

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 C packed brown sugar

1 stick butter

2 Tbsp dark corn syrup

Loaf of good crusty bread

cut into  $\frac{3}{4}$ "-1" slices

5 eggs

1  $\frac{1}{2}$  cup milk

1 tsp vanilla

Cinnamon (optional)

Fresh raspberries or

other fruit (optional)

### Baked French Toast

Serves 6

Prep Time 10min

Cook Time 35min

### DIRECTIONS



1) In a small sauce pan over medium heat, mix & melt butter, brown sugar, and corn syrup.

2) Spray 9x13 ovenproof pan with cooking spray & pour in the melted mixture, evenly, on the bottom of the pan.

3) Arrange slices of bread on top of the sugar mix.

4) Beat the eggs, milk, and vanilla. Add cinnamon to taste if you like. Once it is well mixed, pour over the bread pieces.

5) Cover and refrigerate overnight.

6) Set oven to 350°. Sprinkle the top with more cinnamon if desired. Cover with foil and bake for 15 minutes. Remove foil and continue baking for another 15-20 minutes.

FROM THE KITCHEN OF

Renée A. S. Strange

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



6 slices thick bread

2 eggs

2/3 cup milk

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1 tsp vanilla extract

Salt to taste

### French Toast

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



Beat together egg, milk, salt, spices and vanilla.

Heat lightly oiled griddle or skillet on medium-high

heat. Soak each slice of bread in the egg mixture,

being sure that both sides are soaked.

Place in skillet or on griddle and cook on both sides

until golden. Serve hot.

FROM THE KITCHEN OF

Karen Keniston

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1/2 cup melted butter

1 tsp. baking soda

dash of salt

1 C. sugar

1/2 C. chopped pecans

1 1/2 C. sifted flour

3 ripe bananas mashed

2 eggs

### Banana Bread

Serves Loaf

Prep Time 15 min. Cook Time 40-50

### DIRECTIONS



Cream butter, sugar and eggs together in mixer for 2 mins. Add dry ingredients and mix well. Stir in bananas and nuts (optional). Pour into greased and floured loaf pan. Bake at 350 degrees for 40-50 mins.

For sugar free option, replace 1 cup Sukrin Gold brown sugar alternative for 1 cup sugar.

Can also add 1-2 tsp. cinnamon if desired.

FROM THE KITCHEN OF

Brandi Hutcheson RN BSN MSN CCM CCDS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



3 ½ cups flour

2 tsp salt

2 cups sugar

1 ½ tsp cinnamon

1 ½ tsp nutmeg

2 tsp baking soda

1 cup cooking oil

4 eggs

2/3 cup water

2 cups pumpkin

6 T brown sugar

3 T butter

1 tsp water

3 tsp vanilla

### Pumpkin Bread

Serves 12

Prep Time 15min

Cook Time 60min

### DIRECTIONS



1) Sift together the first 6, dry ingredients.

2) Once well mixed, make a hole in the dry

ingredients and add the remaining four ingredients.

3) Beat until smooth and pour into 3 loaf pans.

4) Bake at 350° for 50-60 minutes.

5) For the topping: over low heat, mix all remaining ingredients until combined and melted.

6) Pour over loaves while warm.

### FROM THE KITCHEN OF

Kaitlyn Loffreda, BSN, RN, CCDS

Penn State Health



September 13-17



# Appetizers & Dips

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1lb mild sausage, raw

1lb hot sausage, raw

16 oz shredded cheddar

1/2 cup chopped onion

1/2 cup diced celery

1/2 tsp garlic powder

1 1/2 cups Bisquick

### Sausage Cheese Balls

Serves 10

Prep Time 5min

Cook Time 20min

### DIRECTIONS



Pre-heat oven to 375 degrees

Shred cheese and mix all ingredients

Form into one inch balls

Bake 15-20 minutes- until golden brown

FROM THE KITCHEN OF

Laurie Prescott

CDI Education Director, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 Loaf Bread Round

1 8oz cream cheese

4 oz shredded parmesan

4oz shredded mozzarella

1 1/2- 2 cups cooked ham

2 T chopped green onion

Dash of garlic powder

Chopped chives

### Cheesy Ham Dip/Bread Bowl

Serves 6-10 Prep Time 30

Cook Time

### DIRECTIONS



Pre-heat oven to 350 degrees F.

Cut a 1-inch thick slice from the top of round bread

Hollow out the loaf to use as a bread bowl. Slice

the cut-off top of the loaf into cubes for dipping.

Combine the cheeses, ham, green onion, and  
chives in a microwaveable bowl.

Heat in microwave for approx. 15 seconds to  
allow ease in stirring.

Spoon mixture into the bread bowl.

Bake for approximately 30 minutes- bread  
should be toasted and cheese melted and bubbly.

Serve with bread cubes.

Also very good just heated in serving dish with  
corn chips.

FROM THE KITCHEN OF

Laurie Prescott

CDI Education Director, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



15.5 oz can chickpeas  
3 Tbsp water  
3 tsp lemon juice  
3 Tbsp Tahini paste  
1 tsp salt  
2 cloves garlic

Hummus

Serves 12

Prep Time 10min

Cook Time

### DIRECTIONS



- 1) Blend garlic and salt in food processor until fine.
- 2) Add Tahini paste, lemon juice, water and chickpeas and blend until smooth.
- 3) If too thick, add more water until desired consistency.

FROM THE KITCHEN OF

Amal Kebede, DO

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 5 fresh jalapenos
- 4 oz cream cheese, soft
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 cup Panko breadcrumbs
- 1 Tbsp butter, melted

### Air Fryer Jalapeno Poppers

Serves 5      Prep Time 10 min      Cook Time 8 min

### DIRECTIONS



- 1) Wearing gloves, slice the jalapenos in half, lengthwise. Spoon out all of the seeds and membrane. Set aside.
- 2) In a small bowl, mix together the cream cheese, shredded cheese, and seasonings until fully combined. Spoon the mixture into the peppers, about 1 Tbsp per pepper.
- 3) In another small bowl, combine the Panko breadcrumbs and melted butter. Dip the cream cheese part of the pepper into the crumbs to coat.
- 4) Lay the peppers in the air fryer and cook at 375 degrees for 8 minutes. You can also cook the peppers in the oven if an air fryer isn't available.

### FROM THE KITCHEN OF

Alicia White-House, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



8 oz cream cheese

15 oz jar marshmallow

cream

Fresh fruit

### Marshmallow Cream Cheese Dip

Serves 8

Prep Time

Cook Time

### DIRECTIONS



Blend cream cheese and marshmallow cream with hand mixer until combined. Serve with fruit.

Ready in 5 minutes.

