Medical students and medical professionals alike face the challenge of trying to fit cooking into a busy lifestyle. Therefore, the Class of 2014 Class Council invited our UM family to join us in creating the first edition of the UMMSM Cookbook, filled with recipes that are tasty, moderately healthy, easy and quick to prepare. We hope that this cookbook will help you on your journey to achieving wellness.

Class of 2014 Class Council
Student Government
Table of Contents

Slide #. Recipe
4. Breakfast parfait
5. Power Breakfast
6. Hummus
7. Redneck Caviar
8. Broccoli Salad
9. Tuna Salad with a Twist
10. Pizza Bread
11. Sweet Potato-Chayote-Pineapple Quesadillas
12. Pasta e Ceci
13. Chickpea and Artichoke Pasta with Arugula
14. Quinoa Salad with Arugula
15. Ratatouille
16. Steamed Broccoli
17. Stuffed Peppers
18. Quinoa Stuffed Peppers
19. Tuna Sandwich
20. Salmon Burgers
21. Lemon-Orange Chicken
22. Spicy Turkey Meatballs
23. Thai Chili Chicken with Basil
24. Fresh Salmon
25. “Throw & Go” Cream of Chicken
26. Traditional Chili
27. Yellow Lentil Curry Soup
28. Taco Soup
29. White Chicken Chili
30. Lentil Soup
31. Pumpkin Spice Muffins
32. Easy Homemade Yogurt
33. Pumpkin Apple Streusel Muffins
34. Paula Deen’s Red Velvet Cupcakes Gone “Light”
Breakfast Parfait

By Cristina Del Toro, c/o 2014

Directions

• In bowl mash ½ a banana with a fork.
• Add a dash of cinnamon powder.
• Add ½ cup Greek yogurt and blend.
• Top with berries and oats. Enjoy!

Ingredients

• ½ banana
• ½ cup Fage fat free Greek yogurt
• ¼ cup strawberries or raspberries (fresh or frozen)
• ¼ rolled oats
• cinnamon powder
**Power Breakfast**

By Cristina Del Toro, c/o 2014

**Ingredients**
- ½ cup liquid egg whites
- 1 cup spinach, rinsed
- 1 light FlatOut wrap (any flavor) find in Deli section of Publix
- ground black pepper and cayenne pepper to taste

**Directions**
- Place ½ cup liquid egg whites in microwave safe bowl and microwave for 1 minute and 30 seconds, or until no longer runny.
- Place one cup spinach on small plate and microwave for 30 seconds, then drain.
- Scoop out egg whites and put on wrap and place spinach on top.
- Add pepper to taste. Or a little bit of chunky salsa or shredded cheese for flavor.

*5 minute delicious and healthy breakfast ready to eat on the go!*
Hummus
By Tyler Beals, c/o 2014

Nothing original here, but most people don’t know how easy it is to make really good hummus. It’s cheaper and tastes way better than anything you can buy in a grocery store. Dried chickpeas are key.

Ingredients
- 2 cups cooked, drained chickpeas (dried are better than canned). Save some of the chickpea cooking liquid if using dried beans.
- ½ cup tahini
- ¼ cup olive oil
- 2 cloves garlic (or more to taste)
- Juice of one lemon (or more to taste)
- Salt and pepper
- 1 tbs ground cumin (or more to taste)
- Chopped parsley for garnish

Directions
- Put everything in a food processor. Turn it on and add chickpea-cooking liquid (or water) a small amount at a time until consistency is right (doesn’t take much!).
- Taste and add more salt, lemon, garlic, tahini, and/or cumin as needed.
Redneck Caviar

Submitted by Cristina Del Toro, c/o 2014, Original Recipe by Paula Dean

Directions

• In a large bowl, combine all of the ingredients and stir gently to combine. Refrigerate mixture overnight. Serve with corn chips (I like baked Tostitos).

Ingredients

• 1 can black-eyed peas, drained
• 1 can shopeg corn
• 1 can black beans
• 1 can Original Ro-Tel (diced tomatoes and green chiles)
• 1 chopped red bell pepper
• 1/2 cup chopped fresh jalapeno peppers
• 6 diced green onions
• 1 (8-ounce) bottle Italian dressing
Broccoli Salad

By Jim Stegall

Directions

• Combine broccoli florets, raisins, sunflower seeds, crumbled bacon, chopped onion, and peas in a large serving bowl.

• In a separate bowl or large cup, whisk together mayonnaise, vinegar and sugar.

• Add dressing to the salad and toss to mix well; chill thoroughly before serving.

