

Congratulations! You have just received the newest edition of the Abingdon Cookbook. We hope you draw inspiration from family and staff favorite recipes as well as the student artwork contained in these pages.

We wanted to try something new this year, something useful and personal. After some informal discussions on the playground after school and a few emails back in January, we had our idea. The recipes in this cookbook range from simple salads, to delicious desserts, to exotic dishes (looking at you Mr. McDavitt). We believe there truly is something for everyone in this book.

We can't wait to try Ms. Uyeda's chicken wing recipe and Mr. Solano's chorizo bites. Perhaps an Abingdon Cook-Off is in order for next year?

Of course, like any PTA project, this could not have happened without the time and effort of several parent volunteers. We would especially like to thank and acknowledge Megan Pickersgill, Jeni Hornback, Victoria Spindler and Kimberly Warshaw for all your hard work. Thank you also Ms. Megonigal for coordinating the student artwork.

Enjoy!

Jen Davies & Andrew Vitos
Abingdon PTA Co-Presidents

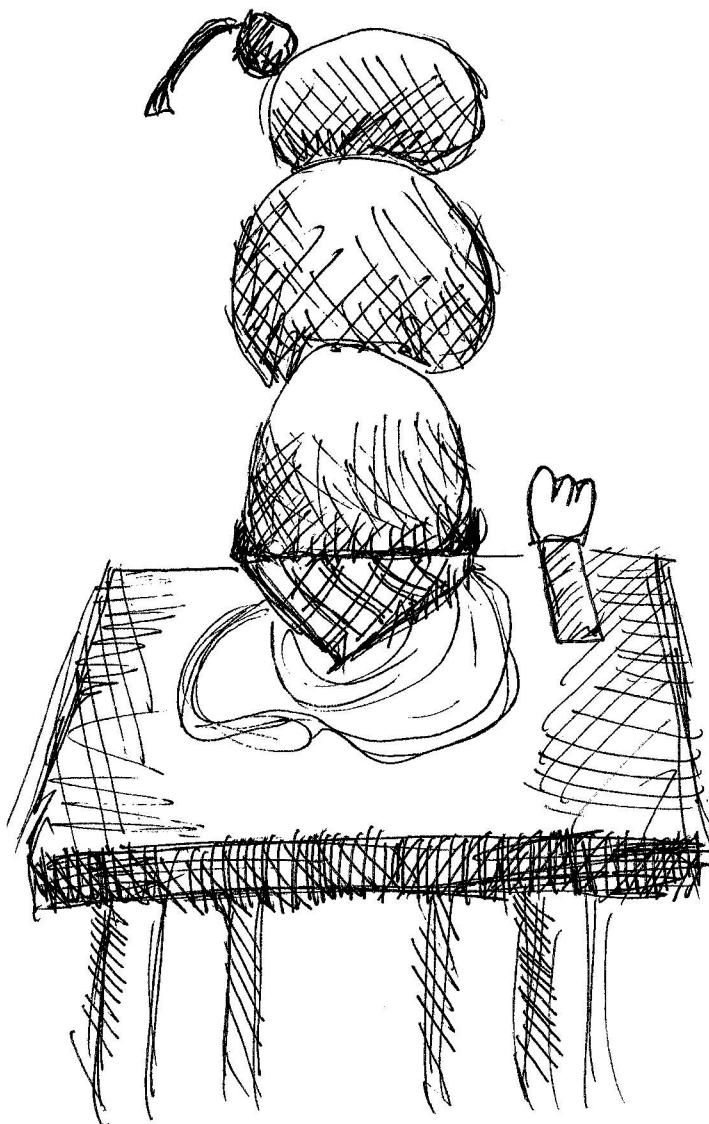
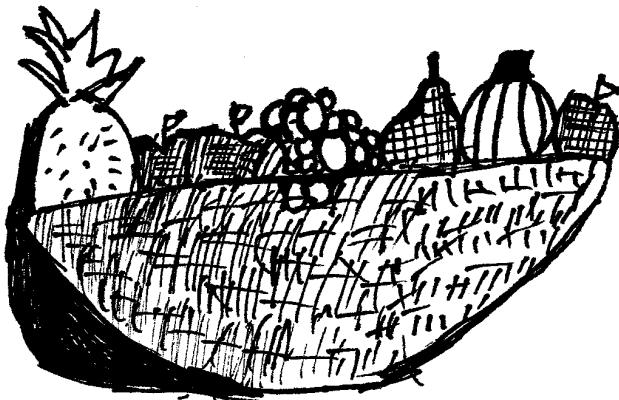


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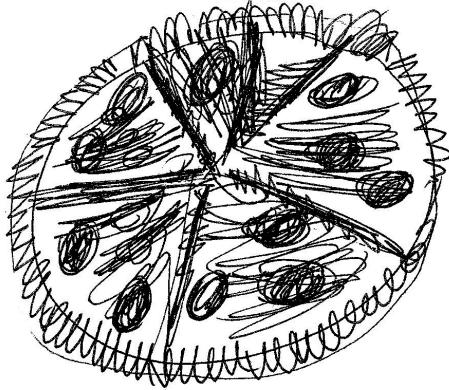




APPETIZERS



APPETIZERS



Ms. Uyeda's Sweet and Sour Chicken Wings

Marinate split chicken wings overnight in:

crushed garlic

salt and seasoned salt

2 beaten eggs

Next day, dip wings in cornstarch and fry.

Sweet and sour sauce:

1 C sugar

1 C vinegar

$\frac{1}{3}$ C water

$\frac{1}{4}$ C ketchup

$\frac{1}{4}$ C soy sauce

Preheat oven to 350 degrees.

Mix all sweet and sour sauce ingredients together and heat over medium heat until all ingredients are well blended.

Dip chicken wings in sauce and place on cookie sheet.

Bake for 20 minutes.

Dip wings in sauce again and bake another 20 minutes.

Joanne Uyeda, Abingdon Principal



Mr. Green's Chicken Bacon Appetizers

1 ¼ pounds boneless, skinless, chicken breasts
(about 4 breasts)

1 (1 pound) package sliced bacon

⅔ C firmly packed brown sugar

2 T chili powder (or more, adjust to taste)

Preheat oven to 350 degrees

Cut chicken breasts into 1-inch cubes.

Cut each bacon slice into thirds.

Wrap each chicken cube with bacon and secure with a wooden toothpick.

Stir together brown sugar and chili powder. Adjust amount of chili powder to taste.

Dredge wrapped chicken in mixture. Coat a rack and broiler pan with nonstick cooking spray. Place chicken appetizers on rack in broiler pan.

Bake at 350 degrees for 30-35 minutes or until bacon is crisp.

Eric Green, Vocal Music Teacher

Mr. Solano's Chorizo Bites

1 pound of firm chorizo
(Spanish or Argentinean, not Mexican)
cut into one inch rounds

1 can of regular Coca Cola

(imported version made with real cane sugar preferred)

Pour Coke over chorizo in sauce pan and bring to a boil.

Reduce to low and let simmer until cola has reduced to a syrup.

Serve with toothpicks as an easy appetizer!

Gonzalo Solano, retired Abingdon Registrar

Ms. Donoghue's Texas Caviar

2 C cooked black-eyed peas, drained
1 C green bell pepper, finely chopped
½ C red bell pepper, finely chopped
¼ C green onions, finely chopped
¼ C red onion, finely chopped
2 cloves of minced garlic
2 T chopped jalapeños
(Remove seeds if you don't want spicy caviar.)
1 T fresh cilantro, chopped
1 T fresh parsley, chopped
1 C Italian dressing
½ tsp ground cumin
salt & pepper to taste

Place about 1 C of the black-eyed peas in a large mixing bowl
Mash them roughly with the back of a wooden spoon.
Mix in the remaining black-eyed peas and all of the other
ingredients. Let the flavors mingle for 2 or 3 hours.
Serve at room temperature with your favorite tortilla chips.

Alicia Donoghue, Reading teacher



Ms. Abbott's Hot Virginia Dip

1 C pecans, chopped

2 tsp butter

1 tsp hot sauce

16 oz. cream cheese, softened

4 T milk

5 oz. dried beef, minced

1 tsp garlic salt

1 C sour cream

4 tsp minced onions

Sauté pecans in butter. Reserve.

Mix all ingredients thoroughly.

Place in 1-1/2-quart baking dish, top with pecans.

Chill it first, then bake at 350 degrees for 20 minutes.

Serve hot with crackers or small bread sticks.

Kerry Abbott, Instructional Technology Coordinator

Ms. Cunningham's Buffalo Chicken Dip

2 8 oz. cans of premium white chunk chicken (drained)

1 8 oz. package of cream cheese, softened

½ C of shredded mozzarella cheese

½ C of ranch dressing

½ C of Frank's red hot buffalo wing sauce

Preheat oven to 425 degrees

Combine all ingredients in a 1-quart baking dish and mix well. Sprinkle extra cheese on top as desired. Bake 20 minutes or until mixture is heated through. Serve with chips, crackers, and/or vegetables.

Christine Cunningham, MIP-A teacher

Rad Mexican Chip Dip

2 boxes of cream cheese

1 8 oz. bag of shredded Mexican mix cheese (I use Sargento's reduced fat version - it melts well)

2 cans of chili (I use Hormel's veggie chili)

1 bag of Fritos scoops

Spread cream cheese on the bottom of a microwave safe dish. Pour chili over cream cheese. Sprinkle shredded cheese evenly over chili. Microwave 8 minutes until bubbling. Serve warm with Fritos. Enjoy!

Shannon Graving, Monae (5th grade)



Mediterranean Guacamole

5 ripe avocados (soft to the touch, not mushy)

¼ C extra virgin olive oil

2 T balsamic vinegar

1 medium yellow onion (finely chopped)

3 spring onions (finely chopped)

2 T minced garlic

5 basil leaves (finely chopped)

pinch of oregano

pinch of black pepper

pinch of salt

chopped cherry tomatoes (optional)

In a medium-size mixing bowl, scoop out the avocados, cut and mash them.

Pour in the olive oil and balsamic vinegar and mix everything together.

Add in the chopped medium yellow and spring onions.

Add garlic, oregano, and black pepper (tomatoes if including).

Stir everything together and add in a pinch of salt.

Refrigerate for 30 minutes and serve with chips, crackers or veggies.

Dina and Henry Ramon, Isabel (5th grade)

Artichoke Nibbles

2 6 oz. jars marinated artichoke hearts

1 small onion, minced

1 clove, minced

garlic

4 eggs

¼ C seasoned fine dry bread crumbs

¼ tsp salt

⅛ tsp oregano

½ lb. sharp cheese, shredded

2 T parsley flakes

Pour juice from one jar of artichokes (approx. ⅓ C) into skillet.

Drain other jar.

Chop artichokes and set aside.

Add onion and garlic to skillet and sauté.

Beat eggs, add crumbs and seasoning.

Stir in cheese, parsley, and artichokes and onion and garlic from skillet.

Turn into a 9 x 9 inch buttered pan.

Bake at 325 degrees for 30 minutes.

Cool and cut into 1-2 inch pieces.

Michelle Diller, Justin (3rd grade)



Hot Artichoke Dip

½ C mayonnaise

½ C sour cream

1 14 oz. can of artichoke hearts, drained and chopped

½ C grated parmesan cheese

¼ tsp hot pepper sauce

In medium bowl, combine all ingredients. Spoon into small ovenproof dish. Bake in 350 degree oven for 30 minutes or until hot and bubbly. Serve with pita chips.

Dana Andy, Ben (4th grade)

Sywilok English Muffins Great for Party!

1 C mayonnaise

1 C grated cheddar cheese

1 7 oz. can pitted black olives, chopped

1 C sweet onions, chopped

½ C parmesan cheese

6 shakes Tabasco

Bit of salt and pepper

Mix all ingredients together.

Split 12 English Muffins.

Spread mixture over English Muffins. Bake in oven at 350 degrees for about 5 min. until cheese is melted. Cut into quarters, serve warm, pig out!

Anne Sywilok, Queen of Science, retired teacher

Buffalo Chicken Dip

2 C shredded cooked chicken
1/3 C Franks Red Hot Sauce
1 C Hellman's mayonnaise
1 C Cheddar cheese, shredded
2 T finely chopped green onion (optional)
1 tsp lemon juice
1/4 C crumbled blue cheese
Preheat oven to 375 degrees.

Toss chicken in hot sauce. Stir in remaining ingredients...BUT NOT the blue cheese. Turn into a 1½ quart shallow casserole. Sprinkle blue cheese on top. Bake uncovered for 20 minutes or until bubbling.

Dan Branch, Lily (5th grade) and Beau (2nd grade)

Artichoke Dip

This is very quick to prepare, but tastes absolutely delicious! You can easily double the batch to feed a larger crowd.

1 can of artichokes in water (not marinated)
½ C of mayonnaise
1 C shredded parmesan cheese

Pre-heat oven to 350 degrees. Chop up artichokes and mix with rest of ingredients. Bake uncovered for 45 minutes in a small oven-safe baking dish. Serve with your favorite crackers.

Jeni Hornback, Henry (1st grade)



Homemade Guacamole

1 lime

2 tsp of salt (varies on personal preference)

½ of a chopped red onion

3 avocados

Jalapeños (amount depends on level of heat preferred)

1 Roma tomato

Mix:

Juice from ½ lime

chopped onion

Jalapeño

Tomato

Add:

Scooped avocado

Salt

Other ½ of lime's juice

Re-mix everything together

Kathleen Branch, Lily (5th grade) and Beau (2nd grade)

Sesame Chicken Wings

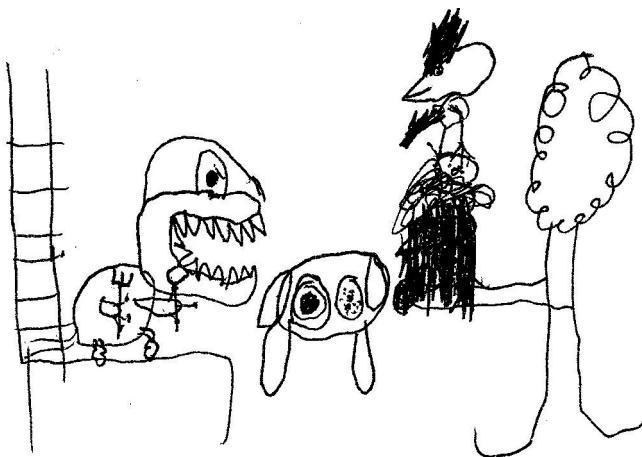
1/3 C soy sauce
2 T honey
2 T cider vinegar
1 T peeled and minced ginger root
1 T sesame oil
3 garlic cloves, minced
1/4 tsp cayenne pepper (or to taste)
3 pounds chicken wings, wing tips cut off
2 T sesame seeds

In a large bowl combine the soy sauce, honey, vinegar, ginger, sesame oil, garlic and the cayenne pepper. Add the chicken wings, stirring to coat them with the marinade. Let them marinate, covered, at room temperature (stirring occasionally), for 2 hours or chill them, covered, overnight.

