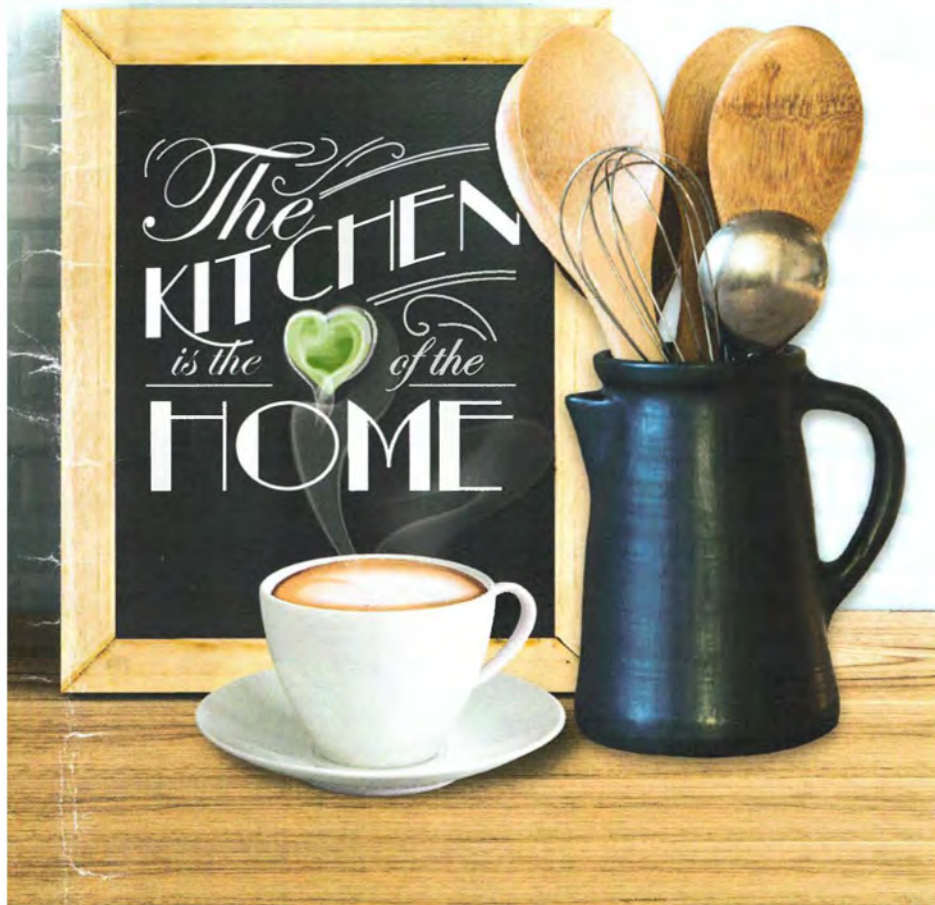


18th Annual **AAUW** Kitchen Tour & Tasting
September 28, 2019



RECIPES

FROM OUR KITCHENS TO YOURS

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18th ANNUAL AAUW KITCHEN TOUR

