



2024 Recipe Book



**Welcome to our 23rd
Annual *Kitchen Tour
and Tasting***

September 28, 2024

presented by

***American Association of
University Women
Beaver Valley Branch***

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

MARINATED VEGETABLES

Pat Harmon, Friend of AAUW

Ingredients:

2/3 cup white wine vinegar
2/3 cup canola oil
3/4 cup chopped onion
2 cloves of garlic, minced
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon sugar
1 teaspoon dried basil
1 teaspoon dried oregano
1 cup sliced celery
3 carrots, cut into 1/2-inch slices
8 to 12 ounces fresh mushrooms, halved or quartered
1 – 14 ounce can artichoke hearts, drained and halved
1 can pitted black olives, drained
1 can or jar of baby corn, drained and cut in half

Directions:

In a saucepan, combine the vinegar, oil, onion, garlic, salt, pepper, sugar, basil, and oregano. Bring to a boil and simmer, uncovered, for 10 minutes. Cook carrots and celery until crisp-tender. Add mushrooms and just cook until rawness leaves, about 2 minutes. In a bowl, combine all vegetables. Stir to coat; cover and chill overnight or several days in advance, stirring occasionally.



GREAT CHICKEN

Judy McDermott, AAUW member

Ingredients:

6 skinless, boneless chicken breasts
6 slices Swiss cheese*
1 can cream of chicken soup
2 cups Pepperidge Farm Herb Stuffing (fine, not cubed)
 $\frac{3}{4}$ cup water*
1 stick margarine, melted*

*I use grated Gruyère cheese in place of the sliced Swiss cheese because I love that cheese. I also substituted wine for water and increased the amount for more sauce. I used unsalted butter instead of margarine.

Directions:

Grease a 9 by 13-inch casserole dish. Place the chicken breasts in the dish and top each with a slice of cheese. In a bowl, combine the soup with the water and pour the mixture over the chicken. Combine the stuffing mix and melted margarine and sprinkle the mixture over the soup. Bake uncovered at 325 degrees for about 1- $\frac{1}{2}$ hours.



GARLIC SHRIMP SCAMPI

Roberta Good, AAUW Member

Original recipe by Kim Danger, dated October 28, 2015

Ingredients:

1-pound shrimp, tails-on, uncooked
3 tablespoons organic butter, melted
1 tablespoon extra-virgin olive oil
6 cloves garlic, finely minced
½ cup fresh parsley, minced
Juice of one lemon (about 2 tablespoons)
½ teaspoon crushed red pepper flakes
Salt and pepper to taste

Directions:

Combine all ingredients and place in a zippered bag or shallow Pyrex pan. Allow to marinate for an hour or so. Preheat oven to 350 degrees. Bake shrimp until done, approximately ten minutes. DO NOT OVERCOOK. Serve over pasta if desired.



BANANA SPLIT CAKE

Jane Kennedy, AAUW member

Ingredients:

Crust:

2 cups graham cracker crumbs
2/3 cup butter, melted

Filling:

2 sticks softened butter (or 1 tub margarine)
2 eggs
2 cups powdered sugar
1 teaspoon vanilla

Topping:

3 large bananas, sliced and dipped in pineapple juice
1 can (16 ounce or larger) crushed pineapple,
drained
1 large container whipped cream

Directions:

Combine and press into bottom of cake pan.

Beat together until firm and spread over graham cracker crust.

Layer sliced bananas and crushed pineapple over filling. Cover with whipped topping. Sprinkle with nuts and cherries.



PECAN PIE BARS

Pam Powers, AAUW member

Ingredients:

Crust:

9 tablespoons butter
6 tablespoons granulated sugar
1- $\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt

Filling:

7 tablespoons butter
 $\frac{1}{2}$ cup corn syrup
 $\frac{3}{4}$ cup brown sugar
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt
4 cups pecans



Directions:

Preheat oven to 350 degrees. Line a 13 inch by 9 inch pan with either parchment paper or Reynolds Release non-stick foil.

Toast pecans for 10 minutes at 350 degrees.

In a heat safe bowl, melt butter. After melted, add to it granulated sugar, flour, and salt. Mix until it holds together, then press the mixture into your pan. Bake at 350 degrees on lowest rack for 10 minutes.

While the base is baking, melt butter for filling in a heat safe bowl. Once the butter is melted, add corn syrup, brown sugar, vanilla, and salt. Once these are well combined, add the 4 cups of toasted pecans and stir until well coated.

Pour this mixture on the baked crust. Return to the oven and bake 25 minutes at 350 degrees.

After taking out of the oven, you can sprinkle flaked salt over the bars. Allow them to cool before cutting.

HOMEMADE CHOCOLATE PUDDING

Nancy Osman, AAUW member

Ingredients:

1 cup sugar
½ cup cocoa
¼ cup cornstarch
½ teaspoon salt
4 cups whole milk
2 tablespoons butter
2 teaspoons vanilla

Directions:

In a heavy saucepan, combine sugar, cocoa, cornstarch, and salt. I use a sifter.

Gradually add milk and bring to a boil over medium heat. Boil and stir for 2 minutes and remove from heat.

Stir in butter and vanilla. Spoon into serving dishes.

Serves 6 -8. I usually make just half.



We thank you for attending the *AAUW Beaver Valley Kitchen Tour and Tasting 2024*

For membership information, please call: 724-827-2763.

Bon Appetit!



Mission Statement

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

Diversity Statement

We strive to honor the inherent worth and dignity of every person.