Put the wings on racks in baking pans and sprinkle with sesame seeds. Bake the wings in a preheated 425 degree oven for 30 minutes, or until they are golden and tender. Then, if desired, broil them under a preheated broiler, about 2 inches from the heat, for 1 to 2 minutes to crisp the skin. Serve warm or at room temperature.

Andrew Vitols, Ellie (2nd grade)

SIDE DISHES



Mr. Utley's Potato Leek Soup

(Aardappel en preisoep)

3 large leeks
2-3 T butter
1 quart water
salt and pepper
 $\frac{1}{2}$ C of rice
1 large potato, diced
1 quart milk

Wash leeks carefully and dice (may cut into the green part but do not use the leaves).

Cook in the butter over low heat until transparent and very lightly browned.

Add a quart of water, salt, pepper, rice, and diced potato.

Cook until potato and rice are done. Just before serving add quart of milk and heat, but do not boil.

Serves 6-8

Stephen Utley, 4th Grade Teacher



Ms. Seligson's Potato Latkes (Potato Pancakes)

4 large potatoes

1 yellow onion

1 egg, beaten

1 tsp salt

2 T all-purpose flour

ground black pepper to taste

2 C vegetable oil for frying

Grate potatoes with onion into a large bowl. (I prefer to coarsely grate the potatoes and onions. Some prefer the potatoes grated more finely.)

Drain off any excess liquid.

Mix in egg, salt and black pepper. Add enough flour to make mixture thick, about 2 to 4 T all together.

Turn oven to low about 200 degrees.

Heat 1/4 inch oil in the bottom of a heavy skillet over medium high heat. Drop two or three 1/4 C mixture into hot oil and flatten to make 1/2 inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain and keep warm in low oven until serving time. Repeat until all potato mixture is used.

Serve with sour cream and applesauce.

Gail Seligson, Abingdon Assistant Principal

Ms. Edmonds' Creamy Mac-n-Cheese

$\frac{1}{4}$ C unsalted butter

$\frac{1}{4}$ C all-purpose flour

1 C milk (I use 2%)

2 C heavy cream

2 C shredded white cheddar (I use Vermont extra sharp white cheddar) OR 1 C white cheddar mixed with 1 C shredded Gouda.)

$\frac{1}{2}$ tsp kosher salt or more/less to taste

$\frac{1}{2}$ tsp black pepper or more/less to taste

1 tsp dry mustard (optional)

1lb, pasta, cooked (cavatappi is our favorite)

Cook pasta according to package directions while making the sauce. Drain and set aside until ready to use.

In a large pot on medium high heat, add butter until melted. Whisk in the flour and cook for about one minute. It should smell nutty. Reduce heat to medium and add milk, heavy cream, salt, dry mustard and pepper. Continue whisking until it begins to bubble. Reduce to low and add shredded cheese. Stir until melted. Add cooked pasta, stirring until combined. Remove from heat and allow to sit about 5 minutes to thicken. Season with additional salt and pepper if desired. ENJOY.

Sara Edmonds, 2nd Grade Teacher

Ms. Schule's Esquites

A Delicious Mexican treat!

4 cobs of corn

½ C cotija cheese, crumbled

¾ C crema Mexicana (can be found in the latino section of your grocery store. It is a mix of sour cream and cheese. You can use mayonaise as a substitute)

Juice from one lime

1 tsp cayenne pepper (or Tajin, if you can find it)

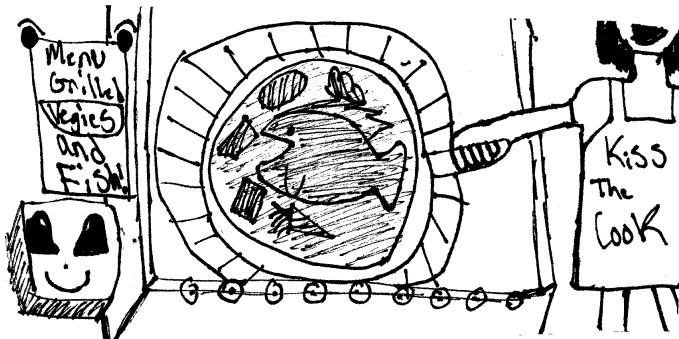
Hot sauce to taste

Preheat oven to 350 degrees. Place the cobs of corn still in husks in the oven. Bake for 30 minutes. Remove from oven and cool for 5 minutes. Remove husks and cut the corn off the cob. Drizzle with lime juice.

Place the corn in a medium bowl and add the crema Mexicana. Toss well to combine.

Divide the corn between four cups. Top each with crumbled cotija cheese, a ¼ tsp of cayenne pepper and a dash of hot sauce. Serve immediately.

Gretchen Schule, Spanish teacher



Ms. Gomez's Quick and Easy Spanish Rice

2 T cooking oil
½ medium onion, diced
2 clove garlic, minced
¾ C uncooked white rice
1 tsp ground cumin
1 tsp chili powder
⅛ tsp black pepper
1 heaping tsp of lemon pepper
½ C water or vegetable or chicken stock
1 14.5 oz. can diced tomatoes

Drizzle oil into the skillet over medium heat. Saute onions until softened, about 3 minutes. Add garlic and rice, stirring frequently until rice is lightly fried but not too browned. Add water and tomatoes. Add all spices and stir quickly. Bring to a boil. Turn heat to low, cover, and simmer for 20 minutes or until all liquid is absorbed. Keep the lid on tightly the whole time it cooks. After 20 minutes, turn off the heat and let the rice sit for about 10 minutes covered, before serving.

Variation with Beef: After lightly frying the grains of rice in the skillet, add 1 ½ C seasoned ground beef just before you add the liquids. Mix the beef, rice and liquid together, cover tightly and simmer on the lowest heat for 20 minutes.

Kristin Gomez, Instrumental Music teacher



Ms. Taylor's Smoked Turkey Collard Greens

See also Ms. Taylor's recipe for Corn Bread!

3-4 pounds of FRESH collard greens

(*I do not use pre-washed or bagged greens)

48 oz. chicken broth

(*Natural Goodness 100% Fat-Free – No MSG ADDED – 33%
LESS SODIUM)

1 plain turkey leg or 1 smoked turkey leg

(for every 3-4 pounds of greens)

1 large sliced onion

*Mrs. Dash Original Seasoning Blend

(½ tsp for every 3 pounds of greens)

* Lawry's Seasoned Salt

(¼ tsp for every 3 pounds of greens)

½ tsp *ground black peppercorns for every 3 pounds of greens

*My preference

Cook turkey leg in chicken broth covered on medium heat for 1½ hours on stove top or overnight in a slow cooker on low heat. Remember to cook the meat until it falls off the bone.

Meanwhile, prepare greens by washing, rinse with cool water and strip off the greens' leaves from their stalks. Afterwards, roll the leaves and TEAR into small pieces. Next, leave greens in sink or in a bowl in the refrigerator until turkey is done, falling off the bone. Remove the turkey bone and any non-meat pieces. Put onion slices, Mrs. Dash and Lawry's seasonings in the turkey broth. Next, push as many greens as you can in the pot. Cover and cook for 45 minutes to 1½ hours until desired texture...

Enjoy!!!

Denise Taylor, 1st grade teacher

Ms. Killingsworth's Cabbage Soup

1 lb ground beef

(or 1/3 lb ground pork sausage and 2/3 lb ground beef)

1 onion, chopped

Brown meat and onion, drain and add to a large pot with the following ingredients:

6 C water

1 large can whole tomatoes

1 large can kidney beans

5 beef bullion cubes

2 cloves garlic

2 T chili powder

1 package taco seasoning (optional)

1/2 tsp peppercorns, ground

1 tsp basil

1 bay leaf

Add the following chopped vegetables (or others of your choice):

2 potatoes

4 carrots

4 stalks celery

1 onion

1 zucchini

Boil on medium to medium high for several hours, checking so it does not burn. Soup will get thicker if it is recooked the next day.

Joan Killingsworth, Reading teacher



Madras Chicken Bites

1 C chopped almonds, toasted
1 C cooked chicken, finely chopped
8 oz. cream cheese, softened
2 T mayonnaise
1 T curry powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp garlic powder
1 to 4 T Major Grey's mango chutney, chopped

In a small bowl combine almonds, chicken, cream cheese, mayonnaise, curry powder, salt, and garlic powder. Add 1 T of chutney, taste, and add more to taste.

Place in a serving bowl and serve at room temperature with crisp crackers or toast.

To toast almonds, spread them on a baking sheet. Bake at 300 degrees for 8 to 12 minutes. Watch carefully, making sure they do not burn.

Rebecca Wyckoff Kim, Mia (2nd grade) and Lorelei (Kindergarten)

Breakfast Casserole

1 pound package frozen hash brown potatoes, thawed
½ pound pork sausage (maple or hot, depending on your taste)
½ small onion, diced
5 eggs
¼ C milk
¼ tsp onion powder
¼ tsp ground black pepper
⅛ tsp salt
⅛ tsp ground mustard
8 oz. shredded cheddar cheese (or Swiss if preferred)

Preheat oven to 350 degrees. Grease a 2-quart baking dish. Place the hash browns in the bottom of the baking dish and bake for 15 minutes. Remove and increase oven temperature to 375 degrees.

Meanwhile, cook the sausage and onion in a skillet over medium heat until the sausage is crumbly, evenly browned and no longer pink; drain. Whisk together the eggs, milk, onion powder, ground mustard, salt and pepper and pour over the potatoes. Layer with half the cheddar cheese, the sausage mixture and the remaining cheddar cheese.

Bake in the oven for 45 minutes. If gets too brown, cover with foil. Let stand for 5 minutes before serving. Serves 6.

Michelle Diller, Justin (3rd grade)

Summer Squash and Corn Sauté

- 1 tsp olive oil
- 2 tsp cumin seeds
- 2 C fresh corn kernels (about 4 ears)
- 1 C sliced onion
- 3 garlic cloves, minced
- 2 C (1/4-inch-thick) sliced diagonally cut zucchini (about $\frac{3}{4}$ pound)
- 2 C (1/4-inch-thick) sliced diagonally cut yellow squash (about $\frac{3}{4}$ pound)
- $\frac{1}{2}$ tsp salt
- 1 4.5 oz. can chopped green chiles
- 2 T chopped fresh cilantro
- $\frac{1}{2}$ C 2 oz. shredded reduced-fat Monterey Jack cheese

Heat oil in a large nonstick skillet over medium-high heat; cook cumin seeds for 30 seconds or until toasted, stirring frequently. Add the corn, onion, and garlic; sauté 5 minutes or until lightly browned. Add the zucchini, yellow squash, salt, and chiles, and sauté 6 minutes or until tender. Stir in cilantro. Remove from heat; sprinkle with cheese. Cover and let stand 5 minutes or until cheese melts.

Michelle Diller, Justin (3rd grade)

Lemon Chickpea Salad

2 cans of chickpeas, rinsed and drained

$\frac{1}{4}$ C of green onion, thinly chopped

$\frac{1}{4}$ C of fresh basil, chopped

2 T extra virgin olive oil

2 T fresh lemon juice **more if you like it lemony

$\frac{1}{2}$ C of freshly grated parmesan or asiago cheese

Salt and pepper to taste

Place chickpeas, onions and basil in medium bowl.

In a separate container, vigorously shake or whisk lemon juice and olive oil.

Toss lemon vinaigrette and chickpea salad.

Season with salt and pepper.

Add cheese before serving and toss once more.

Jen Davies, Ryan (2nd grade)



Black Bean Salad

- 2 ripe avocados, peeled and diced
- 2 T lime juice (I use a little more to thoroughly cover avocado chunks)
- 1 can whole kernel corn, drained
- 1 can black beans, drained
- 1 medium sweet red pepper, chopped
- 6 green onions, chopped
- 2 T fresh cilantro, minced
- 2 garlic cloves, minced, or garlic powder
- 2 T olive oil
- 2 T red wine vinegar
- ½ tsp salt
- ¼ tsp pepper

In one bowl mix avocado chunks with lime juice.

Let stand 10 minutes.

In large bowl combine all veggies.

In small bowl, whisk vinegar, oil, salt and pepper together.

Drizzle over corn mixture.

Gently fold in avocado mixture. Cover and refrigerate (the longer the better).

Traci Gravelle, Jackson (3rd grade)

German Potato Salad

2 pounds red potatoes, diced

1 pound bacon, diced

3 C red wine vinegar

1 small yellow onion, diced

1 tsp garlic, crushed

½ C sugar

2 tsp salt

2 tsp pepper

Boil potatoes until fork tender, drain, set aside.

In a heavy bottomed sauce pan, render the bacon until it starts to crisp.

Add the vinegar, onions, garlic, sugar, salt and pepper.

Bring to a boil and reduce by a third.

Combine with potatoes in a mixing bowl.

Serve warm.

Sean Hall, Parin (2nd grade)



Homemade Herb Vinaigrette

$\frac{1}{4}$ C fresh parsley
 $\frac{1}{2}$ C fresh basil leaves
 $\frac{1}{2}$ C cilantro
1 T Dijon mustard
2 T lemon juice
2 T fresh garlic
 $1\frac{1}{2}$ tsp Kosher salt
1 tsp black pepper
2 T sugar
1 tsp celery seed
1 C red wine vinegar
1 C olive oil
 $\frac{1}{2}$ C canola oil
 $\frac{3}{4}$ C romano cheese

Combine parsley, basil, cilantro, mustard, lemon juice, garlic, salt, pepper, sugar, celery seed, and vinegar in a food processor.

Process until smooth.

Slowly drizzle oil until emulsified

Transfer to container and whisk in the Romano cheese.

Sean Hall, Parin (2nd grade)

Quinoa and Black Bean Salad

1½ C quinoa

1½ C canned black beans, rinsed

1½ T red wine vinegar

1½ C cooked corn (2 large ears or frozen)

¾ C green and/or red bell peppers, finely chopped

2 pickled jalapeño chilies, seeded and minced

¼ C cilantro, finely chopped

Dressing:

5 T fresh lime juice

1 tsp salt

1¼ ground cumin

⅓ C olive oil

Cook quinoa according to box. Place in bowl, adding all ingredients. Toss. Dress. Salt and pepper to taste. Refrigerate.

