped
8 ounce package of Shredded Mexican Blend cheese
Tortilla chips for serving

PREPARATION:

Mix all the ingredients together and chill. Best when chilled for at least 12 hours but still delicious after only 3 or 4 hours.



from Jill Gately
Director of Meetings



MAINS



Betty Stas' Meatloaf

INGREDIENTS:

1.5 lbs ground beef
1 medium yellow onion
1 cup Italian-seasoned breadcrumbs
1 extra large egg
1 tsp garlic powder
1 can Campbell's condensed tomato soup

PREPARATION:

Preheat oven to 350 degrees F. Mix together all of the ingredients except for the tomato soup. Put meat mixture into a loaf pan. Bake for about one hour. Halfway through the cooking time, spread the tomato soup on top of loaf and continue to bake for about another 30 minutes.



“In May, 2015, my mom died at the age of eighty due to lung disease. She also suffered from Alzheimer’s disease, but it was the lung disease that took her from us. Until the end, she continued to do two things that I remember her doing all of the time: she maintained her great sense of humor, and she asked about my husband, Gary, every time I spoke with her.

Many of my friends have heard me (somewhat irreverently) report that my mom was not an exceptional cook. She had a few signature dishes: corned beef and cabbage on St. Patrick’s Day (Both of her parents emigrated from Ireland to the U.S.), stuffing at Thanksgiving that had so much Bell’s Seasoning in it that it made the dressing deep green, and fruitcake at Christmas. And meatloaf.

After I graduated from college, I lived and worked in Providence, Rhode Island for 13 years. My parents lived in Massachusetts and would visit every now then to connect for a meal. My mom never arrived without a cooler and in it one of her signature meatloaves. Each and every time, I would ask her, “How do you cook it?”, not because I did not know, but because it prolonged the thoughtful gesture and reinforced for her that I REALLY appreciated that she, again, thought of me as she prepared for our scheduled time together.

In 2004, my husband and I moved to California so that I could accept a great position in student affairs. About a year after we got settled in San Diego, while on my weekly call with my mom, she announced, “Your father and I are coming to see you in California.” This made no sense to me since my father does not fly. “We’re driving,” she said. My seventy year old parents were going to drive from Southeastern Massachusetts to Southern California. The trip took them about two weeks, and they stopped to see my brothers, one in Chicago and another near Denver, along the way. Upon their arrival, they looked more than a bit weary. As they approached the door to our home, I could see that my mom was carrying a small cooler. I was greeted with a kiss and a hug and “Here’s your meatloaf.” ”

from James Stascavage
Senior Director of Leadership and Senior
Student Affairs Officers Initiatives



Courtney's Spinach Stuffed Peppers

INGREDIENTS:

1 package frozen chopped spinach
½ cup grated Parmesan cheese
6 ounces cream cheese, softened
¼ cup soft bread crumbs
1 egg, beaten
¼ tsp salt
1/8 tsp pepper
1 ½ tsp olive oil

PREPARATION:

Cook and drain spinach in a colander. Place on paper towels and press until spinach is barely moist. Set aside 2 tablespoons Parmesan cheese. Combine remaining Parmesan cheese, spinach, cream cheese, bread crumbs, egg, salt, and pepper; mix well. Fill halfed, washed, de-seeded and de-ribbed bell peppers with the mixture. Set in baking dish. Sprinkle top with reserved Parmesan cheese and drizzle with olive oil. Bake at 350 for 35 minutes.

“This is a recipe of my mom’s that was published in *Southern Living* many years ago as Spinach Stuffed Peppers. But, for as long as I can remember, we’ve eaten it in casserole form. In our family, it’s known as “the spinach”, as in, “Is Mom making the spinach?” or, “We’re having chicken, roast potatoes, and the spinach.” It’s a real comfort food for me, and I hope it will be for my kids too. I typically double; triple for a crowd.”



from Courtney Patterson
Senior Director of Member Services

Danny's Ultimate Leftover Sandwich

Step 1: Make your holiday meal and enjoy it!

Step 2: Once you have taken a nap, assemble all of the leftovers.

Step 3: Buy a round bread of your choice and cut out the middle to create a bowl. Keep the lid handy, feel free to eat the bread carvings

Step 4: Start to assemble your ultimate leftover sandwich!

Step 5: It's best to start with a layer of something absorbent, I usually go with stuffing. Then add some meat (or tofurkey!), and continue to layer.

Step 6: Continue to add layers, alternating between dry food and wet food. Make sure to add some gravy in between!

Step 7: Layer to the top with all you favorites! I love to put cranberry sauce (fresh and canned) throughout to add some zest!





from Danny Anzueto

Assistant Director of Member Engagement
and Regional Initiatives



“Happy Holidays from my family to yours!”



Step 8: Wrap your sandwich in a few sheets of aluminum foil. You will want maximum coverage and tightness to avoid the bread from breaking for the next step.

Step 9: Once the sandwich is wrapped, put a large flat surface on top of it - cutting board usually works - and then put something heavy on top to weigh it down. Books, weights, smaller children, larger pets usually work! Let the sandwich sit overnight if possible, but at least for a few hours so that the weight squishes down all of the ingredients into the perfect bit size!

Step 10: After that, bake the sandwich at 400 degrees for 20 minutes. The ingredients are already cooked so this is just to warm them up.

Step 11: Unwrap the foil and cut into your masterpiece! Make sure to have some extra gravy for dipping purposes!