FROM THE KITCHEN OF

Paula Eisenhour

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



16 oz sour cream

(Can use Greek yogurt if  
watching weight)

1/2 cup salsa of choice

1 seasoning packed of  
Hidden Valley Ranch

1/2 Tbsp chili powder

1 tsp cumin

1 tsp paprika

1/4 tsp garlic powder

1/4 tsp onion powder

1 dash salt

### Mexi-Ranch Dip

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



- 1) Blend salsa in chopper until paste consistency
- 2) Fold all dry ingredients into salsa and stir well
- 3) Serve chilled or room temp with tortilla chips,  
Fritos, or on grilled chicken

FROM THE KITCHEN OF

Cindy Moorehead

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



3/4 C. blue cheese

salad dressing

1/2 C. hot sauce

2 Tbsp butter, melted

2 C. shredded cooked  
chicken

13 oz tortilla chips

1 tomato, chopped

1/2 C. sliced black olives

1/3 C. diced onion

1 1/2 C. shredded

Mexican cheese

1 C. shredded Monterey

Jack cheese

### Buffalo Chicken Nachos

Serves 4

Prep Time 10min

Cook Time 15min

### DIRECTIONS



- 1) Preheat oven to 400. Line a large rimmed baking sheet with parchment paper and spray with nonstick cooking spray.
  - 2) Stir together t1/4 cup blue cheese dressing, hot sauce, and butter in a bowl. Add chicken and toss to coat.
  - 3) Spread chips evenly on baking sheet. Sprinkle chicken mixture over chips, then top with all the remaining ingredients except the cheese.
  - 4) Combine the cheeses in a bowl, then sprinkle evenly over the nachos.
  - 5) Bake until cheese is melted, 12-15 minutes. Top with the remaining blue cheese dressing
- \* if desired, add bacon, jalapenos, and cilantro\*

FROM THE KITCHEN OF

Ashley Vahey, BSN, RN, CCDS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



4 oz smoked salmon

2 Tbsp heavy whipping

cream

8 oz cream cheese, soft

Juice from 1/2 lemon

1/2 tsp dill weed

salt and pepper to taste

### Smoked Salmon Dip

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



Put salmon in food processor and blend until smooth. Mix in rest of ingredients and serve.

FROM THE KITCHEN OF

Georgina Smith

WVU Medicine



September 13-17



# Mains

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 4 chicken breasts, no skin
- All purpose flour
- Kosher salt, black pepper
- 1/4 cup virgin olive oil
- 4 oz. prosciutto, thin
- 8 oz mushrooms, halved
- 1/2 cup Marsala wine
- 1/2 cup chicken stock
- 2 tbspsns unsalted butter
- 1/4 cup chopped parsley

Brian Murphy's fav. chicken marsala

Serves 6-8

Prep Time 20 min

Cook Time 30min

### DIRECTIONS



- Pound chicken flat on cutting board, until 1/4 inch
- Put flour in shallow platter, season with salt/pepper
- Heat oil over medium high flame in skillet
- Dredge chicken in seasoned flour, shake excess
- Fry for 5 minutes/side until golden. Place on dish
- Lower heat to med., add prosciutto, saute 1 min.
- Add mushrooms, saute 5 minutes, with salt/pepper
- Add marsala and boil for a few seconds
- Add chicken stock and simmer for a minute
- Stir in butter and return chicken to pan; simmer
- Season with salt/pepper and garnish with parsley

FROM THE KITCHEN OF

Brian Murphy

ACDIS Director



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 lb Italian sausage,  
casing removed
- 1-2 chopped onions
- 5 cloves minced garlic
- 1 tsp dried oregano
- 3/4 c. chopped sundried  
tomatoes in oil
- 2 tbs oil from tomatoes
- 5 1/2 c. broth
- 1 bunch of kale, stems  
removed, torn
- 3/4 c. heavy cream
- Salt + pepper to taste
- Parmesan to serve

### Tuscan soup

Serves 6-8

Prep Time 15 min

Cook Time 30-45

### DIRECTIONS



1. In a Dutch oven, cook the meat over med-high till no longer pink. Add onions and garlic with herbs and cook till soft and translucent, 5-10 min.
2. Add tomatoes and oil and cook for 1 min.
3. Stir in broth, bring to simmer, and cook 20 min., stirring occasionally.
4. Add kale, stir, and cook till wilted, 5-10 min.
5. Off heat, stir in cream till heated through.
6. Taste and adjust seasoning. Serve with grated Parmesan.

FROM THE KITCHEN OF

Linnea Archibald

ACDIS Associate Editorial Director, Publications & Membership



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



16 oz. cavatappi pasta

3 Tbsp. butter

6 cloves garlic, diced

2 Tbsp. anchovy paste

3 rounded Tbsp. flour

1 C. vegetable broth

2 Tbsp. Worcestershire

2 C. milk

1 C. grated Parmesan

Salt & pepper, to taste

Caesar macaroni and cheese

Serves 8

Prep Time 10min

Cook Time 30min

### DIRECTIONS



- 1) Bring a large pot of salted water to a boil. Add in the pasta & cook until done.
- 2) While pasta cooks, melt butter in a large pot.
- 3) To the butter, add the garlic & anchovy paste. Stir and let cook 2 minutes, then whisk in flour. Cook 1 minute until roux forms.
- 4) Whisk in the broth, Worcestershire sauce, then milk a little at a time until combined & smooth. Let cook until thick enough to coat the back of a spoon, about 8 minutes.
- 5) Stir in the Parmesan until melted & combined.
- 6) When the pasta is done, drain & set aside until the sauce is finished. Stir in pasta until coated evenly. Season with salt & pepper to taste.

FROM THE KITCHEN OF

Carolyn Riel

ACDIS Editor



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 c. Asian Salad dressing divided, (any brand)
- 1 lb bnl chicken breast cut into strips
- 2 T chunky peanut butter
- 2 T Honey
- ½ tsp crushed red pepper (optional)
- 8 oz thin spaghetti cooked
- ¾ cup shredded carrots
- 3/4 c. Chopped red peppe
- 3/4 c green onions
- 1/4 c Cilantro
- 1 tsp sesame seeds

### Thai Chicken and Sesame Noodles

Serves 4-6

Prep Time 30 min

Cook Time 15-20

### DIRECTIONS



Pour 1/3 cup of the dressing over chicken in medium bowl; toss to coat. Refrigerate 1 hour or so. Mix remaining 2/3 cup dressing, peanut butter, honey, and crushed red pepper; set aside. Cook chicken in large skillet on medium heat about 10 minutes or until chicken is cooked through. Mix chicken, cooked spaghetti, carrots, onions, pepper,s and cilantro in large bowl. Add peanut butter mixture; toss to coat. Garnish with cilantro and sesame seeds. Serve immediately. Can also be served cold. I typically double or do 1.5 times recipe for the sauce.

FROM THE KITCHEN OF

Carrie Dry

National Sales Manager, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1.5 - 2 lbs of flank steak
- 1 medium yellow onion
- 1 large green pepper
- 1 large red pepper
- 6 chopped garlic cloves
- 1 sm can sliced black olive
- 1 tsp dried oregano
- 2 tsp sweet paprika
- 1 can tomato sauce
- salt/pepper to taste
- White rice -cooked as side dish or mixed with meat whichever is preferred.