Amy Green, Tadesse (1st grade)

Aunt Mary's Strawberry Jello Mold

2 packages of strawberry Jell-o

2 C of boiling water

1 16 oz. package of frozen strawberries

1 small jar of applesauce

Dissolve Jell-o in boiling water, add berries and applesauce. Stir until mixed. Chill for several hours. We use a Jell-o mold pan, and the Jell-o pops out once chilled. It's a family favorite at Thanksgiving.

Megan Pickersgill, Grace (1st grade)



Mediterranean Pasta Salad

- 1 12 oz. package tri-colored rotini pasta, cooked and cooled
- 1 package dry Italian salad dressing mix
- $\frac{1}{2}$ C vegetable broth
- 3 T balsamic vinegar
- $\frac{1}{2}$ 1 9 oz. jar roasted red peppers, drained and sliced
- $\frac{1}{2}$ 1 jar sun-dried tomatoes, drained and sliced
- $\frac{1}{2}$ 1 jar artichoke hearts, chopped (optional)
- 1 can black olives, sliced (optional)
- 1 C green onion, sliced (optional)
- 4+ oz. crumbled feta cheese

In large bowl, combine cooled pasta, red peppers, sun-dried tomatoes and other optional ingredients of your choice. In small bowl, whisk together broth, vinegar and dressing mix. Pour over pasta mixture, tossing to coat well. Chill at least one hour and mix in feta cheese before serving (to keep its white color).

Andrew Vitols, Ellie (2nd grade)

Spicy Mexican Corn Casserole

8 oz. cream cheese

½ C milk

2 T butter

¼ tsp garlic salt

2 16 oz. cans of whole kernel corn, drained

2 4 oz. cans of chopped green chilis

Melt cheese, milk, butter & garlic salt. Add corn and chilis. Bake uncovered 20-25 minutes at 350 degrees.

Dana Andy, Ben (4th grade)

Corn Crowd-Pleaser

3 eggs

3 egg yolks

3 C frozen sweet white corn (thaw in microwave until ice crystals are gone)

1 C whipping cream

1 C chopped ham (or bacon)

2 C shredded Gruyere cheese (I just use cheddar)

½ tsp paprika

Preheat oven to 375 degrees. Butter a 1½ quart shallow baking dish (fits in a 11x17). In a bowl, lightly beat together the eggs and yolks. Stir in cream until well blended. Mix in lightly thawed corn, ham and cheese.

Pour the mixture into the prepared dish and sprinkle with paprika. Bake until lightly golden - knife inserted in center comes out clean - about 30 minutes.

Julie Brady, Elliot (2nd grade) and Bronco (Kindergarten)



Black-eyed Pea Salad

1 large tomato, diced
½ medium red onion, finely chopped
1 small red bell pepper, finely chopped
1 jalapeno, finely chopped
2 T chopped green onions
2 T chopped fresh parsley leaves
¼ C unseasoned rice wine vinegar
¼ C canola oil
½ tsp sugar
Salt and freshly ground black pepper
2 15 oz. cans black-eyed peas, drained

Combine the first 6 ingredients in a bowl.

In a separate small bowl, whisk together the rice wine vinegar, canola oil, sugar, and salt and pepper.

Toss all together and let marinate for at up to 8 hours in the refrigerator before serving.

Recipe courtesy The Neelys, 2008

Tina Zimmerman, Lara (4th grade)

Great-Aunt Jessie's Raspberry Jello Salad

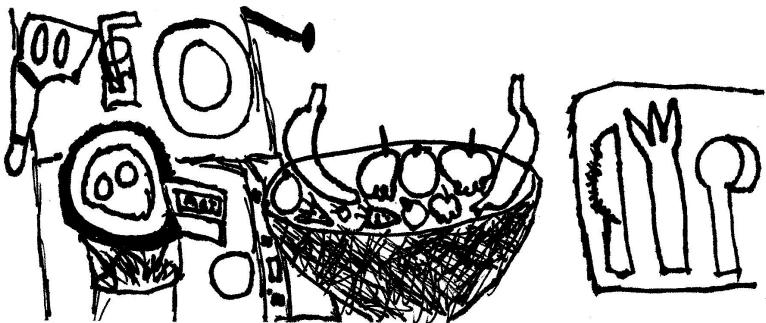
1 6 oz. or 2 3 oz. packages of Raspberry Jell-o

2 C applesauce

1 package frozen raspberries

Cook applesauce on low heat until it comes to a boil. Remove from heat. Add Jell-o and mix. Fold in frozen raspberries. Pour in Jell-o mold or glass bowl. Refrigerate until set.

Andrew Vitols, Ellie (2nd grade)

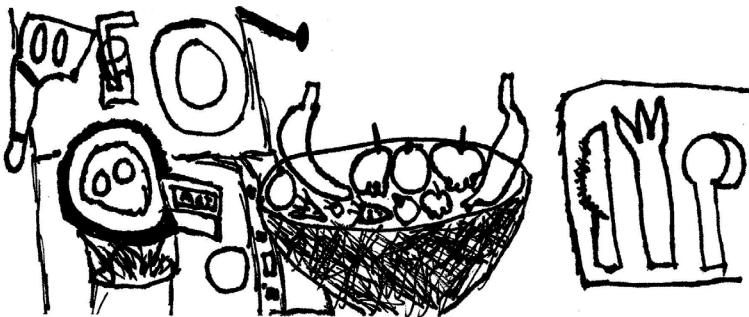




MAIN DISHES



MAIN DISHES



Ms. Pooler's Crockpot Chicken Chili

1 can black beans, rinsed
1 can corn, undrained
1 can Rotel, undrained
(think of how spicy you want the chili to be)
1 package of ranch dressing mix
1 tsp cumin
1 T chili powder
1 tsp onion powder
1 8 oz. package light cream cheese
2 chicken breasts
 $\frac{1}{4}$ tsp of cayenne pepper
 $\frac{1}{2}$ tsp of garlic powder
 $\frac{1}{2}$ tsp of pepper
1 C of onion, diced
2 garlic cloves, minced

Set your crock pot to low. Add chicken, onions and garlic, black beans, corn, rotel, all the seasonings, ranch mix. Stir. Add cream cheese on top and cover. Cook for 6 - 8 hours.

Before serving shred chicken using two forks.

Enjoy!

Kimberlee Pooler, 1st grade teacher



Mr. McDavitt's N'kátenkwan (Ghanaian Peanut & Chicken Stew)

2.5 hours to prepare & cook

1 chicken, cut into pieces (or 4+ chicken breasts)

1 inch piece of ginger, peeled

2 onions, $\frac{1}{2}$ whole onion and $\frac{1}{2}$ C chopped

1 C tomatoes, chopped

1 medium-size eggplant, peeled and cubed

2 T tomato paste

1 T peanut oil

$\frac{2}{3}$ C peanut butter

2 tsp salt

1 tsp cayenne pepper (or 2 hot chilies, crushed)

2 C fresh or frozen okra (optional)

Prepare separately: Tropiway instant fufu (mashed plantain) available at international grocers, made in North Carolina

Prepare instant fufu (Tropiway Brand, Plantain- use the more complex directions on box)

Boil the chicken with ginger and the onion half, using about 2 C water, in a small pot. Meanwhile, in a separate large pot, fry tomato paste in the oil over low heat for about 5 minutes.

Add to the paste the chopped onions and tomatoes, stirring occasionally until the onions are clear. Remove the partially-cooked chicken pieces and put them, along with about half the broth, in the large pot (SAVE rest of broth).

Add the peanut butter, salt and peppers. Cook for 5 min. Stir in the eggplant (and okra). Continue cooking for 35+ minutes (until components mush together and oil floats on top). Add more broth as needed to maintain a thick, stew consistency.

David McDavitt, Architecture teacher

Mr. Hoke's Favorite Cincinnati Chili

1 quart cold water
2 lbs ground beef
2 C crushed tomato
2 yellow onions, diced
4 garlic cloves, minced
1 T Worcestershire sauce
1 T unsweetened cocoa
1 tsp cayenne
1 tsp ground cumin
2 T cider vinegar
1 whole bay leaf
 $\frac{1}{4}$ tsp ground cloves
1 tsp cinnamon
 $1\frac{1}{2}$ tsp salt

Cooked spaghetti to serve chili over, optional

grated cheddar cheese, chopped onions, and beans, optional toppings

Add beef and water to a 4-quart pot. Bring to a simmer while stirring until the ground beef is in very small pieces. Simmer for 30 minutes and add all the rest of the ingredients. Simmer on low, uncovered for 3 hours. Add water as needed if the chili becomes too thick. Refrigerate the chili overnight and the next day remove the layer of fat from the top before reheating and serving. Serves 6

Cincinnati "Skyline" Chili ordering code: 1-way: just the chili, 2-way: chili served over spaghetti, 3-way: chili, spaghetti and grated Cheddar cheese, 4-way: chili, spaghetti, cheese and onions, 5-way: chili, spaghetti, cheese, onions and beans.

James Hoke, MIP-A Assistant



Ms. Waldner's Cheesy Chicken Bacon Broccoli and Rice

8 slices bacon, diced

12 oz. boneless, skinless chicken breasts

salt and pepper

1 T butter

1 T olive oil

1 C long grain white rice

2 C water

1 tsp salt

1 C diced onion

12 oz. (about 4 C) broccoli florets, roughly chopped into small, bite-sized pieces

2-4 cloves garlic, minced

2 10 oz. cans Ro*Tel Diced Tomatoes and Green Chiles

2 T butter

2 T flour

1 C chicken broth

1 C extra sharp shredded cheddar cheese

½ tsp salt and pepper, each

Add the diced bacon to a very large skillet or dutch oven and turn heat to medium high. Cook the bacon until crisp, stirring occasionally, about 10 minutes. Meanwhile, dice the chicken into bite-sized pieces. Season generously on both sides with salt and pepper. When the bacon is crisp, use a slotted spoon to remove to a plate. If needed to grease the bottom of the pan, add butter and olive oil to the skillet. Add the chicken in a single layer and cook for five minutes, flipping once halfway through.

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MAIN DISHES

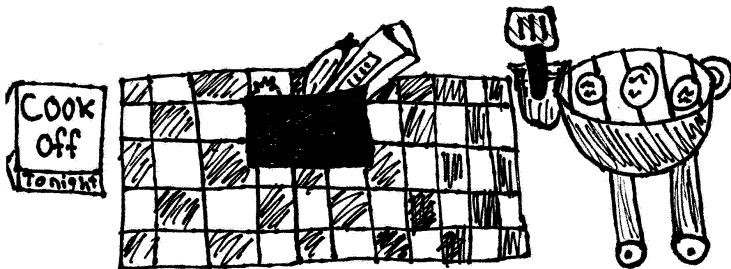
Remove the chicken to the plate with the bacon.

Add the rice, water and salt to a saucepan and bring to a boil. Cover, reduce heat to low, and simmer for 14 minutes. When done, remove from heat.

Meanwhile, add the onion and broccoli to the skillet where you cooked the bacon and chicken. Cook over medium-high heat, stirring occasionally until broccoli is tender and onions are brown and caramelized, about 10 minutes. Add in minced garlic and cook, stirring constantly until just fragrant, about 30 seconds. Top with tomatoes, rice, chicken and bacon and stir to combine. Reduce heat to low to keep warm.

Melt the butter in a small saucepan and whisk in the flour until just combined. Add in the chicken broth and stir well. Increase heat to high and cook until thickened and bubbly. Remove from heat and add in cheese and salt and pepper. Stir until cheese is melted, then pour in the skillet with the chicken and rice. Stir to combine and serve.

Paddy Waldner, 3rd grade teacher





Ms. Waldner's Broccoli Mac and Cheese

2T olive oil, divided

1/3 C Panko

2 T chopped fresh parsley leaves

1 C elbow pasta

2 C cauliflower florets

3 cloves garlic, minced

1 onion, diced

1/2 C reduced-fat sour cream

1/4 C 2% milk or more, to taste

1 C shredded gruyere cheese

1/2 C shredded sharp cheddar cheese

1/4 C grated parmesan cheese

Kosher salt and freshly ground black pepper, to taste

Pre-heat oven to 375 degrees. Lightly oil a 9-inch baking dish or coat with nonstick spray.

Heat 1 T olive oil in a large skillet over medium high heat. Add Panko and cook, stirring, until browned and toasted, about 3 minutes. Stir in parsley; set aside.

In a large pot of boiling salted water, cook pasta according to package instructions. Within the last 3 minutes of cooking time, add cauliflower; drain well.

Heat remaining 1 T olive oil in the pot. Add garlic and onion, and cook, stirring often, until onions have become translucent, about 3-4 minutes. Stir in pasta, cauliflower, sour cream, milk and cheeses, a handful at a time, until smooth; season with salt and pepper to taste. Add more milk as needed until desired consistency is reached.

Spread pasta mixture into the prepared baking dish. Place into oven and bake until bubbly, about 12-15 minutes.

Serve immediately, sprinkled with Panko, if desired.

Paddy Waldner, 3rd grade teacher

Ms. Branco's Ground Beef Casserole Recipe

1 to 2 pounds lean ground beef
3 boxes corn muffin mix
2 individual boxes raisins (to your taste)
2 to 3 envelopes taco mix (to your taste)
2 T ground cumin (to your taste)
3 hard boiled eggs
2 16 oz. cans stewed tomatoes
 $\frac{1}{2}$ C (chopped) green olives
3 T milk
3 16 oz. cans kernel creamed corn
1 C chopped red onions

Pre-heat oven to 350 degrees. Brown meat with onions in large nonstick skillet; drain. Return to skillet. Add tomatoes, olives, taco mix, cumin, raisins; mix well and cover, let it cook on low heat for about 20 minutes. Separately, combine corn muffin mix, milk, and creamed corn until well mixed together. After ground beef mixture is cooked, pour and spread the mixture into casserole dish. Slice the hard boiled eggs and arrange them on top of ground beef. Top with a layer of the corn muffin mixture. Bake for 45 minutes or until the corn mix is cooked completely. Serve warm and enjoy!