DeSantis Genovese Sauce

INGREDIENTS:

- 3 pounds of beef, pork, or veal roast. Tie it together with string so it stays together,
- 6 – 8 individual links of sweet or hot Italian sausage. I suggest hot!
- 10 - 12 pounds of Sweet Vidalia onions, finely sliced. Don't use regular onions!
- 4 carrots, finely sliced
- A few teaspoons of salt
- Finely cut parsley – about a cup or two
- Extra Virgin olive oil – enough to cover the bottom of your pot
- 1 cup dry white wine
- 1 cup of sugar
- 4 oz. (150 gr.) Parmigiano Reggiano – Make sure to shred it yourself! Don't buy it pre-packaged.
- A few teaspoons of freshly ground black pepper
- A few teaspoons of crushed red pepper
- 4 large cans of crushed tomatoes or 12 large tomatoes crushed in a blender.

PREPARATION:

It is a family sin if you throw it all in together at once! The secret to this sauce is the timing of the ingredients.

1. Get the biggest pot you have and make sure it has a nice thick bottom. The older the pot, the better!
2. Cover the bottom of the pot with olive and add all the onions. Cook at a medium heat and keep stirring until all onions become translucent.
3. Place the beef/pork/veal roll and sausage into the pot and turn it until it forms a lovely light brown crust all the way around.
4. Add dry white wine and carrots. Turn to a low simmer so that the juices from the beef/veal/sausage and onions don't evaporate and leave the pot dry for about an hour. If necessary, add a $\frac{1}{4}$ cup of water.
5. After cooking on low for an hour on low, add tomatoes and sugar. Keep on a low for 6 - 8 hours.
6. Keep stirring throughout the day. Don't burn the sauce!

7. About one hour prior to dinner, remove all the meat and let it rest. Add crushed red pepper.
8. About 20 minutes prior to dinner, add the parsley and additional dry white wine.
9. Gently shred the meat, removing any obvious gristle that survived the cooking, and stir back into the sauce.
10. About 5 minutes prior to serving, add all the salt and pepper as well a few teaspoons of extra virgin olive oil.
11. Give it a quick stir and then pour it over the plates of Fusilli Col Buco pasta.

It is important to use Fusilli Col Buco pasta. I usually buy a few pounds when I go home to visit my mom at the local Italian bakery. In my family, you would be thrown out of the family if you used any other type of pasta. Mangia!

“This is one of my favorite Italian Sunday sauces. I can remember my father cooking it at 6am on Sunday for dinner at 6pm. Today, I tend to make it 3 or 4 times a year for special occasions. This sauce is special to me and my family for so many reasons. For example, it is always a competition to see who makes it better. In addition, it was always served when we had something to celebrate. Since my father passing in 2012, I enjoy making this sauce and sharing memories of my dad with my wife. As you know, Italian recipes are passed on from generation to generation and usually not shared outside the family. Since NASPA has been my family for over 18 years, I think my dad would approve of sharing it. **”**



from Anthony DeSantis
Region III Director



Hash Brown Casserole

INGREDIENTS:

2lb Frozen Hash Browns O'Brien (green peppers & onions)
1/2 stick butter
1/2 cup onions - diced
1 pint (16 oz) sour cream
1 can cream of chicken soup (may substitute Cream of Celery soup)
2 cups shredded cheddar cheese
1 teaspoon salt
1/2 teaspoon pepper
2 cups corn flakes crushed

PREPARATION:

- Preheat oven to 350 degrees.
- Melt 1/4 butter and add thawed potatoes and mix.
- Mix sour cream, onions, soup and cheese and add to potatoes mixture. Add salt and pepper and put into a lightly greased baking dish (13x9x2)
- Mix remaining butter and mix with crushed cornflakes. Sprinkle cornflakes over potatoes and bake uncovered for 45 minutes at 350 degrees.

“Tips: I use more butter and cornflakes. I also add more cheese to the top of the potatoes before adding cornflakes. I will use low fat sour cream and have used fat free soup. It usually takes an hour to bake - you want it to “bubble”. **”**



from JM Alatis
Training Coordinator



Jill's Autumn Risotto

INGREDIENTS:

1 medium butternut squash
6 tablespoons butter
2 ounces of diced bacon (optional)
4-6 cups of chicken or vegetable broth
1 ½ cups Arborio rice
½ cup dry white wine (optional)
1 teaspoon saffron
1 cup Parmesan cheese

PREPARATION:

- Preheat oven to 400 degrees
- Peel squash, and cut into one inch cubes. Place cut squash on a foil lined cookie sheet, drizzle with olive oil, salt, pepper and toss until cubes are coated. Roast the squash for 20-30 minutes, stirring halfway through.
- While squash is cooking, melt the butter in a medium pot.
- While the butter is melting sauté the bacon in a sauté pan until cooked through (around 10 minutes). Remove bacon with a slotted spoon and set on a paper towels on a plate
- Add the Arborio rice to the melted butter, stir until coated.
- Add two ladles of chicken broth to the rice, stir for 2-3 minutes. Simmer until broth is almost gone
- Add broth ½ a cup at a time for 30 minutes, until rice is cooked through
- Remove the Arborio rice from the heat, add the squash and Parmesan cheese
- Serve and enjoy!
- Place mixture into a crock or small casserole.
- Cook at 350 for 30 minutes on top shelf of oven, or slightly longer.
- Mixture should be bubbly and lightly brown on top.