### Ropa Viejo - Spanish Meat Dish

Serves 4-6

Prep Time 30 min

Cook Time 90 min

### DIRECTIONS



- Boil steak until tender, drain and shred into pieces
- Chop and add to meat mixture
- Chop green pepper and add to meat mixture
- Chop red pepper and add to meat mixture
- Add garlic pieces to meat mixture
- Drain olives and add to meat mixture
- Once all ingredients are mixed with meat, simmer for 30-45 minutes stirring occasionally
- Served with white rice and vegetable of choice

FROM THE KITCHEN OF

Dawn Valdez

CDI Education Specialist, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

HEALTHIER TOCINO by Chef RV

Serves 6

Prep Time 10min

Cook Time 20min

### INGREDIENTS



2 lbs meat of your choice

3/4 C. coconut, muscovado, or brown sugar

1/4 C. pineapple or orange juice

1 sugar beet, 2-inch diameter

2-3 tsp salt

Black pepper, to taste

Oil, for frying

### DIRECTIONS



1. Cut meat into thin slices. Keep at room temp.

2. In a blender, blend all other ingredients well.

3. Pour the blended ingredients onto the meat & massage well .

4. Cover container or out in a large freezer bag & keep in the fridge overnight.

5. In a medium heated pan, add some oil.

6. Fry the pieces of meat turning often not to burn the sugar.

7. It's done once caramelization is achieved.

8.Best served with garlic fried rice, fried egg & tomatoes. Or, dip it in mixture of vinegar, minced garlic & salt.

### FROM THE KITCHEN OF

Fatima Reyes, CDI - AAH- LGH

Enjoy the delicious food from my province in the Philippines, Pampanga.



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1/2 cup molasses
- 1/4 cup Dijon Mustard
- 2 tbsp apple cider vinegar
- 1 tsp salt
- 4 (3/4 lb) pork tenderloins

### Molasses Grilled Pork Tenderloin

Serves 8

Prep Time 5min

Cook Time 20min

### DIRECTIONS



- Combine first four ingredients
  - Brush 1/2 of mixture over pork
  - Cover & chill 8 hours/chill the remaining glaze
  - Cooking spray to grill rack
  - Place loin over medium-hot coals, 350-400 degrees
  - Grill covered with grill lid, 18-20 minutes- turn once
  - Meat thermometer- 160 degrees
  - Baste with remaining glaze during last 10 minutes
- You can skip the marination if time is a factor.

FROM THE KITCHEN OF

Laurie Prescott

CDI Education Director, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 lb 80/20 ground meat
- 1-1/2 C Italian seasoned bread crumbs
- 1/4 C dried oregano
- 1 egg
- 1 C grated parmesan cheese
- 1/2 t salt
- 1/2 t black pepper
- 2 T garlic powder
- Add to above mixture:  
1/3 C warm water

### Tina's Meatballs

Serves 8

Prep Time 15"

Cook Time 45"

### DIRECTIONS



- Mix all ingredients together. Slowly add 1/2 of the warm water and mix. Add the remaining warm water if the mix seems dry. (This mixture should be a spongey consistency.) Roll into round balls and place on cookie sheet for 40 mins. at 350 degrees.
- Meatballs can be put into sauce, or topped with fried green, red, orange peppers and onions.

FROM THE KITCHEN OF

Tina Borgony

Allegheny Health Network, Pittsburgh PA



September 13-17

# CDI Week 2021

## RECIPE:

### Healthy Chicken Pot Pie

Serves 4

Prep Time 10 min

Cook Time 45 min

#### INGREDIENTS



1 TBL extra virgin olive oil

1/2 cup uncooked onion, diced

1 cup diced carrots

1/2 cup diced celery

1 1/2 tsp garlic powder

1/2 tsp kosher salt

1/4 tsp black pepper

1/2 cup all-purpose flour

2 cups unseasoned almond milk

2 cups uncooked chicken, shredded

1/2 cup frozen peas

1/2 cup uncooked onions, diced

1 TBL chopped fresh thyme

1 prepared pie crust

#### DIRECTIONS



Preheat oven to 425 degrees F

Lightly coat 9 inch pie dish with baking spray

Heat a large Dutch oven or other heavy bottom pot over medium-high heat.

Add oil, onions and mushrooms and cook 3 minutes until slightly brown.

Add carrots, celery, garlic powder, salt and pepper.

Cook until vegetables are tender but still crisp. Add onions when vegetables are tender.

Sprinkle flour over top of vegetables and cook 2 minutes.

Slowly pour in almond milk, stirring constantly.

Bring to low boil, scraping any brown bits from the bottom.

Continue to let bubble until thickened, about 3-5 minutes.

Stir in chicken, peas, onions and thyme.

Spoon the chicken mixture into the prepared pie dish.

Roll the pie dough into a circle large enough to cover the dish.

Cut a small slit in the center of the top of the pie crust.

FROM THE KITCHEN OF

Fran Jurcak at Iodine Software



## September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 Baking Hen

3 cans Chicken Broth

1 can Cream of Chicken

Soup

1 pkg frozen dumplings

Salt and Pepper to taste

Nana's Chicken and Dumplings

Serves 6 - 8 Prep Time 15 min Cook Time 2-3 hr

### DIRECTIONS



Boil baking hen in chicken broth and water to cover the chicken. I also add Wyler's chicken bouillon cubes to flavor the water.

Boil hen until done and remove from boiling water. Add frozen dumpling strips into boiling water, one by one until all are in the water. Return water to a boil and cover, stirring occasionally. Usually takes 2 - 3 hours for the dumplings to plump up.

Debone hen and set aside. When dumplings are ready, add the chicken meat back into the pot and stir. Add cream of chicken soup and stir well.

Serve alone or with other dishes.

Use boneless chicken breasts to shorten cook time

FROM THE KITCHEN OF

Gail Weldon RN CCDS Prattville, Alabama



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 chicken breasts

1 stick butter

1 cup Parmesan cheese,  
grated

1 box fettuccine noodles

16 oz heavy cream

1 tsp garlic powder

1 Tbsp parsley

Salt and pepper, to taste

### Fettuccine Alfredo with Chicken

Serves 4

Prep Time 10min

Cook Time 15min

### DIRECTIONS



- 1) Cut up the chicken breast into 1/2 inch pieces.
- 2) Start boiling water for the pasta.
- 3) Add 1/2 stick of butter to a skillet.
- 4) Add chicken and cook until white inside.
- 5) Add pasta to the boiling water and cook.
- 6) Add cream, remaining 1/2 stick of butter, and Parmesan cheese to the chicken. Cook on medium until thickened slightly.
- 7) Drain the pasta when it's done.
- 8) Place the pasta in a large bowl and add the chicken and cream mixture. Stir well.
- 9) Top with the parsley, and enjoy!

### FROM THE KITCHEN OF

Deanne Wilk, BSN, RN, CCDS, CDIP, CCDS-O, CCS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1/2 cup flour
- 1/2 Tbsp paprika
- 1 tsp salt
- 2 tsp onion powder
- 2 tsp garlic powder
- 2-3 pounds of boneless skinless chicken thighs

### Amish Baked Chicken Thighs

Serves 6

Prep Time 10min

Cook Time 60min

### DIRECTIONS



- 1) Lightly grease a baking dish
- 2) In a medium bowl, combine flour and other dry ingredients. Whisk well.
- 3) Dredge the chicken in the flour mixture and then place in the greased dish.
- 4) Bake at 375 degrees for 45-60 minutes or until the chicken is cooked through. Flip the chicken once, halfway through cooking.