Caty Branco, Abingdon Staff - Parent Liaison



Ms. Frazier's Black Bean Sweet Potato Chili (vegan and gluten-free)

$\frac{1}{2}$ T extra-virgin olive oil
1 medium-large sweet potato, peeled and diced
1 large red onion, diced
4 cloves garlic, minced
2 T chili powder
1 tsp ground chipotle powder
1 tsp ground cumin
 $\frac{1}{4}$ tsp salt
 $3\frac{1}{2}$ C vegetable stock
2 15 oz. cans black beans, rinsed
1 14.5 oz. can diced tomatoes
1 C dried quinoa
4 tsp lime juice

additional serving suggestions: avocado, cilantro, crema, cheese

Heat a large heavy-bottomed pot with the oil over medium-high heat. Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened. Add the garlic, chili powder, chipotle, cumin and salt and stir to combine. Add the stock, tomatoes, black beans, and quinoa and bring the mixture to a boil. Stir everything to combine.

Cover the pot and reduce the heat to maintain a gentle simmer. Cook for 15-25 minutes until the quinoa is fully cooked and the sweet potatoes are soft and the entire mixture is slightly thick like chili. Add the lime juice and remove the pot from the heat. Season with salt as needed. Garnish with avocado, cilantro, sour cream or cheese before serving.

Kathryn Frazier, 3rd grade teacher, Aidan (1st grade)

Summer Pasta with Tomatoes, Basil and Mozzarella

1 lb ripe red or yellow cherry tomatoes, cut in half
(regular tomatoes work, but cut into bite-sized pieces)

¼ C extra virgin olive oil, plus more for drizzling over the finished pasta

4 garlic cloves, peeled

pinch of crushed red pepper

1 tsp kosher or sea salt (coarse)

1 pound pasta (penne, bowtie or your favorite bite-sized pasta)

10 fresh basil leaves, shredded

½ lb fresh mozzarella, cut into bite-sized pieces (small round bocconcini works best)

Toss the tomatoes, oil, salt and crushed red pepper together in a large bowl. Crush the garlic with the side of a knife and add to the bowl. Let marinate at room temperature, tossing occasionally, for 30 minutes.

While the tomatoes are marinating, boil the pasta until al dente, drain and put in large bowl.

Add the basil to the marinating tomatoes and pour mixture over pasta and combine. Add more salt or crushed red pepper as needed. Gently fold in mozzarella while pasta is still warm and serve. Drizzle with more olive oil if desired. (Sometimes add feta for a change of pace.)

Elizabeth Lyons, Ellie (2nd grade)



Mr. Fox's Taiwanese Oyster Pancake (O-a-chian)

$\frac{1}{4}$ C ketchup

$\frac{1}{4}$ C sweet chili sauce

1 tsp crushed red pepper flakes

1 clove garlic, peeled and finely minced

1 tsp corn starch

1 tsp dark soy sauce

5 large oysters (shucked)

1 large egg

$\frac{3}{4}$ C water

$\frac{1}{2}$ C tapioca starch

$\frac{1}{4}$ C corn starch

2 T oil

2 stems of pea shoots (or other greens)

Sauce: Combine ketchup, chili sauce, red pepper flakes, garlic, corn starch, and soy sauce in a medium sauce pan. Mix well, bring to a boil, and then remove from heat.

Pancake: In a medium bowl, mix the tapioca starch, corn starch, and water and then set aside. In a large non-stick pan, stir-fry the pea shoots with a little oil over medium heat until cooked. Set the greens aside after they're cooked. Return the pan to the stove, add a little more oil and then cook the oysters for about one minute. Don't cook the oysters all the way through. Pour the water and starch mixture over the oysters in the pan and let it cook until it's translucent. Break the egg directly on top of everything in the pan and break the yolk with a spatula. Flip the pancake and then cook the other side until the egg is cooked. Put the pancake on a plate, place the cooked greens on top, and pour the red sauce on top of that. The pancake will be very gooey. It should be eaten immediately!

Mark Fox, 3rd grade teacher

Curried Rotisserie Chicken Salad

2 C mayonnaise

3 T honey

3 T soy sauce

3 T lemon juice

1 T curry powder

salt and pepper to taste

1 deboned, chilled, diced Rotisserie Chicken

½ C grated carrots

½ C diced celery

½ C green onions

1 C Red Grapes

Combine first 6 ingredients, mix well and reserve until needed.

Combine 1 1/2 C of curry mayonnaise with remaining ingredients and mix well. Add additional curry mayo mixture as needed until desired texture is achieved.

Sean Hall, Parin (2nd grade)



Rice Bowl with Black Beans, Avocado & Cilantro Dressing

The dressing:

- ½ C fresh lime juice
- ½ C minced cilantro
- 3 T extra-virgin olive oil
- 1 garlic clove, minced
- 1 tsp honey
- ¾ tsp salt

In a medium bowl, whisk together the lime juice, cilantro, olive oil, garlic, honey and salt. Re-whisk immediately before using.

The rice:

- 1 tsp olive oil
- ½ medium onion, diced
- 2 garlic cloves, minced
- 1 C rice
- 2 C vegetable broth

Heat the olive oil in a medium skillet over medium heat. Add the onion and saute until the onion is softened, about 3 minutes. Add the garlic and cook for an additional 30 seconds.

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Pour in the rice and vegetable broth. Bring the broth to a boil. Reduce the heat to low, cover and cook until all of the liquid is absorbed, 15 to 20 minutes. Fluff and set aside.

The rest:

1 14 oz. can black beans, drained and rinsed

3 Roma tomatoes, diced

1 avocado, diced

Divide the rice between 4 bowls and top each portion with black beans, tomatoes and avocado. Pour the cilantro dressing over the rice bowls.

Diana Funk, Madeleine (2nd grade) and Hunter (Kindergarten)

Lin's Pork BBQ

2 pork tenderloins

1 C apple jelly

1 C ketchup

1 T vinegar

1 tsp chili powder

2 C Fritos

Preheat oven to 400 degrees. Rub pork loin with garlic powder and chili powder. Mix together remaining ingredients for sauce (minus Fritos), simmer 20 minutes. Cook tenderloins for 30 min. Last 5 minutes pour sauce over tenderloin and crunch Fritos. Leave some sauce for dipping.

Megan Pickersgill, Grace (1st grade)



Spanish Potato Omelette

This recipe is one of the classics of the Spanish gastronomic culture. It's tasty, easy to make and its ingredients are cheap and they can be found in every deli or supermarket. You can eat the Spanish potatoe omelette immediately or eat it later. It's good warm or cold, alone or as an accompaniment of other recipes.

10 medium potatoes

Half a big onion or one small

Salt

4 or 5 eggs

Olive oil

For making the omelette you must peel and wash the potatoes. After that you must cut them in thin slices and lightly salt them. Then do the same with the onion but with thinner slices.

Put plenty of olive oil in a frying pan. When the oil is hot put the potatoes and the onion into the frying pan. The olive oil must cover them. At first, the oil must be very hot, after you can turn its temperature down. (Don't forget to move the onion and the potatoes to avoid them to stick to the pan bottom or to get burned.) In about 15 or 20 minutes they will be ready. The potatoes must be soft more than golden. You must separate the potatoes and the onion from the oil and drain them.

Then you must beat the eggs in a bowl and mix them with the drained potatoes and onion. Put also a little bit of salt. Put in a frying pan two tsp of olive oil. When the pan is hot put inside the mixture of eggs and potatoes. The temperature must be high at first, but in two or three minutes it is better to turn it down because it's important for the omelette to be well done inside but without getting burned. It's also important to move the frying pan in circles to avoid the mixture to stick to its bottom. When you notice its done on one side turn the omelette to be done on the other side using a flat plate that has the same diameter as the saucepan.

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When the omelette is well done on both sides it's ready to be eaten.

You can also use fried vegetables, sausages or chorizo and add them to the mixture of potatoes, onion and eggs to give your omelette a different flavor.

Carolina de Prado, Alfonso (1st grade)

Beck Family Grilled Chicken

1 pound chicken (preferably thighs)

3T brown sugar

3T soy sauce

2 garlic cloves minced

Dissolve sugar into soy sauce - best if you can leave it for a 1/2 hour at room temperature so all sugar is dissolved. Add garlic.

Marinate chicken in mixture for as long as you can. If you only have 10 minutes, so be it.

When ready to grill, shake off excess marinade.

Grill chicken until done.

Jen Davies, Ryan (2nd Grade)



Grandma S's Spicy Spaghetti Sauce

1 package of spicy Italian sausage
1 medium white onion, chopped
1 medium clove garlic (use garlic press or chop finely)
1 small can of tomato paste
2 8 oz. cans of tomato sauce
 $\frac{1}{2}$ package of Good Seasons Italian salad dressing mix
1 tsp oregano
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp black pepper
2 T red chili pepper flakes
3 C of water

Brown spicy Italian sausage in a large saucepan until well cooked. Add onion and garlic to sausage until the onion is caramelized. Add small can of tomato paste to the sausage, onion and garlic. Add tomato sauce and 3 C of water. Stir well. Add $\frac{1}{2}$ package of Good Season Italian salad dressing mix to sauce. Add the oregano, chili pepper flakes and salt and pepper to taste.

Bring sauce to a boil and then simmer on lower heat and cook 2 to 3 hours. Make your favorite pasta and pour the sauce on top.

Brandi DeBono, Fiona (3rd grade)

Sour Cream Noodle Bake

8 oz. pkg. egg noodles

2 lb. ground beef

½ C chopped onions

1 tsp salt

¼ tsp pepper

¼ tsp garlic salt

Tomato sauce (1 regular can, 1 small can)

8 oz. cottage cheese

8 oz. sour cream

1 C grated sharp cheese

1 C grated mozzarella cheese

Cook noodles; drain. Brown meat; drain. Add onions, salt, pepper, garlic salt, and tomato sauce. Simmer for 5 minutes. Combine cottage cheese, sour cream, and noodles. Alternate layers of noodle mixture, meat sauce, and cheeses. Cook for 35 to 45 minutes at 350 degrees, uncovered. (If meat begins to get too brown, loosely lay aluminum foil over the top.)

Kristi Stofer, Jack (1st grade)



Slow cooker Indian Stew recipe

2 limes
1 medium sweet potato
1½ C full-fat coconut milk
½ tsp ground ginger
1½ C cooked or canned black beans
5 cloves garlic
¼ tsp chili powder
1½ C cooked or canned red kidney beans
fresh cilantro
1½ tsp ground cumin
2 C canned no-salt added diced tomatoes
1½ C cooked or canned garbanzo beans
½ tsp ground turmeric
1 T dried oregano
1 tsp ground cinnamon
1 medium head cauliflower
1 C canned no-salt added tomato sauce
2 onions

Rinse and drain garbanzo beans, black beans, and kidney beans. Transfer to a 6½ quart slow cooker. Chop onions and mince garlic. Peel sweet potato and cut into large chunks. Wash cauliflower and divide into florets. Transfer onions, garlic, potato, and cauliflower to slow cooker. Stir in diced tomatoes, tomato sauce, oregano, cumin, allspice, ginger, turmeric, and chili powder. Cook on high for 6 hours. Stir in coconut milk. Just before serving, pull leaves from cilantro and chop. Cut limes into wedges.

Serve stew hot with cilantro and lime wedges.

Michele Gregory, Skylar (Kindergarten)

Easy White Bean and Chicken Soup

2 T olive oil
1 medium onion, chopped
1 clove garlic, minced
3 chicken breasts, cooked and chopped (or use 1 large can of chicken or store-bought rotisserie chicken)
1 9 oz. package frozen white corn
2 15 oz. cans Great Northern beans, undrained
1 7 oz. can diced green chillies
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ tsp coriander
 $\frac{1}{2}$ tsp oregano
 $\frac{1}{4}$ tsp cayenne pepper (optional)
3 C chicken broth
3 T lime juice

Toppings:

Cheddar cheese, grated
sour cream or plain yogurt
salsa
green onions, chopped
corn tortilla chips
cilantro

In a large pot, saute onion and garlic in olive oil. Add chopped chicken, corn, beans, green chilies, spices, broth and lime juice. Stir until well blended. Bring to a boil, then turn heat to low and simmer for 20 or 30 minutes. Serve with toppings.

Recipe from the Ivory Family Favorites cookbook, purchased through the Make a Wish foundation

Bethany Scott, Colton (Kindergarten)



Homemade Sloppy Joes

1 pound ground beef
½ C chopped onion
½ C chopped celery
½ C chopped green pepper
½ C ketchup
½ can Campbell's tomato soup concentrate
1 T vinegar
1 T Worcestershire sauce
1 T brown sugar
8 hamburger buns

In large skillet, brown ground beef and drain fat. Add chopped onion, celery and green pepper and cook 5 minutes. Stir in ketchup, soup, vinegar, Worcestershire and brown sugar and simmer for 30 minutes. Spoon into hamburger buns and serve.
(I usually triple the vegetables to make them a little heavier on the veggie and light on the meat.)

Recipe from the Ivory Family Favorites cookbook, purchased through the Make a Wish foundation

Bethany Scott, Colton (Kindergarten)

Kjartan's Favorite Lentil Soup

3 C raw lentils (rinsed)

7 C water or stock

2 tsp salt

Bring to a boil, then simmer until tender (45 min to an hour)

Sauté and then add to the lentils:

2-3 cloves garlic, minced

1 medium onion, diced

2 ribs celery, including leaves, rinsed and diced

3-4 carrots, scrubbed and chopped

Cooked sausages, cut into bite-size pieces (optional)

Chopped tomatoes (fresh or canned) together with juice

Consider adding these optional items and then simmer for another 30 minutes:

Dried herbs to taste: thyme, oregano, and basil are nice

Other seasonings to taste: balsamic vinegar or lemon juice

1-2 C washed and chopped fresh spinach (frozen is OK, too, but use less)

Serve with a crusty bread and offer sour cream or grated cheese at the table. Yum!

Elina Erlendsson, Kjartan (2nd grade)



Mushroom Au Gratin

1 pound fresh mushrooms

2 T butter or margarine

½ C sour cream

¼ tsp salt

dash of pepper

1 T flour

¼ C chopped parsley

½ C shredded Swiss or mild cheddar cheese

Slice mushrooms and saute in butter over medium-high heat until lightly brown. Cover and simmer about 2 minutes to extrude juices.

Blend sour cream, salt, pepper, and flour until smooth.

Stir sour cream mixture into mushrooms and heat stirring until blended and beginning to boil.

Remove from heat and pour into a shallow dish & sprinkle parsley and cheese over top. (can be refrigerated here).

Heat in oven at 425 degrees for about 10 minutes or until cheese is melted (cooking after refrigeration will take a little longer).

