

WELCOME TO OUR 17TH ANNUAL  
Touring & Tasting Delights  
Kitchen Tour

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# RECIPES



Presented By: **AAUW** BEAVER VALLEY BRANCH

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

# CREAMY FENNEL AND LEEK DIP

Mary Patrick, AAUW Member

## Ingredients

2 ounces pancetta, finely chopped  
1 tablespoon olive oil  
2 bulbs fennel, halved lengthwise, cored, and thinly sliced  
2 leeks, thinly sliced  
½ cups mayonnaise or salad dressing  
½ cup sour cream  
1 cup grated Asiago cheese or Parmesan cheese  
¼ cup whipping cream  
½ teaspoon salt  
½ teaspoon crushed red pepper  
Baguette-style French bread, torn

## Directions

Preheat oven to 350 degree F. In a large skillet, cook pancetta in olive oil over medium heat until golden brown. Add fennel and leeks; cook about 10 minutes or until tender and just starting to brown, stirring occasionally. Remove from heat; let cool.

In a medium bowl, combine mayonnaise, sour cream, ¾ cup of the Asiago cheese, whipping cream, salt, and crushed red pepper. Stir in the cooled fennel mixture. Transfer to a 9-inch pie plate or a 1-quart shallow baking dish. Sprinkle with the remaining ¼ cup Asiago cheese.

Bake about 20 minutes or until bubbly around the edges. Serve with toasted baguette slices.

Serves 12.

# AUTUMN FRUIT SALAD

Karen Mitch, AAUW Member

## Ingredients

2 medium Granny Smith apples, unpeeled and diced  
Grated peel of 1 lime  
1 can (11 ounces) mandarin orange segments, drained  
1 cup halved seedless grapes  
1½ cups miniature marshmallows  
1 container (8 ounces) vanilla low-fat yogurt  
2 tablespoons chopped nuts

## Directions

In large serving bowl, combine fruits. Add marshmallows and yogurt and mix gently. Refrigerate until ready to serve. Sprinkle nuts over top before serving. Yield: 12 servings.

(from Recipes From the Heart Cookbook by Pampered Chef)

# SAVORY CHEDDAR BREAD

(SOLD AT THE BAKE SALE)

Pam Powers, AAUW member

## Ingredients

In a large bowl combine:

2 cups all-purpose flour

4 teaspoons baking powder

1 tablespoon sugar

½ teaspoon onion salt

½ teaspoon crushed oregano

¼ teaspoon dry mustard

1 cup fine cut cheddar cheese

Combine in a smaller bowl:

1 egg, beaten

1 cup milk

1 tablespoon melted butter

## Directions

Mix the ingredients in the smaller bowl into the larger bowl, until the ingredients are just moistened.

Spread batter into an 8 inch x 8 inch greased loaf pan. Bake at 350 degrees about 45 minutes checking that a toothpick inserted into the middle of the loaf comes out clean. Cool 10 minutes on wired rack. Remove from pan.

# ITALIAN BAKED MUSHROOMS

Dorothy Holtzman, AAUW Member

## Ingredients

1 ½ pounds fresh mushrooms, cleaned and sliced  
3 tablespoons parsley, chopped  
¼ teaspoon garlic powder  
1 teaspoon oregano  
¾ cup bread crumbs  
¼ cup Parmesan cheese, grated  
1 teaspoon salt  
½ teaspoon black pepper, freshly ground  
¼ cup olive oil  
¼ cup beef bouillon

## Directions

Place sliced mushrooms in bottom of oiled baking dish. Sprinkle with the parsley, garlic, oregano, half the bread crumbs, half the grated cheese, and the salt, pepper, olive oil, and the bouillon. Top with the remaining bread crumbs and cheese.

Bake in a preheated 350 degree F. oven, for 25 minutes, or until mushrooms are tender and tops are browned. Serve hot.

# ESCALLOPED CARROTS (SINGLE RECIPE)

Beth Buttermore, AAUW Member

## Ingredients

1 bag frozen sliced carrots (cooked)  
1 medium onion, chopped  
3 tablespoons melted butter  
1 can cream of celery soup  
½ teaspoon salt  
1/8 teaspoon pepper  
½ cup grated cheddar cheese  
1 cup Pepperidge Farm herb stuffing mix (not cubed)  
1/3 cup melted butter

## Directions

Mix the onion, butter, soup, salt, pepper and cheese together, and stir in the cooked carrots. Place in greased 2 quart casserole. Melt the final 1/3 cup of butter and mix with the 1 cup of stuffing for the casserole topping. Top and bake uncovered at 350 degrees for 20-30 minutes. Bake longer if the casserole was made ahead and refrigerated.

Double the recipe for 9 inch x 13 inch pan (except for soup; I use 1½ cans Healthy Request) and I use 1 large onion. If using a round casserole, do not double the topping or the 3 tablespoons melted butter.