### FROM THE KITCHEN OF

Rebecca Saltern, BSN, RN, CCDS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



4 boneless, skinless  
chicken breasts

Soy sauce

1 C sour cream

1 cream of chicken soup

Top with cheese

### Chicken Over Rice

Serves 4

Prep Time

Cook Time 50min

### DIRECTIONS



Preheat oven to 350. Cover bottom of 9x13 baking pan with soy sauce. Add chicken and let marinate. Mix sour cream and chicken soup in a bowl and pour over chicken. Top with cheese of choice. Bake for 50 minutes. Serve over rice.

FROM THE KITCHEN OF

Carrie Chadwell

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 large eggplant, peeled  
and cut into 1/3 slices
- 2 eggs, beaten
- 1 1/2 cups seasoned  
bread crumbs
- 1/4 cup olive oil
- 3 cups spaghetti sauce
- 1/2 lb of shredded  
mozzarella cheese
- 1/3 cup of grated  
parmesan cheese

### Eggplant Parmesan

Serves 4

Prep Time 15min

Cook Time 25min

### DIRECTIONS



- 1) Rinse and dry the eggplant.
- 2) Dip each slice in the beaten egg, then drizzle with breadcrumbs.
- 3) Heat oil in a skillet and fry eggplant for two minutes until brown. Remove and place on paper towel to drain.
- 4) Heat oven to 350 degrees. Arrange half of the eggplant slices on a nonstick baking dish. Spread half the sauce over the top, then sprinkle with half of the cheese. Repeat layers of eggplant, sauce, and cheese on top of the previous layer.
- 5) Bake for 20-25 minutes until cheese bubbles.  
Serve with side of spaghetti.

FROM THE KITCHEN OF

Valerie Smith, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



Boneless, skinless  
chicken breast halves

Lawry's Sesame Ginger  
Marinade

### Sesame Ginger Grilled Chicken

Serves

Prep Time 60min

Cook Time 60min

### DIRECTIONS



- 1) Cut the chicken breasts into 3/4 thickness and pound. Then, place in casserole dish and let marinate in Lawry's Sesame Ginger Marinade for one hour.
- 2) Add a little salt and pepper before grilling. Grill at 300-350 degrees and sear on both sides to keep marinade on chicken. Grille for about one hour.

FROM THE KITCHEN OF

Grant M. Kleppinger, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 lb ground burger

1/4 C. corn meal

1/2 C. milk

1 egg

Salt and pepper

Can cream of mushroom

soup

Flour

### Hamburger Oven Steaks

Serves 6

Prep Time 30min

Cook Time 1 hr

### DIRECTIONS



Mix all ingredients in mixing bowl.

Form and make into patties, then coat the patties with flour, then place in skillet and brown on each side.

Place patties in dutch oven/oven roaster pan.

Cover patties with a can of cream of mushroom soup. I use the skillet drippings and make extra gravy to add over the patties with the mushroom soup.

Bake 350 for 1 hour

I got this recipe from an elderly farm lady I would visit and eat dinner with. She would have fresh honey and bread with mashed potatoes and peas.

FROM THE KITCHEN OF

Tonya Demyon-2021

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

TikTok Mexican Chicken

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time 3 hrs

### INGREDIENTS



4 chicken breasts

15.25 oz black beans

8.5 oz canned corn

1 can Rotel diced

tomatoes

1 packet ranch seasoning

1 packet taco seasoning

1 cream cheese block

shredded cheese

### DIRECTIONS



3 hours on high in crock pot

FROM THE KITCHEN OF

Elizabeth Harvey

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 18 oz sirloin steak
- 1 red onion, chopped
- 2 tomatoes, sliced
- 1 aji amarillo chili pepper
- 1 tsp garlic paste
- 2 Tbsp olive oil
- 20 oz white rice, cooked
- 11 oz potato slices
- 1/2 cup beef stock
- 4 tbsp soy sauce
- 4 Tbsp vinegar
- Handful cilantro leaves
- 1/4 tsp oregano
- 1 tsp cumin

### Lomo Saltido

Serves 6      Prep Time 15min      Cook Time 30min

### DIRECTIONS



- 1) Fry the potato slices in oil.
- 2) Slice the steak. Marinate the meat with cumin vinegar, soy sauce, 1 Tbsp of oil, and salt and pepper for 10 minutes.
- 3) Pan fry the steak for about 5 minutes.
- 4) Remove the seeds and veins from the chili, then slice. Add the onion, chili, and garlic to the pan with the steak. Cook an additional minute.
- 5) Add beef stock and tomatoes to the pan. Cook for another minute.
- 6) Add oregano and french fries, toss to incorporate ingredients, then remove from heat.
- 7) Serve over rice topped with cilantro.

FROM THE KITCHEN OF

Julie McNeil, MSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 lbs ground beef

2 lbs pork sausage

3 Tbsp salt

3 Tbsp black pepper

1/2 C water

1 C Italian breadcrumbs

1/4 C oregano, chopped

1/4 C basil, chopped

1 yellow onion

3 garlic cloves, minced

1/2 C olive oil

3/4 C Parmesan cheese,

shredded

2 eggs (whole)

### Homemade Meatball recipe

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



Saute onion and garlic in 1/4 cup of olive oil, while pre-heating oven to 350 degrees F. Once soft, combine all ingredients (except remaining olive oil) in large bowl. Mix well, and roll into 13 meatballs.

Heat large pan with remaining 1/4 cup olive oil on low heat. Saute meatballs in pan until browned on all sides. Place in cast iron skillet or baking dish, bake in oven at 350 degrees F for 30 minutes or until cooked through and no longer pink.

### FROM THE KITCHEN OF

Leyna Belcher and her Great-Grandma Longo

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 lbs chicken breasts

1 egg, large

1/2 tsp salt

1/2 tsp pepper, ground

4 Tbsp olive oil

1 cup sour cream

15 1/2 oz Lay's Wavy

Hickory BBQ chips

### Potato Chip Chicken Tenders

Serves 8

Prep Time

Cook Time

### DIRECTIONS



Preheat oven to 400 and spray two large rimmed baking sheets with cooking oil. Cut the chicken breasts into 1-inch thick strips (about 4 per breast). Crush the chips into crumbs by using a food processor or opening the bag slightly to let out air and smashing chips in bag with rolling pin. Empty chip crumbs into large bowl. Mix the sour cream, egg, salt, and pepper in large bowl until smooth and uniform in color. Dip the chicken strips in the sour cream mixture, let any excess sour cream drip off and then roll the strips in chip crumbs. Place on prepared baking sheet. Drizzle strips with olive oil (2 Tbsp per sheet). Bake in oven 18-20 minutes until no longer pink in center and outside coating

### FROM THE KITCHEN OF

(cont. from above) starting to brown. Cool and serve with a dipping sauce.

Cindy Moorehead - WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



6 pieces of salmon

1 tsp ginger and garlic

paste

Juice from 1/2 lime

1 tsp Tandoori masala

powder

1 pinch tumeric

1 Tbsp olive oil

### Tandoori Salmon

Serves 6

Prep Time 30min

Cook Time 12min

### DIRECTIONS



1) Mix all the ingredients except the salmon

together to make a paste.