TOURING & TASTING DELIGHTS

Presented by

American Association of University Women
Beaver Valley Branch

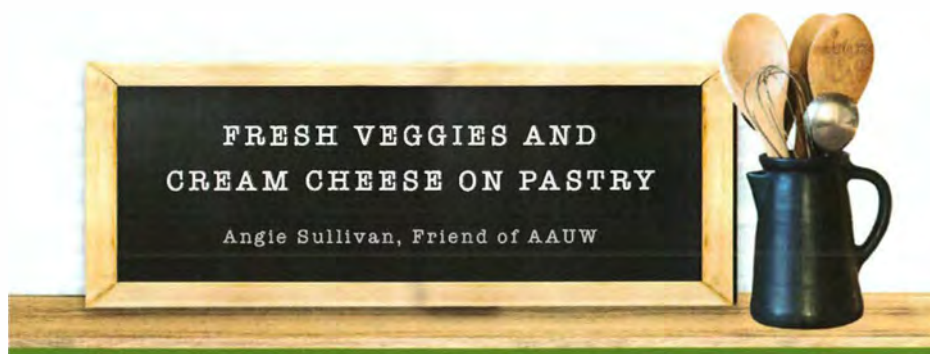
<http://beavervalley-pa.aauw.net>



AAUW Beaver Valley Branch



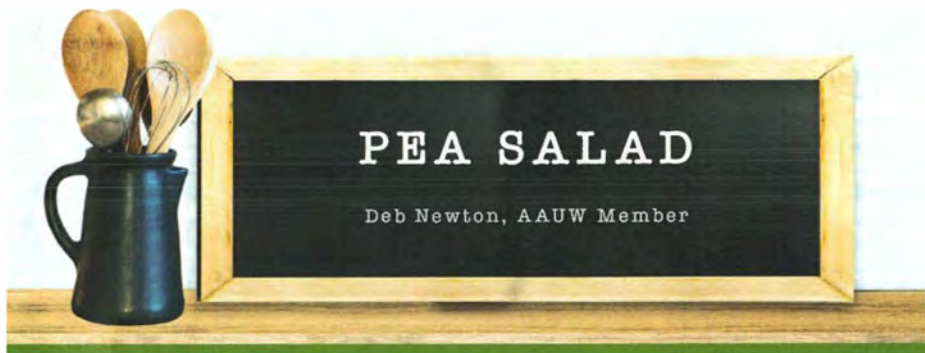
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- 2 eight-ounce packages of cream cheese, softened
- 1 cup mayonnaise
- 1 envelope ranch dressing
- 1-½ cups coarsely grated fresh broccoli
- ½ cup cauliflower florets, coarsely grated
- 1-½ cups grated carrots
- ½ cup chopped scallions
- 28-ounce package crescent rolls

Separate the crescent rolls and press together onto a large cookie sheet. Press the dough together and prick the dough all over. Bake 10 minutes at 350 degrees. Beat the cream cheese, mayonnaise, and ranch dressing till creamy and spread over the crescent rolls. Sprinkle the vegetables over the cream cheese mixture; place a sheet of parchment paper on top and press in the veggies lightly. Refrigerate overnight. Cut into squares and serve.

Note: Recipe can be frozen.



Mix together:

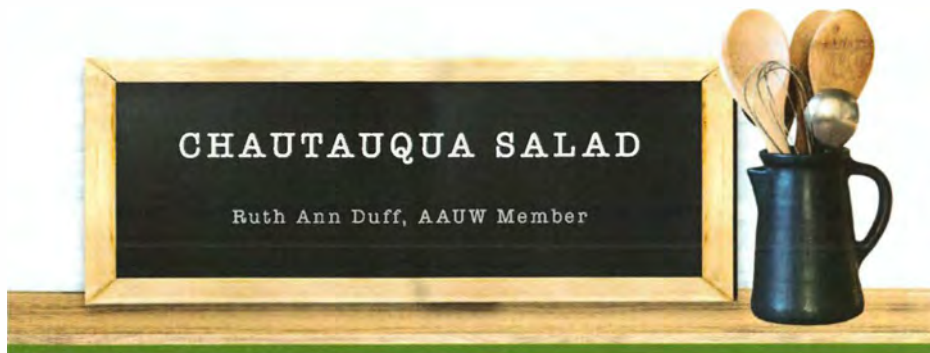
- 20 ounces frozen green peas (do not thaw)
- 15 ounce can French-cut green beans (drained)
- 3 medium stalks celery (diced)
- 1 small red onion, diced (use half if large onion)
- 4-ounce jar pimentos (drained)

Sauce mix:

- 1 cup sugar
- ½ cup cider vinegar
- ¼ cup oil
- ¼+ teaspoon salt
- 1/8 teaspoon ground pepper

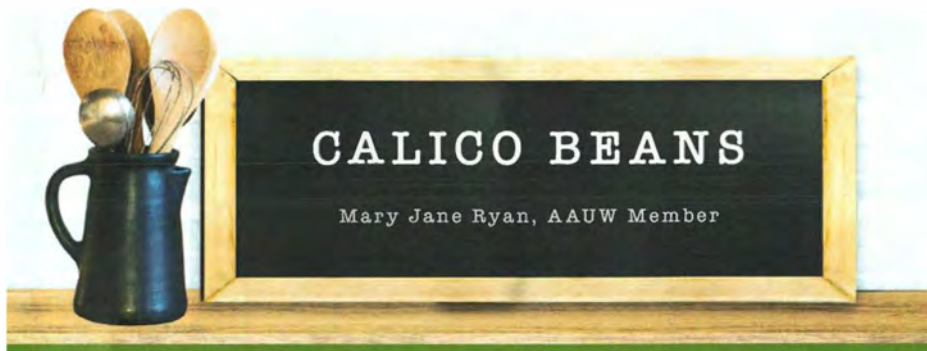
Bring to a boil to dissolve sugar. Cool for 10 minutes.