Ingredients

• 5 cups fresh broccoli florets
• ½ cup raisins
• ½ cup sunflower seeds
• ½ cup cooked, crumbled bacon
• ¼ cup of red onion (chopped)
• 1 cup frozen peas, thawed

• DRESSING:
• 1 cup mayonnaise (reduced calorie)
• 2 tablespoons white vinegar
• ½ cup sugar
Tuna Salad with a *Twist*

By Michael Spertus, c/o 2013

**Ingredients**
- 2 cans of tuna (or more)
- 2 apples
- 1/2 cup walnuts, chopped (can be optionally lightly toasted)
- 1.5 cups celery, chopped
- 2-4 tbsp red onion, minced
- 1 cup plain yogurt
- 1 tsp vanilla
- 1/2 tsp curry powder
- 3 tsp lemon juice
- salt and pepper to taste
- optional: cinnamon to taste

**Directions**
- Make "dressing" separate (everything except tuna, walnuts, apples, and celery) and add on top of tuna. Mix and enjoy!
Pizza Bread
By Ashish H. Shah, c/o 2014

• For people who never go to the grocery store

Directions
• Put Pasta Sauce on the bread evenly/unevenly depending on how coordinated you are.
• Place enormous amounts of cheese on top and sprinkle oregano or salt for flavoring.
• Place in Microwave for approximately 30–60 seconds until cheese is melted or PLACE IN TOASTER for crispy deliciousness at the TOAST setting until cheese is melted.
• Wait until the bread cools down and ENJOY. You just saved money and cooked at home!!

Ingredients
• One or more slices of bread
• Ragu Sauce or any Pasta sauce
• Mozzarella cheese
• Oregano

OTHER MANIFESTATIONS
• Add a Veggie Pattie in between for a Pizza Burger.
• Add peppers and olives for a veggie pizza bread
• Add ANYTHING YOU WANT!!!
Sweet Potato-Chayote-Pineapple Quesadillas
By Trey Fuller, c/o 2011

Directions
1) Crumble the cube of bouillon and mix into ½ cup of hot water, cider vinegar and pineapple juice and save for later.
2) Add the mustard seeds in a large sauce pan, big enough to accommodate all the ingredients. Turn it on medium-low heat until they start to pop. Add 2-3 tablespoons of olive oil, and turn the heat up to medium.
3) Finely dice the onions and garlic. Add these to the oil and sauté until brown. Finely chop the fresh and dried chili peppers (if you don’t want the heat, then discard all the seeds). Add to the sauce pan and continue browning for several minutes.
4) Add the cumin, coriander, paprika, cinnamon, and ground cloves.
5) Meanwhile, chop the tomatillo and tomatoes, then add to the pan along with the lime juice and lime zest.
6) While this is cooking, chop the sweet potatoes and chayote squash. When you are finished, mix the sweet potatoes, chayote, black beans and corn into the pan along with the bouillon/vinegar/juice mixture and cover for about 20 minutes or until the sweet potatoes are sufficiently steamed.
7) At the very end, add the pineapples, because they cook quickly. Continue to simmer until there is minimal liquid. Add salt and pepper to taste.
8) Chop the cilantro and grate the cheese.
9) Take this mixture and place it between two tortillas with the Cheese and cilantro and cook it on a Panini maker or George Foreman grill (alternatively, you can use the oven at 400 degrees) for about 5 minutes. Enjoy!

You can also serve it with brown rice, instead of a quesadilla.

Ingredients
• 2 sweet potatoes
• 1 Chayote squash
• 2 cups of freshly chopped pineapple - alternatively one 8oz can of chopped pineapple tidbits in pineapple juice (not syrup)
• ½ cup pineapple juice (or use from can)
• 4 cloves garlic
• 1 medium onion
• 1 tomatillo
• 2 roma tomatoes
• 3 cups of corn
• 1 can black beans
• 1 cube vegetable bouillon
• 4 tbsp ground cumin
• 1 tbsp ground coriander
• 1 tbsp paprika
• 1 tsp cinnamon
• ¼ tsp ground cloves
• 1 tbsp black mustard seeds
• ½ lime juiced and zested
• 2 tbsp cider vinegar
• 3-4 fresh jalapeño peppers
• 3 dried guajillo or ancho chiles
• Salt and pepper to taste
• 1 bunch of fresh cilantro
• Freshly grated Pepper Jack Cheese
• 6-inch Corn or Flour Tortillas, as needed
Pasta e Ceci
By Jon Nahas, c/o 2014