2) Marinate the salmon with the above paste for

30 minutes.

3) You can grill it on the stove or in the air fryer

at 375 degrees for 8-12 minutes until done.

\*Best to flip once when halfway done\*

FROM THE KITCHEN OF

Sujatha Devale, MBBS, CDIP

Penn State Health



September 13-17



# Sides

# CDI Week 2021

## RECIPE:

### INGREDIENTS



8 slices of white bread

1 egg

3 tbs butter (melted)

2 tbs Bell's seasoning

Salt and pepper

### Nana's Bread Stuffing

Serves 6-8

Prep Time 10 min

Cook Time 45 min

### DIRECTIONS



1. Preheat oven to 375 degrees
2. Wet 2 slices of bread under running cold water and squeeze out the water. Place in bowl and repeat with remaining slices. Bread should be wet and mushy.
3. Add egg, Bell's seasoning, and salt and pepper to taste. You can add more or less Bell's seasoning depending on your preference. Mix.
4. Add melted butter and mix again.
5. Scoop stuffing into an aluminum pie plate and spread to edges of plate. It will be lumpy.
6. Bake in preheated oven for 40-45 minutes. Bake longer for a crispier stuffing.
7. Cut into 6-8 slices and enjoy!

FROM THE KITCHEN OF

Karla Accorto

ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 2 bags of frozen spinach,  
thawed
- 2 sticks butter, melted
- 12 oz crumbled feta
- 12 oz cottage cheese
- 1 white onion, minced
- Fresh dill, chopped
- Mint, to taste
- Fresh parsley, to taste,  
chopped
- 1/2 package of phyllo  
dough
- 3 eggs

### Spanakopita (Greek Spinach Pie)

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



- Combine spinach, onion, cheeses, herbs, & eggs.
- Blend in a large bowl, like mixing a meatloaf.
- Melt butter and set aside.
- Choose a baking pan that works with the phyllo.  
(Find phyllo in the frozen pastry section.)
- Lay phyllo out in pan a few sheets at a time.
- Brush on butter with pastry brush.
- Scoop in a layer of spinach-cheese mixture.
- Lay additional phyllo sheets and brush with butter.
- Scoop additional mixture and repeat.
- Bake at 375 for 45 minutes until golden brown.

FROM THE KITCHEN OF

Melissa Varnavas

ACDIS Editorial Director, Events & Education



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 10.5 oz pkg frozen corn  
1.5 cups Half & Half  
3 Tbsp sugar  
2 Tbsp flour  
1 Tbsp chives,fresh,  
chopped  
1/2 tsp salt  
1/4 cup butter

### Creamed Chive Corn

Serves 6

Prep Time 10 min

Cook Time 20min

### DIRECTIONS



Place corn (frozen) in 2 quart microwave safe  
casserole.  
Combine sugar, flour, chives (chopped,) salt, and  
Half & Half.  
Pour cover corn.  
Add butter (I usually just dot all over the top)  
Cover with casserole lid. (I usually just use plastic  
wrap to cover)  
Microwave on high for 16-18 minutes, stirring twice  
(I usually stir at 6 minutes and at 12 minutes)  
Set aside for 5 minutes.

### FROM THE KITCHEN OF

Susan Snyder, RN, CCM, CCDS

Baptist Health - Louisville KY



September 13-17

# CDI Week 2021

## RECIPE:

Pennsylvania Dutch Milk Macaroni

Serves 6

Prep Time 5 min

Cook Time 8 min

### INGREDIENTS



Elbow macaroni

Milk

Salt

### DIRECTIONS



- 1) Bring a pot of water to a boil and cook macaroni according to package instructions.
- 2) Strain, then return the macaroni to the pan.
- 3) Add milk, cover and heat until warmed through.
- 4) Add salt to taste. Enjoy!

FROM THE KITCHEN OF

Melissa Zimmerman, BS, AA, RN, CPC

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



16 oz pasta of choice

1 onion

2 carrots

3 stalks celery

1 English cucumber

1 yellow pepper

1 orange pepper

1 container cherry

tomatoes

cubed sharp cheddar

cubed smoked Gouda

1 cup cubed salami

1 cup pepperoni

12 oz Italian dressing

### EBTKS Pasta Salad

Serves 8

Prep Time 10 min

Cook Time 20min

### DIRECTIONS



1) Cook pasta according to package instructions.

2) While pasta is cooking, roughly chop all the vegetables, cheese, and meats into bite sized pieces.

3) Drain the cooked pasta. While it's still warm, pour the dressing over the pasta and mix.

4) Add all other ingredients except for the cheese.

5) When the mixture has cooled slightly, add the cubed cheeses.

6) Refrigerate until cold and serve!

FROM THE KITCHEN OF

Melissa Clarke, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 onions

2 zucchini

1 medium eggplant

3 red or yellow bell

peppers

4 Tbsp olive oil

2 cloves garlic, crushed

28 oz canned diced

tomatoes

2 1/4 Tbsp tomato

paste

1 tsp dried oregano

8 leaves basil

### Ratatouille

Serves 6

Prep Time 20 min

Cook Time 1 hr

### DIRECTIONS



1) Peel onions and cut in half, then into thin slices.

2) Dice the zucchini and eggplants.

3) Remove the seeds from the bell peppers, dice.

4) Heat a large saucepan on medium-low and add the oil. Add the onions and cook for 10 minutes.

Then, add the remaining ingredients to the pan.

5) Cook on medium for 5 minutes, then turn down heat to low. Cover and cook 10 minutes. Stir, remove the lid and cook another 40 minutes.

6) Serve warm with crusty bread.

FROM THE KITCHEN OF

Rick Cunningham, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2, 28 oz cans crushed tomatoes

2, 14.5 oz cans diced tomatoes

2, 12 oz cans tomato paste

2 medium chopped onions

Chopped garlic

Grated Parmesan

Salt and pepper, to taste

Few pinches sugar

Italian seasoning, to taste

### Homemade Spaghetti Sauce

Serves 8

Prep Time 15min

Cook Time 30min

### DIRECTIONS



1) Saute chopped onion and garlic in a little olive oil until slightly tender.

2) Add the onion and garlic mixture to a pot on the stove or a crockpot.

3) Add the tomato ingredients and bring it to a simmer.

4) After simmering for a while, add the seasonings to taste, then finish stirring in Parmesan.

5) Serve with meatballs over pasta.

FROM THE KITCHEN OF

Kay Peters, RN, BSN, CCDS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 can croissant dough
- turkey
- mashed potatoes
- corn
- cranberry sauce
- mashed sweet potatoes
- stuffing
- gravy

### Turkey Turnovers

Serves

Prep Time 10 min

Cook Time 15min

### DIRECTIONS



Take all of the leftovers except for the gravy and wrap them in the individual croissant dough triangles. Bake until golden brown according to the package instructions. Serve warm with a side of gravy for dipping. Delicious!