Pour mixture over vegetables. Mix gently, and then refrigerate overnight. Stir before serving.



- 1 small box lemon Jello
- 1 small box lime Jello
- 2 cups boiling water and 1 cup cold water
- 1 20-ounce can crushed pineapple, undrained
- 1 8-ounce carton small curd cottage cheese
- 1 cup mayonnaise
- 1 can Eagle Brand Condensed Milk
- 2 teaspoon horseradish
- 1 cup pecans (optional)

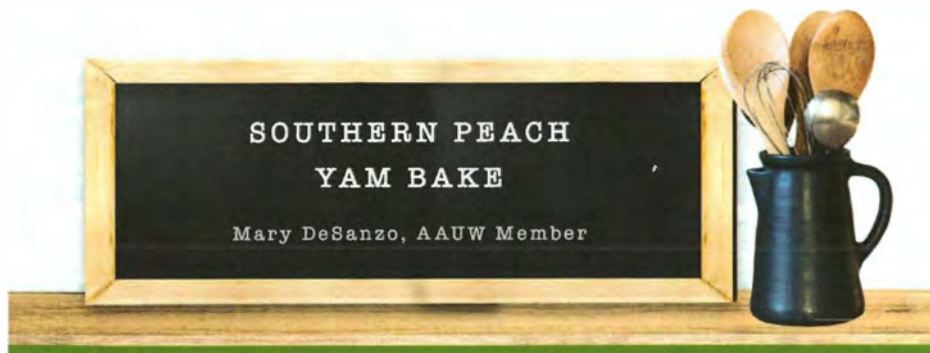
Dissolve the Jello in boiling water. Cool. Add cold water and stir to mix. Fold in all remaining ingredients. Pour into 9 x 13 inch dish and refrigerate to set. Keeps well.



- 1 can kidney beans, drained
- 1 can lima beans, drained
- 1 can pork and beans, NOT DRAINED
- 1-pound ground beef
- ¼ pound bacon
- 1 onion, chopped
- ½ cup ketchup
- ½ cup brown sugar
- 1 tablespoon vinegar
- 1 tablespoon yellow mustard

Brown the bacon, sauté the onions in the bacon grease, and brown the beef. Mix all the ingredients.

Bake for ½ hour at 350 degrees Fahrenheit.



Topping:

- ½ cup packed brown sugar
- 3 tablespoons flour
- ½ teaspoon nutmeg
- 2 tablespoons margarine
- ½ cup broken pecan pieces

Cut the margarine into the first three ingredients until crumbly. Add nuts.

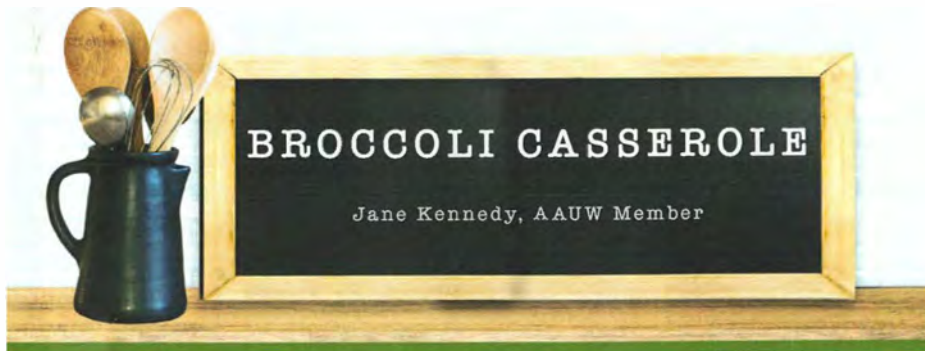
Yams:

- 2 (17-ounce) cans yams, drained, or 2 large fresh yams, quartered, cooked, and drained
- 1 (16-ounce) can peach slices, drained
- 1-½ cups mini marshmallows

Arrange the yams and peaches in a 1-½ quart casserole. Sprinkle with topping.

Bake at 350 degrees for 35 minutes.

