

Wharton Staff Cookbook

July 2020





Appetizers

Fried Cauliflower

Shavy Benyehudah

External Affairs



Ingredients

- 1 medium head of cauliflower or 2 bags of florets
- 2 cups of frying oil (grape seed is my preference) or less if using air fryer
- Wire rack to cool
- Stainless steel/cooking tongs
- Dry Batter**
- 2 cups of white unbleached flour
- 1 cup of cornmeal
- ½ cup salt
- ¼ cup garlic powder
- ¼ cup onion powder
- 1 ½ tablespoons ground black pepper
- 1 tablespoon cayenne powder (optional)
- 2 dashes of 21 seasoning OR all-purpose

Preparation

1. If not using air fryer, heat a medium sized deep pan, castor pan will do, or a small pot and fill with oil. Oil should be about ½ - 1 inch deep. Oil should be no higher than medium heat throughout.
2. Break down the cauliflower into smallish pieces. Should be the size of medium florets. 1 head should provide 12-16 florets.
3. Combine and whisk all ingredients for dry batter in a stainless steel bowl until evenly distributed. Pinch the flour and taste. Flour should be well seasoned.
4. In a separate bowl, combine all ingredients of wet batter and mix until smooth like paste.
5. Drop a handful of florets into the wet batter and
6. Gently tap florets to remove excess flour and add to frying oil.
7. Fry all sides until golden. Approx. 5-7 min per floret. Cooking times will vary. Don't worry if it is longer.
8. Remove ready florets from oil using tongs and place on wire rack.
9. Cool for about 5 minutes and enjoy!

seasoning OR Lawry's (salt-free) OR any dry Poultry seasoning

Wet Batter

- 1 cup of white unbleached flour
- 1 1/2 cups water (or enough to make paste consistency)
- ¼ cup Liquid Amino
- Pinch of salt
- 1 teaspoon baking powder

As a vegetarian for over 15 years now, I am always in the market for a fried chicken alternative. This fits the ticket! Enjoy!

fully and evenly coat. Remove from wet batter and dunk into dry batter and evenly coat until dry to touch. Repeat.

Buffalo Chicken Dip

Kevone Roberts

Wharton Human Resources

Ingredients

- 2 cans chunk chicken, drained (or rotisserie chicken shredded)
- 1 package Philadelphia Cream Cheese, softened
- ½ cup Hidden Valley Ranch Dressing (or Blue Cheese)
- ½ cup Frank's Red Hot Sauce (I always add more for extra spice)
- 1 ½ cup shredded cheese blend (cheddar, Monterey jack, & Colby blend or Mexican blend)
- 1 bag Tortilla Chips (I prefer Tostitos Scoops)

Preparation

1. Preheat oven to 350 degrees.
2. Using a fork, shred chicken into small pieces
3. In a large bowl combine chicken, softened cream cheese, ranch, hot sauce and ½ cup of cheese blend
4. Mix ingredients thoroughly and transfer to baking dish
5. Sprinkle remaining cheese on top of the mixture
6. Bake for 10-15 minutes or until cheese is hot and bubbly
7. Drizzle ranch and hot sauce on top for decoration
8. Serve with warm tortilla chips or celery sticks and Enjoy!

This is my go-to appetizer to bring to parties with family and friends. It's definitely a fan favorite. This can also be done in a crock pot on medium heat.



Roasted Salsa

Amanda Zimmerman

McNulty Leadership Program

Ingredients

6 Roma Tomatoes	½ cup cilantro
½ sweet onion	Salt and pepper
1 jalapeño	
½ teaspoon vegetable oil	
1 lime	
½ teaspoon Agave nectar	

I came up with this recipe one day when I was craving restaurant style roasted salsa. It's simple to make and a family favorite!

Preparation

1. Dice the tomatoes, onions, and jalapeño into about an inch sized pieces. Remove the seeds from the tomatoes and jalapeños (keeping as much as you want for heat).
lime juice, agave nectar and cilantro. Pulse until the consistency you prefer.
2. Set the tomatoes in a strainer over a bowl and allow to drain for about 30 minutes. 7. Serve with good tortilla chips.
3. Preheat oven to 375 degrees.
4. Toss tomatoes, onions, and jalapeño with vegetable oil, salt and pepper. Spread them out on a cookie sheet.
5. Roast in the oven for about 20-30 minutes. Just keep an eye on they are only slightly browned.
6. Remove from oven and put all the roasted veggies in a blender. Add

Pineapple Salsa

Sharon Hou

Executive Education

Nice and fresh, great for summer afternoons.

Preparation

- 1** Cut the following fresh ingredients into small cubes (smaller than $\frac{1}{4}$ inch)
 - 1 Fresh ripe pineapple
 - 1 Red bell pepper
 - 1 Jalapeño pepper
 - 1 small Red onion (about $\frac{1}{2}$ cup)
- 2** Prepare Seasoning:
 - Mince 1 small bunch of Cilantro (about $\frac{1}{4}$ cup)
 - Juice 1 to 2 Lime (3-4 tbsp.)
 - $\frac{1}{4}$ tsp. of salt
- 3** Mix all ingredients and seasoning, chill for 15 minutes, serve with corn chips.

Ingredients

- 1 Fresh ripe pineapple
- 1 Red bell pepper
- 1 Jalapeño pepper
- 1 small Red onion (about $\frac{1}{2}$ cup)
- 1 small bunch of Cilantro (about $\frac{1}{4}$ cup minced)
- 1 to 2 Lime (about 3-4 tbsp. juiced)
- $\frac{1}{4}$ tsp. of salt



Breakfast

New York Breakfast Casserole

Jess Morlock

External Affairs

Add time and number of servings

Ingredients

8 cups everything bagels cut into 1-inch cubes (from approximately 1 1/2 pounds of bagels, see note in recipe instructions)
8 ounces cream cheese, chilled, cut into small bits
1/4 medium red onion, halved lengthwise, thinly sliced (quarter-moons)
1 1/2 cups (1 pint or 10 ounces) grape or cherry tomatoes, halved or quartered
8 large eggs
2 1/3 cups milk or half-and-half
1 teaspoon table salt
Black pepper

This recipe is from my favorite cookbook, **The Smitten Kitchen Cookbook** by Deb Perelman. I host breakfast for family and friends on New Years Day and make this every year!

Preparation

- 1. Prepare casserole the night before:** Spread a third of the bagel cubes in a 9- by-13-inch pan (or other 4-quart baking dish, if necessary). **7.** Let it rest 10 minutes before serving.
- Dot the bagels with a third of the cream cheese bits, red onion, and tomatoes. Repeat in two more alternating layers.
- Whisk eggs with milk, salt, and black pepper. Pour the egg mixture over the bagel mixture (Turn some of the bagel cubes seedy side up for a prettier looking dish).
- Cover tightly with plastic wrap and refrigerate overnight.

Note: Bagel sizes are inconsistent, making it difficult to estimate the number you will need. I usually get a dozen from a bagel shop, use 5 or 6 for the recipe, and freeze the rest.

To cook the next morning:

- Remove casserole from the fridge and preheat oven to 350 degrees.
- Bake on a tray, uncovered, in the middle of the oven until it has puffed, turned golden brown, and cooked through (a knife inserted into the center of the casserole and rotated slightly shouldn't release any liquid), for 1 to 1 1/4 hours.

Tex-Mex Migas

Heather Yavil

Real Estate

Ingredients

Crispy tortilla strips

4 small corn tortillas

1 ½ teaspoons olive oil

Salt

Spicy black beans (half of these peppers go into the eggs)

1 small red onion, chopped

1 red bell pepper, seeded and chopped

1 poblano pepper or 1 additional bell pepper, seeded and chopped

1 jalapeño pepper, seeded and chopped

4 garlic cloves, pressed or minced

2 teaspoons olive oil

1 teaspoon ground cumin

1 (15 ounce) can of black beans, drained

3 tablespoons water

Squeeze of lime juice or splash of sherry vinegar

Scrambled eggs

8 eggs

3 tablespoons cream or milk of choice

¼ teaspoon salt

Freshly ground black pepper

2 teaspoons olive oil

½ to ¾ cup grated Monterey Jack cheese or cheddar cheese

Garnishes

Chopped cilantro

Salsa and/or hot sauce of choice

More tortillas, warmed (optional)

Diced avocado (optional)



These Tex-Mex Migas bring back fond memories from college—University of Texas at Austin!

Preparation

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper while you're at it. Scramble 8 eggs with 3 tablespoons cream/milk, ¼ teaspoon salt and a few twists of freshly ground black pepper. Set the eggs aside for later.
2. Slice 4 tortillas into short, thin strips (see photos). Transfer the strips to your prepared baking sheet, then toss with 1 ½ teaspoons olive oil until lightly and evenly coated. Arrange them in a single layer and sprinkle with salt. Bake until crispy, flipping halfway, about 8 to 10 minutes OR use broken up bag tortilla chips.
3. Meanwhile, cook the pepper-and-onion mixture. In a medium saucepan over medium heat, warm 2 teaspoons olive oil. Add the chopped onion, bell pepper, jalapeño, garlic and a dash of salt. Cook, stirring often, until the onions are turning translucent and the peppers are tender, about 5 minutes. Transfer half of the mixture to a bowl for later and return the pot to heat.
4. To the pot, add 1 teaspoon ground cumin and sauté until fragrant, stirring constantly, about 30 seconds. Add the drained black beans and 3 tablespoons water. Stir to combine. Reduce heat to low, cover and simmer until you're ready to serve.
5. Once you have your crispy tortilla strips and reserved pepper mixture ready, you can scramble the eggs. In a 10-inch non-stick or well-seasoned cast iron skillet, warm 2 teaspoons olive oil over medium heat. Swirl the pan so it's evenly coated with oil. Add the peppers from your bowl to the skillet, then whisk your egg mixture one last time and pour it into the skillet.
6. Scramble the eggs by pushing the mixture around and 'round and 'round until they're about three-fourths set. Fold in the crispy tortilla strips and cheese and continue cooking until the eggs are scrambled to your liking. Remove from heat.
7. Remove the beans from heat. Use a fork to mash up about half the beans, then stir in a squeeze of lime or splash of vinegar. Season to taste with salt and pepper.
8. Divide migas and black beans into individual serving bowls/plates. Top with a sprinkle of chopped cilantro. Serve with salsa, warmed tortillas (optional) and diced avocado (optional) on the side.

Tofu Breakfast Tacos

Rachel Woodman

Marketing & Communications

Preparation

- 1** Dice peppers and onions and set aside. In a small mixing bowl blend together garlic powder, cumin, chili powder and set aside.
- 2** Add olive oil to a large skillet and set to medium heat. Add the onion and cook until golden brown, about 3-5 minutes. Now add the diced pepper and cook for another 3-4 minutes.
- 3** While the onions and peppers are cooking, drain the tofu and squeeze out water (you can use your hands and a towel for this, no press required). Crumble tofu into the pan and mix with veggies for a few minutes. If the pan starts to get dry you can add in a little bit of water. Add soy sauce and lime juice to pan. Add in spice blend and nutritional yeast and mix everything well. Allow everything to cook until tofu is golden brown. Add tofu and veggie mixture to tortillas. Top with hot sauce and cilantro.