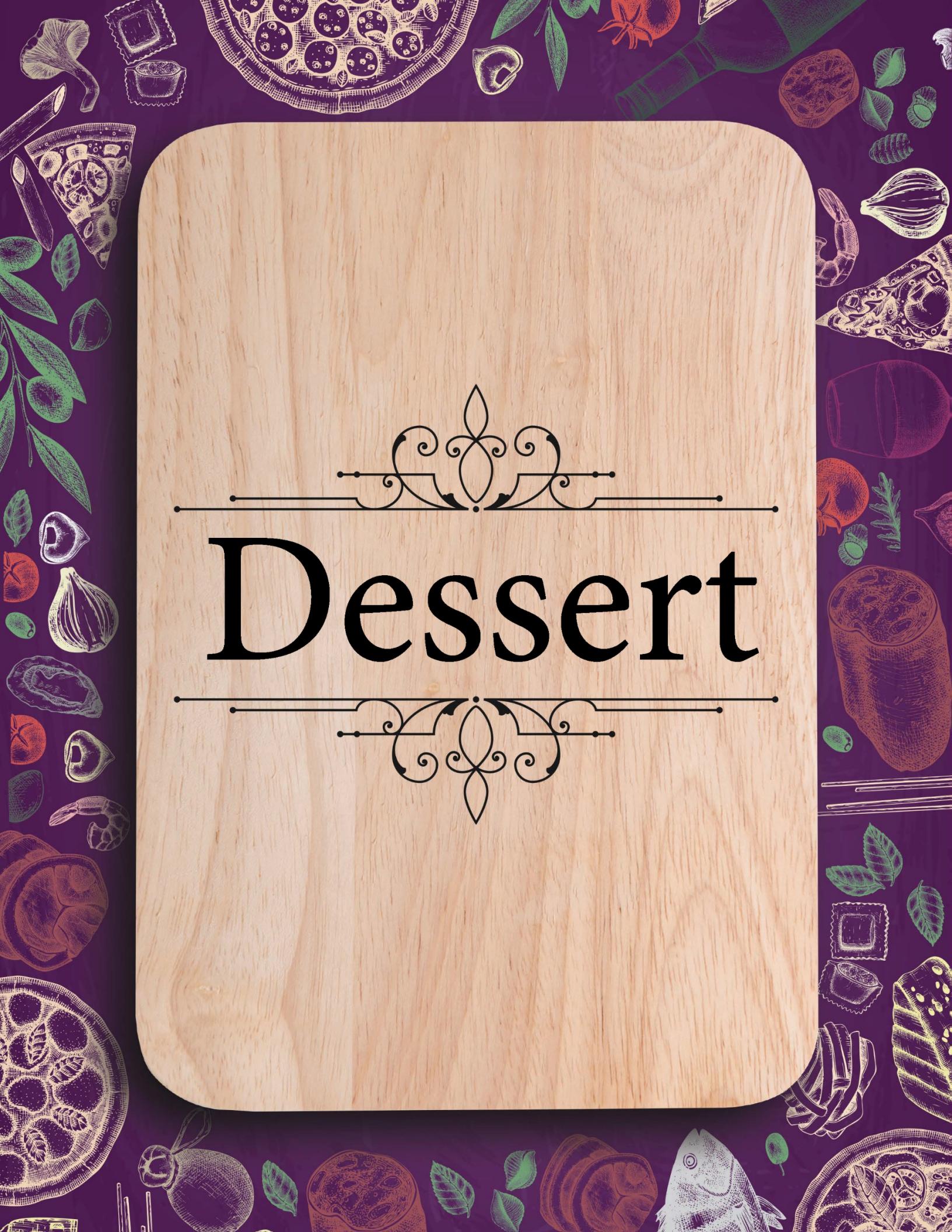
FROM THE KITCHEN OF

Melissa Varner, LPN, CCDS

Penn State Health



September 13-17



# Dessert

# CDI Week 2021

## RECIPE:

### INGREDIENTS



75 g butter
2 tbs honey
2 tbs milk
60 g almond flour
1/4 tsp baking powder
45 g rolled oats
90 g sugar
1/4 tsp vanilla powder
75 g dark chocolate (melted)
Flaked sea salt

Havreflarn (Swedish oat cookies; GF)

Serves 20-30 Prep Time 30

Cook Time 10

### DIRECTIONS



1. Preheat oven to 375° F. Line 2 baking sheets with parchment paper.
2. Melt butter in saucepan over medium-low. Off heat & add honey & milk. Stir to combine.
3. Combine flour, baking powder, oats, & sugar in a bowl. Mix in butter mixture & vanilla powder. The batter will be very loose.
4. Spoon 1 heaping tsp. for each cookie onto the sheets, leaving lots of room to expand. (I find that each standard sheet holds ~3 cookies.)
5. Bake 8-10 min. or until browned.
6. Let cool ~5 min. on sheets. Move to rack.
7. Brush melted chocolate over one half of each completely cooled cookie & sprinkle with sea salt.

FROM THE KITCHEN OF

Linnea Archibald

ACDIS Associate Editorial Director, Publications & Membership



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- |                                  |
|----------------------------------|
| 2.5 cups crushed graham crackers |
| 1 cup unsalted butter            |
| Condensed milk (14oz)            |
| 1/2 cup sugar                    |
| 3-4 bananas                      |
| 2 cups heavy cream               |
| Chocolate shavings               |

### Banoffee Pie (banana plus toffee)

Serves 8

Prep Time 45

Cook Time -

### DIRECTIONS



1. Melt 1/2 cup butter and add crushed graham crackers. Press into base and sides of pie dish.
2. To make caramel, melt 1/2 cup of butter with sugar in a saucepan, stirring continuously. Add condensed milk. Bring to low boil. Turn down heat to a low simmer and stir for 5 minutes.
3. Pour caramel over cookie base and cool for at least 1 hour.
4. Slice bananas and place on caramel base to make one or two layers.
5. When ready, whip heavy cream until it forms stiff peaks and spoon over caramel base.
5. Top with chocolate shavings.

### FROM THE KITCHEN OF

Rebecca Hendren: This British delicacy was created in the county of East Sussex and is now beloved across the United Kingdom.



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



15.25 oz box chocolate  
cake mix

14 oz sweetened  
condensed milk

11oz Butterfingers snack  
size bars chopped up

1 jar caramel ice cream  
topping

8 oz frozen whipped  
topping

### Butterfingers Cake

Serves 12

Prep Time 30min

Cook Time 30min

### DIRECTIONS



- 1) Prepare cake according to package directions using 13x9-inch baking dish
- 2) Cool completely in pan on wire racks
- 3) Poke holes in cake about 1 inch apart and 1 inch deep using the handle of a wooden spoon
- 4) Pour sweetened condense milk over cake and sprinkle 1/2 the chopped/smashed up Butterfingers
- 5) Pour caramel topping over Butterfingers and then spread with whipped topping
- 6) Sprinkle remaining Butterfingers on top
- 7) Store in refrigerator until ready to serve

FROM THE KITCHEN OF

Sharme Brodie

CDI Education Specialist, ACDIS



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 1/2 C Lite Karo syrup

3/4 C white sugar

1 C + 3 T peanut butter

6 C Special K cereal

10 oz chocolate chips

(I like dark chocolate)

9x13 pan

### Scotcharoos

Serves 24

Prep Time 15

Cook Time 5

### DIRECTIONS



Combine Karo and sugar in saucepan.