Sprinkle with marshmallows and broil until lightly brown



3 packages frozen broccoli or 2-3 bunches, cooked
4 hard-boiled eggs, diced
1 small jar pimento pieces
½ cup grated Parmesan cheese
2 cans cream of mushroom soup
1 cup mayonaise
3 slices of toasted bread, cut into small cubes
(May add bacon, crumbled)

Place one layer of drained broccoli in a large greased casserole. Add a layer of sauce, then a layer of bread cubes. Repeat two more times.

Dot with 1 tablespoon cold butter. Bake 20-25 minutes at 350 degrees.

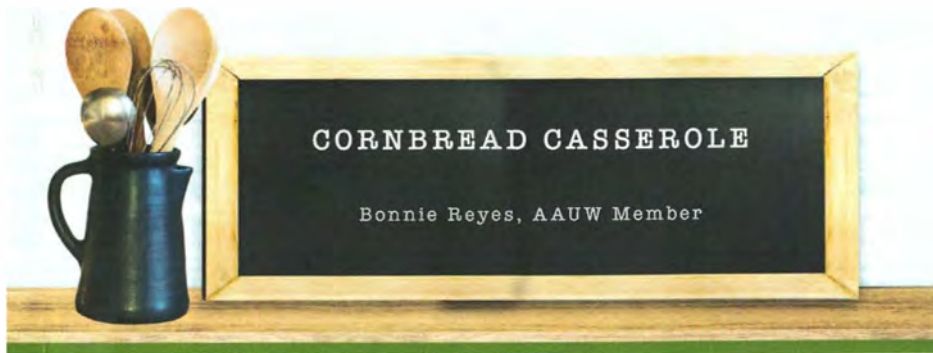


32 ounces low sodium fat free chicken broth (or other favorite broth)
1/3 cup quinoa (either red or white)
1 or 2 10-ounce cans chicken (or leftover chicken or turkey)
1 15-ounce can corn (drained)
1 15-ounce can no salt added Cannellini beans
1 large sweet onion, chopped (or frozen onion)
Salt and pepper to taste

In a slow cooker crock pot or stove-top large pan combine the above ingredients and start cooking covered on high.

Good in this mix also is barley, small sized pasta, chopped squash, small amount green cabbage, peas, or baby spinach leaves. The spinach should be added just before serving so that it isn't overcooked and strong tasting. Barley would need a head-start before adding the other ingredients.

****Submitted in 2016****



2 cans whole kernel corn drained

2 cans creamed corn

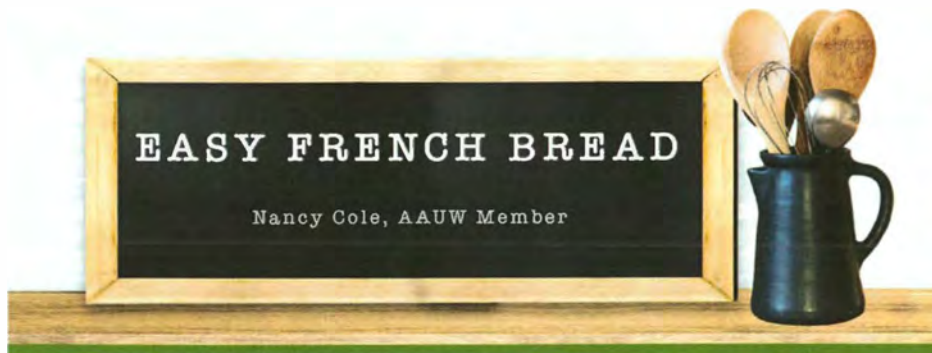
16 ounces sour cream

2 boxes Jiffy corn bread mix

2 melted sticks of butter

Mix together all ingredients. Bake at 350 degrees for 1 hour in a 9-inch x 13-inch pan.

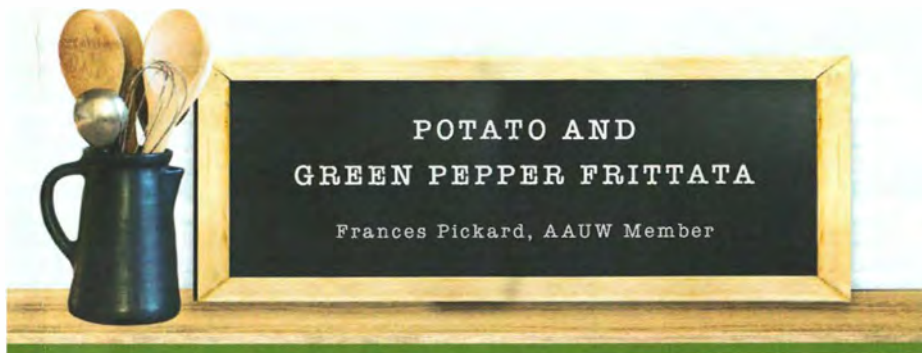
Test it for doneness by inserting a knife as you would a pumpkin pie.