"Perfect for fall evenings in New England. Jill was my post-collegiate roommate in Cambridge, MA for years. We used to rotate hosting Tuesday night dinners with our friends, and Jill's nights were always the best. Our nickname for Jill was "mini-Martha Stewart", since she was the only 25 year old we knew with matching placemats, napkins, napkin holders and candles."



from Laurie Jevons
Assistant Director of BACCHUS Initiatives,
CADE Project

Jess' Screamin' Buffalo Mac 'n Cheese

For this recipe, please see Jess' live demonstration [here](#).



from Jess Hopp
Data Analyst



Kevin's Short Rib and Barley Soup

Serves 4-5 people

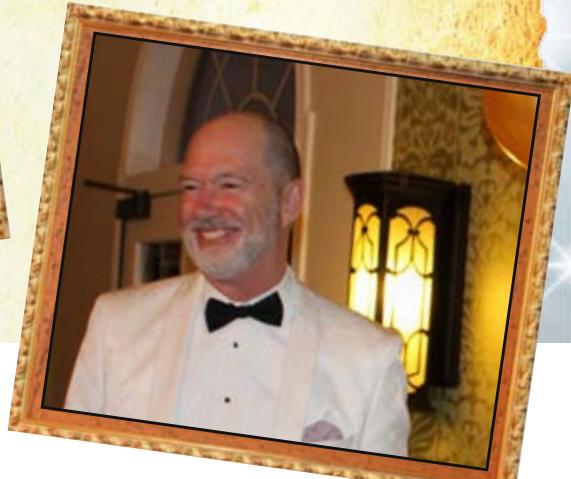
One hour of prep time

3-4 hours of cooking time

1. Buy 5-6 meaty short ribs from your favorite meat vendor. If they are not thick and meaty – buy two more. Sprinkle kosher salt on all sides and fresh ground pepper. Let meat rest to room temperature.
2. Mince $\frac{1}{2}$ large onion, 2-3 celery stalks and 2-3 carrots.
3. In large stockpot or Dutch oven, heat 3 tbs of olive oil on medium high heat. Brown short ribs about 3-4 minutes on each side. Don't worry about the brown stuff stuck to the bottom of the pot. Once all browned, remove from pot and place on plate.
4. Add a bit more olive oil into pot, increase to high and add minced vegetables. Sauté veggies for 5-7 minutes or until soft. Bonus idea – Before I add veggies, I add some minced uncured bacon – this will give the soup a nice smoky flavor. Then I add the veggies.
5. Add the short ribs back into the pot with the veggie and add 1 cup of red wine or $\frac{1}{2}$ cup red wine and $\frac{1}{2}$ cup beer. Add water to just cover the meat. Place lid or foil on top and place in pre-heated 300-degree oven. Braise for 2-3 hours.



6. Remove pot from oven and using a pair of tongs, remove meat from the pot. Let meat cool and place pot in refrigerator or put outside if it is cold enough.
7. Remove meat from bones and chop meat into $\frac{1}{4}$ - $\frac{1}{2}$ inch pieces. Note that there is a membrane between the meat and bone – trim around that – it is tough. Throw out bones and membrane.
8. Put meat aside and cool in refrigerator for 3 hours or overnight.
9. Once the pot has cooled the fat in the pot will rise to the top and form a thin hard surface in the pot. Carefully skim out all of the fat leaving only the broth behind. This is a critical step as the short ribs have a lot of fat and you don't want that in your soup.
10. Once the fat is removed, reheat the broth, and add the meat back in. Add 3 cups of unsalted beef stock. Bring to a boil and let simmer for 45 minutes. Add salt to taste. Since the stock is unsalted, you will have to add some salt till you get the desired taste.
11. You can serve this at this point. But I like to add barley. Two options here, if you want a very thick stew like meal, you can add $\frac{1}{2}$ - $\frac{3}{4}$ cup of barley right into the soup once it starts to boil. I prefer to cook the barley in some one cup unsalted beef stock first. Then add it to the soup. This keeps the barley from absorbing all of the yummy broth you have created.
12. Spoon a good heaping of the meat and barley soup into bowls and serve with crusty French bread.



from Kevin Kruger
NASPA President

MOROCCAN CHILI

VEGAN / DAIRY-FREE

INGREDIENTS:

1 teaspoon olive oil
1 medium yellow onion, diced
6 cloves garlic, thinly sliced
2 tablespoons ras el-hanout
1 tablespoon harissa
1 large sweet potato
2 15-ounce cans chickpeas, rinsed and drained
1/4 cup tomato paste
2 15-ounce cans no-salt-added diced tomatoes
1/4 cup golden raisins
1/4 cup cilantro, chopped
Ras El-Hanout Spice Blend:
2 teaspoons ginger
2 teaspoons cardamom
2 teaspoons mace
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon coriander
1 teaspoon nutmeg
1 teaspoon turmeric
1 teaspoon black pepper
1/2 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon cloves

PREPARATION:

- Heat oil in a heavy pot over medium heat. Add onion and sliced garlic cloves and sauté until softened, about 5 minutes. Add ras el-hanout and harissa; simmer another minute, until fragrant.
- Stir in the tomatoes with juice, sweet potato, and tomato paste. Cover and simmer, stirring occasionally until the sweet potato is tender, about 30 minutes.
- Stir in the drained chickpeas and raisins. Simmer an additional 5 minutes until warmed through. Season to taste, adding more harissa for more heat.
- Top with cilantro and vegan feta, if desired. Serve hot.