Bring to boil.

Add 1 C peanut butter.

Stir until melted.

Pour over Special K cereal

(I like to just mix it in the pan)

Stir until combined.

Spread in the pan.

For Frosting,

Melt chocolate chips and 3 T peanut butter

according to chocolate chip package directions.

Pour over top of bars.

FROM THE KITCHEN OF

Belinda Bauske

Fargo ND



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 cup brown sugar

1 cup white sugar

1/2 cup milk

3 Tbsp. cocoa

1/4 lb. butter

1/2 Cup peanut butter

3 1/2 cup quick oats

1 tsp. vanilla

### No Bake Cookies

Serves 4-6

Prep Time 3 min

Cook Time 5 min

### DIRECTIONS



Bring sugars, milk, cocoa, and butter to a rolling

boil. Take off fire. Add 1/2 cup peanut butter.

Stir until dissolved. Add quick oats and vanilla.

\*\*You can substitute vegan butter and milk to make

this a vegan recipie.

FROM THE KITCHEN OF

Jeanne Johnson, Director of CDI for Premier Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 cups flour

2 cups sugar

2 tsp baking powder

2 tsp baking soda

2 tsp cinnamon

1 tsp salt

1.5 cups vegetable oil

4 eggs- beaten

3 cups grated carrots

1/2 cup chopped walnuts

8 oz pkg cream cheese

1/4 cup softened butter

2 tsp vanilla

3-4 cups powdered sugar

### Carrot Cake & Cream Cheese Icing

Serves ?

Prep Time 20

Cook Time 45

### DIRECTIONS



Mix dry ingredients, add oil and eggs, & mix well.

Stir in grated carrots and mix well. Add nuts (opt)

Spread into a 9x13 pan

Bake at 350 for 45 minutes or until a toothpick

inserted in the middle comes out clean- do not over

cook.

Icing:

Cream together cream cheese, butter and vanilla

Gradually add powdered sugar until creamy.\*

\* may add shredded coconut flakes (optional)

Spread frosting on completely cooled cake

Store covered in the refrigerator. Serve at room

temperature. (Tastes even better the next day!)

FROM THE KITCHEN OF

Kathy Hubbard BSN, RN, CCDS

Baptist Health Louisville, Kentucky



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1/2 tsp Baking Powder
- 1/2 tsp fine salt
- 5 eggs
- 3 cups cake flour
- 3 cups sugar
- 1/2 vegetable shortening
- 1/2 lb butter
- 1 cup milk
- 1 tsp vanilla extract
- 1/2 tsp almond extract

### Mama's Pound Cake

Serves 10

Prep Time 20

Cook Time 90

### DIRECTIONS



- Preheat oven to 350 °F.
- With a mixer, cream butter and shortening together
- To the bowl, add sugar a little at a time.
- Then, add eggs, 1 at a time, beating after each addition.
- In another bowl, stir dry ingredients together then add to mixer alternately with milk, starting with the flour and ending with the flour.
- In another bowl, stir dry ingredients together then add to mixer alternately with milk, starting with the flour and ending with the flour.
- Pour into a greased and floured tube pan and bake for 1 to 1 1/2 hours, until a toothpick inserted in the center of the cake comes out clean.

FROM THE KITCHEN OF

Adapted from [www.pauladeen.com](http://www.pauladeen.com)



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



46 oz pineapple juice

3 C amaretto liqueur

12 oz pink lemonade

6 oz pink lemonade

1/3 C lemon juice

2 liters Sprite

Amaretto Slush

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



Mix together in a Rubbermaid container.

Freeze 8 hours or more.

Stir, scoop and enjoy.

FROM THE KITCHEN OF

Ramona Blevins

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 1 stick butter, softened
- 2 cups sugar
- 2 eggs, beaten
- 3 bananas, mashed
- 2 1/2 cups flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1 cup buttermilk
- optional, 1 cup chopped walnuts
- 8 oz cream cheese, soft
- 1 stick butter, softened
- 16 oz confectioner sugar
- 3 Tbsp milk

### Banana Cake

Serves 12

Prep Time 15min

Cook Time 30min

### DIRECTIONS



- 1) Mix ingredients (except the last 4, which will be used for the icing) in order, one by one.
- 2) Pour into greased/non-stick spray 9x13" pan.
- 3) Bake at 325 degrees for 30 minutes. Add additional time if center is still wet when testing with a toothpick.
- 4) Let cool.
- 5) Mix last 4 ingredients to make the icing.
- 6) When cake is completely cool, ice, cover and refrigerate.

### FROM THE KITCHEN OF

Tanya Haake, BSN, RN, CMSRN, CCDS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



2 C sugar
1/2 C light butter
4 oz light cream cheese
3 eggs
1 large egg white
3 C flour
2 C blueberries
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
8 oz lemon light yogurt
2 tsp vanilla
1/2 C confectioner sugar
4 tsp lemon juice

### Blueberry Cake

Serves 12

Prep Time 15min

Cook Time 70min

### DIRECTIONS



- 1) Heat oven to 350. Beat first 3 ingredients at medium speed with mixer until well blended (5min).
- 2) Add eggs and egg white, one at a time. Beating mixture after each addition.
- 3) Spoon flour into dry measuring cups and level. combine 2 T of flour and blueberries in small bowl.
- 4) Combine remaining flour, baking soda, powder, and salt. Add flour to sugar mixture, alternating with yogurt.
- 5) Fold in blueberries and vanilla and pour into a bunt pan coated with cooking spray. Bake one hour and 10 minutes. Cool in pan and remove.
- 6) Combine remaining ingredients for glaze and drizzle over cake.

FROM THE KITCHEN OF

Sarah M. Ross, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



6 oz blueberries (1/2 pt)

or any fruit you like

304 Tbsp sugar

1 Tbsp flour

1 Tbsp lemon juice

1 tsp salt

Topping:

6 Tbsp flour

1.4 C. old fashioned oats

1/4 C. brown sugar

1/4 tsp vanilla extract

4 Tbsp butter, softened

Blueberry Crumble (or even Peach)

Serves 1-2

Prep Time 30min

Cook Time 30min

### DIRECTIONS



Preheat oven to 375 degrees.

Toss blueberries or other fruit with: sugar, flour, lemon juice, and salt.

Transfer berries to a small baking dish.

In a small bowl, stir together the flour, oats, brown sugar and vanilla. Blend in butter using a fork and mix until well combined.

Scatter topping over berries. Bake until the filling is bubbling and the topping is golden which is @ 25-30 minutes. Cool a little, add a scoop of vanilla ice cream and enjoy.

This recipe makes enough for 1 person or even 2 to split. For more people increase recipe. I make 1 individual small baking dish for each person.