Directions
• In a large pot, add olive oil to cover bottom. Bring to medium and heat the oil. Add 1 tsp. salt.
• Once the oil is heated, add the celery and stir for about 4-5 minutes on medium. Celery is cooked when it looks clear; try not to let it get brown.
• Add the chick peas, with the liquid, and stir.
• Add the tomato paste, and small can of tomato sauce and stir together well.
• Slowly bring to a higher heat, until it starts to simmer, and then reduce heat to simmer or low. Cook, stirring occasionally for about 15-20 minutes, checking to be sure it doesn’t stick to bottom (if so, lower heat) and keep simmering.
• Add the box of pasta, and add additional water so that all pasta and chick peas are covered. Stir well. Bring to a medium high heat until it starts to boil, and then lower heat to simmer or low, stirring occasionally.
• Cook, stirring, for about 10-12 minutes more than directed on box of pasta. Add water, if necessary, so pasta cooks.
• Check for doneness and add more salt, red chili flakes, or parmesan cheese if desired.

Ingredients
• 2 cans Progresso chick peas
• 1, 12 oz. Hunts tomato paste
• 1, 8 oz. can Hunts tomato sauce
• 1 lb. box of pasta – medium shells or bow ties
• 2-3 stalks of celery, sliced in 4 strip lengths and finely chopped
• 1 tsp. salt
• olive oil
• red chili flakes (optional)
• Parmesan cheese (optional)
Chickpea and Artichoke Pasta with Arugula
By Michael Spertus, c/o 2013

Directions
• Boil pasta to desired consistency.
• While pasta is boiling, lightly steam some arugula (to taste for amount, but don't overdo it) if have a steamer.
• In a separate pot, add chickpeas and artichokes, making sure some liquid (very small amount) remains, and once heated on medium heat, add arugula until slightly wilted if do not have a steamer.
• Drain pasta, mix ingredients in a pot.
• When served, add butter, olive oil, parmesan, and red pepper to taste. Enjoy!

Ingredients
• 2 servings of your favorite pasta (for healthier choose quinoa blend or whole wheat)
• 1 can or equivalent dry of garbanzo beans/chickpeas
• 1 can of quartered artichokes, drained
• arugula
• butter (healthy FA blend)
• olive oil
• parmesan cheese
• crushed red pepper for spice
Quinoa Salad with Arugula


Directions

1. Cook quinoa in small saucepan (2:1 ratio), simmer uncovered for ~10 minutes. Remove, strain, and save 3 T water for vinaigrette.
2. Combine arugula, quinoa, and remaining salad ingredients in large bowl and set aside.
3. Combine all vinaigrette ingredients in small bowl and whisk. Pour over quinoa/salad mixture. Season to taste w/salt & pepper.

Some notes:
- To save time, you can choose any ready-made vinaigrette (red wine, strawberry, etc.) from the grocery store. Or you could just use olive oil and lime or lemon juice.
- Definitely add as many dried fruits as possible. This is where the real flavour comes from. Craisins are a good addition.
- To simplify, don’t worry about parsley, cilantro or basil. Or, for a different flavour, substitute ½ cup mint leaves instead of those ingredients.

Ingredients

**salad**
- 2 c water
- 1 c uncooked quinoa, rinsed
- 4 c chopped baby arugula
- 1/3 c dried apricots (~10), halved
- 1/3 c golden raisins
- 1/3 c shelled dry-roasted pistachios
- 1/4 c diced red onion
- 1/4 c chopped fresh parsley
- 1/4 c chopped fresh cilantro
- 2 T chopped fresh basil

**vinaigrette**
- zest from 1 lime
- juice from 1 lime
- 1 T olive oil
- 3 T reserved water from quinoa
- 1/2 large jalapeno, minced (or 1 small)
- salt & pepper
- 1/4 t g cumin
- 1/4 t g coriander
- 1/4 t sweet paprika

Note: t = teaspoon, T = tablespoon, c = cup
Ratatouille
By Sabrina Taldone, c/o 2014

Directions
• Cut 1/2 Vidalia onion into slices and put them into a pot
• Pour in enough olive oil to thinly coat the bottom of the pot
• Heat the onion/olive oil mixture on the stove at medium heat, stirring occasionally, until onions are transparent
• Add 1 can diced tomatoes (strained) and 1 can diced tomatoes w/ garlic, basil, and oregano (do not strain) to the pot, then stir
• Add one tbsp honey and 1 tbsp butter to pot; stir until butter melts completely; let pot cook on medium heat for 5 minutes
• Add the cut zucchini and squash to the pot, stir so that zucchini and squash are mixed well with the tomatoes
• Add a dash of pepper (optional)
• Place lid on pot, let cook for 10 minutes
• Remove lid, stir, let uncovered pot cook for 10 minutes
• Turn off stove, stir ingredients together one last time, and serve