Kimberly Warschaw, Hannah (2nd grade)

Pizza Hot Dish Casserole

Meat Mixture:

1 lb. browned ground beef or ground turkey

1 can tomato soup

1 10.5 oz. can pizza sauce

½ C water

canned mushrooms (optional)

Bottom Layer:

2 C cooked ziti or other pasta

1 egg, beaten

½ C milk

Put bottom layer in greased 9x13 pan. Spoon meat mixture on top. Sprinkle top with mozzarella cheese. Bake about 20 minutes at 425 degrees, watching the top closely so it doesn't brown too much. Optional: add fresh basil to the top when finished baking.

Dana Andy, Ben (4th grade)



Pad Thai

8 oz. dried wide rice noodles or wide egg noodles
12 oz. extra-firm tofu or peeled and deveined shrimp
1 tsp minced garlic, (about 2 cloves)
 $\frac{1}{4}$ C Thai fish sauce (sold with Asian foods) or reduced sodium soy sauce (use wheat/gluten-free if needed)
3 T brown sugar
1 $\frac{1}{2}$ T ketchup
3 T rice vinegar
 $\frac{1}{2}$ C water
2 T vegetable oil
2 C snow or sugar snap peas, cut into 1/2-inch pieces, or use frozen peas
4 eggs, lightly beaten
3 scallions, light and green parts, cut into 1/2-inch pieces
 $\frac{1}{2}$ C unsalted peanuts, roughly chopped
 $\frac{1}{3}$ C fresh cilantro, chopped (optional)
1 lime, cut into wedges, for serving

If you are using rice noodles, put them in a large bowl and cover them with hot water. Let them soak for 20-30 minutes until they are soft and pliable, and drain them. If you are using egg noodles, cook them according to the package directions until they are al dente and drain them.

Meanwhile, if you are using the tofu, drain and wrap it in a clean dishtowel to dry it.

Cut the drained tofu into $\frac{1}{2}$ inch cubes. In a blender, combine the garlic, fish sauce, sugar, ketchup, vinegar and water and blend until smooth.

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.....MAIN DISHES.....

Heat the oil in a large wok or nonstick skillet over medium-high heat.

Add the tofu or shrimp in a single layer and cook it, flipping occasionally, until it is lightly browned, about 5 minutes.

(If you are using the shrimp, cook it for about 3 minutes until it turns pink.)

Add the peas and stir-fry them for 1 minute.

Drizzle the beaten eggs over the tofu or shrimp and peas and let them quickly set for 10 seconds, then gently stir and let them sit for 10 more seconds.

Stir to make sure the eggs are set.

Drizzle the blended sauce over everything.

Add the scallions and noodles to the pan, reduce the heat, and toss gently until the sauce is absorbed.

Gently stir in the roasted peanuts and cilantro (optional).

Serve it with lime wedges.

Baker Family, Will (2nd grade)



Walking Tacos - camping favorite

- 1 lb lean ground beef
- 1 1 oz. package taco seasoning mix
- 4 2.5 oz. packages Fritos or Doritos
- 2 C shredded lettuce
- 1 chopped fresh tomato
- 1 C shredded Cheddar cheese
- $\frac{1}{3}$ C salsa
- $\frac{1}{2}$ C sour cream

Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain excess oil. Mix in the taco seasoning and prepare according to the directions on the package.

With the bags unopened, gently crush the corn chips. Snip the corners off the bags using scissors and slit open the bags along the side edge. Spoon equal amounts of the beef mixture, lettuce, tomato, Cheddar cheese, salsa and sour cream into the bags on top of the crushed chips. Serve in the bag and eat using a fork.

Baker Family, Will (2nd grade)

Quick and Easy Meatless Chili Mac

1 C macaroni noodles

1 14.5 oz. can of diced tomatoes with onion and garlic (or onion, green pepper and celery) already in the can

1 15 oz. can of tomato sauce

1 15 oz. can of kidney or chili beans

1 T packaged chili seasoning (or your own blend of onion powder, chili powder, garlic powder, salt, and/or cumin)

diced onions (optional as a topping)

shredded cheddar cheese (optional as a topping)

water to thin the chili if necessary

Boil macaroni noodles until cooked and drain. Add diced tomatoes, tomato sauce, beans, and seasoning, and stir. Add water to desired thickness if necessary. Simmer and stir for 15 minutes. Optional: top with onions and cheddar cheese when serving. Enjoy!

Nast/Tucker Family, Ben (2nd grade)



Feel Better Soon Chicken Soup

2 large 32 oz. boxes of chicken broth
(Favorite: Pacific Organic Free Range)

1 onion, chopped

1 bag of baby carrots (half bag chopped; reserve half bag)

4 celery stalks, sliced

1 cooked rotisserie chicken (hot or cold)

2 cloves of garlic, minced (or equivalent if using jarred/frozen garlic)

dill to taste

thyme to taste

pepper to taste

rice or noodles

Basic soup:

Pour 2 32 oz. boxes of chicken broth into a large pot set to high heat. Chop onions and add to broth. Divide bag of baby carrots in half (chop half and add to soup; reserve half for later). Slice celery stalks to preferred size and add to broth. Add garlic. Add a generous amount of dill and thyme, to taste. Add pepper to taste (no salt needed unless you have used reduced-sodium chicken broth). Remove breast meat and skin from rotisserie chicken and slice to small chunks, adding to soup. When broth is boiling, reduce heat to low and cook for an additional 20-30 minutes.

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Optional Carbs:

Option 1: Prepare your favorite noodles (egg noodles are a classic choice for chicken soup). For best texture, place fully cooked noodles at the bottom of each individual soup bowl and pour finished soup on top.

Option 2: Prepare rice separately, and place desired amount at the bottom of each individual bowl and pour finished soup on top.

Option 3: Add $\frac{1}{2}$ C of uncooked rice to the soup in the last 20 minutes of cooking. You may wish to add additional broth to this method as the rice will soak up much of the liquid.

Optional kids meal: Do your kids gag at the thought of soup? Mine, too, but that doesn't mean you have to cook a whole separate meal for them (especially if you're making soup because you're sick! Who has time for this?!?) While the soup is cooking, remove the drumsticks and dark meat from the rotisserie chicken and put on plates for the kids. Add raw baby carrots from reserve and serve with ranch dressing, if desired. Add noodles (with butter) or rice. Finish with a few slices of fresh apples or applesauce. Feed them first so by the time your soup is ready, you can sit and eat in peace. Feel better soon!

Timesavers:

Vegetables can be chopped/sliced in advance

Many groceries stores have pre-chopped onions/carrots/celery – go for it!

Rotisserie chicken can be bought in advance

Leftover chicken from other meals can be substituted

Frozen garlic cubes (Trader Joes) are quick and easy

This basic soup can also be prepared in a slow cooker (~4 hours on high; ~6-8 on low). Add rice or noodles separately.

Melody Kisor, Elizabeth (3rd grade)



Chicken Divan with Curry

2 10 oz. pkgs. frozen broccoli
2 C cut, cooked chicken breast
2 cans condensed cream of chicken soup
 $\frac{1}{2}$ C mayonnaise
1 tsp lemon juice
 $\frac{1}{2}$ tsp curry powder
 $\frac{1}{2}$ C shredded Cheddar cheese
 $\frac{1}{2}$ C bread crumbs
1 $\frac{1}{2}$ T melted butter

Cook broccoli as directed on package and arrange in single layer on bottom of 9x13 inch pan. Place chicken on top of broccoli.

Combine soup, mayonnaise, lemon juice and curry powder. Pour mixture over chicken. Sprinkle with Cheddar cheese.

Brown bread crumbs in butter and sprinkle over cheese. Bake at 350 degrees for 30 minutes uncovered.

Can substitute turkey for chicken. Freezes well.

Megan Anne Gonyea, Daniel (1st grade)

Kosher Three Bean Beef Chili Recipe

[Gluten Free]

2 pounds lean ground kosher grass fed beef
1 green or red bell pepper, seeded and diced
1 medium onion, diced
1 clove garlic, minced
 $\frac{1}{4}$ C chili powder + 2 T chili powder
1 T ground cumin
1 can each of pinto, kidney, and black beans (or soak and cook dried beans; 1 can is about 1.5 C cooked beans)
1 28 oz. can of diced tomatoes
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{2}$ tsp Cayenne pepper
2 C water, as needed
1 T macadamia nut oil or other high heat oil

Mince and combine onion, pepper and garlic in a large bowl

Heat the oil in a Dutch oven or large skillet with a cover, add the onion/pepper/garlic mix and cook until translucent. Place mixture back into bowl and set aside.

Cook the ground beef in the skillet, stirring constantly and breaking into small pieces, until browned.

Add the onion mix and the rest of the ingredients and simmer over low heat, stirring occasionally, until the meat is tender. Add more water if needed to adjust for desired thickness.

Taste for salt and spiciness and adjust. *Meat can be substituted with any other meat (ground turkey, chicken, etc.)

Holly Ramirez, Lillian (2nd grade)



White Chicken Chili

1 ½ lb chicken breast, cooked in the manner of your choosing
2 cans 14 oz. chicken broth (low sodium or regular)
3 cans 16 oz. Great Northern Beans - including liquid
2 C finely chopped onions (white or yellow - I use sweet yellow)
2 T minced garlic
4 oz. can chopped green chilis, including liquid
2 ½ tsp cumin
2 tsp oregano
½ tsp cayenne pepper
dash hot sauce (optional)

Suggested method for cooking chicken:

Heat oven to 325 degrees. Salt and pepper chicken and place in baking dish. Add about 1" water, two chicken bouillon cubes or 2-3 tsp granules. Cover tightly with foil. Bake for 1½ hr.

Chili:

Saute onions and garlic in butter in large kettle.

Chop cooked chicken breasts into cubes and add to kettle.

Add all other ingredients and simmer until blended for about an hour.

Serve with tortilla chips and shredded cheddar, chopped green onions and sour cream as toppings, if desired. Cold beer is also highly recommended.

Michelle Diller, Justin (3rd grade)

Chicken Chili

3-4 cooked, shredded chicken breasts

1 C onion, chopped

1 large green pepper, chopped

2 garlic cloves

2 T olive oil

2 cans diced tomatoes

2 cans pinto beans, drained

½ C salsa

1 tsp cumin

1 T chili powder

½ tsp salt

Heat oil, add chicken, onion, garlic and green pepper. Saute 3-5 minutes. Add remaining ingredients. Simmer 20-30 minutes. Serve over steamed rice. Top with shredded cheese, sour cream and crushed corn chips.

Dana Andy, Ben (4th grade)



Turkey Chili

1 T olive oil
1 C sweet onions, chopped
1 T garlic, minced
1-2 bell peppers
2 pounds ground turkey
canned or frozen corn
1 28 oz can crushed organic tomatoes, undrained
1½ tsp cumin
1 tsp cinnamon
1 T chili powder
1 T sugar
2 C low-sodium chicken stock
1 can tomato paste
diced carrots (optional)

In a large skillet, sauté onions, garlic and bell peppers in olive oil over medium heat until onions are translucent. Add ground turkey and cook until browned.

Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally. OR cook in crockpot on low for 8 hours or high for 4 hours.

Betsy Rosenblatt Rosso, Zoe (2nd grade)

Pasta Fagioli

1 onion, chopped

2 cloves garlic, chopped

3 T olive oil

6 C tomato sauce

4-5 cans northern beans (rinsed)

2 C water

2 tsp salt

pepper

parsley

1 box cooked ditalini pasta, cooked per box

grated parmesan cheese

Saute onions and garlic in oil. Add tomato sauce, beans, water and seasoning. Cover and simmer until thickens, about 30 minutes. Add cooked pasta and heat thoroughly. Sprinkle with cheese.

Nicole Van Hoey, Olivia (4th grade) and Josephine (1st grade)



Shepherd's Pie

Ingredients for the mashed potato topping:

3 large or 4 medium potatoes (or sweet potatoes) peeled and cut into chunks

1 C milk

1 T butter

1 egg, beaten

1 tsp paprika

Salt and Pepper

Ingredients for the filling:

1½ T extra virgin olive oil

8 oz. crimini or white mushrooms, quartered

1½ ground turkey or beef

1 onion, chopped

2 large cloves of garlic, chopped

2 tsp dried sage

2 C mixed frozen veggies

Ingredients for the Sauce:

2 T butter

2 T flour

¾ C dark beer (optional)

1 C beef stock (1 ½ C if not using the beer)

3 T Worcestershire sauce

2 T Dijon mustard

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Step 1: Place the sweet potatoes in a large pot, cover with water and bring to a boil. Salt the water and cook the potatoes until tender, about 18 minutes; drain. Return the potatoes to the hot pot and mash with the milk, 1 T butter, the egg and paprika; season with salt and pepper.

Step 3: Place a heavy pot on medium-high heat. Add the olive oil and let heat. Add the mushrooms and cook until darkened, 6-7 minutes. Add the meat and cook until browned, 5 minutes. Add the onion, garlic and sage; season with salt and pepper. Cook until the onion is softened, about 5 minutes. Stir in the veggies.

Step 4: While the onion cooks, heat a small saucepan or skillet over medium-high heat. Add the remaining 2 T butter to melt, then whisk in the flour for 1 minute. Add the beer, if using, and cook until reduced, a minute or two. Add the beef stock and Worcestershire sauce; season with salt and pepper. Cook until thickened slightly, then whisk in the mustard. Stir the gravy into the meat.

Cooking:

Pre-heat the broiler and position a rack in the lower third of the oven. Pour the meat and gravy into a casserole and top with the sweet potatoes. Broil until the potatoes are set and lightly golden-brown at the edges.

Elizabeth Lyons, Ellie (2nd grade)



Mom's Patio Chicken Southern Delight

Chicken pieces with bone and skin on (boneless/skinless OK but not as good)

Coat chicken with:

mayonnaise

parmesan cheese

bread crumbs

sprinkle on:

parsley

curry

salt

pepper

Spray pan with cooking spray. Bake for 10 minutes at 400 degrees. Then bake at 350 degrees for about 30 minutes. Can be prepped ahead and refrigerated.

Enjoy!

Anne Sywilok, Queen of Science, retired teacher

Coconut Red Lentil Soup (fast and easy)

1 C yellow split peas
1 C red split lentils
7 C water
1 medium carrot diced
 $\frac{1}{3}$ C of tomato paste
2 T fresh ginger minced
2 T curry powder
2 T butter or ghee
8 green onions thinly sliced
 $\frac{1}{3}$ C golden raisins (optional)
1 14 oz. can of coconut milk
2 tsp fine grain sea salt
 $\frac{1}{3}$ C of cilantro chopped

Place split peas in a large pot with water and bring to a boil. Reduce heat to simmer and add the carrots and $\frac{1}{4}$ of the ginger. Cover and simmer for about 30 mins.