1 package active dry yeast
1 tablespoon sugar
1 tablespoon shortening
1-½ cups very warm water
1-½ teaspoon salt
4 cups flour
Melted butter

Sprinkle yeast into ½ cup of the water, stir until dissolved. In a large bowl, dissolve sugar and salt in remaining 1 cup water. Add shortening to yeast mixture. Mix all together well. Add flour about a cup at a time, and mix well. Knead and let rise about an hours. Turn dough out onto lightly floured surface and divide into 2 loaves, the place on a greased cookie sheet. Score tops diagonally with a sharp knife. Cover with a dry dish towel and let rise in a warm place until doubled, about 1½ hours. Bake at 375 about 30 minutes. From the oven, place loaves on a cooling rack and brush with melted butter while still hot.

Note: I got this recipe from the Farm and Dairy about 50 years ago, and it is still a family favorite.



- 2 tablespoons extra virgin olive oil
- 1 green bell pepper, chopped
- 1 sweet onion, chopped
- 1 clove garlic, minced
- 2 Idaho potatoes, peeled and finely diced
- 1 teaspoon salt
- 4 twists of fresh ground pepper
- 12 eggs
- ¼ cup freshly grated Parmigiano-Reggiano cheese

Heat the oil in a large omelet pan over medium heat. Add the pepper, onion, and garlic, and cook until slightly softened. Add the potatoes and season with salt and pepper. Cook until the potatoes are soft, about 10 minutes.

Beat the eggs with the cheese, salt, and pepper in a mixing bowl. Pour the egg mixture over the vegetables in the omelet pan. Stirring constantly, cook the frittata about 5 minutes on one side, until the eggs are firm around the sides and just slightly loose in the middle. The edges and bottom of the frittata should be golden brown. Using a plate if necessary, flip the frittata and return it to the pan. Cook until the eggs on the second side are cooked through.



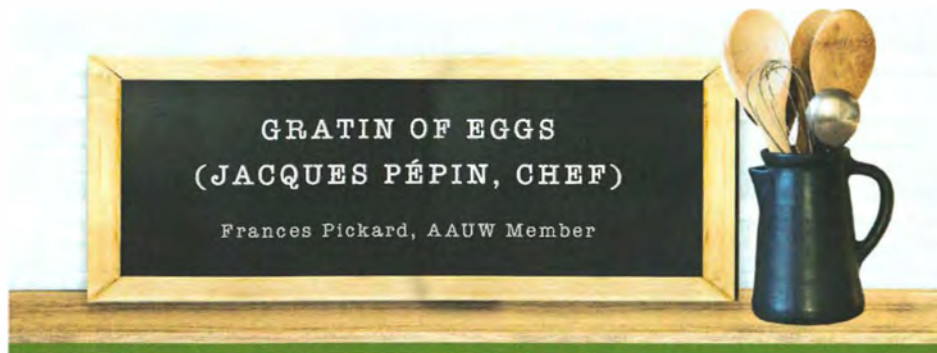
- 4 medium eggplants
- Salt and pepper
- ¼ cup olive oil
- 1 10-ounce box frozen chopped spinach, thawed, squeezed dry (I use fresh)
- 3 cups part-skim ricotta
- 3 cloves garlic, minced
- 2 large eggs, beaten
- 1-1/2 cups shredded part-skim mozzarella
- 3/4 cup grated Parmesan
- 1 24-ounce jar marinara sauce

Slice ends off eggplants. Cut eggplants lengthwise into 1/4-inch-thick slices, discarding peel-covered ends. You should get roughly 16 slices total. Lay slices on a rimmed baking sheet and sprinkle both sides liberally with salt. Let stand for 15 minutes, then rinse salt off under cold running water and pat slices dry.

Preheat oven to 400 degrees F. Brush both sides of eggplant slices with olive oil and place in single layers on 2 baking sheets. Roast for 15 minutes, until tender, turning eggplant slices over halfway through. Let cool on sheets on wire racks until cool enough to handle.

