

15TH ANNUAL

AAUW

Kitchen Tour

RECIPES

(SUBMITTED BY OUR MEMBERS)



TOURING & TASTING DELIGHTS
SATURDAY, SEPTEMBER 24, 2016

PRESENTED BY

*American Association of
University Women*

Beaver Valley Branch

[HTTP://BEAVERVALLEY-PA.AAUW.NET](http://beavervalley-pa.aauw.net)

CARIBBEAN CHICKEN

..... BETSY USLENGHI, AAUW MEMBER

INGREDIENTS

8-10 boneless chicken breasts
1 can of pineapple chunks, undrained
2 green peppers, cut in strips
1 pound cherry tomatoes, halved

INSTRUCTIONS

Mix together:
2 teaspoons garlic
½ teaspoon oregano
1/8 teaspoon pepper
4 tablespoons oil
4 tablespoons red wine vinegar
½ teaspoon lemon juice

Pour mixture over chicken, vegetables and pineapple and let marinate 4 hours. Bake uncovered for 45 minutes at 350 degrees.

This creates a great aroma and I like to serve it with twice-baked potatoes.

CHILI

ROSE HOMISH, AAUW MEMBER

INGREDIENTS

1½ to 2 pounds ground chuck
1 can Argo black beans
1 can Argo spicy chili beans
1 can diced tomatoes
2 cans Campbell's tomato soup
Onion, peppers, mushrooms (sliced or diced)

INSTRUCTIONS

In a sauce pan, brown meat (break up chunks) and drain. In another pan, sauté onions, peppers, and mushrooms. Combine all ingredients including the liquid (this will lessen water used in tomato cans). Add one can of water and stir until ingredients are mixed. Add spices. I use only cayenne pepper & chili powder. Cook for 20 minutes or until liquid bubbles. Depending on your likeness for thin or thick sauce, add more water.

FRUITY TURKEY BURGERS

..... MARLENE HOLLAND, AAUW MEMBER

INGREDIENTS

In a large bowl place:

1 pound ground turkey

Salt to taste

1/3 cup quinoa flour or flakes (or an ample sprinkling of uncooked red quinoa)

About 7 fresh green onions if you have them (or sweet onion to taste)

1/2 cup dried black currants

1/4 cup chopped dried pineapple (optional) (extremely well-drained canned crushed pineapple works also)

INSTRUCTIONS

In a smaller separate bowl, fork whip together and then add to the large bowl ingredients:

1 large egg

1 generous teaspoon balsamic vinegar (optional)

Mix all ingredients well with hands and form into thick patties. In a heavy aluminum or iron skillet, heat some olive oil (or walnut oil/ olive oil combo) over medium heat, add patties and cook until turkey burgers are browned on each side. Add small amount of water; cover skillet and cook until patty is well done inside as well.

SWEET POTATO TZIMMIES

JEAN MACALUSO, AAUW MEMBER

INGREDIENTS

1 can yams
½ cup honey
¼ cup margarine
1 teaspoon grated orange peel
½ teaspoon salt
2 peeled apples
½ cup raisins
¼ cup walnuts
1/8 teaspoon cinnamon
1/8 teaspoon ginger

INSTRUCTIONS

Heat honey, margarine, orange peel, salt, cinnamon, and ginger until blended. Lay yams, apple slices, raisins, and walnuts in casserole or flat baking dish. Pour heated mixture over top. Bake for ½ hour at 350 degrees, uncovered. We double the recipe to serve 15.

GRATIN POTATOES WITH ARUGULA

DEB NEWTON, AAUW MEMBER

INGREDIENTS

12 ounces bacon slices, chopped
2-½ cups whipping cream
1-½ cups whole milk
3-½ pounds Yukon Gold potatoes, peeled & thinly sliced
1-½ teaspoon salt
1 teaspoon pepper
8 ounces Arugula, trimmed/chopped
2 cups grated Gruyere cheese

INSTRUCTIONS

Cook bacon, drain, cool, and crumble. Mix cream & milk. Layer greased 13 x 9 x 2 inch casserole dish starting with milk mixture and 1/3 of the sliced potatoes; sprinkle with salt & pepper. Top with ½ of the arugula, 1/3 of the cheese, and 1/3 of the bacon, and pour 1 cup milk mixture over top. Repeat layers finishing with potatoes, cheese, bacon, and milk mixture. Bake at 350 degrees, uncovered, for 1 hour 15 minutes. Let stand. Can be made day ahead. Rewarm by covering with foil at 375 degrees for 30 minutes.

SPINACH BALLS

..... PAM POWERS, AAUW MEMBER

INGREDIENTS

2 boxes frozen, chopped spinach, cooked and well drained
2 cups Pepperidge Farms seasoned stuffing mix
2 medium onions, chopped fine
5 eggs, beaten
¾ cup melted butter
½ cup Parmesan cheese
1 teaspoon thyme
1 teaspoon garlic salt
1 teaspoon black pepper

INSTRUCTIONS

Mix all ingredients together and refrigerate for easier handling. Roll into balls the size of walnuts. Bake 20 minutes at 350 degrees. May be mixed ahead and then frozen.