Inspired by Thug Kitchen

Ingredients

- 1 block extra-firm tofu
- 1 yellow onion
- 1 red bell pepper
- 1 lime
- 2 tsp olive oil
- 2-3 tbsp. soy sauce or tamari (if gluten free)
- 1 tbsp. garlic powder
- 1 tbsp. cumin
- 1 tbsp. chili powder
- 1/3 cup nutritional yeast
- Cilantro (optional)
- 8 corn or flour tortillas

Irish Scones

Maria O'Callaghan

Operations



Ingredients

3 cups flour
¼ cup sugar
1 tablespoon baking powder
1 teaspoon salt
1½ cups buttermilk
½ teaspoon baking soda
1 egg, lightly beaten
1 cup raisins (or golden raisins)

1 tablespoon caraway seeds

Grandmother's recipe

Preparation

1. Preheat oven to 350°. In large bowl, mix together flour, sugar, baking powder and salt.
2. Stir baking soda into buttermilk. Pour buttermilk mixture and lightly beaten egg into dry ingredients and mix just to combine. Batter should be thick but spreadable.
3. Stir in raisins and caraway seeds.
4. Grease and flour a 10-inch cast iron frying pan. Spread batter evenly in pan.
5. Place in oven and bake until scones are nicely browned and a toothpick inserted in top comes out clean, about 50 to 60 minutes. Alternatively, grease and flour
6. Remove scone from pan and brush top with a little buttermilk, if you like. Wrap immediately in a tea towel so scones remain warm and soft.
7. When ready to serve, cut scone in wedges. Serve warm with good Irish butter.

two round 8-inch cake pans. Divide batter evenly between the two pans and reduce baking time to about 45 minutes.

Makes 12 to 14 scones

Baked Peanut Butter Oatmeal

Dave Padula

Wharton Computing

Preparation

- 1** Preheat oven to 350°F and grease a 9×13 pan.
- 2** Mix all ingredients together in a large bowl and stir well. Spread into pan and bake for 20-25 minutes, or until edges are golden brown.
- 3** Serve with warm milk poured over the top.

My wife loves peanut butter and this keeps it quick and easy for breakfast since it can be made ahead of time.

Ingredients

- 1-1/2 cups quick cooking oats
- 1/4 cup packed brown sugar
- 1/4 cup white sugar
- 3/4 cup milk
- 1/4 cup melted butter
- 1 egg
- 1 tsp baking powder
- 3/4 tsp salt
- 1 tsp vanilla
- 1/2 cup Skippy® Peanut Butter

Carmel Pecan Rolls

Connor Daugherty

Wharton San Francisco

I made these first in high school and they were so popular we started to sell them to make money for our class trip. I found the recipe in an old cookbook for a Greek diner my grandmother used to own in my hometown or York, PA. These have always been a hit every time I have made them and can be kept for months in the fridge before you bake them all at once. Be careful though the dough is very thick and being the only football player willing to make these I was usually stuck with the task of kneading the dough for hours when we would make them in large batches. This recipe always take me back to a cold winter morning when you just want something warm and yummy for a lazy snow day spent in the house. I hope this recipe takes you back to a similar memory!

Ingredients

Dough:

1/2 cup butter softened
1/4 cup Sugar
1 tsp. Salt
1 Egg
1 and 1/2 Pkg. rapid rise yeast (or 1 tbsp.)
1 cup and 2 Tbsp.. of warm water (120-130 Degrees)

Filling:

4 Tbsp.. butter, melted

1/2 cup of sugar
1 Tbsp. cinnamon
1 Cup (4oz) of chopped Pecans

Caramel syrup:

1 cup butter (1/2 lb.)
1 cup brown sugar
1/4 cup of light corn syrup
1 tsp vanilla
1 1/2 cups whole pecans

Preparation

1. Mix first three ingredients (butter, sugar, salt) in large bowl. Add egg. In separate bowl combine yeast and half the flour; mix thoroughly. Add flour yeast mixture to the butter sugar mixture then add warm water. mix well, add remaining flour 1/2 cup at a time until a soft dough forms. turn on a floured surface.
2. Knead until smooth using the remaining flour if needed about 8-10 mins. Then cover and let rest for 10 mins.
3. Roll dough into a 6x12 rectangle. brush with melted butter. combine sugar and cinnamon. sprinkle on dough with chopped pecans. then roll up into a log.
4. Cut into 1 1/2 inch slices using string to wrap around log and cut through.
5. Melt butter for syrup into a saucepan. add brown sugar, corn syrup and vanilla. stir until blended. pour syrup into 7x11 pan that has been sprayed with nonstick cooking spray. sprinkle whole pecans over syrup. place each slice of dough on top pinwheel side up in the syrup. Cover.
6. Proof until doubled in size or overnight in the fridge. they can also be frozen before proofing a kept in the freezer until needed.
7. Bake at 325 for 25-30 mins (depending on how doughy you like them) cool before flipping them out on a pan sticky side up.

White Chocolate Raspberry Scones

Olivia Wilson

Wharton Human Resources



Ingredients

- 2 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup sugar
- 2 1/4 teaspoons baking powder
- 6 Tablespoons cold unsalted butter, cubed
- 3/4 cup heavy cream, plus more for topping
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup raspberries
- 3/4 cup white chocolate chips
- Sanding sugar, optional

Preparation

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or butter.
2. In a medium bowl, whisk together the flour, salt, sugar and baking powder.
3. Add the cubed butter, and using your fingers, work it into the flour until the mixture resembles wet sand.
4. In a separate medium bowl, whisk together the heavy cream, eggs and vanilla.
5. Add the wet ingredients into the bowl with the dry ingredients and stir the mixture several times then add the raspberries and chocolate chips, and mix until it forms a moist dough. (The raspberries will break apart slightly, but the less you stir the mixture, the more light and tender your scones will be.)
6. Transfer the dough onto a generously floured work surface and gather it into an 8-inch circle that's about 3/4-inch thick.
7. Cut the circle into 8 wedges. Space the scones out at least 2 inches apart on the lined baking sheet.
8. Brush the tops of the scones with heavy cream then sprinkle them with the sanding sugar.
9. Bake the scones for about 20 minutes until pale golden and they're baked through.
10. Remove from the oven and serve immediately.

Cranberry Maple Oatmeal with Pears

(Slow Cooker)

Anna M. Loh

Wharton Human Resources

Ingredients

- 4 3/4 cups water
- 1 1/2 cups steel-cut oats
- 3/4 cup maple syrup
- 1/3 cup golden raisins
- 1/3 cup dried cranberries
- 1/3 cup chopped dried pears
- 1 teaspoon ground cinnamon or five-spice powder
- 1 teaspoon vanilla
- Milk (optional)

Preparation

- 1** Lightly coat the inside of a 3 1/2 or 4 quart slow cooker with cooking spray
- 2** In the slow cooker, combine the water, oats, syrup, raisins, cranberries, pears, cinnamon, vanilla.
- 3** Cover and cook on low heat setting for 6-7 hours or 2-3 hours on high setting.

NOTE - keeps well in the refrigerator.

Power Spoon

Eli Lesser

Wharton Global Youth

Preparation

- 1 Take spoon and insert it into the jar of peanut butter
- 2 Withdraw a scoop of Peanut Butter
- 3 Optional - Add Toppings (See ingredients)
Eat!

We have two amazing boys, currently ages 12 & 9. Starting many years ago we realized that a typical breakfast of cereal, yogurt, milk, etc. was still not enough protein for our sons. The prospect of making eggs, meat, or other typical protein heavy items in the early morning rush seemed daunting. Enter the Power Spoon! Pure protein push and maybe a hint of Mary Poppins (spoonful of ...)

Ingredients

- Peanut Butter
- Spoon

Options:

- Chocolate Chips
- Honey
- Nutella (Chocolate Spread)
- Granola
- Coconut

In our house, the classic is a few dark chocolate chips. But a drop of honey or even on a special day a dollop of Nutella.

Korvapuusti (Finnish Cinnamon Rolls)

Becky Moulder

Wharton Computing



I've never been to Finland, but my younger brother lived there for two years as a missionary and learned to make these cardamom-scented rolls. They make a delicious breakfast or afternoon snack and are traditionally served at Christmas. A fresh batch of korvapuusti will make your kitchen smell better than IKEA!

Ingredients

Dough

- 1 cup milk of choice, warmed to 110°F (I use oat milk)
- 1 tablespoon dry active yeast
- ½ cup granulated sugar
- 2 teaspoons vanilla extract
- 1 heaped tbsp. ground cardamom
- 1 tsp salt
- 1/3 cup butter (I use Earth Balance for a vegan version)
- 3 cups bread or all-purpose flour

Preparation

1. In a large bowl or electric mixer fitted with a dough hook, add yeast to the warm milk.
2. Mix well and allow to sit for 5 minutes. Stir in 1/2 cup sugar, vanilla extract, salt, and cardamom.
3. Add in flour one cup at a time, alternating with 1/3 cup softened butter, until a soft dough begins to form.
4. Continue to mix or knead by hand until a smooth dough ball forms and all the butter is incorporated.
5. Cover the bowl with a clean kitchen towel and allow dough to rise in a warm spot for 1 hour or until doubled.
6. Once doubled, place the dough onto a floured surface and roll out into a 10" x 16" rectangle.
7. Carefully spread the softened butter over the dough, then mix together the sugar, cinnamon, and cardamom and sprinkle generously over the butter. The more cinnamon, the better the swirls will look!
8. Roll up the dough like you are making traditional cinnamon rolls, but instead of cutting the log into

Filling

- 1/3 cup butter or Earth Balance, softened
- 1 tbsp. cinnamon
- 1 tbsp. ground cardamom
- 1/4 cup granulated sugar

Decoration

- 1 beaten egg or substitute 3 tablespoons non-dairy milk + 1 teaspoon vegetable oil
- Pearl sugar (often called Swedish pearl sugar)

straight pieces, use a knife to make cuts on alternating 45° angles, so that you form a total of 12-16 triangles.

9. Place the cut cinnamon rolls on a baking tray covered with parchment paper and allow them to rise again for 30 minutes. Preheat the oven to 375°F.
10. To get the distinctive shape, use your index finger or the handle of a wooden spoon to push down on the center of each triangle, so that the cut swirl sides expand.
11. Brush the tops of the cinnamon rolls with the beaten egg or non-dairy milk/oil mixture. Sprinkle pearl sugar on top. Bake the rolls for 15 minutes or until golden brown. Enjoy while warm!

Makes approximately 12-16 cinnamon rolls.

Sour Cream Pancakes

Sam Lundquist

External Affairs

Ingredients

- 1 cup flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 ¼ cup sour cream
- 1 egg, slightly beaten
- ½ cup fresh blueberries
- ½ teaspoon grated orange peel

Preparation

1. Sift together flour, salt and baking soda.
2. Combine sour cream with egg and pour into the flour mixture. Stir just enough to moisten the dry ingredients (do not beat).
3. Fold in blueberries and orange peel.
4. Drop the batter by large spoonful's on a lightly greased and hot griddle. The batter is very thick, so it is okay to spread each cake more thinly as soon as put on the griddle.
5. Serve with maple syrup.

I discovered and used this recipe while living in Vermont, where real maple syrup is a way of life!

Peanut Butter Banana Baked Oatmeal Cups by Erin Lives Whole

Nisa Nejadi

Wharton Social Impact Initiative

Ingredients

2 ½ cup rolled oats

½ tsp cinnamon

¼ tsp salt

1 tsp baking powder

1 large banana, mashed

½ cup natural peanut butter

1 egg

¼ cup maple syrup

1 tsp vanilla

1 cup almond milk

¾ cup mini chocolate chips, saving some extra for topping.

optional: sliced banana for topping

Preparation

1. Preheat oven to 350F and spray muffin tin with non-stick spray.
2. In a large bowl, mix together oats, cinnamon, salt, and baking powder.
3. In a medium sized bowl, mix together mashed banana and peanut butter.
4. Stir in egg until well combined.
5. Add in maple syrup and vanilla.
Pour wet ingredients into the oat mixture, then add almond milk and chocolate chips.
6. Stir until everything is combined well.
7. Using a cookie scoop, scoop into muffin tin and top with additional chocolate chips.
8. Bake for 25 minutes or until fully set and once cooled, topped with additional banana slices if desired.
9. Store in fridge or freezer for a later date.

I really enjoy the healthy recipes by the blogger Erin Lives Whole! I've made these breakfast muffins a few times during quarantine. They are healthy, filling, and delicious!