Ingredients
• 1 Yellow squash, cut into ½ or ¾ inch wide slices (circles or semicircles)
• 1 Zucchini, cut into ½ or ¾ inch wide slices (circles or semicircles)
• 1/2 Vidalia onion (or sweet onion)
• 1 can (14.5 oz) diced tomatoes (strained)
• 1 can (14.5 oz) “diced tomatoes w/ garlic, basil, and oregano” (Hunts or Del Monte brand)
• Olive oil
• Honey
• 1 tbsp Butter
• Pepper (optional)
Steamed Broccoli

By Sabrina Taldone, c/o 2014

Directions

• Put broccoli florets into microwave steam bag
• Put rest of the ingredients into microwave steam bag
• Seal bag and shake to mix ingredients. Place bag in microwave.
• Cook on full power for 2-3 minutes (depending on microwave power) or until crisp-tender
• Allow bag to stand for 1 minute before handling. Carefully open bag and serve.

Take home message: it is very quick and easy to have steamed vegetables with every meal (and no clean-up time required if you use the microwave steam bags)

Supplies

• Microwave Steam Bag -- Medium Size (Ziploc or Glad brands work well)

Ingredients

• 3 cups fresh broccoli florets
• 2 teaspoons olive oil
• ¼ teaspoon garlic salt or other seasoned salt
• Dash of red pepper flakes
Stuffed Peppers
Submitted by Marissa Orenstein c/o 2014, Original Recipe from allrecipes.com

Directions
• Preheat oven to 350 degrees F (175 degrees C).
• Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
• Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
• In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
• Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

Ingredients
• 1 lb ground turkey
• ½ cup uncooked long grain white rice
• 1 cup water
• 6 green bell peppers
• 2 (8 ounce) cans tomato sauce
• ¼ teaspoon garlic powder
• ¼ teaspoon onion powder
• Salt and pepper to taste
• 1 teaspoon Italian seasoning
Quinoa Stuffed Peppers
(or Quinoa side dish without the pepper)
By Angela Hippeli, c/o 2014

Directions
• Heat olive oil in a medium size pot. Sauté onions and garlic.
• Add chicken broth, quinoa, cumin, chili powder, and sazon Goya. Boil until quinoa according to the package directions until it is soft (the grain will start to split apart) and liquid is absorbed.
• Add the black beans, corn, and cilantro.
• Continue to cook until beans and corn are just heated through. Stop here if using as a side dish.
• Cut peppers in half lengthwise and boil or microwave until soft.
• Stuff with quinoa mixture.
• Spoon a little salsa on top and sprinkle with cheddar cheese.
• Place under broiler on high until cheese melts, about 2 minutes.

Alternative: Do not microwave pepper. Cover with foil and bake stuffed peppers with quinoa and salsa on top at 350 degrees F for 45 minutes. Sprinkle cheddar cheese on top and bake 15 minutes longer until cheese is melted.

Ingredients
• 2 tablespoons olive oil
• 1 onion, diced
• 1 teaspoon minced garlic
• 1 cup quinoa
• 2 cups chicken broth
• 1 ½ teaspoons cumin
• 1 teaspoon chili powder
• ½ package Sazon Goya (for color)
• 1 can yellow corn
• 1 can black beans, rinsed and drained
• 2 tablespoons fresh cilantro, finely chopped
• 3 green bell peppers, blanched
• Jar of salsa
• Cheddar cheese
Tuna Sandwich
By James Johnson, c/o 2014

Ingredients
• 2, 5 oz. cans of Tuna
• Publix Sweet Relish
• Tomatoes
• Onion Powder
• Light Mayonnaise
• Whole wheat bread
• Cheese (Swiss, provolone, or jack)

Directions
• Get two 5 oz. cans of tuna, and drain them. Put meat into a Tupperware container significantly bigger than the volume of meat (for easy storage later, and no dishes now). Add a few forkfuls of Publix Sweet Relish. Add half a diced tomato if you want. Add a dusting of onion powder if you want. Add Light Mayonnaise, a few tablespoons (or squirts) at a time, mixing after each until the desired consistency is achieved. Toast two slices of whole wheat bread and you’re good to go. Add some cheese (Swiss, provolone, or jack is good) and/or tomato slices to the sandwich if you want to get fancy.

• Toss the sandwich on a paper towel, and you have a meal to go with leftovers in the fridge and zero dishes. It takes 5-10 minutes.