"I make this regularly during the colder seasons. It's hearty with a unique flavor that keeps me coming back for too many helpings. Instead of the ras el hanout I use a masala spice that I keep on hand. I also deviate from the recipe regularly, deleting raisins, adding other bean varieties. You really can't go wrong on this one. This is basically love in a bowl. Happy eating."

from Leslie Webb
Region V Director



Nathan's Shrimp Pasta

INGREDIENTS:

2lb head on shrimp, peeled and de-veined
2lb pasta, fresh preferred, any shape, though I like fettuccine
1 container grape tomatoes, quartered
1 package cremini mushrooms, chopped
2 cloves garlic, minced
3 large shallots, dice
1 bell pepper, diced
½ cup carrots, diced
¼ cup red onion, sliced
½ cup bell pepper, diced
1 cup (or so) half and half or heavy cream
1 lemon, juiced and zested
¼ cup fresh parsley, fine chop
¼ cup dry white wine
2 tablespoons butter
2 tablespoons olive oil
salt and pepper to taste
cayenne pepper and Italian seasoning to taste



SHRIMP STOCK INGREDIENTS:

Peels and heads of shrimp
2 stalks of celery, rough chop
1 large onion, rough chop
2 large carrot sticks, rough chop
1 leek, rough chop
5 cloves of garlic, smashed
Handful of peppercorns
2 bay leaves
Enough water to cover everything, plus some.

- For the shrimp stock, throw everything into your stock pot and bring to a rolling boil. Drop the temperature down to a slow simmer for at least one hour. Strain the guts from the stock and store on the side.
- Pre-heat a large skillet on medium and add half the butter and oil. Season the shrimp with salt, pepper, cayenne, and Italian seasoning, and add the shrimp in batches, slightly undercooking each batch. Set aside.

- In the same pan, deglaze the shrimp bits with the white wine (or water), and add the remaining butter and olive oil. Once the liquid is almost gone, toss in the shallots, red onions, and sauté for a few minutes. Once translucent, add in the garlic. Once fragrant, add the carrots and mushrooms. A few minutes later, add in the grape tomatoes and bell pepper. Add in the shrimp stock and heavy cream, withholding about a $\frac{1}{4}$ cup of each of the liquids. Stir.
- As the shrimp sauce is melding together, bring a large pot of water to boil. Add a copious amount of salt, and then throw in the pasta. Undercook this pasta a bit. Drain.
- Toss the pasta and the shrimp into the sauce. Mix. Add parsley, lemon zest, lemon juice, salt and pepper to taste, and the shrimp stock and cream if it looks too thick. Know that as the sauce continues to cook, it will get thicker.

“This shrimp pasta is a great two-pot meal, but the secret is not for the faint of heart. The homemade shrimp stock is what makes this comforting pasta meal, and cleaning shrimp isn’t necessarily for everyone. Regardless of if you make your own or buy from the store, I hope you enjoy making this for you and your loved ones.”



from Nathan Victoria
Senior Director, Member Engagement
and Student Initiatives

Nonni's Chicken Noodle Soup

Serves 4-6

INGREDIENTS:

4 split chicken breasts (boneless, skinless can be substituted)
Oil
Kosher salt
Coarse ground pepper
4 oz unsalted butter
2 yellow onions, diced
4 carrots, diced
3 stalks of celery including leaves, diced
6 bouillon cubes
8 cups of water
 $\frac{3}{4}$ lb of ditalini noodles



PREPARATION:

- Preheat oven to 400 degrees F.
- Place chicken on sheet pan. Drizzle with oil and generously sprinkle salt and pepper on the skin. If using boneless skinless breasts, cover the sheet pan in foil.
- Roast for 35-40 minutes or until juices run clear when pierced. Set aside to cool slightly.
- In a large stock pot, melt butter on medium-low heat. Add onions, celery, and carrots. Season liberally with salt and pepper. Saute for 8-10 minutes until vegetables are tender, stirring every 2 minutes or so.
- Add bouillion cubes to vegetables and stir until they begin to break down, 3-5 minutes.
- Add water and bring up to a simmer.
- Shred or chop the chicken (your preference) and add to the pot. Lower heat to medium-low.
- Prepare ditalini noodles according to package directions. Once cooked, coat the noodles with 1-2 tablespoons of oil (this will prevent the noodles from turning into mush in the soup).
- If serving immediately, add noodles to the pot and serve. If serving later, keep noodles and soup separate and combine to serve.



from Stephanie Rizk
Director of Marketing and Communications

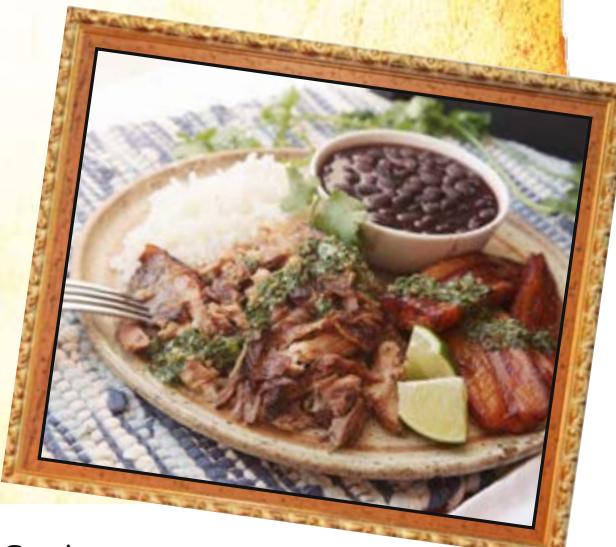
Roast Pork with Mojo Sauce

INGREDIENTS:

- 4 -6 pounds Boston butt
- 1 can of concentrated orange juice (don't add water, just use the concentrate)
- 1/2 cup of olive oil
- 4 tablespoons of Badia complete seasoning
- 4 tablespoons garlic, minced
- 4 tablespoons dried basil
- 4 tablespoons dried oregano
- 4 tablespoons onion powder
- 1 bottle Goya mojo or Badia mojo marinade

PREPARATION:

Rinse pork butt and put in crock pot. In large bowl, mix all other ingredients together with a whisk. Pour half of the mixture over the butt, turn it over, and pour the remaining mixture over the other side. Cook in the crock pot for 10 hours on low.



from Bob Gatti
NASPA Foundation Board



SWEETS



Amy's Favorite Pineapple Upside Down Cake

PINEAPPLE UPSIDE-DOWN CAKE

Serves 6

Pineapple Upside-Down Cake used to be a favorite dessert at midwestern church suppers and Sunday dinners. Then boxed cakes came along, and this cake almost disappeared. It is rare to find a recipe for it anymore; this one yields a thin, buttery, moist cake with a goodly amount of pineapple on top.

TOPPING

*1 20-ounce can sweetened, crushed pineapple
1/4 cup (1/2 stick) butter
1 cup brown sugar*

1 1/4 cups sifted unbleached all-purpose flour

*2/3 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground mace
1/3 cup (2/3 stick) butter, softened
1/2 cup milk
1 teaspoon vanilla extract
1 egg*

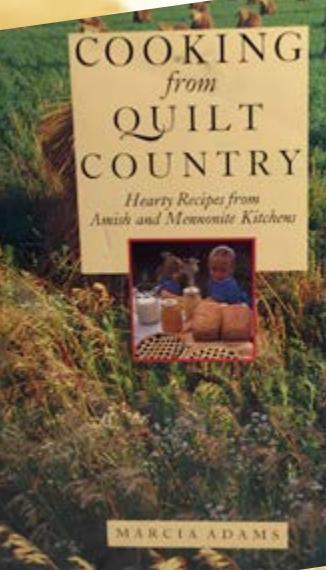
Preheat oven to 350° F. Drain the pineapple well in a sieve; discard liquid. Spray the sides and bottom of a 9-inch square pan with vegetable spray, and melt the butter in the pan in the preheated oven.

Add the brown sugar to the butter and blend. Spread the drained pineapple evenly over the sugar mixture, but do not mix. Set aside.

Into a mixer bowl, sift the flour, sugar, baking powder, salt, and mace. Add the soft-

ened butter, milk, and vanilla. Beat on low speed for 1½ minutes, then add the egg and beat 1½ minutes longer. Spread the batter evenly over the pineapple with a rubber spatula—the batter is quite thick. Bake for 35 to 40 minutes, or until a skewer inserted into the middle of the cake comes out clean. Remove from oven, loosen edges with knife, and invert immediately onto a platter. Let cool before serving.

*Bake entire time. Will look and even test done but middle will not be set.



"In 1991, our young family moved to Bowling Green, Ohio. My husband was a doctoral candidate, I was completing my bachelor's and we had two kids in diapers. We were dead broke and watched a lot of PBS. One of my favorite shows was produced locally - "Cooking From Quilt Country." The host, Marcia Adams, shared time honored Amish and Mennonite recipes, tested and tweaked for modern cooks.

I was so excited when I found her cookbook, I had to buy it. Many recipes from this book have become family favorites over the years. Tomato Fritters, Tuna Cream Cheese Sandwiches, soups and stews – YUM! The all-time, eternal favorite from this book is the Pineapple Upside Down Cake. Even though our kids are grown, this is still a treat they request. Serve it warm with homemade whipped cream and your family will love it, too!"