Lunch

Pear, Cheese, and Balsamic Flatbread

Anna M. Loh

Wharton Human Resources

Ingredients

- 1 3-oz. flatbread
- 1 red pear, cored
- 1 ½ oz. provolone cheese
- 1 TB. Asiago cheese, shredded
- 1 TB. balsamic syrup

Preparation

1. Preheat oven to 400.
2. Place flatbread on an oiled sheet pan.
3. Slice pear in half. Slice one pear half into very thin slices, less than 1/8 inch thick. Reserve other half pear for another use.
4. Top flatbread with provolone. Place sliced pears on top of provolone, with the skin side facing the same direction.
5. Sprinkle with Asiago cheese.
6. Bake for 8-10 minutes or until edges are slightly golden.
7. Drizzle top of flatbread with balsamic syrup. Cut into 4 pieces. Can also use Brie, Gorgonzola or pecorino Romano

Part of the Mediterranean diet. Easy and delicious.

Curried Crab and Rice Salad

Anna M. Loh

Wharton Human Resources

Ingredients

½ lb. crabmeat
1 ¼ cups cooked rice chilled
1/3 cup chopped celery
2 green onions, chopped
½ cup sliced water chestnuts
1 tablespoon lemon juice
½ teaspoon soy sauce
salt and pepper to taste
½ teaspoon curry powder

½ cup mayonnaise
6 medium tomatoes

Preparation

1. Combine crabmeat and rice, celery, green onions and water chestnuts.
2. Mix lemon juice, soy sauce, salt, pepper, curry powder and mayonnaise.
3. Add to crab mixture and toss to coat lightly then chill.
4. With stem end down, cut tomatoes into 6 wedges, cutting to, but not through, base of tomatoes.
5. Spread sections apart and season to taste with salt and pepper.
6. Fill tomato with crab-rice mixture.

I don't like to cook but I enjoy collecting cookbooks. This recipe comes from the first cookbook that started my collection - "The Los Angeles Times California Cookbook".



Soups & Stews

Curried Pumpkin Soup

Clair Johnson

McNulty Leadership Program

Ingredients

- 2 tbsp.. butter or oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 tbsp. curry powder
- 1/4 tsp cinnamon
- black pepper, to taste
- 2 1/2 cups water vegetable broth
- 1 can pumpkin purée
- 2 bay leaves
- 1 can full-fat coconut milk

Preparation

1. Melt the butter in a soup pot over medium heat. Sauté the onions until translucent. Then add the garlic, curry, cinnamon, and black pepper. Cook, stirring, for an additional minute or so on low heat.
2. Add the broth, pumpkin, and bay leaves. Stir to mix, and heat on high until soup comes to a boil. Then reduce the heat, cover, and simmer for about 15 minutes.
3. Add the coconut milk, heat on high, and bring back to a boil. Then turn off the heat. (Don't worry if the coconut milk isn't smooth.)
4. Remove the bay leaves. They'll be hard to see, but a few scoops from the bottom should bring them up. Then very carefully use an immersion

blender to blend the soup until very smooth.

I developed this recipe in a determined attempt to recreate a soup they used to serve at the Rutgers dining hall. It's easy to make and perfect for a fall meal.

Gazpacho

Clair Johnson

McNulty Leadership Program

Preparation

- 1** Food process all the non-liquid ingredients in batches, and add each batch to a large bowl.
- 2** Add the liquid ingredients and stir until well blended.
- 3** Serve & Enjoy!

This is the exquisitely easy gazpacho recipe my parents always make throughout the summer. It's fresh, tangy, and garlicky!

Ingredients

About 3 lbs. tomatoes (give or take)
1 large cucumber
1 bell pepper
1 Serrano or jalapeño pepper, seeded
1 onion
3 cloves garlic
handful of basil or cilantro
12 oz. can of V8 (optional)
1/3 cup red wine vinegar
1/4 cup olive oil
juice of 2 lemons
salt, to taste

Spinach Stew

Victoria McManus

Finance & Administration

Ingredients

1 cup cooked white rice, millet, barley, or other grain of your choice
2 tablespoons butter (can substitute olive oil, canola oil, etc.)
2-3 large cloves garlic, crushed
4 cups chopped onion (can be omitted if, like me, onions don't like you)
2 teaspoon salt, 1 teaspoon ground cumin, 1/2 teaspoon turmeric, dash of cinnamon, dash of cayenne pepper (increase or decrease spices to taste); optional onion powder
black pepper to taste

2 cups water
2 pounds fresh OR 20 ounces frozen chopped spinach, thawed and drained
1 1/2 cups firm plain yogurt at room temperature

A blender is preferable, but not absolutely necessary.

Preparation

1. Cook the grain in its own pot while you make the soup.
2. In a deep saucepan, sauté garlic, optional onions, and spices in oil until tender, stirring frequently.
3. You can save time by heating two cups water in another container while you sauté the spices.
4. Slowly add spinach and two cups water to spice mixture; watch so water hitting hot oil doesn't spatter.
5. Bring to a simmer/low boil. Cover and simmer for 10-15 minutes.
6. Can be served warm or room temperature. Makes a thick soup that can also be used as a dip for tortilla chips or toasted pita.
7. Let soup cool slightly. Can leave soup as it is, partially purée, or fully purée. Stir in yogurt, and grain if you're using it. Add black pepper.

This is one of my favorite potluck dishes, because it's delicious at room temperature, not to mention full of healthy spinach.

Healthy Harvest Chili

Jill Gran

Human Resources



Ingredients

2 tbsp. vegetable oil
1 lb. lean ground turkey
1 medium onion, chopped
1 15oz can black beans, undrained
1 15oz can pinto beans, undrained
1 15oz can diced tomatoes, undrained
1 11oz can whole kernel corn, undrained
1 package dry ranch dressing mix 1 package
taco seasoning (this is where you can add

spice/heat depending on your preference)

Preparation

1. Heat oil in a 4-quart saucepan over medium heat. Heat onion, stirring occasionally, until browned (8-9 minutes).
2. Add turkey and cook, breaking up with a wooden spoon, until cooked through (5-6 minutes).
3. Add remaining ingredients and bring to a boil. Reduce heat to medium and cook, stirring occasionally, until liquid thickens (20 minutes).

-Serves 6-

I'm not sure where the recipe came from, but it was given to me by my mother.

Fall Harvest Soup

Teresa Nutter

MBA Career Management

Ingredients

- 1 cup onions, chopped
- 2 teaspoons garlic, minced
- 1 (12 oz.) package fully cooked sausage of your choosing (I use a spicy Italian or Andouille, but whatever floats your boat works just as well!)
- 1 tablespoon Olive Oil
- 1 (48 oz.) container Swanson's reduced-sodium chicken broth
- 1 (14.5 oz.) can diced tomatoes, undrained

Preparation

1. Coat soup pan (or large enough pan to make soup in) with olive oil, cook garlic and onions over medium to medium high heat until fragrant and onions begin to become translucent -- about 3 minutes or so.
2. Add sausage pieces, Cook and stir over medium heat for 2 minutes. Stir in all broth and tomatoes. Bring to a boil. Stir in tortellini and return to a boil. Cook for 5 minutes until pasta is almost tender. Stir often
3. Reduce heat, mix in spinach, basil, black pepper and pepper flakes. Cook for 2 minutes until spinach is wilted and tortellini is tender.
4. Ladle into bowls. Top with a little Parmesan cheese, if desired. This soup freezes great, too. Since the pasta absorbs some of the liquid, when reheating, you might need to add a little more chicken broth

- 1 (9-10 oz.) package refrigerated cheese tortellini, see shopping tips
- 1 (6 oz.) bag fresh baby spinach
- $\frac{3}{4}$ teaspoon dried basil
- Black pepper, to taste
- $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon crushed red pepper flakes, to taste
- Grated Parmesan cheese, optional topping

This was a Pinterest find that I changed a little bit – this is great for both dinner or lunch it also is great year round. It's surprisingly filling and easy to make. It also is a great soup base to add a plethora of ingredients. I have changed this recipe to whatever I had in the house and it worked just as well.

Makes 12 cups total, 6 main course serving. Each serving, 2 cups. This recipe can easily be doubled for more family members or meal prep.



Bread

Banana Bread

Alison Matejczyk

External Affairs

Ingredients

- 3-4 ripe bananas
- 2 cups flour
- 1 cup sugar
- ½ stick softened butter (4 tablespoons)
- 1 tsp baking soda
- 1 egg
- Nuts (optional)

Preparation

1. Preheat oven to 350 degrees.
2. Combine flour and baking soda in small bowl and put aside.
3. Mash bananas and put aside.
4. In medium bowl blend softened butter and sugar together.
5. Add egg and blend. Add mashed bananas and mix.
6. Slowly add the flour mixture. When mixed well you can add in the nuts.
7. Pour mixture into a loaf pan that has been sprayed with non-stick spray.
8. Bake at 350 degrees for about 50 minutes.
9. Bread is done when toothpick comes out clean.

*from a recipe exchange years ago
and is a "go to" bread for us when
bananas get too ripe.*

Bakery-Style Bread

Annie Voutsinas

Executive Education

Ingredients

- 3 Cups of Flour (All-Purpose, Wheat or any other preference)
- 1/4 Tsp of Yeast (Fast-Acting)
- 1 Tsp of Salt
- 1.5 Cups of Hot Water
- (Olives, Cranberries, Nuts, optional if you would like to flavor bread)



Preparation

1. In a medium bowl, mix together flour, yeast, salt and hot water with spatula or large spoon. Wrap bowl with plastic/wrap and place on counter top for 3 hours. bake for 30 minutes.
2. After three hours, the dough should look bubbly on top and will be sticky in consistency. Remove plastic and place dough on well-floured surface. Add some more flour onto the dough and fold over a few times using scraper or large spatula;
3. Create a ball with dough and drop the dough in a bowl lined with parchment paper. Cover with towel and let it sit while oven preheats to 450 degrees.
4. Place a Dutch oven pot (or regular pot with cover that is oven safe) into the heated oven for about ten minutes, alone without the dough.
5. Remove the pot (will be extremely hot) and transfer the dough along with the parchment paper into the pot and cover. Place back in the oven and
6. At 30 minutes, you can remove the cover and place back in the oven for a few extra minutes depending on how crispy you like the crust. Remove the bread and let cool for about 15 minutes.
7. Enjoy this easy, quick homemade bread that will look like it came from the bakery! :)

Jamie's Irish Soda Bread

Jamie Breznicy

MBA Career Management

Ingredients

- 4 cup flour
- 1 cup sugar
- 3 tsp baking soda
- 1 tsp salt
- 2 cup milk
- 1 cup raisins
- 2 eggs

My Irish housemates baked this all the time when I was living in Galway.

Preparation

1. Preheat oven to 400.
2. Mix dry ingredients together in a large bowl.
3. Dig a little hole in the middle and add in milk, eggs and raisins.
4. Mix well and pour into a greased and floured tin (9in cake round or loaf tin).
5. Bake for 30 minutes at 400 then 20 minutes at 350.
6. Cool on a wire rack covered with a dishtowel.
7. Slice and enjoy with Kerry gold butter.

Banana Bread

Lucy Provost

External Affairs

Ingredients

- 2 - 3 cups mashed overripe bananas
- 2 cups flour
- 2 cups sugar
- 3 eggs (beaten)
- 1 cup vegetable oil (or 1/2 cup oil, 1/2 cup applesauce)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- 1/4 teaspoon baking powder
- Dash salt
- 1 cup nuts (optional)

Preparation

1. Mix sugar, eggs and oil in a large bowl
2. Mix flour, salt, baking powder, baking soda and cinnamon in another bowl
3. Gradually add dry ingredients to wet ingredients
4. Add vanilla, add bananas and nuts
5. Bake at 350 degrees for one hour

*"Go to" recipe for college
comfort food from home*

Crusty French Baguettes

Marcy Weitz

Finance & Administration

Ingredients

1.75 oz. warm water
1 1/2 tsp active dry yeast
16 oz. bread flour
2 tsp kosher salt
10 oz. cool water
additional flour for dusting

COVID-19 favorite. Sounds long but super easy.