In the meantime, in a small dry skillet over low heat toast the curry powder (optional) until quite fragrant. Set aside. Place the butter in the pan over medium heat and add half the green onions, remaining ginger, raisins (optional). Saute for 2 minutes stirring constantly, then add the tomato paste and saute for another two minutes.

Add the curry to the tomato paste mixture, stir, and saute for another minute. Then add this to the simmering soup along with the coconut milk. Simmer uncovered for 20 minutes. The soup should be thick at this point.

Vickie Spindler, Jessica (4th grade)



BREADS



BREADS



Mr. Utley's (Rosemarie Sheehy's) Irish Soda Bread

4 C flour
1/4 C sugar
1 tsp salt
1 tsp baking powder
1/4 C butter
3/4 C raisins (optional)
2 T caraway seeds
1 1/2 C buttermilk
1 egg
1 tsp baking soda

Mix flour, sugar, salt, and baking powder together. Cut in the butter. Add raisins and caraway seeds. Set aside.

Mix buttermilk, egg, and baking soda. Add to the flour mixture. This will be a very dry, sticky mixture.

Put into a greased and floured loaf pan. Bake at 375 degrees for 45 to 50 minutes until golden brown. Test through the middle for doneness.

Stephen Utley, 4th grade teacher



Mrs. Deolazo's Banana Sour Cream Bread

$\frac{1}{2}$ C butter
1 C sugar
1 tsp baking soda
4 T sour cream
1 C mashed (ripe) bananas
 $1\frac{1}{2}$ C flour
1 tsp vanilla
milk chocolate chips (optional)

Cream together butter, sugar and eggs. Mix baking soda and sour cream, then stir into creamed mixture. Add bananas and vanilla. Stir in flour. Bake in greased loaf pan in a preheated 350 degree oven for 1 hour. Enjoy!

Maria Deolazo, 2nd grade teacher

Ms. Taylor's Corn Bread

17 oz. cream style corn
17 oz. corn (undrained)
 $\frac{1}{2}$ C melted butter (one butter stick)
8 oz. sour cream
2 $8\frac{1}{2}$ oz. corn muffin mix

Combine all ingredients until well-blended. Pour into a buttered 9x13 inch pan. Bake 45 minutes at 350 degrees until lightly brown. (** I prefer to bake the bread for 2 hours at 275 degrees.)

Drizzle with honey when still warm (optional).

Denise Taylor, 1st grade teacher

Mrs. Robinson's No-Knead Onion Rolls

Makes 16 rolls. Hands on time: 45 m. Total time: 3 hours

3 T olive oil

3 medium onions, finely chopped

¼ C plus 1 tsp granulated sugar

Kosher salt

2 pkgs. active dry yeast

2 large eggs

6 T unsalted butter, melted, plus more, at room temp.,
for the pan.

6 C of all-purpose flour, spooned and leveled, plus more for
shaping the dough.

Heat 2 T oil in large skillet over med. heat. Add onions, 1 tsp sugar, and ½ tsp salt and cook, stirring occasionally, until golden brown, 15-18 min.

Place 2 C warm water (105-115 degrees.) in a large bowl; sprinkle yeast over water and let stand until foamy, 4-5 min.

Whisk in eggs, 4 T butter, the remaining ¼ c. sugar and 1 tsp salt. Add flour and ¾ of onions, and mix until a sticky dough forms. Brush top of dough with remaining T. of oil, cover with plastic wrap and let rise until doubled in bulk (about 1 hour).

Butter a 9x13 baking pan. Punch dough down. With well-floured hands, form dough into 16 balls and place in pan, spacing evenly. Sprinkle with remaining onions, cover loosely with plastic wrap and let rise in warm place until doubled in bulk, 30-40 min.

Heat oven to 400 degrees. Remove plastic wrap and brush dough with remaining 2T melted butter. Bake until rolls are golden, about 18-22 minutes (tent with foil if tops brown too quickly). Cool in pan for 5 min. before serving.

Lynn Robinson, retired teacher



Ms. Gomez's Pumpkin Spice Bread, no oil

This recipe makes 3 - 7x3 inch loaf pans

1 15 oz. can pumpkin puree

4 eggs

1 C applesauce

1 ½ C white sugar

1 ½ C brown sugar

3 ½ C all-purpose flour

2 tsp baking soda

1 ½ tsp salt

3 tsp ground cinnamon

2 tsp ground nutmeg

½ tsp ground cloves

1 tsp ground ginger

2 C chopped fresh apples or one 15 ounce can of cherry or apple pie filling. Chop the apple pie filling into small pieces.

Preheat oven to 350 degrees (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. Best if you use an electric mixer. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Slowly fold in the fresh or canned fruit. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

Kristin Gomez, Instrumental Music Teacher

Ms. Sonn's Chocolate Chia Nut Power Bars

1 C pitted dates

½ unsweetened coconut flakes

½ C unsalted almonds

1/2 C unsalted pecans (or walnuts or another nut you like)

4 T chia seeds (less if you aren't a huge fan)

Put in food processor and pulverize to desired consistency (I make mine grainy, not too chunky).

Add...

1 T unsalted almond butter

3 T unsweetened cocoa powder

1 tsp vanilla

dash of cinnamon (to taste)

Mix in food processor until well blended. Form into bars (or balls) on wax lined cookie sheet (easiest with clean, wet hands). Freeze to form. Wrap individually. Makes 10-12 bars (depending on the size of bars); approximately 30 balls.

Erin Sonn, Testing Coordinator, Drew (4th grade)



Ms. Fransen's Pumpkin Ginger Muffins with Cream Cheese Frosting

Muffins:

- 2 C all-purpose flour
- 1 3.4 oz. package instant butterscotch pudding mix
- 2 tsp baking soda
- 1/4 tsp salt
- 1 T ground cinnamon
- 1/2 t allspice
- 1/4 tsp ground cloves
- 1/3 C finely chopped crystallized ginger
- 1 C butter, room temperature
- 1 C white sugar
- 1 C packed brown sugar
- 4 eggs, room temperature
- 1 tsp vanilla extract
- 1 15 oz. can pumpkin puree

Cream Cheese Frosting:

- 1 C unsalted butter, slightly softened (or 1 stick salted and 1 stick unsalted)
- 1 8 oz. package chilled cream cheese
- 2 1/2 tsp pure vanilla extract
- 4 to 4 1/2 C confectioner's sugar, preferably 100% pure cane spooned in cup, leveled off & sifted

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Muffins:

Preheat oven to 350 degrees. Grease 24 muffin cups, or line with paper muffin liners. Whisk together the flour, pudding mix, baking soda, salt, cinnamon, ground ginger, allspice, cloves and crystallized ginger in a bowl; set aside.

Beat the butter, white sugar and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the room-temperature eggs, one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Frost with cream cheese frosting. Can be frozen up to three weeks.

Frosting:

Using an electric stand mixer fitted with paddle attachment, or handheld mixer and large bowl, beat butter on medium speed until creamy. Add cream cheese and vanilla; beat until fully incorporated. Gradually increase mixer speed to high and continue beating until light and fluffy, scraping down the sides of bowl as necessary with rubber spatula. Gradually add 4 C confectioner's sugar, beating on low speed (stir), until well combined. Add additional confectioner's sugar until desired consistency for spreading and level of sweetness is reached. Beat on high speed until well combined and smooth while scraping down the sides of the bowl as necessary, about 1 to 2 minutes.

Ellen Fransen, Abingdon Attendance/front office



Ms. Sonn's Chocolate Chip Banana Bread

3-4 really ripe bananas

1 egg, beaten

1 T vanilla

$\frac{1}{4}$ C melted butter

$\frac{1}{2}$ C sugar

$1\frac{1}{2}$ C flour

$\frac{1}{4}$ tsp salt

1 tsp baking soda

chocolate chips (as many as you like!)

Preheat oven to 350 degrees. Mash bananas in a bowl, then add beaten egg, vanilla and melted butter. Stir well. Then add flour, salt and baking soda. Stir again. Then add chocolate chips by the handful. Pour into prepared pan and sprinkle with cinnamon sugar*. Bake until toothpick comes out clean, approximately 55 minutes for a loaf, 25 min. for muffins.

*If you like a crumbly cinnamon topping, here is that recipe. Mix these ingredients and sprinkle on top before you bake.

$\frac{1}{2}$ C packed light brown sugar

$\frac{1}{2}$ C all-purpose flour

$\frac{1}{2}$ tsp ground cinnamon

4 T butter, softened

Erin Sonn, Testing Coordinator, Drew (4th grade)

Mormon Muffins

2 C boiling water

5 tsp baking soda

1 C shortening

2 C sugar

4 eggs

1 quart buttermilk

5 C flour

1 tsp salt

4 C All-Bran cereal

2 C 40% Bran Flakes

1 C walnuts, chopped (optional)

Add baking soda to boiling water and set aside. Whip shortening and sugar until light and fluffy. Add the eggs slowly. Mix well. Add the buttermilk, flour, salt and mix again. Add the soda water very slowly. Gently fold the cereals and the walnuts into the mix.

Muffin mix must sit in the refrigerator overnight before baking.

Spoon 1/8 C into greased muffin tins. Bake at 350 degrees for 20 minutes. Let cool for 5 minutes.

Muffin mix will last one week, covered and refrigerated. Yields 3 dozen muffins.

Julie Brady, Elliot (2nd grade) and Bronco (Kindergarten)



French Peasant Bread

1 package dry yeast (2¼ tsp)

2 C warm water

1 T sugar

2 tsp salt

4 C flour

oil

corn meal

melted butter

Place yeast, water, sugar and salt in warm bowl and stir until dissolved.

Add flour and stir until blended. Do not knead.

Cover and let rise one hour or until doubled in size.

Flour hands, remove dough from the bowl and place in 2 rounds on an oiled cookie sheet sprinkled with corn meal. Let rise an additional hour.

Brush the top with melted butter and bake at 425 F for 10 minutes.

Reduce oven temperature to 375 F and cook an additional 15 minutes.

Remove from oven and brush again with melted butter.

Serve Warm. (This is the easiest bread you will ever bake in your life!!)

From the Ivory Family Favorites cookbook which can be purchased through the Make a Wish foundation.

Bethany Scott, Colton (Kindergarten)

Banana Loaf with Chocolate Chips

1 C sugar

$\frac{1}{4}$ C butter

2 eggs

1 $\frac{1}{2}$ C flour

1 tsp baking soda

3 ripe, peeled crushed bananas

pinch of salt

$\frac{1}{2}$ C chocolate chips

Mix ingredients. Add crushed bananas and then chocolate chips.

Pour into warm bread pan and bake for 1 hour at 350 degrees.

Krista Singleton-Cambage, Ciaran (4th grade) and Rory (3rd grade)



Lion House Dinner Rolls

2 C warm water (110 to 115 degrees)

$\frac{2}{3}$ C nonfat dry milk (instant or non-instant)

2 T dry yeast

$\frac{1}{4}$ C sugar

2 tsp salt

$\frac{1}{3}$ C butter, shortening, or margarine

1 egg

5 to $5\frac{1}{2}$ C all-purpose flour, or bread flour

In large bowl or electric mixer, combine water and milk powder; stir until milk dissolves. Add yeast, then sugar, salt, butter, egg, and 2 C flour. Mix on low speed until ingredients are wet, then for 2 minutes at medium speed. Add 2 C flour; mix on low speed until ingredients are wet, then for 2 minutes at medium speed. (Dough will be getting stiff and remaining flour may need to be mixed in by hand). Add about $\frac{1}{2}$ C flour and mix again, by hand or mixer. Dough should be soft, not overly sticky, and not stiff (It is not necessary to use the entire amount of flour).

Scrape dough off sides of bowl and pour about one T of vegetable oil all around sides of bowl. Turn dough over in bowl so it is covered with oil. (This helps prevent dough from drying out). Cover with plastic and allow to rise in warm place until double in size, about 45 minutes.

Scrape dough out onto floured board. Turn dough over so it is floured on both sides; gently flatten to about 1 inch thick. With rolling pin, roll out to a rectangle about 18 inches long, 8 inches wide, and $\frac{1}{4}$ inch thick. Brush with melted butter. With pizza cutter or very sharp knife, cut dough in half to make two strips about 4 inches wide. Make cuts through strips of dough every 2 inches, making about 18 pieces of dough.

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Starting with short end, roll up one piece of dough, with butter on the inside. Place roll on parchment-lined pan with other short end down on the paper. Repeat with remaining pieces of dough. Be sure all rolls face the same direction on baking pan. Cover lightly with plastic wrap and allow to rise until double in size, about 1 to 1 ½ hours. Bake at 375 degrees for 15 to 18 minutes, or until light to medium golden brown. Brush tops of rolls with melted butter. Serve with Honey Butter. Makes 1 to 1 ½ dozen rolls.

Helpful Tips for Making Rolls:

Always add flour gradually and keep dough as soft as you can handle. A soft dough will produce a lighter roll.

It is not necessary to use the entire amount of flour called for in the recipe—add only enough flour to make dough manageable.

To shorten dough's rising time, use one of these methods:

1) When dough is thoroughly mixed, oil bowl and cover dough with plastic wrap. Fill sink or larger bowl with about 2 inches of hot water or enough water to come about half or three-fourths the way up outside the dough bowl. Place bowl of dough in bowl of water and allow to rise until double in size.

2) Just before mixing dough, turn oven on lowest possible temperature. Place a pan of hot water on bottom oven rack. When dough is thoroughly mixed, place in oiled bowl. Cover dough with plastic wrap; place in oven. Turn oven off, shut oven door, and allow dough to rise until double in size, about 50 to 60 minutes. Shape or cut into desired rolls. Place rolls on greased or parchment-lined pans and allow to rise until double in size. Bake according to recipe.

Brush top of rolls with butter when first taken from oven.

How to consistently make attractive, good-tasting rolls? Practice! Practice! Practice!

Catherine Ladd, Andrew (2nd grade)



Pumpkin Cranberry Bread

3½ C flour
2 tsp cinnamon
1 tsp baking soda
½ tsp baking powder
Pinch of salt
2 tsp orange zest
¾ C butter
2 C sugar
3 eggs
16 oz. can pumpkin
1 C of fresh cranberries

Preheat oven to 350 degrees. Mix flour through orange zest in bowl.

Cream together butter and sugar.