In a large bowl, combine spinach, ricotta, garlic, eggs, 1/2 cup mozzarella and 1/2 cup Parmesan. Season with 1 teaspoon salt and 1/2 teaspoon pepper. Mist a 9 inch by 13- inch baking dish with cooking spray. Spread 1/2 cup of sauce over bottom of dish. Divide ricotta mixture among eggplant slices, using about 1/3 cup for each, spreading it down the center. Roll up slices and place seam-side down in baking dish. Top with remaining sauce and sprinkle with remaining mozzarella and Parmesan.

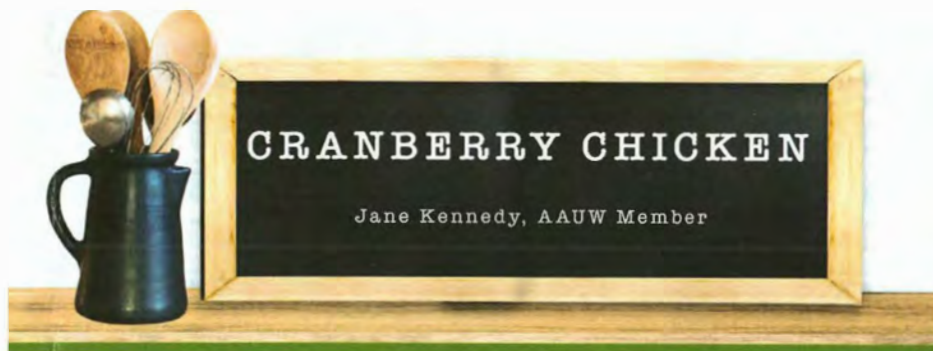
Cover baking dish with foil and bake for 30 minutes. Remove foil and bake until browned and bubbling, about 15 minutes longer. Let cool for 10 minutes before serving.



- 6 or 7 hard cooked eggs
- 2 tablespoons unsalted butter
- 1-½ sliced onions
- 1 tablespoon flour
- 1-½ cups of milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup grated Swiss cheese

Preheat oven to 400 degrees. Slice the eggs and arrange them on the bottom of a 4 to 6 cup gratin dish. Melt the butter in a saucepan and when it is hot but not smoking, add the onions. Cook them over medium to high heat, stirring them occasionally for 2 to 3 minutes or until they start to brown. Add the flour, mix well with a wooden spatula, and cook for about 30 seconds. Add the milk, salt, and pepper, stirring constantly, and bring the mixture to a boil. Lower the heat and let the sauce simmer gently for about 1 minute. Pour it over the eggs and mix it gently.

Sprinkle the Swiss cheese on top of the eggs and let it bake until the edges are bubbling, 10 to 12 minutes. Place it under the broiler for 4 to 5 minutes to make a brown crust on top. Serve immediately.



Sauté:

8 ounces chicken meat, cut in bite-size pieces

1 large onion, chopped

3 tablespoons butter

Mix together:

1 jar chili sauce

3/4 cup whole cranberry sauce

1/3 cup brown sugar

3 tablespoons vinegar

4-1/2 teaspoons Worcestershire sauce

4-1/2 teaspoons prepared yellow mustard

} Simmer for
5 minutes
uncovered

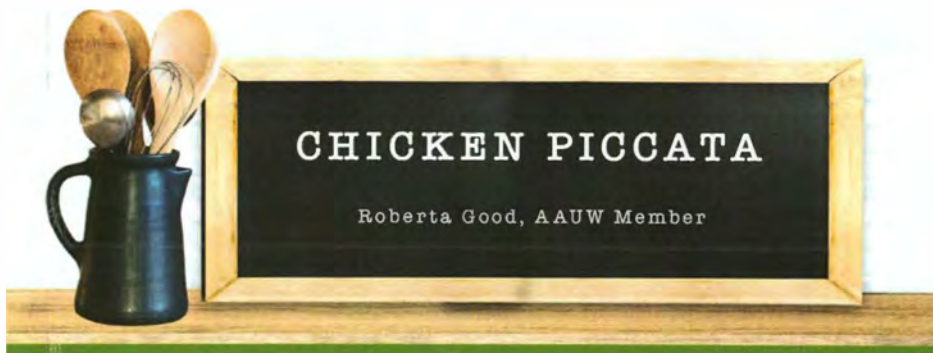
Combine the meat sauté and sauce mixture. Serve over pasta or rice.