Preparation

1. Measure warm water in a small bowl and sprinkle the yeast on top. Set aside.
2. Measure the bread flour into a large bowl and stir in the salt.
3. Make a well in the center of the flour mixture and stir in the dissolved yeast.
4. Add the cool water a little at a time while stirring just until a shaggy dough has formed.
5. Cover the bowl with plastic wrap and allow it to rest for 30 minutes. Transfer the dough to a lightly floured work surface, and gently press it into a rectangle and fold it into thirds. Turn 90 degrees and repeat.
6. Place the dough in a large oiled bowl and cover with plastic wrap. Allow it to rise in a warm place for 1-2 hours, or until doubled in bulk.
7. Divide the dough into 4 equal portions and shape each into a long loaf (about 15" long and 1 1/2 inches in diameter) with pointed ends.
8. Place the loaves on a floured towel, cover with oiled plastic wrap and allow to rise for 30-45 minutes.
9. Preheat the oven to 450 degrees and place a pan of water on the bottom rack.
10. Uncover the baguettes and transfer to lightly greased baking sheet.
11. Sprinkle with flour and make 4 elongated slashes down each one with a sharp knife.
12. Bake the breads for 35-40 minutes or until crusty and brown. Baguettes will be hollow sound when tapped.



Dinner

Hawawshi

Katharyn Gadiant

External Affairs



Ingredients

1 large onion finely diced
2 garlic cloves minced
1 bell pepper chopped
1 tomato chopped
1/2 cup parsley roughly chopped
2 teaspoons salt or to taste
1 teaspoon onion powder
1 teaspoon coriander
3/4 teaspoon allspice

1/2 teaspoon freshly ground black pepper
1/2 teaspoon paprika
1 teaspoon ground cumin
2 pounds ground beef
1/4 cup olive oil
6 pita bread loaves

Preparation

1. Preheat oven to 400F
2. Place a rack on a cookie sheet lined with parchment paper. You can use a grilling pan if you have it
3. In a deep bowl combine chopped onion, garlic, bell pepper, tomato and parsley. For quick chopping, you can add this all to a food processor
4. Add all the spices to the veggies and mix well. Check seasonings and adjust accordingly.
5. Add the ground beef and mix well.
6. Warm up your pitas in the microwave for 20 seconds
7. Open pitas to make pockets
8. Stuff each pocket with 1/4 to 1/3 cup of the meat mixture, according to your liking
9. Arrange hawawshi on the baking sheet and bake in the middle of your oven for 15-17 minutes, turning them once in between so the bread crisps up
10. Enjoy!

Since moving back to the states, I've been making my favorite Egyptian dishes at home. This recipe is adapted from a few from friends, cookbooks, and online.

Mom's Filipino Chicken Adobo

Christiana Wu

MBA Career Management

Ingredients

4 to 5 pounds chicken thighs (can use any chicken parts you want, with or without skin. The additional fat from skin thickens the sauce)

1/2 cup white vinegar

1/2 cup soy sauce

1/2 cup water

4-6 cloves garlic, peeled and crushed

Preparation

1. Combine the chicken pieces, vinegar, soy sauce, garlic, peppercorns and bay leaves in a large pot. Cover and marinate the chicken in the refrigerator for 1 to 3 hours. (My mother often didn't have time to marinate since she needed to get dinner on the table in an hour or less and the chicken still turned out delicious).
2. Bring the chicken to a boil over high heat. Lower the heat, cover and let simmer for 30 minutes, stirring occasionally. Remove the lid and simmer until the sauce is reduced and thickened and the chicken is tender and cooked through, about 20 more minutes.
3. Taste the sauce and feel free to adjust the seasonings i.e. add more vinegar, soy sauce or black pepper.
4. Serve hot with steamed rice.

1 Feel free to adjust the seasonings to suit your taste. This recipe is quite tangy and garlicky and packs a lot of flavor. If possible try and get Filipino vinegar (Datu Puti is one such brand and can be found in Asian supermarkets) or use distilled white vinegar as a good substitute. While you can use whatever vinegar you have on hand, I wouldn't recommend balsamic vinegar since it's too sweet for this dish.

3- I've made this dish using thighs/drumsticks as well as breast meat. While it's best with dark meat (the higher fat content thickens the sauce and makes it extra savory), the breast meat comes out nice and tasty too. The recipe recommends marinating the chicken pieces, but my Mother often didn't have the time and would just omit that step and it still turns out delicious!

Serve it with lots of steamed rice to soak up the yummy sauce. The chicken also refrigerates well and tastes just as good the day after. Simply reheat and serve.

This is my best attempt at recreating my Mom's Filipino Chicken Adobo recipe which I love more than anything. Like most good home cooks, she didn't use a recipe preferring to use her senses to measure her ingredients. Her mother was also an amazing cook and I like to think of my Mother as a young girl watching Grandma make this just like I used to do with her. Every time I make this dish it makes me happy.

Sausage Basil Pasta in Mustard Cream Sauce

Celeste Bichey

Finance & Administration

Ingredients

- 1 lb.. Pasta
- 1 lb.. Sweet Italian Sausage
- 3 T. Olive oil
- 1 chopped onion
- 1 chopped small zucchini or squash

Preparation

1. 1 lb.. Pasta - Cook as directed.
2. 1 lb.. Sweet Italian Sausage - brown and crumble.
3. Add 3 T. Olive oil to a pan and sauté 1 chopped onion and 1 chopped small zucchini or squash.
4. When soft and caramelized, add 1 cup white wine and reduce by half, scraping up browned bits.
5. Add 3 heaping tablespoons country Dijon mustard and 1.5 cup light cream.
6. Salt & pepper to taste.
7. Add in sausage, a large bunch of fresh chopped basil, and 1/2 cup fresh grated parmesan cheese.
8. Toss with cooked pasta.

Pan Roasted Brussel Sprouts & Turnips

Sue Wharton

Executive Education

Ingredients

1 large shallot, thinly sliced
2 turnips (parsnips work well too), peeled and cubed
2 cups of Brussels sprouts, cleaned and halved
3 tbsp. olive oil, divided
1 tbsp. butter
1 tsp kosher salt
¼ tsp pepper
2 tbsp. Dijon mustard

1 tbsp. maple syrup
juice from half a lemon
¼ tsp red pepper flakes

My mom passed a legacy to her family that it isn't a meal unless there are lots of delicious side dishes on a table. It wasn't a family gathering without the table overflowing with fruits and vegetables, salads, and side dishes. We grew beets and turnips on our farm, and please enjoy an updated recipe from my childhood.

Preparation

1. Preheat oven to 400°F. Heat 1 tablespoon olive oil in a cast iron skillet (or heavy-bottom, oven-safe pan) over medium-high heat.
2. Add the shallots to the pan, and quickly caramelize; stirring for 1-2 minutes. Once the shallots are caramelized, add another tablespoon olive oil and the butter to the pan; then add the Brussels sprouts, turnips, salt and pepper.
3. Continue to cook, stirring occasionally for another 8-10 minutes, or until the vegetables begin to caramelize.
4. Meanwhile, whisk together the Dijon mustard, maple syrup, 1 tablespoon olive oil, the juice from half a lemon, and the red pepper flakes.
5. Once your vegetables have some color, stir the dressing into the vegetables and place the cast iron skillet in the oven. Roast for 25-30 minutes, or until the turnips and Brussels sprouts are tender.
6. Remove from the oven. Add additional salt, pepper and/or maple syrup if necessary.

Shakshuka

Rebecca Racine

External Affairs

Ingredients

1-28 oz. can plum tomatoes
4 eggs
4 Amoroso Kaiser rolls (can substitute for loaf of Italian bread)
½ red or yellow onion, finely sliced
4 cloves of garlic, thinly sliced
2 tsp. tomato paste
1 tsp. ground cumin
1 tsp. paprika
pinch cayenne pepper
salt & pepper
garlic powder
Olive oil
Fresh mozzarella, grated (can substitute for crumbled feta)

Preparation

1. Preheat oven to 375 degrees (F)
2. **Prep bread:**
 - Slice Kaiser rolls lengthwise, then cut into quarters.
3. Place on sprayed baking sheet & dress with olive oil, garlic powder, and pinch of salt (optional). Set aside.
4. Using a wide, oven-proof skillet, heat olive oil & sauté onions until soft.
5. Add sliced garlic, cumin, paprika, salt, cayenne, & tomato paste. Stir & let cook, 5-7 min (be sure to not let burn).
6. Pour plum tomatoes into bowl & squish with hands to break up.
7. Add tomatoes to skillet & stir to mix with spice mixture in pan.
8. Bring to a low simmer & cook until a thick sauce forms, 10-20 min (note, sauce will continue to thicken a bit once in oven, so it is okay if consistency is still somewhat liquidly).
9. Add salt, pepper & cayenne to taste.
 - Sprinkle mozzarella so evenly scattered on top of sauce.
10. Using the back of a spoon, make four divots in sauce. Crack each egg into its own divot & season with salt & pepper.
11. Bake about 7-9 min. Watch eggs carefully; yolks should be slightly runny/poached (can be cooked to desired consistency, but careful not to burn sauce with length of time in oven).
12. Put bread in at the same time, then move to top rack of oven when Shakshuka is removed & cook a couple more minutes until crispy.
13. Let Shakshuka sit for 5 min & serve with bread for scooping out of skillet.

Shakshuka is a North African dish made up of a tomato sauce filled with delicious spices, poached eggs, and served with crusty bread for dipping. The crustiness of the thick garlic bread gives a perfect contrast with the soft plum tomatoes that make up the sauce. I incorporated favored techniques and ingredients from two different Shakshuka recipes to make this dish my own over this quarantine period, and I can say the brilliant flavor and fun way of serving it makes this a #quarantinecooking accomplishment!



Oma's German Potato Salad

Susan Sessa

Zell/Lurie Real Estate Center

Ingredients

1 bag Golden Potatoes
2 Medium White Onions
Red Wine Vinegar, to taste
Vegetable Oil, to taste
Salt and Pepper
Celery Seed

**Family Recipe from my Mom
(my children call her Oma --
German for Grand mom)**

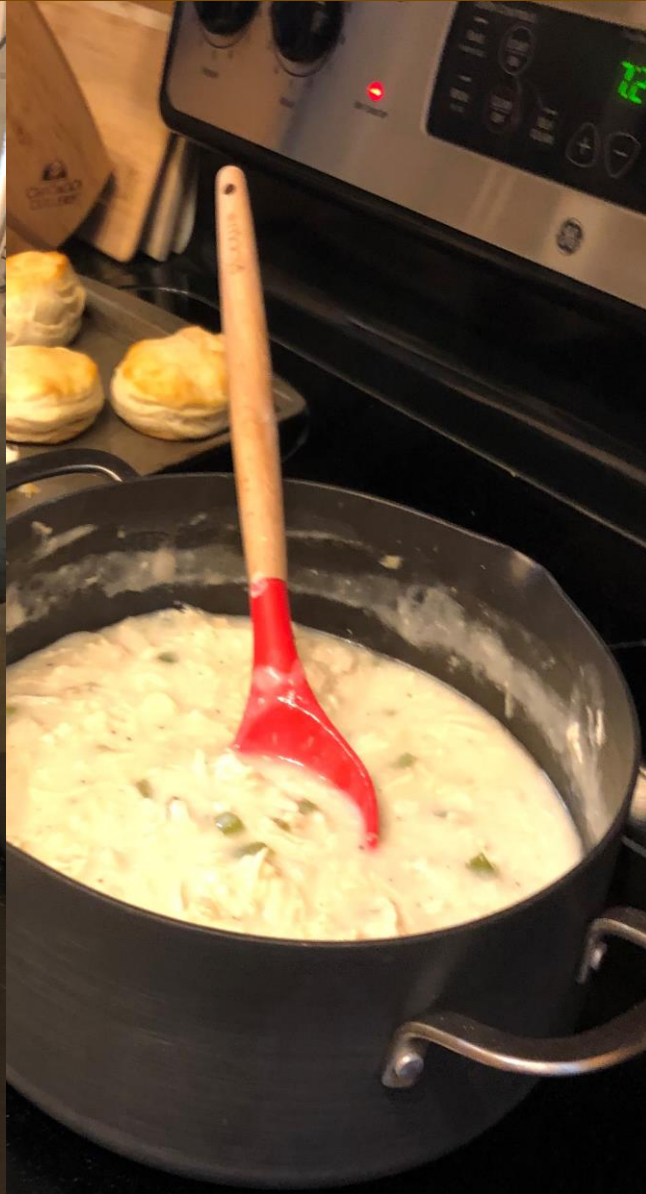
Preparation

1. Scrub potatoes. Do not peel. Place in a pot of water. Water should cover the potatoes. Bring to a boil.
2. Cover the pot and boil for 10 to 20 minutes, After 10 minutes, check every 5 minutes on tenderness. The potatoes are done when you can easily spear them with a fork.
3. Drain potatoes and peel when still hot/warm.
4. Cut the potatoes into bite-sized chunks. Put in large bowl.
5. Dice onions and add to potatoes to taste. Add vinegar, oil, salt, pepper and celery seed to taste.
6. Cover and let sit in refrigerator until ready to serve. Mix periodically.
7. Tips: The warm potatoes absorb the vinegar. Before serving, taste and add more vinegar. My family likes it on the very vinegary side so we add at least 1/2 to 1 cup more vinegar before serving.