from Amy Sajko
Senior Director, NASPA Foundation



Longaberger



Recipe For: Sugar Cookies

From: Anne Flaherty

Ingredients: 1 c. Butter

1 1/2 c. sugar

1 egg

1 t. vanilla or almond flavoring

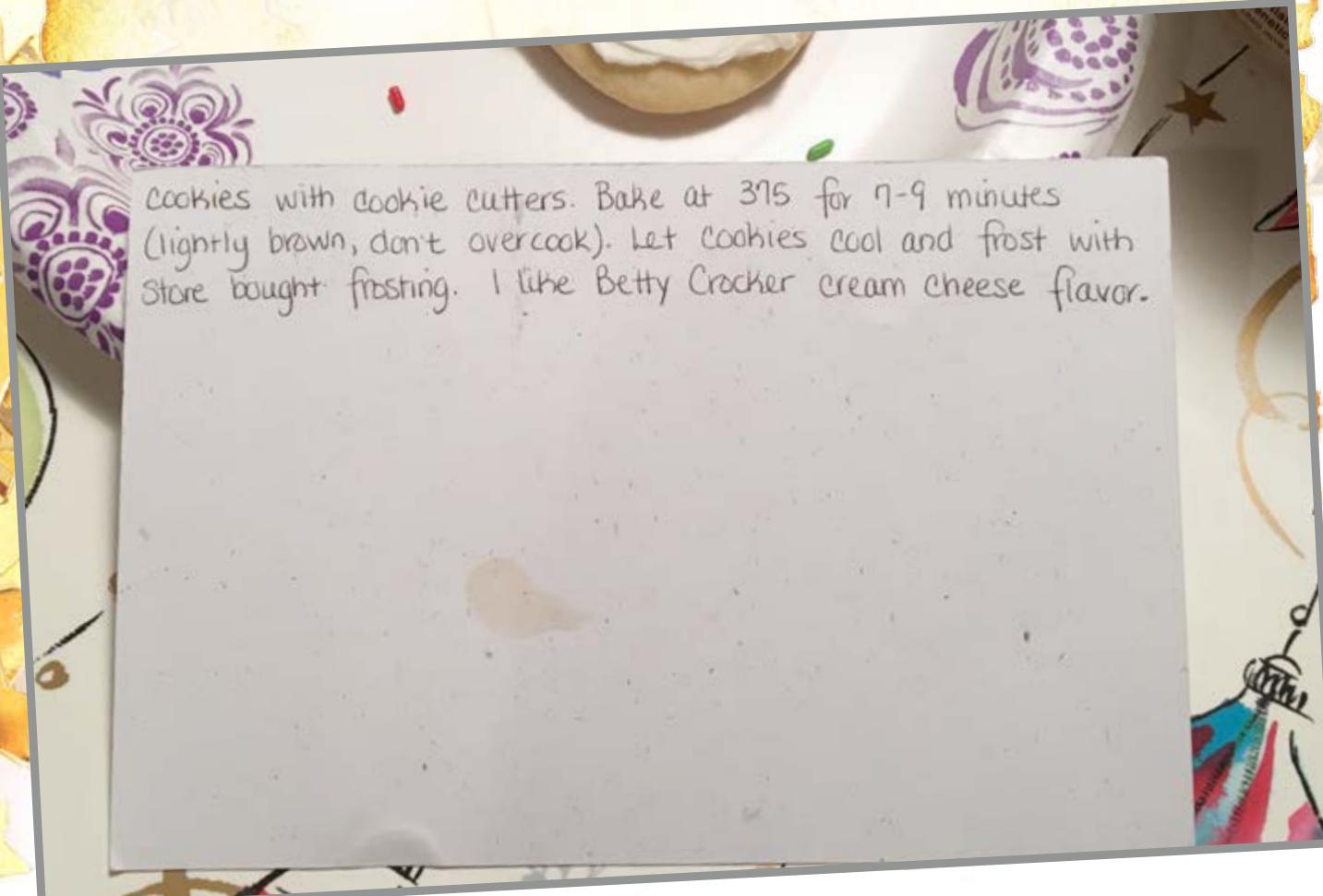
3/4 cup sour cream

4 c. flour

1 t. baking soda

1/2 t. salt

Cream butter, sugar, egg, vanilla/almond, and sour cream. Mix in flour, baking soda, and salt. Roll our dough into balls that are about baseball size. Wrap with wax paper and put in fridge for at least 2 hours or overnight. Roll out dough and cut out.



Anne Flaherty's Sugar Cookies



Aunt Phyllis' Carmel Corn (or Apples)

INGREDIENTS:

1 box light brown sugar
1 cube butter
1 can eagle brand milk
1 cup white Karo syrup

PREPARATION:

- Dissolve Karo syrup and brown sugar over heat in heavy sauce pan.
- Add butter and milk and bring to a boil.
- Boil for 5 minutes stirring constantly.
- For popcorn-** have 2-3 large bowls of popcorn popped before you start making the carmel. Pour over the top of each spreading the carmel evenly over each bowl. Stir and pour the remainder.
- For apples-** cool slightly and dip apples, place in refrigerator. This is very soft so it's sometimes better to dip right before you eat. Makes 12-16 apples.



from Les Cook
NASPA Foundation Board

Chocolate Chip Cookies (pinch of YUM recipe)

INGREDIENTS:

8 tablespoons of salted butter
½ cup white sugar
¼ cup packed light brown sugar
1 teaspoon vanilla
1 egg
1½ cups all purpose flour (more as needed)
½ teaspoon baking soda
¼ teaspoon salt (but I always add a little extra)
¾ cup chocolate chips/peanut butter chips



PREPARATION:

- Preheat the oven to 350 degrees. Microwave the butter for about 40 seconds to just barely melt it. It shouldn't be hot - but it should be almost entirely in liquid form.
- Using a stand mixer or electric beaters, beat the butter with the sugars until creamy. Add the vanilla and the egg; beat on low speed until just incorporated - 10-15 seconds or so (if you beat the egg for too long, the cookies will be stiff).
- Add the flour, baking soda, and salt. Mix until crumbles form. Use your hands to press the crumbles together into a dough. It should form one large ball that is easy to handle (right at the stage between "wet" dough and "dry" dough). Add the chocolate chips and incorporate with your hands.
- Roll the dough into 12 large balls (or 9 for HUGELY awesome cookies) and place on a cookie sheet. Bake for 9-11 minutes until the cookies look puffy and dry and just barely golden. *Warning, friends: DO NOT OVERBAKE. This advice is probably written on every cookie recipe everywhere, but this is essential for keeping the cookies soft. Take them out even if they look like they're not done yet. They'll be pale and puffy.*
- Let them cool on the pan for a good 30 minutes or so. They will sink down and turn into these dense, buttery, soft cookies. These should stay soft for many days if kept in an airtight container. I also like to freeze them.