If you are better at opening cans of sardines than I am, you can replace tuna with sardines. It tastes similar, and you reduce your mercury intake and increase omega 3 fatty acids.
Salmon Burgers
By Trey Fuller, c/o 2011

Directions
1) Combine into a small bowl the corn meal and flax seeds with just enough water wet the contents.
2) Chop the onion, garlic and capers (or parsley). Combine into a separate mixing bowl with the lemon juice and olive oil.
3) Skin and debone the salmon fillets, unless it is already done for you. Place all of the salmon into a Cuisinart and blend until it has the consistency of ground meat.
4) Combine the entire amount into the mixing bowl with the onions/garlic mixture. Knead together with your hands and slowly add the cornmeal/flax seed mixture, mixing it thoroughly. Add some salt and pepper to taste.
5) Roll the mixture into patties and cook on the grill like a burger or on a Panini-maker/George Foreman.
6) Serve on sourdough rolls with lettuce, tomato and pickles and mustard sauce as condiments.
7) To make the sauce: Combine the ingredients, whisk and serve chilled.

Ingredients
• 2 lbs of Salmon Fillets, fresh or frozen
• 2 tbsp virgin olive oil
• ½ large red onion
• 4 cloves of garlic
• 15-20 Capers (or ¼ cup of finely chopped parsley)
• Juice of ½ lemon
• ½ cup corn meal
• ½ cup ground flax seeds
• 4 tbsp of “Potlatch Seafood” seasoning, “Chipotle” seasoning or any Smokey-Spicy mix of your liking.
• 1 loaf of Sourdough Bread, or Sourdough rolls
• Lettuce, tomato, pickles for toppings.

Sauce:
• 1 cup yellow or spicy brown Mustard
• 1 tbsp Honey
• 1 tbsp soy sauce (or tamari sauce)
• 1 tbsp white wine (or sherry)
• 1 tbsp balsamic vinegar
• 3 tsp hot paprika
Lemon-Orange Chicken
By Carla Maffeo, c/o 2014

Directions

So credit must be given where credit is due. This recipe is my own modified version of something similar by Giada DeLaurentiis.

- Preheat oven to 375° F. Remove the chicken from packaging and place in Pyrex.
- Thinly slice the garlic, and lay it over the chicken.
- Squeeze the juices from the lemons and orange on top of the chicken.
- Add salt and pepper, to taste.
- Add Craisins.
- Cover the Pyrex with foil, and bake in oven for about 1 hour, or until the juices from the chicken run clear. The Craisins should plump up nicely.
- Serves 3-4.

Ingredients
Prep time: 5 minutes
Cook Time: 1 hour
Serves: 3-4

- 1-2 cloves of garlic
- Juice of 3 lemons
- Juice of one orange
- 4 chicken breasts
- Salt and pepper to taste
- Craisins
Spicy Turkey Meatballs
By Dani Olson, c/o 2014

Ingredients
- 1 20 oz package LEAN ground turkey
- 1 egg
- ½ cup milk
- ¾ cup bread crumbs (or 2 crushed toast slices)
- 3 cloves garlic (or 1 T garlic powder)
- 3 T Italian seasoning (or basil)
- 2 t crushed red pepper
- 1 ½ t salt

Directions
- Preheat oven to 425°
- Mix everything EXCEPT ground turkey
- Combine mixture with turkey. Do not over-mix.
- Form into balls and place on to greased bake pan.
- Bake 20 minutes for smaller meatballs, 30 minutes for larger, flipping half way through.
Thai Chili Chicken with Basil *slightly spicy*

By Angela Hippeli, c/o 2014

**Ingredients**
- 1 tablespoon vegetable oil
- 1 teaspoon minced garlic
- 2 Thai bird chilies or serrano peppers
- 1 lb chicken breasts, cut into small chunks
- 1 tablespoon water
- 2 teaspoons low sodium soy sauce
- 2 tablespoons fish sauce
- 2 teaspoons Thai red chili paste
- 2 teaspoons sugar
- 1 teaspoon ground black pepper
- 2 cups fresh basil (or 1 entire store bought package), chopped

**Directions**
- In a large frying pan, heat the oil and sauté the chilies and the garlic.
- Add the chopped chicken breast and cook for about 5 minutes.
- In a small dish, mix the water, soy sauce, fish sauce, Thai red chili paste, sugar, and pepper. Add to the frying pan with chicken. Stir and finish cooking chicken all the way through. Let sauce reduce a little until just coating the chicken.
- Add basil and cook until basil is just wilted.
- Serve with rice.
Fresh Salmon
By Michael Schoor, c/o 2014