Creamed Chicken and Biscuits

Marcia Longworth

Marketing & Communications



Ingredients

3-4 medium to large chicken breasts, cooked, enough to make 2 cups cut-up and shredded
2 cups chicken broth (I use the broth from cooking the chicken breasts)
2 tablespoons finely chopped green pepper
1/4 cup finely chopped onion (I use less -

adjust to taste)
1/4 cup shortening
1/4 cup flour
1/4 teaspoon pepper
1/2 teaspoon salt
1-2 cans biscuits (or make your own as my mother did)

Preparation

1. Cook chicken until done - the longer it is cooked the easier it is to cut/shred. Set chicken aside to cool and save broth (you will need at least 2 cups of broth) and heat thoroughly.
2. In 4-6 quart stock pot or pan, heat 1/4 cup of shortening. Sauté 2 tablespoons chopped green pepper and 1/4 cup chopped onion (adjust green pepper and onion up or down per preferences)
3. Blend in 1/4 cup flour, 1/4 teaspoon pepper, 1/2 teaspoon salt. This will become thick very quickly - add 2 cups warm-hot chicken broth, stirring constantly until thick and smooth.
4. Add 2 cups cut-up/shredded chicken, stir
5. Prepare biscuits.
6. Halve hot biscuits and cover with creamed chicken mixture. Add salt and pepper to taste.

Growing up in Southwestern Ohio, this recipe was an Indiana favorite of our dear neighbor Marion. She shared the recipe with my mom and it became a favorite for my sister and me. Once I was married and had two growing boys I began to think about my favorite childhood meals. I was able to find the handwritten recipe in my mother's recipe box. It quickly became a favorite for our family, especially the boys because it filled them up during long winter swim seasons. This family favorite continues to be my go-to comfort food. I have included a photo of Chris, our youngest son, enjoying his favorite meal - he requests that I make it every time I visit him in Florida.

Cashew Chicken at Home

Marcy Weitz

Finance & Administration

Ingredients

1 lb. boneless chicken breasts cut into bite sized cubes
1/4 c cornstarch
1 Tbsp. oil
4 Tbsp. soy sauce
1/2 Tbsp. rice wine vinegar
1/2 Tbsp. light brown sugar
1/2 tsp sesame oil
1 Tbsp. hoisin sauce

1 red pepper diced
1 c unsalted raw cashews
sesame seeds for garnish

Preparation

1. Add cubed chicken and cornstarch to a large Ziploc bag and toss to coat.
2. Heat a large skillet or wok.
3. Add cashews and sauté until golden brown. Remove from pan to cool.
4. Add oil to the same dirty pan. Add in the chicken and sauté for 3-4 minutes to brown chicken on the outside. Note the chicken will have time to cook through once you add the sauce.
5. Mix the soy sauce, vinegar, brown sugar, sesame oil and hoisin sauce in a bowl.
6. Add the sauce to the pan with the chicken and stir frequently. The sauce will thicken up pretty quickly. Add the red pepper and cook for an additional 2-3 minutes.
7. Stir in the cashews. Garnish with the sesame seeds and serve immediately.

Family favorite and quick and easy to get together after you pick the kids up from soccer.

Mexican Picadillo

Sarvelia Peralta-Duran

Jerome Fisher Program in M&T

Serves about 6



Ingredients

- 2 lbs. lean ground meat (beef, turkey or chicken)
- 1 can diced tomatoes without seasonings
- 2- 2 1/2 cups mixed frozen vegetables (cubed carrots, peas, corn, etc.) Can also be fresh, but they need to be cubed in small pieces, so everything cooks evenly
- 1 medium onion (finely chopped)
- 1-2 garlic clove(s) (finely chopped or minced)

- 1/4-1/2 finely chopped parsley (optional)
- 1-2 Tbsp. canola or olive oil
- salt & pepper to taste

This is a family recipe and one of my kids' favorite dishes! They love it on tostadas or over rice.

Preparation

1. Heat Canola or Olive oil in a cooking pot and add the onions. Sauté until transparent and soft.
2. Add the garlic and sauté for 1-2 minutes until fragrant.
3. Add the ground meat and brown over medium heat, stirring so it doesn't stick and it cooks evenly. Make sure you crumble up the meat as it cooks.
4. Once meat is cooked, add the can of diced tomatoes and the vegetables. Mix everything well and sprinkle with some salt.
5. Cover the pot and lower the heat to medium-low.
6. Cook for 20-30 minutes stirring occasionally.
7. Add the parsley, mix well and season to taste with salt and pepper. Cook for an additional couple of minutes.
8. Serve with warm corn tortillas or with "Tostadas" (crispy tortillas).
9. You can serve with a side of re-fried beans, salsa and sour cream. Tostadas can be layered with a bit of beans and/or sour cream and then topped with Picadillo, shredded lettuce and shredded cheese. Or use Picadillo for walking tacos!

Ruzzo Beef Stroganoff

Christina Ruzzo

Baker Retailing Center

This is my mom's homemade recipe! A family favorite for 25 years.

Preparation

- 1** Cut steak into 1/2"-1" cubes. Coat meat with salt & pepper. Add into slow cooker along with sliced onion.
- 2** Mix garlic powder, Worcestershire, beef bouillon, and ketchup. Pour over meat & onions. Cook on low heat for 6-8 hours.
Add mushrooms & white wine to slow cooker and stir together. Dissolve corn starch in a small amount of cold water. Add to meat mixture, stirring until blended. Cook on high for 15-30 minutes, until mushrooms are softened.
- 3** Stir in sour cream, turn off heat. Goes great with egg noodles

Ingredients

1.5-2lbs round steak, or cubed stew meat
1 tsp salt
1 tsp pepper
1 onion, sliced
1/2 tsp garlic powder
1 tbsp. Worcestershire sauce
1 1/2 cups beef bouillon broth
1 tbsp. ketchup
1/4 lb. of mushrooms, sliced (more if you like!)
3 tbsp. corn starch + water
1 cup (more or less, depending on preference) sour cream
2 tbsp. white wine

Summery Basil Vinaigrette

Shannon Connelly

External Affairs

Preparation

1 In a high-powered blender, combine shallot, basil, garlic, red pepper flakes, oil, vinegar, and salt, and blend for 1-2 minutes, or until very smooth.

2 Add salt, and season with pepper.

3 The dressing will keep in an airtight container in the fridge for several days.

I discovered this gem in a cookbook a few years ago, and it's become a year-round favorite. I use this dressing on salads, sautéed veggies, omelets, pasta, sandwiches, etc. The best part? I have never met someone who has NOT enjoyed this dressing, either!

Ingredients

1 shallot, roughly chopped
2 cups tightly-packed fresh basil leaves
1 clove garlic, peeled
1/2 teaspoon red pepper flakes
1/2 cup olive oil
2 tablespoons red wine vinegar
1 t. kosher salt, or to taste
Freshly cracked black pepper

Makes 1 cup.

Bucatini Cacio E Pepe

David Padula

Wharton Computing

Preparation

- 1** Cook the bucatini according to package directions, reserving 1 cup cooking liquid.
- 2** In an 8-inch skillet, heat the oil and black pepper on medium. Cook 1 min., stirring. Add the butter and stir until melted. Remove from heat. Very finely grate the pecorino.
- 3** Drain cooked bucatini and return to pot. Add the butter and olive oil mixture and toss. Vigorously stir in the pecorino and half of cooking liquid, tossing until pasta is well coated. Add more cooking liquid, if needed. Season with salt. Serve immediately.

Ingredients

- 1 (16 oz.) box bucatini
- 4 tbsp. olive oil
- 2 tsp coarsely ground black pepper
- 3 tbsp. butter
- 4 oz. chunk pecorino

Grilled Pork Tenderloin

Barbara Craft

MBA Program for Executives

Ingredients

- ½ cup soy sauce
- ½ cup dry sherry or orange juice
- 2 Tablespoons brown sugar
- 1 teaspoon ground ginger
- 2 cloves garlic –pressed (I use chopped jarred garlic if I don't have fresh)
- 2 (3/4 pounds) pork tenderloins (again I use whatever amount I'm making)

Preparation

- 1. Combine:** First 5 ingredients in a shallow dish or heavy zip lock bag.
- 2.** Add tenderloins & refrigerate 6-8 hours (or whatever time you have, I've used less time and it's just as good), turn pork often.
- 3.** Remove pork from marinade, discarding marinade.
- 4. Cook:** Covered with grill lid over hot coals 400-500 degrees for 12-15 minutes or till meat thermometer registers 160 degrees, turning once.

An oldie, but goodie from
Southern Living

Swiss Chicken

Barbara Craft

MBA Program for Executives

Serves 6-8

Ingredients

- 4-6 Boneless, skinless chicken breasts
 - 4 slices Swiss cheese or more
 - 1 can cream of celery soup
 - 2 Tbsp.. lemon juice
 - ¼ cup mayo
 - ¼ cup dry white wine
 - 3 Tbsp.. Butter, cut into small pieces
 - ¼ cup grated herb flavored croutons or Italian style seasoned breadcrumbs
 - ½ cup whole croutons
- Sprinkle top with breadcrumbs

Preparation

1. Arrange chicken pieces in greased shallow baking dish – 9x13 glass Pyrex pan
2. Cover chicken with cheese slices
Mix soup, lemon juice, mayo and wine
Pour over chicken & cheese
Dot with butter, sprinkle with grated croutons. Top with croutons
3. Bake uncovered 350 degrees 50-60 minutes
4. Enjoy!

**Quick, easy dinner dish that is
always a hit.**

Easy Crock-pot BBQ Ribs

Olivia Wilson

Human Resources



Ingredients

2 1/2 to 3 lbs.. of pork ribs
Sea salt, to taste - adjust according to the saltiness of your barbecue sauce
Black pepper, to taste
1 teaspoon of granulated garlic or garlic powder
1 teaspoon of onion powder
2 teaspoons of your favorite seasoning blend or rib rub

1 to 1 1/2 cups of barbecue sauce (homemade or store-bought)

This was a Pinterest find that I love! It's quick, easy, and a recipe I don't have to spend much time on.

Preparation

1. Season your rack of ribs with salt, black pepper, garlic powder, onion powder, and favorite seasoning blend. Feel free to use my measurements as a guideline and add more (or less) if you want a thicker coating of dry rub. Place the ribs in the crock-pot on their side (standing up) with the meatier side facing the inner wall.
2. Pour the barbecue sauce over the ribs on both sides and let it drip down. You can add more sauce here if you want a thicker coating, but I like to keep it a bit lighter (enough to form a glaze while it cooks) while still having the rub shine through. Plus, you can always add more sauce at the end. :)
Close the lid and cook on HIGH for 4 hours or LOW for 8 hours or until the ribs are very tender (meat easily comes off the bone and/or the ribs separate without much effort).
3. To serve, gently move the ribs to a large platter or baking sheet and spoon some of the cooking juices all over the rack, making sure to supply extra barbecue sauce on the side for those who want it.
4. (optional or later steps) Store any leftover ribs + the cooking juices in the fridge. To reheat, place the ribs in an oven-safe baking dish, spoon over more cooking juices, cover with a lid or foil and bake at 350 degrees until warmed through (about 30 minutes or so). Reheating covered in the oven helps to keep the meat juicy and tender, whereas other methods (like the microwave) may overcook and dry out the ribs.