FROM THE KITCHEN OF

Dawn Diven

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



Shortening (to grease the pie plate)  
3/4 cup milk  
1/2 tsp almond extract  
1 C sugar  
2 Tbsp flour  
1/2 tsp salt  
2 eggs  
2, 8 oz packages cream cheese, softened  
3-4 Tbsp favorite ice cream topping  
1 C fresh berries, seasonal

### Chocolate and Mint Cheesecake

Serves 8

Prep Time 20min

Cook Time 52min

### DIRECTIONS



- 1) Heat oven to 325. Grease pie plate.
- 2) Add milk, almond extract, sugar, flour, & salt in a blender. Add eggs. Blend on high for 15 seconds
- 3) Cut cream cheese into small cubes & add to blender. Blend about 1 minute. Pour mixture into prepared pie plate.
- 4) Bake for 48-52 minutes until slightly jiggly when pie plate is shaken. Remove from the oven and place on wire cooling rack, then cool for 1 hour. Place in refrigerator for at least 2 hours to set.
- 5) Cut cheesecake into 8 slices. Put the slices on chilled dessert plates. Drizzle ice cream topping over slices. Also top with berries, cream, chocolate sauce mint leaves, or graham crackers as desired.

FROM THE KITCHEN OF

Sharon Katz, MS, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- 2 cups fresh grated coconut or frozen
- thawed coconut
- 1 cup jaggery powder or grated jaggery
- 4 cardamom, finely powdered
- 1 tsp ghee

### Coconut Dessert

Serves 6

Prep Time 15min

Cook Time 12min

### DIRECTIONS



- 1) Grate the fresh coconut in a food processor or by grater. If using grater, use the small holes.
- 2) If using normal jaggery, grate the jaggery and melt it with little water. Strain the melted jaggery to remove impurities.
- 3) In a pan melt the ghee and add the coconut. Roast for 1-2 min, just to coat them with ghee. Do not make it brown. Add the jaggery and cook until all the moisture evaporates. This can take 5-10 min
- 4) Add the cardamom powder and turn off the heat.
- 5) Cool the mixture for a few minutes. Mixture should be thick.
- 6) Grease your hands with ghee, take a small portion of the mixture and form a ladoo.

FROM THE KITCHEN OF

Neelima Ganji, MBBS, CCDS

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



#### Cake:

1 white cake mix

1 pkg. active dry yeast

1/2 C. warm water

1/4 C. orange juice

2 eggs

#### Topping:

1/2 C. flour

1 C. packed brown sugar

1 Tbsp cinnamon

1/4 C. margarine, soft

Glaze: 1 C. powdered sugar

2 Tbsp margarine

2-3 Tbsp orange juice

### Easy Streusel Coffee Cake

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Cook Time \_\_\_\_\_

### DIRECTIONS



Preheat oven to 350 degrees. Grease pan. In large

bowl, blend first 5 ingredients. Beat as directed on

cake package. Spread half of the batter in pan. In

small bowl combine topping ingredients until well

mixed. Sprinkle half of this mixture on the batter.

Repeat with remaining batter and topping. Bake

25-30 minutes or until topping springs back when

touched lightly in the center. Blend glaze

ingredients until smooth. Drizzle over warm cake.

Serve warm.

### FROM THE KITCHEN OF

Cindy Moorehead

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



- |                                |
|--------------------------------|
| 1 1/4 C. all-purpose flour     |
| 1 1/4 C. oats                  |
| 1/2 tsp salt                   |
| 1/2 tsp baking soda            |
| 1/2 C. sugar                   |
| 1/2 C. brown sugar             |
| 3/4 C. butter, melted          |
| 1 tsp vanilla extract          |
| 14 oz sweetened condensed milk |
| 1 Tbsp lemon zest              |
| 1/3 C. lemon juice             |
| 2 large egg yolks              |
| 1/2 tsp vanilla extract        |

### Lemon Cream Oatmeal Bar

Serves 16

Prep Time 10 min

Cook Time 40min

### DIRECTIONS



- Preheat oven to 350 degrees and grease 8x8 dish.
- Combine flour, oats, salt, baking soda, & sugars.
- Add vanilla and melted butter. Mix.
- Press half of this mixture into bottom of prepared baking dish. Bake for 15 min.
- Whisk together condensed milk, lemon zest, and juice. pour into the baking dish over crust. Spread evenly. Crumble remaining oatmeal evenly on top.
- Bake 25 minutes until golden.
- Remove and let cool to room temperature.
- Refrigerate for about 1 hour. Cut into squares once cool. Store covered in fridge.

FROM THE KITCHEN OF

Kirsten Davis

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 package vanilla

pudding mix

1 package tapioca

pudding mix

20 oz can crushed

pineapple

2, 11 oz cans mandarin

oranges

4 bananas

Maraschino cherries

Orange juice

### Pudding Delight

Serves 8

Prep Time 10min

Cook Time 45min

### DIRECTIONS



1) Drain the juice from the pineapple and oranges to make 3 cups. If not enough juice, add orange juice.

2) Use juice to cook vanilla and tapioca pudding. Cook according to vanilla pudding directions. Let cool.

3) Add pineapple and oranges to the pudding.

4) Add sliced bananas.

5) Top with maraschino cherries.

6) Tip: Add as many cherries as you like!

FROM THE KITCHEN OF

Jennifer Tagle, BSN, RN

Penn State Health



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



Fresh raspberries- 2 cups  
Sugar- 1/4 cup  
Water- 1/4 cup  
Lemon juice- 2 Tbsp  
Vanilla extract- 2 tsp  
Sparkling water- 1 cup  
Vanilla frozen yogurt

### Raspberry Cream Floats

Serves 4      Prep Time 20 min      Cook Time 5 min

### DIRECTIONS



- 1) Bring raspberries, sugar, water, and lemon juice to a boil in a saucepan. Cook 5 minutes or until berries are broken down and mixture is thickened.
- 2) Pour through a wire-mesh strainer into a bowl and press out as much liquid as possible. Discard solids. Stir in vanilla. Chill in freezer for 15 minutes.
- 3) Stir sparkling water into raspberry syrup. Place 2 scoops frozen yogurt in each of 4 small glasses. Pour raspberry soda over frozen yogurt.

FROM THE KITCHEN OF

Nikki Dailey

WVU Medicine



September 13-17

# CDI Week 2021

## RECIPE:

### INGREDIENTS



1 box German chocolate cake mix

2/4 cup margarine, melted

1 package semi-sweet chocolate chips

2/3 cup evaporated milk, divided

14 oz Kraft caramels

### Snicker Brownies

Serves 12

Prep Time 15min

Cook Time 25min

### DIRECTIONS



- 1) Grease & flour 9x13" pan, preheat oven to 350.
- 2) Mix dry cake mix, melted margarine and 1/3 cup evaporated milk together and press 1/2 of the mixture into the bottom of the pan. Bake for 6 min.
- 3) While baking, melt the caramels on low heat with the remaining 1/3 cup evaporated milk, until smooth.
- 4) Pour the chocolate chips over the baked brownie mixture, followed by the melted caramel.
- 5) Drop spoonfuls of the remaining brownie mixture on top and return to oven for 15 min.
- 6) Refrigerate for at least 30 min or cool completely before cutting.

FROM THE KITCHEN OF

Karen Vakkas, MA, RN, CCRN-K

Penn State Health



September 13-17