SWEET & SOUR SLAW

..... PAM POWERS, AAUW MEMBER

INGREDIENTS

1 small onion
1 green pepper
1 stick celery

INSTRUCTIONS

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Finely chop above ingredients and toss with:
1 ½-pound bag fine slaw mix

Bring to a boil:
1 cup sugar
¼ cup vinegar
¼ cup oil
½ teaspoon celery seed
1 teaspoon salt

Mix together with tossed ingredients and chill overnight.

QUICK BROCOLI SLAW

..... MARLENE HOLLAND, AAUW MEMBER

INGREDIENTS

1 package broccoli slaw (either regular or organic from the fresh vegetables' aisle)
½ box golden raisins
Nuts for crunch (either sliced almonds, pine nuts, or macadamias)
Mayonnaise, Miracle Whip, yogurt (or any combination of these)

INSTRUCTIONS

Mix together and refrigerate until serving time. Can be made ahead.

BUTTERMILK BLUEBERRY PANCAKES

..... NANCY COLE, AAUW MEMBER

INGREDIENTS

1 cup flour
2 tablespoons sugar
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup buttermilk
1 tablespoon vegetable oil
1 large egg, lightly beaten
1 teaspoon vanilla
½ cup blueberries

INSTRUCTIONS

Combine flour, sugar, baking powder, baking soda, and salt. Mix the wet ingredients together and then add to the dry ingredients; stir until smooth. Fold in the blueberries. For each pancake, spoon about ¼ cup batter onto a hot griddle coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Note: I am always requested to make these pancakes when grandchildren are visiting.

CURRIED EGGS

..... RAE NANCY ZUBERBUHLER, AAUW MEMBER

INGREDIENTS

4 hard-cooked eggs
1 slice bread
½ cup hot milk
½ cup diced cheddar cheese
1 tablespoon flour
1 tablespoon butter
¼ teaspoon paprika
½ teaspoon curry powder
½ teaspoon salt

INSTRUCTIONS

Slice or chop eggs into buttered baking dish. In blender, tear bread. Cover and blend on high speed for 5 seconds. Pour onto wax paper. Put remaining ingredients into blender container. Cover and blend for 10 seconds. Pour over eggs. Sprinkle with crumbs and dot with a little butter.

Bake in 400 degree oven for 15 minutes or until crumbs are brown. Serves 2.

Triple recipe for a small buffet dish or serve it with a green salad for a light lunch.

ANN'S CHEESE PINEAPPLE SPREAD

..... RAE NANCY ZUBERBUHLER, AAUW MEMBER

INGREDIENTS

1 8-ounce package cream cheese, softened
1 teaspoon ground ginger
3 ounces crumbled bleu cheese
1/3 cup crushed pineapple, drained
1/3 cup chopped pecans
Chopped parsley to garnish

INSTRUCTIONS

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Blend cream cheese and ginger until fluffy. Blend in bleu cheese. Stir in drained pineapple and nuts. Chill and sprinkle with parsley. Serve with crackers; Triscuits go well.

AUNT PAM'S COCONUT HEAVEN

..... PAM POWERS, AAUW MEMBER

INGREDIENTS

Beat 5 egg whites until stiff peaks, set aside.

Beat together:

5 egg yolks

2 cups sugar

½ cup oleo

½ cup vegetable oil

1 cup buttermilk

2-¼ cup cake flour

1 teaspoon baking soda

1 teaspoon coconut extract

½ teaspoon vanilla

2-2/3 cup (or 7 ounces) coconut

INSTRUCTIONS

Fold mixture into egg whites. Pour into three 8-inch round greased and floured cake pans. Bake at 325 degrees for 35-40 minutes. Cool.

Frost with:

3-½ cups xxx sugar

½ cup oleo

1 teaspoon coconut extract

8-ounce package cream cheese, softened

Top and side frosted cake with 2 cups flaked coconut.

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TERRY KOBAN'S EASY APPLE CAKE

----- KAREN MITCH, AAUW MEMBER -----

INGREDIENTS

2 cups finely diced apples (I usually use MacIntosh)
1 cup sugar
¼ cup vegetable oil
1 egg, beaten
1 cup unsifted flour
1 teaspoon cinnamon
1 teaspoon baking soda
¼ teaspoon salt, optional
1 teaspoon vanilla
½ cup chopped walnuts

INSTRUCTIONS

Place apples in mixing bowl, add sugar, stir to mix and then let stand for ½ hour. Then add oil and egg and blend. Separately, sift together flour, cinnamon, baking soda and salt, then mix into liquid. Add vanilla and walnuts. Turn into well-greased and floured 8-inch square cake pan. Bake at 350 degrees for 45 to 50 minutes. Keeps well. Can be doubled and baked in 9 x 13 inch pan.