North African Couscous Paella

Total time: 20 minutes

Natalie Gerich Brabson

Pension Research Council

Ingredients

2 tablespoons vegetable oil
1/2 cup chopped red bell pepper*
4 scallions
2 garlic cloves
1 teaspoon ground coriander
1/2 teaspoon turmeric
pinch of cayenne*
2 cups hot vegetable stock or water
14 oz.. cubed tofu or 1/2 pound shelled shrimp
1 cup fresh or frozen green peas
1 tablespoon margarine or butter

1 cup quick-cooking couscous
salt and black pepper to taste

Optional: garnish with coarsely chopped toasted almonds, lemon wedges, and/or fresh parsley

Note: I usually simply use a whole bell pepper instead of measuring. Turmeric and coriander more important for the recipe; if you don't have cayenne, a pinch of something else (paprika, chili powder) will do.

Preparation

1. Heat the oil in a 2-quart saucepan. Add the peppers, scallions, garlic, coriander, turmeric, and cayenne, and sauté on medium heat for 3 to 4 minutes, stirring occasionally.
2. Stir in the stock or water. Add the tofu or shrimp and cook for another 3 to 4 minutes, until the tofu is hot or the shrimp are pink.
3. Stir in the peas and cook for another minute. Mix in the couscous and the margarine or butter.
4. Cover, remove from heat, and let stand for 5 minutes.
5. Uncover the pan and using a fork, stir thoroughly to fluff up the couscous and break up any lumps. Add salt and pepper to taste.
6. Serve on a platter, topped with toasted almonds, parsley, and lemon wedges.

Note: I like to add the margarine before the couscous so that it melts in the stock before the couscous sucks up the liquid. Much easier!

I love Moosewood recipes, and have been perusing my cookbooks to find new recipes and break out of meal routines this spring and summer.

Cauliflower Crust Pepperoni Personal Pizza

Joanna Cassidy

Executive Education

Ingredients

- 3 cups riced cauliflower
- 1 1/3 cup reduced fat shredded mozzarella cheese, divided
- 1/4 grated parmesan cheese
- 1 egg
- 1/2 tsp Italian seasoning (add more to your taste)
- 1/8 tsp salt
- 1/2 cup tomato sauce (or sauce of your choosing)
- 10 slices of pepperoni (or sub in toppings of your choosing)

Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. Place riced cauliflower in a microwave safe dish, uncovered. Microwave for 10 minutes, stirring half way through. Let cool and then mix in 1/3 cup of mozzarella, parmesan, egg, Italian seasoning, and salt.
3. Form cauliflower mixture into a circle, about 1/4-inch thick, onto a parchment lined baking sheet or pizza stone.
4. Bake for 25 minutes or until edges are browned.
5. Add tomato sauce, remaining mozzarella and pepperoni (or toppings of your choice) to the top of the pizza.
6. Bake until cheese is melted, about 8-12 minutes.

This was a keto recipe I found on Pinterest and modified it to my taste buds. Since being at home, I wanted to make sure I could make quick, healthy meals to accommodate for all those lost gym days and steps that I had walking to work, especially with my wedding around the corner. The best part is I can still enjoy one my favorite comfort foods!

Zucchini Fritters (In Turkish; Kabak Mücveri)

Levent Yarar

Executive Education

Ingredients

3 medium zucchini grated
6 oz. Turkish feta cheese, crumbled
1/2 medium onion, finely chopped
1 bunch dill, finely chopped
3 eggs, beaten
3 tablespoons all-purpose flour
Pinch of paprika
Salt and ground black pepper to taste
Canola oil or Sunflower Oil

It is a common home cooked dish in Turkey and I learned this from my Mother. Now, my daughter, Esra, cooks it as well. The tradition continues :)

Preparation

1. Place the grated zucchini in a colander, sprinkle with a little salt and leave to drain for 30 minutes.
2. Crumble or grate the feta cheese.
3. Use a towel to squeeze out any excess water from the zucchini and put it in a bowl.
4. Transfer the flour to a bowl and beat in the eggs.
5. Add the remaining ingredients, season with salt and pepper, and beat into a batter; mix well.
6. Heat the frying pan with just enough oil.
7. Using a tablespoon, drop the spoonful's of the batter mix into the hot oil. Fry over the medium heat on both sides until golden brown.
8. Remove with a straining spoon and drain on absorbent kitchen paper towel.
9. As we say in Turkish, "Afiyet Olsun." (Bon Appetite)

Cinnamon Stewed Chicken or Kotopoulo Kokinisto (Greek)

Cynthia Orr

The Wharton Fund

Ingredients

- 1 tsp ground cinnamon
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 1 (2.5-3 lbs.) whole chicken cut into 8 pieces
- 2 tbsp. extra virgin olive oil
- 2 coarsely chopped yellow onion
- 5 garlic cloves, minced and divided
- 1/2 cup dry white wine
- 1 cup water
 - 1 cup chicken broth
- 1 6-ounce can tomato paste
- 1 tbsp. fresh chopped oregano
- 1/2 cup ricotta salata cheese, grated

Preparation

1. Mix cinnamon, salt and pepper in a bowl. Rinse chicken and pat chicken dry with paper towels, and rub with cinnamon mixture seasoning.
2. Heat olive oil in a deep skillet or casserole pot. Brown chicken in batches in oil for 4-5 minutes per side. Don't overcrowd the chicken or it will steam instead of brown. Turn frequently with a spatula. Remove when nicely browned on all sides and set aside.
3. Lower heat to medium-high. Add onions and 3 minced garlic cloves and cook, stirring constantly, for about 3 minutes or until onions are soft and golden brown. Add wine to pan, scraping up any browned bits with spatula.
4. When wine has evaporated, add water, broth, tomato paste, oregano and remaining 2 garlic cloves. Return chicken to pan or pot. (Liquid should cover the chicken about 3/4 of the way.) Cover and simmer over low heat about 1 hour or until chicken is tender and cooked through. Add salt and pepper to taste.
5. Serve chicken topped with sauce and sprinkled with cheese.

I lived in Greece for quite a while and love the food there. This is my kids' favorite Greek recipe now.

South Jersey Italian Lasagna

Mike Lamonaca

WCIT



Rule #1 about making lasagna: ignore the recipe on the box. I grew up watching my Italian-American relatives in South Jersey prepare meals, and recipes were often shared among families and friends. Instead of strictly following these recipes, it was okay to adapt them to personal preferences. In fact, I always assumed I was making "Mom's lasagna" for years, but I just asked her how she remembers making hers – apparently I've adapted it as well. What hasn't changed, though, is that our recipe does not contain any meat (makes the dish too rich and greasy), and a moderate amount of spinach is added more for texture than for flavor. (While vegetarian, it is not a "vegetable lasagna" by most measures.) In the absence of meat, I've increased the amount of egg and ricotta cheese to produce a filling entree, especially enjoyable in colder months. And cheese-stuffed pastas always taste better left-over; in fact I've often made the lasagna a day before I intended to serve it. (Be sure to reheat thoroughly at a low temperature, covered with foil – the wait is worth it!) You can adapt this yourself by making homemade tomato sauce, or adding vegetables or meat, but this is the easy-yet-delicious version with oven-ready noodles and pre-made tomato sauce.

Ingredients

- 1 box oven-ready lasagna noodles (or regular lasagna noodles: boil first and lay out on cookie sheets or wax paper)
- 1 32-oz (or 2 15-oz) container part-skim ricotta cheese
- 2 cups shredded mozzarella cheese
- 2 eggs, beaten
- 1/2 cup grated Pecorino Romano cheese (or parmesan cheese, which is milder)
- 1 package (10 oz.) frozen chopped spinach
- 2 jars (24 oz. each) tomato sauce (I prefer tomato & basil-flavor)
- Ground black pepper, to taste

Preparation

- Preheat oven to 375 degrees. Lightly grease a 13x9 baking dish with olive oil or cooking spray.
- Fully defrost the frozen spinach. Squeeze out excess water; otherwise your cheese mixture will be runny.
- Set aside a handful of mozzarella cheese.
- In a large bowl, thoroughly mix the ricotta cheese, mozzarella cheese (minus the handful), eggs, grated Romano cheese, HALF of the spinach, and black pepper. Divide this mixture into three equal parts.
- Do a little math: there will be four layers of noodles, so divide your noodles evenly. Most oven-ready noodle boxes come with 16 noodles (4 per layer).
- Spread a thin layer of tomato sauce evenly across the bottom of the baking dish.
- Place your first layer of noodles in the dish, slightly overlapping them. Spoon the first-third of the cheese mixture onto the noodles. Using the back of a large metal serving spoon, gently spread the cheese mixture evenly across the layer of noodles, being sure that every part of the noodles is covered. Spread a layer of tomato sauce over the cheese layer, again using the back of the spoon to distribute evenly.
- Repeat the noodle/cheese/sauce layers two more times. Because the baking pan flares out as you go higher, your noodles may not touch the edges of the pan; this is okay, as the noodles will expand during cooking. Just keep placing the noodles so they slightly overlap each other. Again, be sure the noodles are fully covered by the cheese and sauce.
- Place the last layer of noodles on top of the lasagna, and cover with tomato sauce (you may not need to use all of the second jar). If you'd like, you can place small spoonful's of the remaining spinach on top. Finally, sprinkle the remaining handful of mozzarella cheese on top of the lasagna.
- Cover the pan tightly with aluminum foil, and bake in the oven for 45 minutes. Carefully remove the foil, and let cook an extra 5 minutes. Remove the pan from the oven and let sit for 15 minutes.
- Buon appetito!

Penne Alla Vodka

Joanne Spigonardo

Legal Studies & Business Ethics

Ingredients

2 cloves garlic minced
1/2 tsp salt
1/2 tsp pepper
4 Tbsp. extra virgin olive oil
1 cup Cento crushed tomatoes
1/2 cup heavy cream
4 oz. salmon fillet
1 lb. Dececco Penne Rigate

Preparation

1. Sauté salmon filet in olive oil, salt and pepper. Cook to medium rare.
2. Remove salmon from pan and let rest for 5 minutes. Remove skin from salmon. Flake salmon into small pieces.
3. Return to pan under medium/low heat and sauté 2 minutes. Add the vodka. Sauté until vodka reduces about 5 minutes. Add the tomatoes. Cook sauce for 15 more minutes.
4. Cook penne al dente, in salted water for about 8 minutes. Drain.
5. Return penne to pot. Add sauce. Stir in low heat for a minute. Add the heavy cream and stir for another minute.
6. Remove pasta from heat. Let it set for one minute. Garnish with freshly ground black pepper. Enjoy!

Lisa's Stuffed Peppers

Lisa Dresner

Finance & Administration

Ingredients

3 Tablespoons ketchup	extra)
1 teaspoon crushed garlic (mine has parsley)	1/4 cup plain bread crumbs (I have used Italian and whole wheat - both great)
1 teaspoon salt	4 Bell Peppers
1/4 teaspoon pepper (optional)	1 lb. Ground Meat (of your choosing)
1 egg	
1/3 cup parmesan cheese (sometimes I sprinkle a little	

Preparation

1. Wash peppers, cut tops off and clean out seeds etc. so they are hollow and ready to stuff. They need to be able to stand up in dish so you may need to slightly trim bottoms without exposing the cavity.
2. In small bowl mix: ketchup, crushed garlic, salt, pepper (optional), 1 egg beaten, parmesan cheese (sometimes I sprinkle a little extra) & bread crumbs
3. In large bowl put 1 pound of ground meat and mix in the contents of the small bowl above, mix together well
4. Pour 1 tablespoon of marinara sauce in bottom of each pepper
5. Stuff the mixture into each pepper leaving a little room at the top so you can cover with more marinara sauce
6. Take 1 cup of marinara sauce and drizzle over the peppers (make sure to have some drip over the peppers to help them cook)
7. BAKE UNCOVERED in 400 DEGREE OVEN @ 45 min UNTIL THERMOMETER INSERTED IN EACH PEPPER IS AT LEAST 160 DEGREES (sometimes the top of the peppers burn but you can easily peel away)
8. Serve with rice (we use brown basmati rice) and Enjoy!