- 1 3-pound chuck roast
- 1 package dry onion soup (Lipton)
- 1 can golden mushroom soup
- 1 cup liquid (I use red wine)
- Carrots and potatoes

Put carrots and potatoes in bottom of crockpot. Brown roast and put on top of vegetables. Add soup (dried), canned soup, and liquid.

Cook on low for 8 hours.



¾ pound boneless, skinless chicken breasts sliced in half and butterflied

½ cup all-purpose flour

1 large egg

2 tablespoons butter

4 tablespoons extra-virgin olive oil

1/3 cup fresh lemon juice

¼ cup dry white wine

½ cup chicken stock

2 tablespoons capers (in brine), drained

¼ cup flat leaf parsley, chopped

Servings: 2

Prep time: 9 minutes

Cook time: 6 minutes

Place flour on a plate or shallow bowl and season with salt and pepper. Break the egg in a shallow bowl and whisk. Dip each chicken breast in egg and flour. Set aside on a plate.

In a pan over medium high heat, add 1 tablespoon butter and 2 tablespoons olive oil. Add chicken breasts and cook on each side for 3 minutes or until golden brown. Transfer chicken to a plate and set aside.

Add remaining butter and oil to the pan, and when it sizzles, add lemon juice, wine, and chicken stock. Scrape off the bits from the pan (it's the best part – so tasty!) and add capers. Cook for 3-5 minutes, until sauce thickens a bit.

Turn the heat off and pour the sauce over the chicken. Top with fresh parsley and serve.

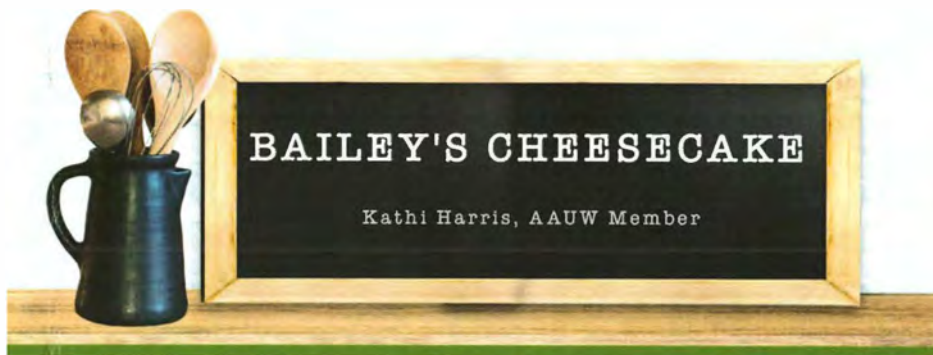


½ pound hot sausage
½ pound ground chuck
1 (14-ounce) jar of pizza sauce
½ teaspoon basil
½ teaspoon parsley
½ teaspoon anise
¼ teaspoon oregano
Dash of garlic salt
Buns
Provolone cheese

Brown and drain hot sausage and ground chuck. Add spices and sauce.

Butter buns and broil until brown. Spread each bun with meat mixture. Top each with one slice of provolone cheese.

Broil and serve.



Crust:

2 cups graham cracker crumbs

¼ cup sugar

6 tablespoons melted butter

Spray cheesecake pan with nonstick spray. Mix together all ingredients, press mixture into bottom and 1-inch up sides of pan. Bake at 325 degrees until light brown, about 5 minutes.

Filling:

2-¼ pounds cream cheese - room temperature

1-2/3 cups sugar

5 eggs - room temperature

1 cup Bailey's Irish Cream

1 tablespoon vanilla extract

1 cup semisweet chocolate chips

Using an electric mixer, beat cream cheese until smooth. Gradually mix in sugar. Beat in eggs 1 at a time. Add Bailey's and vanilla. Sprinkle half of the chocolate chips over crust. Spoon in filling and sprinkle with remaining chips. Bake at 325 degrees for approximately 1 hour and 20 minutes, until puffed, springy in center, and golden brown. Cool completely.

Top with or serve with whipping cream. Serves 12 or more depending on slice size.