I have topped it with Cool Whip flavored with cinnamon or nutmeg or drizzled with the fat free caramel sauce on the warm cake. It is great warm and served with French vanilla or cinnamon ice cream.

PUMPKIN MOUSSE RECIPE

..... KAREN MITCH, AAUW MEMBER

This recipe is healthy, quick, and diabetic friendly.

Prep/Total Time: 15 minutes

Yield: 4 servings

INGREDIENTS

1-½ cups cold fat-free milk

1 package (1 ounce) sugar-free instant butterscotch pudding mix

½ cup canned pumpkin

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground allspice

1 cup fat-free whipped topping, divided

INSTRUCTIONS

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Combine the pumpkin, cinnamon, ginger and allspice; fold into pudding. Fold in ½ cup whipped topping.

Transfer to individual serving dishes. Refrigerate until serving. Garnish with remaining whipped topping.

Nutritional Facts: 2/3 cup mousse with 2 tablespoons whipped topping equals 96 calories, trace fat (trace saturated fat), 2 mg cholesterol, 360 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein. Diabetic Exchanges: 1/2 starch, 1/2 fat-free milk.

Originally published as Pumpkin Mousse in Light & Tasty December/January 2007, p55.

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GERMAN CHOCOLATE COCONUT BARS (HOLIDAY BARS)

..... PAM POWERS, AAUW MEMBER

INGREDIENTS

1 package German chocolate cake mix (or Holiday cake mix)
1/3 cup oleo, softened
2 large eggs
1 can Eagle Brand milk
1 teaspoon vanilla
1-1/3 cup coconut
1 cup chopped pecans
1 cup swirled morsels (or Holiday Morsels)

INSTRUCTIONS

Mix together cake mix, oleo, and 1 large egg and press into 13 x 9 inch cake pan. Mix together 1 large egg, milk, vanilla, coconut, pecans, and morsels. Reserve some of the last 3 ingredients to sprinkle on the top.

Spread mixture on top of base, and then sprinkle with reserved chips, nuts and coconut. Bake at 350 degrees for 30 to 32 minutes.

LEMON SOUFFLE

..... FRANCES PICKARD, AAUW MEMBER

INGREDIENTS

5 eggs, separated
2/3 cup sugar
1 teaspoon lemon zest
1/3 cup lemon juice
1 tablespoon butter

INSTRUCTIONS

Beat egg whites, starting slowly until foamy. Sprinkle 1/3 cup sugar into beaten whites. Mix yolks with the remaining 1/3 cup sugar, lemon zest, and lemon juice. Fold yolk mixture into whites with whisk. Temper.

Heat butter in 10-inch skillet. Swirl to cover sides. Add egg mixture. Cook on stovetop for 2 or 3 minutes over medium heat. Place in oven at 375 degrees for 7 to 10 minutes. Check only after 7 minutes.

PUMPKIN FUDGE

PAM POWERS, AAUW MEMBER

INGREDIENTS

3 cups sugar
3/4 cup melted butter
2/3 cup evaporated milk
1/2 cup pumpkin,
2 tablespoons light Karo syrup
1 teaspoon pumpkin pie spice

INSTRUCTIONS

Line 9x9 inch pan with foil. Heat above ingredients over medium high heat, in a 3-1/2 quart saucepan, stirring constantly. Cook until candy thermometer registers 234 degrees (soft-ball stage) or for 12 minutes. Remove from heat and add the following ingredients:

1 7-ounce jar marshmallow cream
1 12-ounce bag white morsels
1 teaspoon vanilla
1 cup toasted pecans (optional)

Quickly spoon the fudge into the greased foil-lined pan. Let stand for 2 hours or until completely cooled. Cut into squares.

FIVE MINUTE FUDGE

PATTY ROCK, AAUW MEMBER

INGREDIENTS

2 tablespoons butter
2/3 cup evaporated milk
1-2/3 cups sugar
½ teaspoon salt

INSTRUCTIONS

Combine above ingredients in saucepan and bring to boil over medium heat, stirring continuously. Cook 4 to 5 minutes, again stirring constantly. (Start timing when mixture starts to “bubble” around edges of pan.)

Remove from heat and stir in:
2 cups miniature marshmallows
1-½ cups semi-sweet chocolate chips
1 teaspoon vanilla
½ cup nuts (if desired)

Stir vigorously for 1 minute until marshmallows and chocolate melt and blend. Pour into 8-inch square buttered pan. Cool. Cut into squares.

WE THANK YOU FOR ATTENDING THE 2016
KITCHEN TOUR PRESENTED BY



Beaver Valley Branch

For membership information, please call: 724-846-9587

Bon appetit!

MISSION STATEMENT

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

DIVERSITY STATEMENT

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin or disability.