Smokin' Collard Greens

Karen Hamilton

External Affairs

Part of our New Year's Eve tradition from family dinners that always included collard greens, fried chicken, and black eyed peas with rice. The beans were for good luck and the "greens" predicting a new year of prosperity and health, and the chicken - well, any excuse will do for fried chicken! A family favorite even among our kids who did not like vegetables growing up! Can also be adapted for a vegetarian diet with chopped red and yellow peppers for added flavor and color in place of the smoked meat.

Ingredients

2 lb. bag of chopped collard greens (can also use fresh but a bit more work)
One yellow onion
One cup of chicken broth (can be low sodium or use water in place according to preference as the smoked meat will be pretty salty)
Package of smoked turkey wings, tails, or necks

Teaspoon of canola or vegetable oil
Season salt
Black pepper
Mrs. Dash or other preferred season
1/4 cup of white vinegar
Dash of hot sauce

Preparation

1. Bring smoked meat to high boil in large saucepan with water to cover the meat them simmer for 1/2 hour before adding remaining ingredients
2. Remove stems remaining on collard greens
3. Chop onion into finely diced cubes
In large saucepan, sauté collard greens with onions in oil alternating season salt, black pepper, and Mrs. Dash to cover lightly
4. As greens and onions soften add to smoked meat pot and add chicken broth so that it just barely covers the greens
5. Cook on medium high heat for 25 minutes and add vinegar
Simmer on low for another 35 minutes until tender stirring occasionally
Dash in hot sauce (or not!)

Greek Chicken Souvlaki with Tzatziki Sauce

Eleni Rengepis

External Affairs

To assemble a mean grilled souvlaki, you need some warm Greek pita and a few fixings. I usually grill my pita just before servings. Greek Tzatziki is a MUST! And I typically add sliced tomatoes, cucumbers, onions and Kalamata olives.

Ingredients

For Souvlaki Marinade

2 tbsp. dried oregano
1 tsp each Kosher salt and black pepper
1/4 cup Greek extra virgin olive oil
1/4 cup dry white wine
Juice of 1 lemon
2 bay leaves

Chicken

2 1/2 lb. organic boneless skinless chicken

breast, fat removed, cut into 1 1/2 inch pieces

Pita Fixings

Greek pita bread
Tzatziki Sauce (make according to recipe below)
Sliced tomato, cucumber, onions, and Kalamata olives

Preparation

1. Prepare the marinade. In the bowl of a small food processor, add oregano, salt, pepper, olive oil, white wine, and lemon juice (do NOT add the dried bay leaves yet). Pulse until well combined.
2. Place chicken in a large bowl and add bay leaves. Top with marinade. Toss to combine, making sure chicken is well-coated with marinade. cover tightly and refrigerate for 2 hours or overnight (see note for quicker marinating option.)
3. Soak 10 to 12 wooden skewers in water for 30 to 45 minutes or so. Prepare Tzatziki Sauce
4. When ready, thread marinated chicken pieces through the prepared skewers.
5. Prepare outdoor grill (or griddle). Brush grates with a little oil and heat over medium-high heat. Place chicken skewers on grill (or cook in batches on griddle) until well browned and internal temperature registers 155° on instant read thermometer. Be sure to turn skewers evenly to cook on all sides, about 5 minutes total. (Adjust temperature of grill if necessary). While grilling, brush lightly with the marinade (then discard any left marinade).
6. Transfer chicken to serving platter and let rest for 3 minutes. Meanwhile, briefly grill pitas and keep warm.
7. Assemble grilled chicken souvlaki pitas. First, spread Tzatziki sauce on pita, add chicken pieces (take them off skewers first, of course) then add veggies and olives.

Tzatziki Sauce

Eleni Rengepis

External Affairs

Creamy Greek Tzatziki Sauce. A versatile Greek yogurt and cucumber sauce to serve along with veggies and pita, spread on sandwiches, or add it next to grilled fish, meat or poultry!

Ingredients

3/4 English cucumber, partially peeled (striped) and sliced
1 tsp kosher salt, divided
4 to 5 garlic cloves, peeled, finely grated or minced (you can use less if you prefer)
1 tsp white vinegar
1 tbsp. Greek Extra Virgin Olive Oil
2 cups Greek yogurt (I used organic fat free Greek yogurt, but you can use 2% or whole milk Greek yogurt, if you like)
1/4 tsp ground white pepper
Warm pita bread for serving
Sliced vegetables for serving

Preparation

1. Prep the cucumber. In a food processor, grate the cucumbers. Toss with 1/2 tsp kosher salt. Transfer to a fine mesh strainer over a deep bowl to drain. Spoon the grated cucumber into a cheese cloth or a double thickness napkin and squeeze dry. Set aside briefly. to refresh and transfer to serving bowl, drizzle with more extra virgin olive oil, if you like. Add a side of warm pita bread and your favorite vegetables. (also see notes for more ideas)
2. In one large mixing bowl, place the garlic with remaining 1/2 tsp salt, white vinegar, and extra virgin olive oil. Mix to combine.
3. Add the grated cucumber to the large bowl with the garlic mixture. Stir in the yogurt and white pepper. Combine thoroughly. Cover tightly and refrigerate for a couple of hours.
4. When ready to serve, stir the tzatziki sauce
5. Enjoy!



Dessert

Chocolate Lava Muffins

David Brubaker

Wharton Computing

Ingredients

8 ounces semisweet chocolate chips

1 stick butter

1 teaspoon vanilla extract

1/2 cup sugar

4 tablespoons flour

1/4 teaspoon salt

4 eggs

Butter, to coat muffin tin

1 tablespoon cocoa powder

1 cup vanilla ice cream

1 teaspoon espresso powder

Preparation

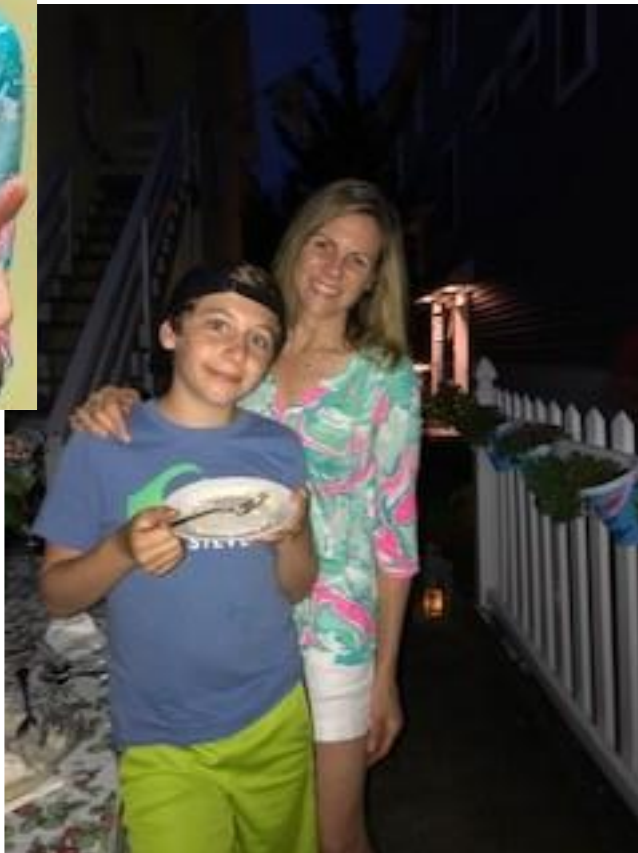
1. Preheat the oven to 375 degrees F.
2. Place a small metal bowl over a saucepan with simmering water. Melt the chocolate and butter in the bowl. Stir in vanilla.
3. In a large mixing bowl, combine sugar, flour and salt. Sift these into the chocolate and mix well with electric hand mixer. Add eggs one at time, fully incorporating each egg before adding the next. Beat at high until batter is creamy and lightens in color, approximately 4 minutes. Chill mixture.
4. Coat the top and each cup of the muffin tin with butter. Dust with the cocoa powder and shake out excess. Spoon mixture into pan using a 4-ounce scoop or ladle. Bake for 10 to 11 minutes. Outsides should be cake-like and centers should be gooey.
5. While muffins are in oven, melt the ice cream in a small saucepan. Stir in the espresso powder. Serve over warm muffins.

My daughter chose these for her "birthday cake" this year. They are fun to make and are always a crowd pleaser. They are relatively easy to adapt to be gluten free by replacing the flour with a gluten-free alternative.

Chip & CJ's Candy Bar Pie

Karen Mckeaney

Executive Education



Ingredients

For the Crust:

1 1/3 cups shredded coconut (Baker's is best)
2T melted butter

2T strong brewed coffee

For the Filling:

8 ounces Hershey's milk chocolate bar with almonds
4 cups Cool Whip

Preparation

1. Preheat oven to 325 degrees.
2. Liberally spray an 8" pie plate with non-stick cooking spray.
3. Combine and form crust in prepared pie plate. Bake 1-15 minutes until lightly browned.
4. While the crust is cooling, melt the chocolate. Add the coffee. When combined, fold in Cool Whip and spoon into cooled crust.
5. Freeze the pie for several hours or overnight.

Growing up, this pie was my older brother's favorite recipe. My sister and I make the pie now to celebrate his memory and as a special treat for his namesake nephew, CJ. We hope you enjoy it as much as we do.

Forget-Me-Not Easy Loaf Cake

Paula Greenberg

Graduate Division

Ingredients

1 cup sugar
Zest of one lemon, or orange or lime
½ c oil or melted butter. Any oil is good
2 eggs
½ cup yoghurt, or buttermilk, or sour cream or milk
1 tsp almond extract or vanilla
¼ tsp salt
¼ tsp baking powder
1 tsp baking powder

½ cup corn meal
1 ¼ cup all-purpose flour
Slivered almonds (optional)

Preparation

1. Preheat oven to 350 degrees and grease 9 in loaf pan
2. In a large bowl zest lemon (or orange or lime) add sugar. With your fingers work the sugar and zest together, adds some infused flavor
3. Add fat, eggs, yogurt, extract and whisk
4. Whisk in salt, baking soda, baking powder, and cornmeal. Once smooth add flour
5. Pour batter into loaf pan, (optional-add slivered almonds on top) and bake 45 mins
6. Yum!

This is a quick, easy and never fail loaf, great when you have unexpected masked guests. It's flexible too. It's also easy to do by hand without an electric mixer, so less clean up!

Chocolate-Mayo Cupcakes with Vanilla Buttercream

Rebecca Kass

MBA Career Management

These are two Pinterest finds that are my tried and true cupcake recipes. The mayo makes them super moist and the fact that easy to make dairy-free and taste great make them crowd pleasers!

Ingredients

Cupcakes:

2 cups all purpose flour
1 cup white sugar
½ cup cocoa, sifted
2 tsp baking soda
¼ tsp salt
1 cup mayonnaise
1 tsp pure vanilla extract
1 cup milk or water

Icing:

½ cup butter or Margarine, softened
4-½ cups confectioners' sugar
1-½ teaspoons vanilla extract
5 to 6 tablespoons 2% milk or non-dairy milk
-Flavoring option Peanut Butter: Use ½ cup peanut butter instead of the butter and use 6-8 tablespoons milk or non-dairy milk

Preparation

1. Preheat an oven to 350 F and line 20-24 cupcakes liners.
2. Sift together the flour, cocoa powder, baking soda and salt together in a medium bowl
3. In a large bowl, add the mayonnaise, sugar, vanilla and milk (or water) and mix well.
4. Dump the dry ingredients into the wet ingredients and mix until the batter is smooth.
5. Portion out the batter into the cupcake liners, filling them ⅔ full.
6. Bake in the oven for 15-20 minutes or until a toothpick inserted into the cupcake center comes out clean.
7. Let them cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely before frosting them.
8. Icing: In a large bowl, beat butter until creamy. Beat in the confectioners' sugar, vanilla and enough milk to achieve desired consistency.