Ingredients
- Salmon (try not to buy farmed)
- Three cloves of Fresh Garlic
- Sea Salt/Kosher Salt
- Black Pepper
- Extra Virgin olive Oil
- Sides to serve with Salmon (Fresh frozen California mix vegetables and Quinoa)

Directions
1. Purchase fresh Salmon (preferably non farmed).
2. Season the Salmon on both sides with desired salt and pepper.
3. Finely chop three fresh garlic cloves.
4. Add two to three teaspoons of Extra Virgin Olive Oil to a pan. The oil should barely cover the chopped garlic.
5. Slowly heat the garlic/oil on med low to medium heat.
6. Stir the garlic so it does not burn; When it barely starts to change color, put the heat on medium and add the salmon. DO NOT BURN THE GARLIC OR YOUR MUST START OVER 😞
7. Cook the salmon on each side for approximately 7 minutes. The salmon will change to a more whitish color as it cooks. Cook one side and then flip it. To get crunchier salmon, try cooking with less oil or on higher heat. After the salmon is in the pan do not worry about the garlic changing colors.

Salmon is served best with Quinoa and fresh vegetables (frozen are good also).
“Throw & Go” Cream of Chicken

By Sabrina Taldone, c/o 2014

Directions

• Insert slow cooker liner into slow cooker per the liner’s box directions (optional)
• Place all ingredients (except for chicken) into slow cooker and stir until mixed
• Place chicken into slow cooker
• Cover slow cooker with glass lid
• Plug in slow cooker, turn it on, and set for “4 hours”

Buying a slow cooker was one of the best investments I’ve ever made! You can throw all of the ingredients into the slow cooker in the morning before school, turn it on “4 hours”, and you come home to a great meal! (Don’t worry if you come back 8 hours after turning it on...the slow cooker stays on “heat” after the “4 hours” are done, so you can come home whenever you want!)

😊 Serve with pasta and veggies 😊

Leftovers taste even better than the fresh dish, so you can be excited about having leftovers!

Also, leftover chicken can be sliced for making great chicken sandwiches.

Supplies

• Slow cooker (crock pot)
• Slow cooker liner (optional)

Ingredients

• 4 chicken breasts with ribs, or 5 boneless chicken breasts
• 1 can of Family Size Campbell's Condensed Cream of Chicken Soup (26 oz)
• 1 ½ cups of milk (or use 1 ⅓ cups of water if you don’t want to add milk)
• 1 tbsp butter
• 2 (4.5 oz) cans of mushrooms (do not strain)
• 1/2 teaspoon salt
• 1/2 teaspoon pepper
• 1 chicken bullion cube
• Few slices of sweet onions
• Salt and pepper to taste
• 2 tablespoons of either Alouette flavoring cheese or Boursin cheese (add to taste)
Traditional Chili
By Jennifer Gustafson c/o 2011, and Michele Fass c/o 2012

Directions
• Heat oil in big stockpot over medium heat. Add onions and garlic and cook, stirring occasionally, until tender (8–10 minutes)
• Add the chili powder, paprika, cumin and oregano and stir until the spices are well combined
• Add meat and 1 tsp salt. Increase heat to med-high and cook the meat, stirring frequently until cooked through (another 8–10 minutes)
• Stir in remaining ingredients. Reduce heat to low, cover and simmer, stirring occasionally for 30 minutes. Adjust seasoning to taste.

Vegetarian Option:
Prepare same recipe as above, except substitute meat with 1 additional can of kidney beans and 1 additional can of great northern beans

This recipe is well worth it for the extras!
Freeze leftovers in a 1 gallon Ziploc bag (fill to ¾ full) and then squeeze the remaining air out before sealing.

Ingredients
• 1 tsp oil
• 2 med onions, chopped (about a cup)
• 3 tbsp chopped garlic
• 1 lb ground meat (can be beef, chicken, or turkey)
• 15 oz can diced tomatoes
• 15 oz can diced tomatoes w/ green chilis
• 15 oz can kidney beans
• 15 oz can white beans
• 12 oz can corn ½ cup BBQ sauce
• 3 tbsp chili powder
• 2 tbsp paprika
• 1 tbsp cumin
• 1 tsp oregano
• Salt and pepper to taste
Yellow Lentil Curry Soup

By Trey Fuller, c/o 2011

Directions

1) Place the lentils and vegetable bouillon in a large pot and cover with water, then bring to a boil on the stovetop.