# WILLY'S FAVORITE CHUNKY APPLE SAUCE

Fran Colafella, AAUW Member

## Ingredients

3 pounds of Gala apples, peeled and cored  
2 - 3 tablespoons of light brown sugar  
3 - 4 tablespoons of water  
2 - 3 shakes of cinnamon

## Directions

Cut the apples into thick slices and place in a large heavy pot. Sprinkle water, brown sugar and cinnamon over the apples. Stir thoroughly to coat the apples. Set over low heat till the apples begin to release their juice, about fifteen minutes. Check the liquid in the bottom of the pot and add more if necessary. The amount of juice in the apples varies depending on the season and the weather (ask any farmer). There should always be liquid on the bottom. Continue cooking on low heat for about an hour. When the apples are soft, mash them with a potato masher and they will be ready to eat. Heavenly!

# RICE CASSEROLE

Mary Patrick, AAUW member

## Ingredients

1½ cups raw rice, cooked to directions

Sauté: ½ cup chopped onion  
½ cup chopped celery

Ingredients:

1 cup frozen broccoli florettes (microwave 3 minutes)

1 package frozen chopped spinach, squeezed dry

1 large can mushrooms, drained

1 can cream of celery soup

1 jar of Cheese Whiz

A few shakes of pepper

## Directions

Mix all ingredients and pour into a greased casserole. Sprinkle with grated Parmesan cheese and bake 45 minutes at 350 degrees.



# MINNESOTA WILD RICE SOUP

Karen Mihalic, Friend of AAUW

## Ingredients

3 tablespoons butter

$\frac{3}{4}$  cups leeks, fine dice

$\frac{1}{4}$  cups carrots, fine dice

$\frac{1}{4}$  cups celery, fine dice

3 tablespoons flour

$2\frac{1}{2}$  - 3 quarts chicken stock (May need more to thin down soup)

1 box Uncle Ben's long grain and wild rice (discard seasoning packet) - pour into measuring cup and add additional long grain or wild rice to measure  $1\frac{1}{4}$  cup rice

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

2 teaspoons parsley, chopped or use more to taste

Salt, to taste

$\frac{1}{8}$  cup dry sherry

Chives, minced for garnishing soup (optional)

## Directions

Melt butter in a 6-quart stock pot over medium heat. Add the leeks, carrots, and celery, and sweat them.

Add the flour and stir it in well to make a roux. Cook the roux gently over low heat for about 3 minutes, stirring constantly. (I use a wire whisk to prevent lumps.)

Add the chicken stock gradually, whipping well with each addition. Bring it to a simmer. Add the rice, evaporated skim milk, parsley, and salt to taste. Continue to simmer, uncovered, until the rice is done.

Stir in dry sherry just before serving. Garnish with minced chives.

Note: Shake the milk cans vigorously. The solids settle to the bottom of the can. I take off the top lid and use a small wire whisk to incorporate the solids into the liquid before pouring into soup.

Yield: 3 quarts

# BLACK BEAN SOUP WITH SHERRY

Frances Pickard, AAUW Member

## Ingredients

3 tablespoons extra virgin olive oil  
1 large onion, finely chopped  
1 medium green bell pepper, stemmed, seeded, and finely chopped  
3 medium garlic cloves, finely chopped  
2 cups low salt chicken broth  
2 - 15½ ounce cans black beans, including liquid  
1 teaspoon ground cumin  
1 teaspoon oregano  
1 tablespoon tomato paste  
¼ cup dry sherry  
Kosher salt and ground pepper

## Directions

Heat the oil in a 4-5 quart heavy pot over medium heat. Add onion, green pepper, and garlic, and cook, stirring occasionally, until tender, about 5 minutes.

Meanwhile, puree the chicken broth with one can of black beans and its liquid in blender. Add the cumin and oregano to the pot and cook, stirring for one minute. Add the tomato paste and cook, stirring for one minute more. Stir in the black bean puree and the remaining whole beans with their liquid; bring to a boil over high heat. Reduce the heat to low, partially cover the pot, and simmer, stirring frequently, about 10 minutes more. Stir in the sherry and season to taste with salt and pepper.

Dry sherry gives this soup an extra boost of flavor that belies how quick and easy it is. A garnish of queso fresco and chopped tomatoes adds color.