Easy to make Dairy Free

Fresh Peach and Sour Cherry Pie

Dan Alig

Wharton Computing

Ingredients

- Pie dough**
3 cups all-purpose flour
2 tablespoons sugar
1 teaspoon salt
7 tablespoons vegetable shortening, chilled
10 tablespoons unsalted butter, chilled
10 - 12 tablespoons ice water
- Filling**
6 medium peaches
- 1 quart sour cherries
1 tablespoon lemon juice
1 cup sugar
pinch salt
3-4 tablespoons corn starch

There's a limited time when peaches and sour cherries are both available at Philadelphia area farmers markets. Our family looks forward to that time every year and this is a must have for whatever occasion is closest (often just "Saturday").

Preparation

1. Cut shortening and butter into 1/4-1/2 inch cubes. With a food processor or pastry blender pulse or combine flour, sugar, salt, shortening, and butter until blended with some chunks remaining.
 2. Sprinkle 10 tablespoons ice-cold water over mixture and combine using folding motion to combine until dough holds together when squeezed together; add up to 2 tablespoons more ice water if needed. Separate dough into two balls and flatten into large discs, wrap in plastic wrap and refrigerate for at least an hour. It's ok if one is slightly larger than the other.
 3. While dough is chilling, slice peaches (removing skins if desired) and pit cherries. If you don't have a cherry pitter, you can cut them in half to more easily remove the pits. Mix peach slices, cherries, lemon juice, sugar, salt, and corn starch in medium bowl.
 4. Preheat oven to 425 degrees.
 5. Remove dough from refrigerator. On a floured surface roll larger dough piece into a 12-14 inch circle about 1/8-1/4 inches thick depending on the size of your pie dish. Transfer dough to pie dish, leaving about an inch hanging over the edge for crust.
 6. Pour peach and cherry filling into dough-lined dish.
 7. Roll smaller dough piece on floured work surface to 11-12-inch disk or large enough to cover pie. Transfer to top of pie. If either crust is hanging more than an inch over the edge, trim with a knife or scissors.
- Working around circumference, crimp the edges of the bottom and top crusts together and pinch between thumb and forefinger to seal or use a fork to press together. Cut half a dozen or so large slits in the top crust to allow steam to vent.
- Place pie on baking sheet and bake for 25 minutes. Rotate pie and reduce oven temperature to 375 degrees; continue to bake 25 to 30 minutes longer until the crust is golden brown. Cool for 1-2 hours before serving.

Butterscotch Bundt Cake

Cara Costello

MBA Career Management

Ingredients

Butterscotch cakes
1 package yellow cake mix
1 cup sour cream
1 small instant pudding mix (vanilla or caramel will work)
1/2 cup oil
4 eggs
Butterscotch chips - about 1/2 of a bag

One large Bundt pan or several mini Bundt pans

Preparation

1. Preheat oven to 350 degrees
Note: Baking time depends on the size of cakes.
Mini Bundt's are about 22 minutes, large bunt pan about 50 minutes.
Toothpick test recommended.
2. Butter/flour or non stick spray (completely coat the pan)
In a large bowl first mix:
1 package yellow cake mix
1 cup sour cream
1 small instant pudding mix (vanilla or caramel flavor will work)
1/2 cup oil
4 eggs
Mix all ingredients well

Butterscotch chips - about 1/2 of a bag

4. Pour into pan(s) and bake at 350 degrees
Toothpick test (about 22 minutes for mini Bundt's, about 50 minutes for large Bundt. Toothpick should be inserted into the middle and come out completely clean).
5. Enjoy!!!

My new butterscotch
dessert obsession!

3. Then gently fold in

No-Bake Peanut Butter Oatmeal Bites

Jill Gran

Wharton HR

Ingredients

- 1 cup old fashioned rolled oats
- 1/2 cup peanut butter (I prefer reduced fat crunchy)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup addition of your choice. My preference is semi-sweet chocolate chips, but raisins or other dried fruit can be substituted.

Preparation

1. In a bowl, mix oats, peanut butter, honey, and vanilla extract, using a spatula or spoon.
2. Gradually mix in the oats and (in my case) chocolate chips.
3. Form into balls using your hands.
4. Arrange the bites on a baking sheet or in a flat Tupperware-like container and refrigerate for about an hour before consuming.
5. Store in the refrigerator for the perfect mid-afternoon snack!

Shared by a friend.

Not really a dessert more of a snack.

Hawkes Hot Fudge Sauce

Cathy Hawkes

Executive Education

Ingredients

- 2 Tablespoon butter
- 2 squares of Baker's unsweetened chocolate
- 3/4 Cup of granulated sugar (I use less and other family members use more closer to 1 cup)
- 1 small can of evaporated milk or half a can of regular size (I look for Carnation)
- 1 teaspoon of good quality vanilla (I use Nielsen-Massey) you could add a tad more if you like vanilla and sometimes I add Kahula to add a coffee flavor to the sauce
- pinch of salt

Preparation

1. Using a double boiler melt the butter and the two chocolate squares. glass jar in fridge and heat up again to serve again. You can make ahead and I think it gets even better if you can it ahead.
2. Add sugar and combine it will be grainy
Slowly add can of evaporated milk stirring constantly the sauce should become smooth
3. Add pinch salt
4. Take off heat and wait a couple minutes and add the vanilla
Serve with ice cream. My favorite is coffee ice cream.
5. The recipe can be doubled. And if there are any leftover you can store in

My mother made this hot fudge sauce many times. I don't think the recipe is an original but we always claimed it came from her.



Other

Elderberry Flower Lemonade

Linda Jonebring

External Affairs

Ingredients

20 - 30 large clusters of elderberry flowers
(Sambucus nigra)
2 organic lemons
1.5 liters water
1 tablespoon citric acid
sugar (about 1 kg)

Preparation

1. Rinse the flowers carefully, slice the lemon and combine the flowers and lemon.
2. Boil the water and pour it over the flowers.
3. Let it cool and then let it stand in the fridge for at least 2 days.
4. Filter the flowers and lemon slices out. Weigh the liquid and combine it with equal weight of sugar in a pan. Add the citric acid.
5. Bring it to a boil, stirring to dissolve the sugar. Skim off any foam. This concentrate can be canned or frozen in batches.

To use: add a few tablespoons of the concentrate per cup of water, to make a lemonade-like drink with a flowery taste.

This recipe comes from my in-law's family in Sweden. This is a popular summer drink there. Elderberry flower is also said to have anti-viral properties, but please be careful - there are poisonous plants which resemble elderberry!

Pesto

Gina Barrett

Wharton Communication Program

Ingredients

- 2 cps. fresh basil leaves (chopped walnuts)
- 1 cp. fresh Italian flat-leaf parsley leaves
- 3/4 - 1 cp. olive oil (to taste)
- 1/2 cp. grated fresh Parmesan (divided into two 1/4 cup portions)
- 1/4 cp. pine nuts (can substitute

Preparation

1. In food processor, blend until smooth:
 - Basil
 - Parsley
 - Olive oil
2. Then blend in 1/4 cup of the Parmesan
3. Serving options:
 - Serve over 1 lb.. pasta, topped with remaining 1/4 cp. Parmesan and pine nuts.
 - OR
 - Stir in remaining Parmesan and pine nuts, and:
 - Use as base for pasta salad, adding fresh vegetables
 - Spoon some over mozzarella and fresh tomatoes for a Caprese salad
 - Spread some over a split baguette, add mozzarella and fresh tomatoes for a Caprese sandwich

Found the basic recipe for spaghetti with pesto years ago and just kept trying different things with it.

Grandma's Pierogis

Sarah Kate Saunders

Pension Research Council

Makes 4 to 6 dozen

Ingredients

16 oz.. sour cream
About 4 cups flour
Pinch of salt
6 to 8 medium potatoes
½ lb. cheese, American or cheddar
1 medium onion, peeled and chopped
Butter

Preparation

1. Set sour cream out to warm almost to room temperature (1 to 2 hours).
2. Peel, cut, and boil potatoes as if for mashed potatoes. Sauté chopped onion in butter until tender. Slice cheese (if using cheddar) or break slices into quarters (if using American) and set aside.
3. Put about 2 cups flour in a large bowl. Make a well in center of flour; add salt and sour cream. Mix well, adding flour to make dough. Turn out onto floured board and knead until dough is no longer sticky, adding flour as needed. Cover and let rest.
4. When potatoes and onion are done, drain potatoes and put them back into pot. Add onion. Mash potatoes and onions (you can use an electric mixer, but I find an old-fashioned potato masher works best). Place cheese on top and cover to let cheese melt. When cheese is melted, use masher to mix cheese into potato-onion mixture. Let cool.
5. Put a large pot of water on to boil.
6. On floured board, roll out dough ¼ or ½ at a time to about 1/8-inch thickness. Cut dough into 3-inch squares (a pizza cutter works well, but a knife will do). Place a well-rounded teaspoon of potato-onion-cheese mixture slightly off-center of each square. Fold dough over diagonally and seal edges with the tines of a fork. Repeat with the remaining dough.
7. Drop pierogis into boiling water 10 to 12 at a time, and boil until pierogis start to rise to the top (3 to 5 minutes). Remove from pot and rinse gently in cold water (I usually place a colander in a large bowl filled with cold water in the sink). Remove from water and place on plates or trays to drain.
8. If you plan to use within 1 to 2 days: Store covered in the refrigerator on a platter that has melted butter on it.
9. For longer storage (1 to 3 months): After draining, place on trays that have been lined with freezer paper (shiny side up) and place in freezer, uncovered, for 4 to 6 hours until frozen. Remove from trays; place in freezer bags and return to freezer. This method allows you to remove the number you plan to use without all of the pierogis sticking together.
10. To cook, fry in butter, with chopped onion if desired. Serve hot.

An old family recipe brought over from what was then Austria-Hungary (now Slovakia), filtered through American city life during the Depression and wartime rationing. They're comfort food, meatless for Lent, easy to prepare ahead of time and cook up for a large group, a staple of our family's holiday meals.

Summertime Strawberry Oatmeal Bars

Caitlin Kelly Quinn

External Affairs

Ingredients

For the Strawberry Bars:

1 cup old-fashioned rolled oats
3/4 cup all-purpose flour
1/3 cup light brown sugar
1/4 teaspoon ground ginger
1/4 teaspoon kosher salt
6 tablespoons unsalted butter - melted
2 cups small-diced strawberries - about 10 ounces, divided

1 teaspoon cornstarch
1 tablespoon freshly squeezed lemon juice from about 1/2 small lemon
1 tablespoon granulated sugar - divided

For Nutella glaze:

1 tablespoon of Nutella
1 tablespoon of milk

A Pinterest find but I added the Nutella glaze.

Preparation

1. Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar.
4. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
5. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).
6. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk the Nutella and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

Summer Smoothie

Kevone Roberts

Wharton Human Resources

Ingredients

- 1 cup frozen strawberries (or fresh but I prefer frozen)
- ½ cup frozen mangos (or fresh)
- 1 banana
- 1 Tablespoon Honey
- 1 cup Almond Milk

Preparation

1. In a blender, combine the strawberries, mango, banana, honey and almond milk
2. Blend on high speed for 2 minutes or until all ingredients are fully blended
3. Serve and Enjoy!

*This is my favorite smoothie recipe.
It's quick and easy to make and a
chance to have a serving of fruit.*



Thank you for sharing! We hope you enjoy these recipes shared by our Wharton Community