2) Meanwhile, heat the olive oil in a separate sauce pan on medium heat. Roughly chop the onion, garlic and ginger and add them to the hot oil. Sauté until it’s sufficiently browned.

3) Meanwhile in a mortar and pestle or spice grinder, grind the curry leaves, fenugreek seeds, and cumin seeds until smooth. Mix this together with remaining spices (curry, turmeric, chilis, and allspice) and add the spice blend to the saucepan. Let this mixture cook on medium-low heat for about 5-10 minutes. Chop the carrots and tomatoes and add to the saucepan at this time. Cook down the remaining liquid. As the mixture dries out add a small amount of coconut milk and dry sherry to the pan, stepwise until you have used all the liquid.

4) By now the lentils should be softened enough to add the contents of the sauce pan. Mix them together and add enough water to bring the entire contents to approximately half way up the pot, but be sure not to make it too dilute. If so cook it down to the thicker consistency.

5) Next, using a hand-held blender, blend the contents of the pot until the soup is a puree. If not, you can cool the mixture and blend it in a blender, but this process is messier.

6) Last of all, roughly chop the spinach/kale and add it to the pot. Ideally, it should be added right before consuming, so as to maintain a raw texture, otherwise just put it in at the very end of preparation.

7) Salt and pepper to taste and enjoy!

Ingredients

• 2 8oz bags of Yellow Lentils
• 5 cloves of garlic
• ½ large or 1 whole medium onion
• 1-inch cube ginger
• 2 roma tomatoes
• 3 medium carrots
• ½ cup coconut milk
• ½ cup of dry sherry
• 1 cube vegetable bouillon
• 4-5 cups of roughly chopped spinach or Swiss chard

Spices:

• 3 tbsp Olive oil
• 2 tbsp standard Curry powder
• 1 tsp turmeric
• 20 dried Curry leaves
• 1 tbsp galangal powder
• 1 tbsp dried red chilis
• 1 tbsp Cumin seeds
• 1 tsp allspice
• 1 tbsp fenugreek seeds
• Salt and pepper to taste
Taco Soup
By Laura Stone, c/o 2014

Directions
• Brown and drain ground beef.
• Place beef and all ingredients in large soup pot.
• Simmer for 1.5 hours.
• Serve with tortilla chips.
• You may make this soup spicier if you wish by adding more or less tomatoes with chilies.
• This recipe can be made Vegan by substituting the ground beef with ground beef substitute.
• This can be made and frozen in individual serving sizes to be heated and served later.

Ingredients
• 2 lbs. ground beef
• 2 large onions, diced (Can buy these already diced in most grocery stores)
• 1 can black beans
• 2 15 oz. cans diced tomatoes
• 1 10 oz. can diced tomatoes with green chilies
• 2 11 oz. cans shoepeg corn (may substitute Mexicorn)
• 1 package dry ranch dressing mix
• 2 packages taco seasoning mix
• 4 cups of water
• Garlic Salt, to taste
White Chicken Chili
Submitted by Cristina Del Toro, Original Recipe by Allrecipes.com

Directions
1. Remove the skin from the rotisserie chicken and shred the white meat and place in a separate bowl. (Shred meat by pulling a piece in the direction of the “grain” so it comes out stringy in ½ inch strips). Set aside.
2. Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion and garlic until tender and fragrant. Mix in the jalapeno, Rotel, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 2 minutes. Mix in the chicken broth. Set aside half a cup of cannellini beans. Mix in the rest.
3. Scoop out 2 cups of soup and, in a blender, blend with ½ cup cannellini beans until smooth.
4. Simmer 15 minutes, stirring occasionally.
5. Remove the mixture from heat. Garnish with cheese. Serve warm.

Ingredients
• 1 tablespoon olive oil
• 1 cooked rotisserie chicken (buy at local Supermarket deli)
• 1 onion, chopped
• 2 cloves garlic, minced
• 1 box reduced-sodium chicken broth
• 2 cans canellini beans, rinsed
• 1 cans navy beans, rinsed
• 1 can RoTel original (diced tomatoes and green chiles)
• 1 can (4.5 ounces) chopped green chile peppers
• 1 teaspoon ground cumin
• 1 teaspoon salt
• 3/4 teaspoon dried oregano
• 1/2 teaspoon chili powder
• 1 teaspoon cumin
• 1/8 teaspoon cayenne pepper
Lentil Soup
By Cristina Del Toro, c/o 2014

Directions
- Put olive oil and onions in bottom of large pot on medium heat.
- Add chicken bouillon and simmer until fragrant (2 minutes). Then add vegetables and let simmer another minute.
- Add water and lentils.
- Raise heat on stove until water is at a rolling boil. Then cover and put on low heat for 15-20 minutes.
- Soup is done when lentils and vegetables are tender.
- Add salt and pepper to taste. Can spice up with ½ tsp of turmeric and curry too!