# CHICKEN FAJITA QUINOA BAKE

## (NO PRE-COOKING!)

Shared By: Two Healthy Kitchens  
Mary Beth Quinn, AAUW Member

### Ingredients

1 16-ounce jar of your favorite thick and chunky salsa  
1 15-ounce can black beans, rinsed and drained  
1 14.5-ounce can reduced-sodium chicken broth  
1 cup uncooked quinoa (rinsed if needed)  
1 red pepper, cut into strips (to equal about 1½ cups)  
1 green pepper, cut into strips (to equal about 1½ cups)  
½ of a large sweet onion, cut into strips (to equal about 1¾ – 2 cups)  
1 pound chicken breasts, cut into strips, or 1 pound chicken tenders  
1 tablespoon olive oil  
3 teaspoons chili powder  
2½ teaspoons ground cumin  
2 teaspoons garlic powder  
1½ teaspoons kosher salt

Optional toppings for serving: shredded reduced-fat cheese, shredded lettuce, reduced-fat sour cream, avocados or guacamole, chopped cilantro or green onions, hot sauce such as Tapatio

### Directions

Preparation:

Preheat oven to 400 degrees F. Mix salsa, black beans, chicken broth and quinoa in a 9 inch x13 inch baking dish coated with cooking spray.

In a large bowl, combine peppers, onion, chicken, oil and seasonings until thoroughly combined. Spoon pepper mixture over quinoa mixture in baking dish.

Cover tightly with foil and bake for 40-50 minutes (depending on thickness of your chicken and peppers and your brand of quinoa), or until chicken is cooked through, vegetables are crisp-tender, and quinoa is done (it will no longer look like tightly closed white dots but will instead be tender and you'll see lots of quinoa "tails").

Serve with desired toppings.

Yield: About 13 cups

# EGGPLANT WITH OIL

Salam Raskovsky, AAUW Member

## Ingredients

2.2 pounds eggplant, cut into 1-inch round pieces  
3 onions, sliced into large pieces  
15 garlic cloves, peeled  
3 tablespoons lemon juice  
½ tablespoon salt  
2 tablespoons olive oil (light)  
Sprinkle of pepper  
½ teaspoon dry mint  
2.2 pounds freshly peeled tomatoes  
1 can garbanzo beans (optional)

## Directions

Peel the eggplant and fry in oil until half-cooked. Add onions and garlic to the eggplant until they are sautéed. Add tomatoes to the pan. Sprinkle with salt, pepper, mint, and lemon juice. Bring to a boil, and then cook on low heat for about 20 minutes. Remove from pan and serve cold.

# A HEALTHY EGG-BASED LUNCH (or DINNER)

Marlene Holland, AAUW Member  
submitted in 2016

## Ingredients

1 large sweet onion (or more to taste)  
1 diced medium raw zucchini (and/or other available summer squash)  
2 diced small potatoes precooked with skins on (leftover potatoes are great to use) [If you use raw potatoes, peel and grate, cooking with the onion]  
Handful of fresh chopped spinach (or ½ cup thawed frozen spinach patted dry)  
½ cup pine nuts (or other favorite nut)  
6 fresh large eggs, fork whipped with a little milk

## Directions

In a heavy aluminum or iron skillet, heat a combo of extra virgin olive and walnut oils. Add the sweet onion and any raw vegetable(s), salting and peppering to taste, and cooking until onions are translucent and vegetable(s) tender. Add the potatoes and the nuts, stirring to mix the flavors and distribution.

Add the egg mixture and continue cooking until eggs set and are browned on the bottom. Turn eggs with a spatula, and cook until browned on the other side. If eggs are still not cooked through, lid the skillet and continue cooking until firm.

Serve with fresh tomato slices and steamed broccoli, decorating the plate with fresh basil and seasonal fresh fruit to round out the nutrition.

Always use the eggs and onion, but other tasty ingredient combinations include:  
In season fresh, leftovers, or even frozen, adjusting the cooking time accordingly;  
Corn, peas, Zante dried black currants (or golden raisins);  
Diced eggplant, cooked diced sweet potato, dried cranberries;  
Red/orange/yellow sweet peppers, cauliflower, raw chopped cashews;  
Cabbage, chopped broccoli, slivered almonds

This is a flexible, nutritious, money-saver, one-pan meal.

# ITALIAN POUND CAKE

Betsy Uslenghi, AAUW Member

## Ingredients

3 cups of sugar  
¼ teaspoon salt  
2 sticks of margarine  
½ cup of shortening  
5½ ounces of evaporated milk  
3 cups of flour  
2 tablespoons of butternut vanilla flavoring  
1 cup of chopped nuts  
1 cup of chopped maraschino cherries

## Directions

Cream together the first 5 ingredients. Add eggs one at a time. Add milk, water and flour alternately. Pour into a greased and floured tube pan (a must). Place in a cold oven and then bake at 325 degrees for 1 hour and 45 minutes.

DELICIOUS!!

# BERTHA'S APPLE CRISP

Marta Karwoski, AAUW Member

## Ingredients/Directions

Grease an 8 x 8 inch baking dish.