Add eggs one at a time to creamed mixture.

Add pumpkin to cream mix.

Add dry ingredients.

Flour cranberries and add to mixture.

Grease and flour loaf pan.

Bake for 40 minutes or until browned and cooked through.

Megan Pickersgill, Grace (1st grade)

Banana Bread

1 ½ C sugar

½ C butter (softened)

2 eggs

2 C flour

1 tsp baking soda

½ C milk

1 tsp vinegar

½ C chopped nuts (optional)

3 ripe, peeled, mashed bananas

Pre-heat oven to 350 degrees and grease 2 loaf pans. In a medium mixing bowl, mix together the flour and baking soda. In a large mixing bowl, beat together the sugar and butter. Beat in the two eggs. Add dry ingredients to the wet ingredients and mix until combined. In a small cup stir together the vinegar and milk. Slowly add this mixture to the batter. Add chopped nuts, if desired. Pour into two loaf pans and bake for 45 minutes or until cooked through.

Jeni Hornback, Henry (1st grade)



Mrs. Robinson's Oven French Toast

1 C firmly packed brown sugar

½ C butter

1 T light corn syrup

1 loaf french bread, cut diagonally into 16 1-inch slices

5 eggs

2 C milk

1 tsp each of: cinnamon, nutmeg and vanilla extract

½ C pecans (optional)

In a medium bowl, combine brown sugar, butter and corn syrup using a pastry blender; mix well.

Spread mixture in bottom of 15x10x1 pan. Place bread slices on top of spread mixture.

Combine eggs, milk, cinnamon, nutmeg and vanilla extract; pour over bread.

Cover pan with foil, refrigerate overnight.

Uncover and bake at 350 degrees for 30 -35 minutes. Sprinkle pecans over toast before serving.

This is an easy, adaptable recipe. Any bread will work. I've used french, raisin bread, Italian, even pumpernickel.

Lynn Robinson, retired teacher

Mrs. Robinson's No-Knead Onion Rolls

Makes 16 rolls. Hands on time: 45 m. Total time: 3 hours

3 T olive oil

3 medium onions, finely chopped

¼ C plus 1 tsp granulated sugar

Kosher salt

2 pkgs. Active dry yeast

2 large eggs

6 T unsalted butter, melted, plus more, at room temp.,
for the pan.

6 C of all-purpose flour, spooned and leveled, plus more for
shaping the dough.

Heat 2 T oil in large skillet over med. Heat. Add onions, 1 tsp sugar, and ½ tsp salt and cook, stirring occasionally, until golden brown, 15-18 min.

Place 2 C warm water (105-115 degrees.) in a large bowl; sprinkle yeast over water and let stand until foamy, 4-5 min. Whisk in eggs, 4 T butter, the remaining ¼ c. sugar and 1 tsp salt. Add flour and ¾ of onions, and mix until a sticky dough forms. Brush top of dough with remaining T. of oil, cover with plastic wrap and let rise until doubled in bulk (about 1 hour).

Butter a 9x13 baking pan. Punch dough down. With well-floured hands, form dough into 16 balls and place in pan, spacing evenly. Sprinkle with remaining onions, cover loosely with plastic wrap and let rise in warm place until doubled in bulk, 30-40 min.

Heat oven to 400 degrees. Remove plastic wrap and brush dough with remaining 2T melted butter. Bake until rolls are golden, about 18-22 minutes (tent with foil if tops brown too quickly). Cool in pan for 5 min. before serving.

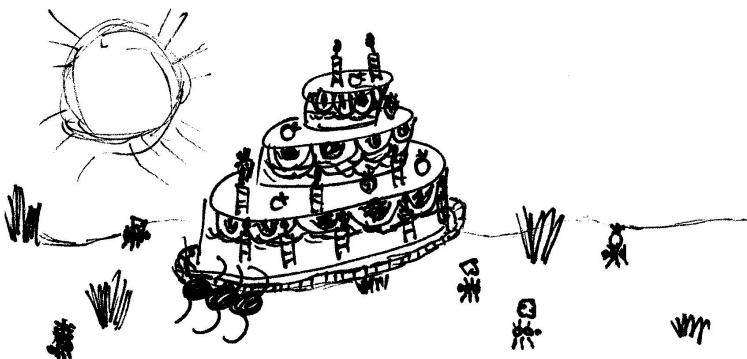
Lynn Robinson, retired teacher



DESSERTS



DESSERTS



Ms. Nesbitt's Sweet and Salty Saltines

Prep 25 minutes • Cook 10 minutes • Makes 20 servings

35-40 saltine crackers

2 sticks (1 C) butter

1 C light brown sugar

8 oz. semisweet chocolate chips (about 1½ C)

Cooking spray

Preheat oven to 425 degrees

Line 1 large or 2 small jelly-roll pans with aluminum foil, spray with nonstick spray and arrange the saltines salt-side down in a single layer. In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color in a few minutes. Remove from the heat and pour over the crackers, covering them evenly.

Put the jelly-roll pan into the oven and bake for 3 to 5 minutes or until just bubbly, watching carefully. Remove from the oven and pour the chocolate chips over the crackers. When the chips melt a bit, spread them over the crackers with a knife.

Transfer the pan to the freezer for 20 minutes or until completely cold. They will form one big sheet. Break up into pieces and store in an airtight container.

Rachel Nesbitt, 2nd grade teacher



Ms. Edmonds' Peanut Butter-Oatmeal Chocolate Chip Cookies

Makes about 16 cookies • Total time: 25 minutes

1 C all-purpose flour

1 tsp baking soda

$\frac{1}{4}$ tsp salt

1 stick (1/2 C) unsalted butter, at room temperature

$\frac{1}{2}$ C creamy peanut butter

$\frac{1}{2}$ C granulated sugar

$\frac{1}{3}$ C light brown sugar

$\frac{1}{2}$ tsp vanilla extract

1 egg

$\frac{1}{2}$ C rolled oats

1 C semisweet chocolate chips

Preheat oven to 350 degrees. Line two baking sheets with parchment paper and set aside.

Whisk together the flour, baking soda and salt; set aside.

On medium speed, cream together the butter, peanut butter, granulated sugar, brown sugar and vanilla extract, about 3 minutes. Add the egg and beat to combine. On low speed, gradually add the flour until just combined. Stir in the oats and then the chocolate chips.

Use a large cookie scoop (3 T) and drop dough onto prepared baking sheets about 2 inches apart. Bake for 10 minutes or until the cookies are lightly golden. Cool completely on the baking sheets and then store in an airtight container at room temperature.

Sara Edmonds, 2nd grade teacher

Ms. Buckingham's Chocolate Peanut Butter Brownies

1 C creamy peanut butter

$\frac{3}{4}$ C sugar

3 eggs, beaten

1 C sugar, minus 1 T

$\frac{1}{2}$ C melted butter

2 squares unsweetened chocolate

$\frac{3}{4}$ C minus 1 T flour

1 tsp vanilla

$\frac{1}{4}$ tsp salt (optional)

Blend together the peanut butter, $\frac{3}{4}$ C sugar and 1 beaten egg.

Press the mixture with fingers into a 9 inch square baking pan.

Beat the remaining 2 eggs slightly and beat in the 1 C minus 1 T sugar.

Add the butter and chocolate, combine thoroughly.

Stir in the flour, salt and vanilla. Pour the batter over the peanut butter layer.

Bake at 350 degrees for 30-35 minutes or until a wooden pick comes out clean. The edges of the brownies will pull away from the pan slightly when done.

Cool in pan. Cut into 16 or 32 brownies.

Cut up 8-10 small Reese's Peanut Butter C as a fun topping.

Place on the brownies immediately after they are done cooking.

Tanya Lee Buckingham, 1st grade teacher



Ms. Smith's Krispy Kreme Casserole (with Butter Rum Sauce*)

2 dozen Krispy Kreme donuts
1 14 oz. can sweetened condensed milk (NOT evaporated)
1 can fruit cocktail (undrained)
2 eggs, beaten
1 9 oz. box raisins
½ tsp ground cinnamon

Cube donuts and place into a large bowl.

Pour remaining ingredients on top of donuts, mix and let soak at least an hour.

Bake 1 hour until the center has jelled.

Let cool before serving.

Butter Rum Sauce:

1 stick butter
1 pound box confectioners' sugar
Rum, to taste

Melt butter and slowly stir in confectioner's sugar.

Add rum and heat until bubbly.

Pour over each serving of Krispy Kreme Casserole.

*I have made this with the rum sauce and without the rum sauce. Both are DELICIOUS.

Susanna Smith, Reading teacher

Mr. Fox's Chamomile Buttermilk Pie

1 pie crust

1 C heavy cream

3 T dried chamomile (or 3 chamomile teabags)

4 T unsalted butter, melted

½ C sugar

2 T honey

½ tsp salt

1 tsp lemon zest

1 T flour

3 large eggs

1 large egg yolk

1 C buttermilk

1 tsp white vinegar

Preheat the oven to 375 degrees. Bake the empty pie crust by itself in a pie dish for about 15 minutes. To prevent the crust from puffing up while it's prebaking, poke some holes in the crust with a fork and place some dried beans on top to hold it down.

Lower heat to 325 degrees.

In a medium saucepan, bring the cream to a boil and then immediately remove from heat. Add the chamomile and let it steep for about 10 minutes.

Whisk together melted butter, sugar, honey, salt, lemon zest, and flour in a large bowl. Stir in the eggs one at a time and then add the yolk. Strain the chamomile out of the cream. Add buttermilk and vinegar to the cream and stir. After that, stir in the egg mixture while gently mixing.

Pour everything into the pie shell and bake for about 45 minutes. The pie is ready when the edges are set and the center is no longer liquid. Be careful not to overbake. Allow the custard to cool completely before serving.

Mark Fox, 3rd grade teacher



Ms. Aagaard's Peanut Butter Bars

2 sticks of butter or margarine (room temperature)

1½ C peanut butter

1 pound powdered sugar

2½ c graham cracker crumbs (2 packages)

12 oz. choc chips (melted, careful not to overheat)

Mix first 4 ingredients together. Press hard into a 9x13 pan. Melt chocolate chips and pour over the top. Cool at room temperature until firm.

Kathi Aagaard, Living Histories teacher

Cookies-n-Cream Brownies

1 box of brownie mix and ingredients to make them (water, oil, and eggs)

1 ⅓ C crushed Oreos

½ container vanilla frosting

Heat oven to 350 degrees.

Make brownies as directed for 13x9-inch pan, except stir 1 C crushed oreos into batter.

The amount of baking time necessary may not be exact, so take a peek at the brownies after about 17 minutes. If they're getting crispy around the edges, they're probably ready.

Cool brownies completely. This is important!

Spread frosting over brownies. Sprinkle brownies with 2/3 C crushed oreos. Cut in squares, share, and enjoy!

Deb Staren-Doby, former Abingdon parent, parent volunteer

Orange Cookies

(We usually double this recipe)

Cookie batter:

$\frac{2}{3}$ C light brown sugar

6 T butter

1 egg

1 tsp grated orange rind

$\frac{1}{4}$ C orange juice

$1\frac{1}{3}$ C flour

$\frac{1}{3}$ tsp baking soda

$\frac{1}{3}$ tsp baking powder

Icing:

2 C confectioners sugar

$\frac{1}{4}$ C orange juice

1 T melted butter

1 T grated orange rind

Pre-heat over to 350 degrees.

In large bowl, cream together sugar and butter. Beat in egg, then add 1 teaspoon grated orange rind and $\frac{1}{4}$ C orange juice. In another large bowl, mix together flour, baking soda and baking powder. Slowly beat flour mixture into sugar mixture. Using a teaspoon, drop batter onto baking sheet. Bake at 350 degrees for about 7 minutes.

To prepare the icing, mix together sugar, orange juice, butter and orange rind. If too thick, slowly add more orange juice (usually one tsp at a time). Once cookies are cool, ice each one.

Jeni Hornback, Henry (1st grade)



S'mores Cookies

Ready-to-bake chocolate chip cookie dough

Graham crackers (12 whole for 24 squares)

Mini marshmallows

4 Hershey bars

Pre-heat the oven to 350 degrees.

Place graham cracker squares on an ungreased cookie sheet.

Place one square of cookie dough on each graham cracker.

Bake for five minutes.

Remove from oven and place three mini-marshmallows on each cookie. It's a good idea to mash the marshmallows into the partly baked cookie.

Bake for five more minutes or until the marshmallows are slightly golden.

Remove from oven and cool for 5 minutes.

Place two pieces of chocolate on each cookie.

Let cool, eat, and share!

Deb Staren-Doby, former Abingdon parent, parent volunteer

Buckeye Cookies

$\frac{1}{2}$ lb. butter
1 lb peanut butter
 $1\frac{1}{2}$ tsp vanilla
3 C confectioner's sugar
 $\frac{1}{2}$ large package chocolate chips
 $\frac{1}{4}$ block paraffin (can also use butter)

Combine butter, peanut butter and cream well.

Add vanilla and then $1\frac{1}{2}$ C confectioner's sugar.

Divide mixture into two parts.

Add $1\frac{1}{2}$ C confectioner's sugar to each part.

Shape mixture into balls the size of a buckeye.

Put a toothpick in the center of each and freeze overnight.

Melt chocolate chips and paraffin together in top of double broiler.

Dip balls into chocolate mixture allowing an uncovered area on top.

Place on wax paper and remove toothpick.

Nicole Van Hoey, Olivia (4th grade) and Josephine (1st grade)



Gran's Pumpkin Cookies

2 C plain flour

1 C sugar

1 C canned pumpkin

½ C shortening

2 eggs

1 tsp baking powder

1 tsp baking soda

1 tsp ground cloves

1 tsp cinnamon

1 tsp vanilla

½ tsp salt

¾ C nuts, chocolate chips, raisins in whatever combination you like

Combine dry ingredients in a bowl. Using hand mixer or stand mixer, in a second bowl combine eggs, shortening, pumpkin and vanilla. Add dry ingredients and mix well but do not over beat. Stir in nuts, etc.

Drop by rounded teaspoons onto a lightly greased cookie sheet. Bake in a 350 degree pre-heated oven for 12-15 minutes until lightly browned and firm.