Ingredients
- 1 potato, cubed
- 1 small white onion, diced
- ½ cup carrots chopped
- ½ cup celery chopped
- 1 cube or packet chicken bouillon
- 1 cup dry lentils, rinsed
- 1 tbs olive oil
- 1 tsp cumin
- salt and pepper to taste
- 2 ½ cups water
Pumpkin Spice Muffins
By Lauren Reece, c/o 2014

**Ingredients**
- 25 ounces canned pumpkin
- 1 box spice cake mix
- Muffin liners
- Muffin pan (Makes 12)

**Directions**
- Preheat oven to 350 degrees
- Mix ingredients (pumpkin with spice cake mix)
- Spoon into muffin pan
- Put in oven for 18-20 minutes
- ENJOY!!!! Super yummy and healthy
Easy Homemade Yogurt
By Hongzhao Ji, c/o 2013

Ingredients
• Plain, unsweetened yogurt
• Stoneyfield Organic 2 percent milk, you could use other brands, but it never seems to work as well.

Directions
• Don’t open the carton of milk. Put it directly in the microwave and heat for about 2 minutes at a time, turning in between, until it is very warm to the touch (estimate as close as you can to 115 degrees).
• Allow the plain, unsweetened yogurt to reach room temperature.
• While this happens, bring a pot of water to boil and take it off the heat.
• Mix half a cup of yogurt with half a cup of warmed milk and stir until combined.
• Pour this mixture back into the carton and put the carton into the oven along with the pot of boiled water.
• Leave this in the oven for 8-10 hours depending on how tart you want your yogurt.
• Take the milk out and put in the refrigerator for 12 hours.
• Use the still warm water to boil beans, pasta, or whatever you like.
Pumpkin Apple Streusel Muffins
By Angela Hippeli, c/o 2014

Directions
• Preheat oven to 350 degrees F
• Use muffin papers or spray non-stick cooking spray into 18 muffin cups
• Mix together sugar, salt eggs, oil, and pumpkin.
• Add flour and baking soda and mix until just fully combined.
• Fold in apples.
• Spoon batter into muffin cups, filling about ¾ of the way full.
• In a small bowl, mix together the last 4 ingredients for the streusel topping and sprinkle on tops of muffins.
• Bake in preheated oven for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Ingredients
• 2 ½ cups all-purpose flour
• 2 cups white sugar
• 1 tablespoon pumpkin pie spice
• 1 teaspoon baking soda
• ½ teaspoon salt
• 2 eggs
• 1 cup canned pumpkin puree
• ½ cup vegetable oil
• 2 cups peeled, cored, and chopped apples
• 2 tablespoons all-purpose flour
• ¼ cup white sugar
• ½ teaspoon ground cinnamon
• 4 teaspoons cold butter, cut in small pieces
Paula Deen’s Red Velvet Cupcakes Gone “Light”
By Tracey Harpaul & Megan Janson, c/o 2011

**Directions**
- Preheat the oven to 350 degrees F, then line 2 (12-cup) muffin pans with cupcake papers.
- In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder.
- In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.
- Divide the batter evenly among the cupcake tins, fill each until about 2/3 filled.
- Bake in oven for about 20 to 22 minutes. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

**For the Cream Cheese Frosting:**
- In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth.
- Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.
- Spread frosting on cooled cupcakes with a butter knife or with this simple trick:
  - Pour frosting into a large Ziploc bag, squeeze out excess air from the bag and apply pressure by twisting the top of the bag. Cut a small hole in the corner of the Ziploc bag and squeeze the frosting onto the cupcake.
  - Garnish away!

**Ingredients**
- 2 ½ cups all-purpose flour
- 1 ½ cups Splenda-sugar mix
- 1 teaspoon baking soda
- 1 teaspoon cocoa powder or crushed milk chocolate
- 1 ½ cups vegetable oil
- 1 cup light buttermilk, room temperature
- 2 large eggs
- 1 teaspoon white distilled vinegar
- 1 teaspoon vanilla extract
- 2 tablespoons red food coloring

**For Icing:**
- 1 pound light cream cheese, softened
- 2 sticks low-fat butter substitute, softened
- 1 teaspoon vanilla extract
- 4 cups sifted confectioners sugar
- 1-2 tablespoons red food coloring (according to color preference)
- Garnish of choice (we used shredded chocolate)