Slice apples to fill the baking dish almost full (I use a variety of apples such as Granny Smith, Fuji, Gala or Honeycrisp). Stir together  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup water and pour over the apples. Sprinkle with cinnamon.

Mix one cup of flour,  $\frac{1}{2}$  cup sugar, and  $\frac{1}{2}$  cup margarine, and blend with a fork. The mixture will be crumbly. Press over apples.

Bake at 350 degrees for one hour. Double the recipe for a 9 X 13 inch dish. Serve warm with ice cream.

# KAHLUA PIE

Mary DeSanzo, AAUW Member

## Ingredients

### Crust:

1¼ cup crushed chocolate wafers (1/2 package)

6 tablespoons melted butter

½ cup pecan pieces

1 tablespoons sugar

Combine and press into a pie plate. Bake at 350 degrees for 10 minutes.

### Filling:

1 quart coffee ice cream

1 pint whipping cream

1 teaspoon vanilla

1/3 cup Kahlua coffee flavored liquor

4 Heath Bars, crushed

## Directions

Soften the ice cream. Whip cream, adding vanilla and Kahlua; fold Heath Bars into whipped cream (save some to sprinkle on top). Gently combine and pour into crust. Freeze.



# GINGER SNAPS

Jane Kennedy, AAUW Member

## Ingredients

Cream together:

1 cup sugar

$\frac{3}{4}$  cup shortening

Add:

1 egg

$\frac{1}{4}$  cup molasses

2 cups sifted flour

1 tablespoon ginger

2 teaspoons baking soda

1 teaspoon cinnamon

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

## Directions

Shape into 1-inch balls and roll in granulated sugar. Place 2 inches apart on ungreased baking sheet (on parchment paper).

Bake at 350 degrees for 12-15 minutes.

# MIXED BERRY SCONES

Nancy Cole, AAUW member

## Ingredients/Directions

1-3/4 cups frozen mixed whole berries  
3 tablespoons powdered sugar

Toss the frozen berries with the powdered sugar and put back in freezer while making the dough.

### Dough:

3 cups flour  
1/3 cup sugar  
1 teaspoon baking powder  
Dash salt  
12 tablespoons butter

Cut the first 6 tablespoons of butter finely into the dry ingredients then cut in the remaining 6 tablespoons in larger pieces. Add the frozen berries to the flour mixture.

### Mix:

3/4 cup plus 2 tablespoons milk  
1 egg

### Glaze:

2 tablespoons butter  
1 tablespoon honey

Add mix to flour/berry mixture. Form into a 4 inch x 12 inch rectangle then cut into wedges. Bake at 425 degrees for 15 minutes then brush on glaze. Bake 5 minutes longer or until done. Place on wire rack.

# WEST VIRGINIA PEANUT BRITTLE

AAUW Literature Group 3

## Ingredients

1 bag Reese's Peanut Butter morsels  
1 bag vanilla morsels  
2 tablespoons creamy peanut butter

## Directions

Melt above ingredients in microwave on medium setting (high will burn) for 2 minutes then stir. Mixture should be creamy but it may need to be microwaved longer until melted.

Stir in:

2 cups broken small pretzels  
1½ cups honey-roasted peanuts

Place on a waxed paper lined cookie sheet and refrigerate. After it hardens, break into pieces.

# ZUCCHINI BREAD

AAUW Garden Interest Group

## Ingredients

3 eggs  
1-¾ cups sugar  
2 cups grated zucchini  
¾ cup oil  
2 teaspoons vanilla  
3 cups flour  
1 teaspoon soda  
1 teaspoon baking powder  
1 teaspoon salt  
1 cup crushed pineapple (drained)  
1 cup chopped walnuts  
12-14 chopped cherries

## Directions

Mix in order. Bake in two greased loaf pans at 325 degrees for one hour.

# OATMEAL CARMELITAS

Patty Rock, AAUW member

## Ingredients

### Crust:

1 cup flour  
1 cup quick oatmeal  
3/4 cup brown sugar  
½ teaspoon soda  
1/4 teaspoon salt  
3/4 cup butter, melted

### Filling:

1 cup chocolate chips  
1 2-3/4 ounce package chopped pecans  
3/4 cup caramel ice cream topping  
3 tablespoons flour

## Directions

Mix crust ingredients. Press half of crumbs in 9 inch square pan after spraying pan lightly with Pam. Bake at 350 degrees for 10 minutes. Remove from oven. Sprinkle with chocolate chips and pecans. Blend caramel topping with flour. Pour over chips and pecans. Sprinkle remaining crumbs over top. Bake 15-20 minutes or until golden brown. Cool and cut into bars.

# AAUW

## TOURING & TASTING DELIGHTS 2018

presented by AAUW Beaver Valley Branch

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

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## Bon appetit!

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### MISSION STATEMENT

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

### DIVERSITY STATEMENT

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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.