"The three most important things about this recipe are 1) melting the butter, 2) adding enough flour, and 3) not baking for too long. If you find that the dough is wet and it REALLY sticks to your hands, you probably need a little more flour. This is important otherwise you'll have flat cookies. I'll usually add a few tablespoons at a time to get it to the right consistency. You should be able to roll the balls of dough between your hands without any issues."

from Jake Frasier
Assistant Director of Educational Programs

Double Ginger Crackle Cookies

INGREDIENTS:

2 ¼ cups all-purpose flour
2 ¾ tsp ground ginger
1 tsp baking soda
¼ tsp salt
¾ cup butter (room temperature)
1 large egg
1 1/3 cups sugar
¼ cup molasses
3 tbsp finely chopped crystallized ginger



PREPARATION:

Preheat oven to 350 degrees. In a medium bowl, whisk the flour, ground ginger, baking soda, and salt. In a large bowl, beat the butter and one cup of the sugar on medium speed until well blended. Add the egg, molasses, and crystallized ginger; beat well. Add the dry ingredients and mix on low speed until well blended.

Pour the remaining 1/3 cup of sugar into a shallow bowl. Roll the dough into 1 inch balls. Roll each ball in the sugar to coat. Set the balls 1 ½ to 2 inches apart on an ungreased cookie sheet.

Bake 12-14 minutes. Let the cookies sit on sheet for 5 minutes and then transfer to wire rack to cool completely.

"I chose this recipe as it reminds me of visiting my "Memere" (grandmother) when I was young. She loved to bake, and she especially loved to make both gingersnap and molasses cookies. This double ginger crackle cookie is a great blend of the two. Every time I bake them, the smell takes me back to sitting at her kitchen table with a glass of iced-cold milk, waiting for the cookies to be done!"



from Pauline Dobrowski
Knowledge Communities Director

Easy Crockpot Candy

INGREDIENTS:

- 2 lbs (36 oz) salted dry-roasted peanuts
- 4 oz (4 squares) German's sweet chocolate
- 1 12-oz package semisweet chocolate chips (about 2 cups)
- 2½ lbs white almond bark

PREPARATION

1. Put the peanuts in the bottom of a 4-quart slow-cooker. Layer the chocolate over the peanuts, beginning with the sweet chocolate, followed by the chocolate chips, and then the almond bark. Set the temperature on low and cook for 3 hours. Do not stir the mixture.
2. After 3 hours, stir the mixture with a wooden spoon until smooth. Drop the candy into cupcake pan liners, using about 2 tablespoons per liner. Allow the candy to cool completely before removing the cupcake liners. Makes 30 to 40 pieces.



from Beth Moriarty
Region I Director

Grandma's Fresh Apple Pie with Crumble Topping

PIE INGREDIENTS:

2 cups plus 3 tablespoons sugar
3 teaspoons ground cinnamon
1½ cups vegetable oil
3 large eggs
3 cups Granny Smith Apples (peeled & chopped)
2 teaspoons vanilla
¼ teaspoon nutmeg
3 cups all-purpose flour
1 tablespoon baking soda
½ teaspoon salt
1 cup chopped pecans (optional)
½ cup raisins or coconut (your choice, or both!)

CRUMBLE TOPPING INGREDIENTS:

1 cup all-purpose flour
½ cup sugar
¼ cup (packed) golden brown sugar
1½ teaspoons ground cinnamon
½ teaspoon salt
6 tablespoons unsalted butter, cut into ½-inch cubes

Preheat oven to 325°.

Generously grease a 10" pie pan.

PIE PREPARATION:

- Combine 3 tbsp of the sugar and 1 tsp of cinnamon and coat the inside of the pan with the mixture by shaking the pan all around until the sides and bottom are coated.
- Beat the oil and remaining 2 c. sugar with an electric mixer until well blended.
- Add the eggs, one at a time, beating well after each addition. Stir in the apples and vanilla.
- Sift together the remaining nutmeg, flour, baking soda & salt.
- Add the flour mixture to the apple mixture and combine well
- Add pecans, raisins and/or coconut
- Pour into pan and smooth top. *Note: The batter will be very thick.*
- Drop pan on counter to get air bubbles out.

CRUMBLE TOPPING PREPARATION:

- Combine first 5 ingredients and mix well
- Add butter cubes; cut in until mixture resembles wet sand.
- Sprinkle pie with crumble topping

PIE BAKING:

- Loosely cover with foil
- Bake for 1 ½ to 1 ¾ hours until the tester comes out clean.
- Wait 30 minutes before turning out onto a cake plate to cool.



from Stephanie Gordon
Vice President for Professional Development

Chocolate Dot Pumpkin Cake

2 cups	flour
2tsp	baking powder
1tsp	baking soda
1/2 tsp	salt
1 1/2 tsp	cinnamon
1/2 tsp	cloves
1/4 tsp	allspice
1/4 tsp	ginger
2 cups	sugar
4	eggs
2 cups (1 lb)	pumpkin
1 cup	veg oil
1 cup	bran buds
1 6oz. pkg	semi sweet chocolate morsels
1 cup	chopped nuts

Confectioners sugar glaze

In a small bowl, sift dry ingredients. In a large bowl, beat eggs until foaming. Add pumpkin, oil, and bran. Mix well. Add sifted dry ingredients, mix only until combined. Stir in chocolate morsels and nuts. Spread in an ungreased tube pan. Bake at 350 degrees – 1 hour and 10 minutes. Cool Completely. Glaze when cooled.



“When the Jordan Girls think about the holiday season, it is synonymous with the infamous Pumpkin Dot Cake. My mother has been making this cake for every holiday season for as long as I can remember. It is as delicious as it is easy to make! If you’re feeling like you want more chocolate, simply add more chips! If you don’t care for nuts, just leave them out. I hope you all enjoy this cherished family receipt as much as we do!”