Traci Gravelle, Jackson (3rd grade)

Chocolate Chip Cookies

16 T butter softened (2 sticks) or 1 C

1 C granulated sugar

1 C packed brown sugar

2 large eggs

2 tsp vanilla extract

16 oz. of flour (weighed)

½ tsp table salt

1 tsp baking soda

1½ tsp baking powder

2 C of chocolate chips

Preheat oven to 350 degrees

Cream butter, sugar and brown sugar until fluffy (3 minutes)
scraping the sides halfway through

Add eggs one at a time and vanilla and beat for additional 7
minutes scraping the side at least once in the middle and again
before adding the dry ingredient

Mix the dry ingredients in a separate bowl. Slowly add the dry
ingredients until just incorporated

Fold in chocolate chips

Portion on parchment-lined baking sheets and chill the cookie
dough for at least 30 minutes before baking (this will keep the
cookies from spreading too thin while baking). Bake for 10-12
minutes* until edges are golden brown.

Allow to cool on the baking sheet

*oven temperatures and time vary

Sean Hall, Parin (2nd grade)



Coconut Custard Pie

In a blender mix:

2 C milk

1/4 C flour (more if you want thicker crust - can also use Bisquick or non-gluten flour)

1/4 C sugar (with sweetened coconut you could use less sugar)

4 T butter

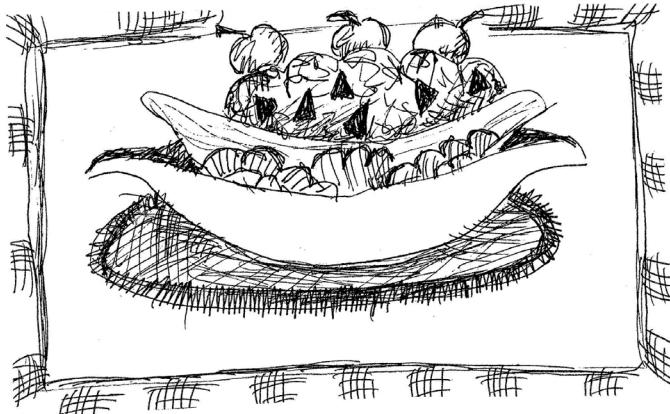
1 C shredded coconut (I save a bit and sprinkle the coconut on top once it's in the pie plate)

4 eggs

1 tsp vanilla*

Blend for 1½-2 min., *add vanilla in last 20 seconds. Pour into greased, glass pie plate. Bake at 350 for 30 -35 min. Or until top is golden brown.

Erica Brown, Kari (2nd grade)



Amazeballs

1 C rolled oats (like Quaker Oatmeal)

$\frac{2}{3}$ C of wheat bran (available in many stores with a bulk grains section, such as Whole Foods or Fresh Market. You can also order online.)

$\frac{1}{2}$ C chocolate chips (or peanut butter chips or mini peanut butter C)

$\frac{1}{2}$ C peanut butter

$\frac{1}{3}$ C honey

1 Tbs. Chia seeds

1 tsp vanilla

That's it. Put them all in a bowl, mix thoroughly, shape into balls. Store them in the refrigerator. It's a really flexible recipe, so play around. I added pretzel bits once, cranberries instead of chocolate chips, etc. This is my go-to, though.

Lauren and James Campbell, Abigail (Kindergarten)



Cinnamon Bread Pudding

Day old baguette (about 8 C diced)

1 C raisins

2 C half & half

6 large eggs

½ C sugar

1 T vanilla extract

1 ½ tsp cinnamon

Cube the bread and place in large mixing bowl, mix in the raisins.

In a separate bowl whisk together the half & half, eggs, sugar, vanilla, and cinnamon making sure the sugar is fully dissolved.

Cover the bread with the batter, allow the bread to soak up the batter for 10 minutes.

Pour everything into a greased 9x9 baking dish and cover with plastic wrap.

Place the covered baking dish in large roasting pan and add water to come halfway up the side of the baking dish to make a water bath.

Cover the roasting pan with aluminum foil and bake at 350 for 1 hour.

Serve warm with vanilla ice cream.

Sean Hall, Parin (2nd grade)

Easy Chocolate Chip Cookies

$\frac{1}{2}$ C Chocolate chips (semi-sweet)

$\frac{3}{4}$ C of flour

8 tsp milk

Pinch of salt

$\frac{1}{8}$ tsp vanilla extract

$\frac{1}{4}$ C butter

2 tsp brown sugar

In a bowl, mix together butter and sugar. Once combined add in vanilla extract, salt, and milk.

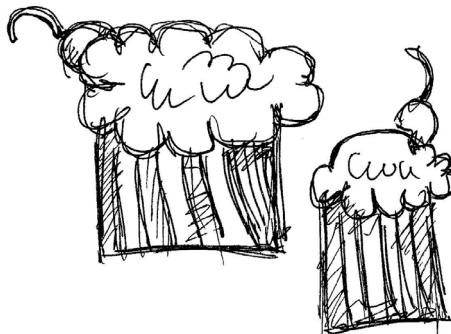
Add in flour, fold in chocolate chips.

Transfer to microwave safe plate.

Microwave for 1-2 minutes.

Cookie may seem wet but let them cool, it'll eventually cook!

Lexa Salas (Kindergarten)





Sugar Cookie Yummies

1 C butter
1¼ C sugar
1 tsp vanilla
½ tsp nutmeg
2 eggs
½ tsp salt
1 C sour milk/ buttermilk
1 tsp baking soda
2 tsp baking powder
1½ C flour

Preheat oven 350 degrees.

Combine dry ingredients and set aside
(flour, baking powder, salt, nutmeg).

Mix together wet ingredients, beat till smooth
(Butter, sugar, vanilla, eggs).

Slowly add dry ingredients into wet ingredients. Alternating with
sour milk buttermilk. Form into a ball. Put in fridge for 1 hour.

Roll out ¼ inch thickness, use adorable cookie cutters.

Place cut outs on baking sheet and bake for 10-15 minutes.

Lauren Unger, Adella Perkal (Kindergarten)

Carrot Cake

Cake:

2 C flour

2 C sugar

2 tsp baking soda

1 tsp salt

2 tsp ground cinnamon

4 eggs

1 C vegetable oil

4 C grated carrots (8-10 medium carrots) (Use a food processor)

½ C chopped walnuts, optional

Icing: (We make a double batch, the following is for a single batch.)

4 T butter, softened

1 6oz. package cream cheese, softened

1 tsp vanilla

1 tsp maple extract

1 box confectioners sugar

Cake:

Pre-heat oven to 350 degrees. Grease and flour three round cake pans. In large bowl, mix together dry ingredients. In another large bowl, beat together the eggs until frothy. Slowly beat in the oil until combined. Gradually beat in the dry ingredients and mix until combined. Add grated carrots and nuts. Pour into three cake pans. Bake at 350 degrees for 35-40 minutes or until the top bounces back when touched. Cool in pan on rack.

Frosting:

Cream together the butter and cream cheese. Add other ingredients and mix well. If frosting is too thick to spread, add 1 tsp of milk until the desired consistency is met. Layer icing between two layers of cake then frost the entire cake

Jeni Hornback, Henry (1st grade)



Rolled Sugar Cookies

1 C butter, softened

2 C sugar

1½ tsp vanilla

3 eggs

¼ C milk

4 C flour

1 tsp baking powder

1 tsp baking soda

½ tsp salt

1 egg white

Assorted decorations (colored sugars is usually what our family uses or you could use your favorite icing).

Cream together butter, sugar and vanilla. Beat in eggs one at a time, mixing until well combined. Mix in milk.

In large bowl, combine dry ingredients. Slowly mix in the dry ingredients.

Cover and refrigerate dough for at least 4 hours (we usually refrigerate ours overnight).

On a floured surface, roll out dough to desired thickness and cut using your favorite cookie cutters.

We then brush our cookies with a whipped egg white and sprinkle on colored sugars or sprinkles before baking.

If you plan to use icing, just bake the cookies without the egg white and ice after cooled.

Bake the cookies on a cookie sheet lined with parchment paper for 8-10 minutes at 400 degrees.

Cool on a cooling rack.

Jeni Hornback, Henry (1st grade)

Chocolate in the Clouds

Chocolate in the Clouds is a simple chocolate chip (or peanut butter chip) chocolate brownie covered by delicious homemade whipped cream. Makes about 3 dozen brownies.

Brownie Recipe:

2 C sugar

1¾ C flour

½ C baking cocoa

1 tsp salt

5 eggs

1 C canola oil

1 tsp vanilla extract

1 C semi sweet choc chips or peanut butter-flavored choc chips if preferred.

In a large bowl beat all ingredients but not the choc chips.

Pour into 13 x 9 greased pan, sprinkle in chocolate chips. Bake at 350 degrees for 30 minutes.

Whipped Cream recipe: (enough to cover 8 brownies)

1 pint heavy whipping cream

1 T powdered sugar

1 tsp vanilla

Mix all ingredients on low in the mixer. After 20 seconds raise mixing level to high. Mix until peaks are stiff yet light and airy. Refrigerate.

Jacqueline Branch, former Abingdon student



Joseph's Favorite Chocolate Cake

2 C sugar
1¾ C all-purpose flour
¾ C cocoa
1½ tsp baking powder
1½ tsp baking soda
1 tsp salt
2 eggs
1 C milk
½ C vegetable oil
2 tsp vanilla extract
1 C boiling water

Heat oven to 350 degrees. Grease and flour two 9-inch round baking pans.

Stir together sugar, flour, cocoa, baking powder, baking soda and salt in large bowl. Add eggs, milk, oil and vanilla; beat on medium speed with a mixer for 2 minutes. Stir in boiling water (batter will be thin, don't worry!)

Pour batter into prepared pans.

Bake 30 to 35 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely. Frost with chocolate frosting.

Stephanie Todd, Joseph (2nd grade)



Chocolatey Chocolate Frosting

$\frac{1}{2}$ C (1 stick) butter

$\frac{2}{3}$ C cocoa

3 C powdered sugar

$\frac{1}{3}$ C milk

1 tsp vanilla extract

Melt butter. Stir in cocoa. Alternately add powdered sugar and milk, beating to spreading consistency.

Add small amount additional milk, if needed. Stir in vanilla.

Makes about 2 cups of frosting

Stephanie Todd, Joseph (2nd grade)

Apple Crisp

4 C sliced cooked apples

1 T lemon juice

$\frac{1}{3}$ C flour

1 C uncooked oats

$\frac{1}{2}$ C brown sugar

$\frac{1}{2}$ tsp salt

1 tsp cinnamon

$\frac{1}{3}$ C butter, melted

Pre-heat oven to 375 degrees.

Place apples in greased shallow dish. Sprinkle with lemon juice. Combine dry ingredients, add melted butter and mix until crumbly. Sprinkle crumb mixture over apples.

Bake 30 minutes or until apples are tender.

Nicole Van Hoey, Olivia (4th grade) and Josephine (1st grade)



Tuula's Cheesecake

Crust:

$\frac{3}{4}$ C graham crumbs

3 T butter

Cake:

5 8 oz. packages cream cheese

1 $\frac{1}{2}$ C sugar

3 eggs

2 $\frac{1}{2}$ tsp vanilla

1 T lemon juice

Pre-heat oven to 350 degrees.

Press crust into bottom of 9-inch springform pan.

Cover the outside with foil.

Bake 8 minutes.

Blend cream cheese well with dough hooks.

Mix in sugar slowly and well.

Add eggs one at a time.

Pour in vanilla extract and lemon juice.

Bake 50 minutes.

Remove and run knife along edge to keep cake from cracking as it cools.

Cool to room temperature.

Cover with saran wrap and refrigerate for up to 1 week.

Nicole Van Hoey, Olivia (4th grade) and Josephine (1st grade)

Sywilok's Texas Rum Cake

1 C nuts (pecans are best, crushed)
1 box Duncan Hines yellow cake mix
1 box instant vanilla pudding
 $\frac{1}{2}$ C oil
 $\frac{1}{2}$ C orange juice
4 eggs

Grease and flour a tube pan.

Line pan with nuts.

Mix cake mix, pudding, oil, juice, eggs one at a time beating each well.

Bake at 325 degrees for 40 to 60 minutes.

After cake is cool pour sauce over it.

Sauce:

$\frac{1}{2}$ C butter

1 C sugar

$\frac{1}{4}$ C water

Then add

$\frac{1}{4}$ C rum and mix to above mixture

boil butter, sugar, water together, then cool.

Poke holes with a large fork in the top of the cake and drizzle the sauce over the top so that it soaks into the cake SLOWLY.

Anne Sywilok, Queen of Science, Retired Science Teacher



Pineapple Squares

Crust:

4 ½ C flour

2 tsp baking powder

½ tsp salt

½ C sugar

½ lb butter

1 C sour cream

3 eggs, yolks separated and beaten

½ tsp baking soda

Filling:

2 cans crushed pineapple

1¼ C sugar

3 heaping T cornstarch

Pre-heat oven to 350 degrees.

For the crust:

Sift dry ingredients except baking soda.

Cut in butter (like when preparing a pie crust).

In separate bowl, mix together sour cream, baking soda and egg yolks. Add to the dry ingredients.

Roll out dough and place on cookie sheet.

For filling:

Mix together ingredients and cook until smooth and thick.

Cool slightly.

Add filling to crust. Bake for 30 minutes.

Nicole Van Hoey, Olivia (4th grade) and Josephine (1st grade)

Traditional Afghan pastry Gosh-E-Fil (Elephant Ears)

2 C all purpose flour

2 eggs

1 ½ tsp salt

1 ½ T sugar

¼ C milk

½ C melted butter

Garnish with cardamom and powdered sugar

Beat eggs. Add sugar and salt. Add melted butter and milk until thoroughly mixed. Slowly add flour until the dough forms. If it is too thin, add flour/ too thick add milk.

Let dough rest for 30-45 minutes, covered with plastic wrap. Flour surface and roll dough out until it is very thin. Cut it into 2 pieces, then crosswise so you have rectangular pieces. Form a “bow” shape with each piece by folding the dough across.

Deep fry the pastries, turning every 10 seconds until crispy. Let cool on paper towels, sprinkle with powdered sugar and cardamom. <https://m.youtube.com/watch?v=JLAPVdDnAWg>

Humma Nazary, Zeaba, (2nd grade) and Sultan (Kindergarten)



Cinnamon Apple Energy Bites

1 C of dried apples

½ C of unsalted raw almonds

½ C of quick 1 minute oatmeal

1 T of maple syrup

1 tsp of cinnamon

1/8 tsp of all spice

2 T of water, add more if needed

Add all of the ingredients to a food processor or blender and mix until the mixture turns to paste or a dough like consistency.

Scoop out heaping tablespoon of the mixture and roll into balls.

Store in the refrigerator in an air tight container.

Vickie Spindler, Jessica (4th grade)