Cookies:

- 1 cup butter, room temperature
- 3 ounces cream cheese, room temperature
- 1 cup granulated sugar
- 1 large egg
- 2 teaspoon orange zest
- ¼ teaspoon orange extract
- 2-¾ cup all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- ½ cup seedless raspberry fruit spread or jam

Frosting:

- ¼ cup unsalted butter, room temperature
- 2 cup confectioner's sugar
- ¼ teaspoon vanilla extract
- 3-3 ½ teaspoons whipping cream

Orange Glaze:

- 1 cup confectioner's sugar
- 2 tablespoons freshly squeezed orange juice
- 2 teaspoons orange zest



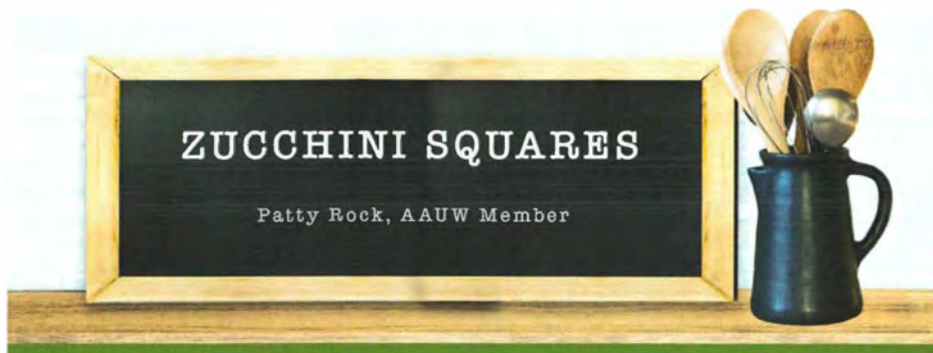
Cookies:

Heat oven to 375 degrees. With electric mixer, beat together butter, cream cheese and sugar until fluffy. Add egg, orange zest, and orange extract and mix well. In a medium bowl, mix together flour, baking powder and salt. Gradually mix dry ingredients into butter mixture. Drop dough by tablespoonfuls onto parchment-lined baking sheets about two inches apart. Bake at 375 degrees for 11-14 minutes until set but not browned. Cool in pans for 2-3 minutes before transferring to wire racks. Carefully, with a sharp knife, cut tops off cookies and spread bottom half with raspberry fruit spread or jam, dividing evenly among the cookies; place tops on cookies. Prepare frosting and frost tops of cookies. Spoon Orange Glaze over top of cookies and top each with a fresh raspberry. Makes 36 filled cookies.



Frosting:

With electric mixer, beat together butter and confectioner's sugar until mixed together.



- 3 cups grated zucchini
- 1 cup Bisquick
- ½ cup chopped onion
- ½ cup parmesan cheese
- ½ cup vegetable oil
- 2 tablespoons parsley
- ½ teaspoon salt (or less)
- ½ teaspoon oregano
- Dash of pepper & dash of garlic salt
- 4 eggs (slightly beaten)

Mix above ingredients and spread in 2-quart size greased glass dish or pie pan. Bake at 350 degrees until golden brown (about 30 minutes).

Cut into squares and enjoy. Can top with marinara sauce if desired.



Bread Pudding:

1 loaf French bread, cut into 1-inch cubes (16 ounces)
4 cups milk
3 large eggs, beaten
2 cups sugar
1 cup Craisins
3 tablespoons butter
2 tablespoons pure vanilla extract

Bourbon Sauce:

½ cup butter, softened
1 cup sugar
1 large egg, well beaten
2 tablespoons Bourbon

Combine bread and milk in a large mixing bowl; set aside for 5 minutes. Add eggs, sugar, raisins, butter and vanilla; stir well. Spoon mixture into a greased 3-quart casserole. Bake, uncovered, at 325°degrees for 1 hour or until firm. Cool in pan at least 20 minutes before serving.

For Bourbon Sauce, combine butter and sugar in a small saucepan; cook over medium heat, stirring frequently, until sugar dissolves. Add egg, stirring briskly with a wire whisk until well blended. Cook over medium heat for 1 minute. Remove from heat, cool slightly; stir in bourbon.

Spoon pudding into individual serving bowls; serve with Bourbon Sauce.

Serves: 8-10 Ready in: 1 hour, 15 minutes



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We thank you for attending the 2019 Kitchen Tour

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For membership information, please call: 724-494-3623

BON APPETIT!

The American Association of University Women (AAUW) is the nation's leading voice promoting equity and education for women and girls. Since our founding in 1881, AAUW members have examined and taken positions on the fundamental issues of the day - education, social, economic, and political.

MISSION STATEMENT:

To advance gender equity for women and girls through research, education, and advocacy.

VISION

Equity for all.

VALUES

Nonpartisan.
Fact-based.
Integrity.
Inclusion and Intersectionality.