Jordan Family Pumpkin Dot Cake



from Mallory Jordan
CADE/MCTPI Project Coordinator

Laura Goodenough's Apple Cake

INGREDIENTS:

3 to 4 large apples, pared, cored, and sliced thin (3 cups)
4 T plus 2 cups sugar
4 t cinnamon
3 C flour
3 t baking powder
1 t salt
1 C salad oil
4 eggs
1/4 C orange juice
1 T vanilla

“This recipe comes to me from my friend, Debbie, who got it from her mom, Barbara, who clearly got it from the New York Times. It’s special to me because Debbie is a dear friend, one who I met in my first health policy job here in DC. Bonus: she’s the person who introduced me to my husband AND she makes a mean version of this apple cake.”

PREPARATION:

- Preheat oven to 325. Grease 10" tube pan.
- Mix 4 T sugar with 4 t cinnamon. Pour over sliced apples to coat all slices. Set aside.
- Sift flour, 2 C sugar, baking powder, and salt into large bowl. (Often I just mix the dry ingredients without sifting.), Make a well in the center and pour in the oil, eggs, orange juice, and vanilla. Beat with a wooden spoon until well blended.
- Spoon 1/3 of the batter into the tube pan. Make a ring of half the apples slices (drained of excess moisture) on top of the batter, taking care not to have the apples touch the sides of the pan. Repeat. Top with remaining batter.
- Bake 50 minutes to 1 hour or until done. Cover with aluminum foil if cake becomes too brown before baking is complete.
- Cool before removing from pan.
- May be topped with whipped cream!



from Alli Tombros Korman
Senior Director, Culture of Respect



Tiki's Sweet Potato Cake with Brown Sugar Icing

CAKE INGREDIENTS:

4 8-oz red-skinned sweet potatoes (yams)
2 ¾ cups all purpose flour
2 tsp ground cinnamon
1 ¼ tsp ground ginger
1 tsp baking powder
1 tsp baking soda
½ tsp salt
2 cups sugar
1 cup vegetable oil
4 large eggs
1 tsp vanilla extract

CAKE PREPARATION:

- Pierce sweet potatoes with fork. Microwave on high until very tender, about 8 minutes per side. Cool, peel, and mash sweet potatoes (or used canned....and just mash them).
- Position rack in the center of oven; preheat to 325 degrees F.
- Spray 12-cup Bundt pan with nonstick spray, then generously butter the pan.
- Sift flour, cinnamon, ginger, baking powder, baking soda, and salt into a medium bowl.
- Measure enough mashed sweet potatoes to equal 2 cups.
- Transfer to large bowl.
- Add sugar and oil to sweet potatoes.
- Using an electric mixer, beat until smooth
- Add eggs 2 at a time, beating well after each addition.
- Add flour mixture, beat until just blended.
- Beat in vanilla.
- Transfer batter to prepared pan.
- Bake cake until toothpick inserted near the center comes out clean, about 1 hour and 5 minutes.
- Cool cake in pan on rack 15 minutes.
- Using small knife, cut around the sides of pan and center tube to loosen the cake.
- Turn out onto rack, cool completely.

ICING INGREDIENTS:

1 cup powdered sugar
¾ cup (packed) dark brown sugar
½ cup whipping cream
¼ cup (½ stick) unsalted butter
¼ tsp vanilla extract

ICING PREPARATION:

- Sift powdered sugar into medium bowl.
- Stir brown sugar, whipping cream, and butter in medium saucepan over medium low heat until butter melts and sugar dissolves.
- Increase heat to medium/high and bring to boil.
- Boil 3 minutes, occasionally stirring and swirling the pan.
- Remove from heat and stir in vanilla.
- Pour brown sugar mixture over powdered sugar.
- Whisk icing until smooth and lightened in color, about 1 minute.
- Cool icing until lukewarm and icing falls in heavy ribbon from spoon. Whisking often (about 15 minutes).
- Spoon icing thickly over top of cake, allowing icing to drip down the side of the cake.
- Let stand until icing is firm, at least 1 hour.



from Tiki Ayiku
Senior Director of Educational Programs

White Chocolate Raspberry Swirl Fudge

INGREDIENTS:

2 cups granulated sugar
3/4 cup unsalted butter
pinch of salt
3/4 cup heavy cream
1 teaspoon pure vanilla extract
11 ounces white chocolate chips, 1 bag
1 jar marshmallow cream, 7 ounces
1/2 cup raspberry jam

PREPARATION:

- Line an 8-inch square baking dish with parchment paper. Set aside.
- In a medium saucepan, heat butter, sugar, salt and heavy cream over medium high heat.
- Bring to a rolling boil while stirring constantly.
- Set timer and boil for a full FOUR minutes (keep stirring).
- Place vanilla extract, white chocolate morsels, and marshmallow cream in a large mixing bowl.
- Pour boiling butter mixture over morsels.
- Turn electric mixer on medium and combine until white chocolate is melted and smooth.
- At this point you can either pour this mixture into your prepared pan. Top with the raspberry preserves and swirl it in with a knife, working quickly.
- Or you can pour all but about 1 cup of fudge into the pan. To the remaining fudge, add the raspberry preserves and combine quickly, pour over fudge in pan.
- Refrigerate for 3 hours.
- Cut into bites and serve.
- Store in an airtight container in refrigerator up to two weeks.



from Jenna Hartsfield
Member Services Coordinator

