

# Appetizers

## Fila Cheese Squares

1 c ricotta cheese  
8 oz feta cheese, crumbled  
1 small (3 oz) cream cheese, softened  
2 T all-purpose flour  
2 eggs  
½ t ground nutmeg  
¼ t white pepper  
½ c chopped parsley  
9-12 sheets of fila dough  
½ c butter

With electric mixer, mix all ingredients, except butter and fila dough. In a baking dish layer the cheese mixture and fila dough, brushing butter on top of dough. Score to layer of dough with sharp knife, marking off serving size pieces. Bake uncovered at **375** for 35 minutes or until top of pastry is golden and crisp.

*\*best served with platter of vegetables*

# Main Course

## Spinach Manicotti/ Lasagna

16 oz ricotta cheese  
16 oz cottage cheese  
¼ c parmesean cheese  
1 t. garlic powder  
1-2 eggs  
approx. ¼ c bread crumbs  
dash of salt & pepper  
1-2 pkgs spinach  
1 pkg lasagna noodles  
or 20 manicotti shells  
big can vegetable spaghetti sauce  
mozzarella cheese (for lasagna- optional in manicotti)

Mix all ingredients except noodles. Boil noodles until almost done. Soak or rinse noodles with warm water. Stuff manicotti with cheese and grate in mozzarella or layer lasagna with cheese filling, mozzarella, and sauce.

## Quiche

4 eggs  
2/3 c milk  
1-2 onions sautéed, finely chopped (sauté in a little oil)  
approx. 1 c lightly cooked vegetables  
dash nutmeg, salt, & pepper  
4 oz grated cheese  
2 T parmesan cheese  
9 inch ready made pie crust

Beat eggs well. Brush inside of pie shell with small amount of beaten eggs. Prick bottom and side and bake at **450** for 5 minutes, or until golden. Set shell aside, reduce oven to

**350.** Stir vegetables and cheese together. Put into shell. Add milk and spices to eggs and beat well. Pour over vegetable mixture. Bake 30 to 35 minutes or until done.

### **Spinach Tofu Pie**

1lb tofu, mashed with a fork  
10-15 oz chopped spinach (frozen)  
.5-.7 lb cheddar (or other low fat) cheese- grated  
2 eggs, lightly beaten (or 1 pkg egg beaters)  
dash salt and pepper

Mix ingredients and put into a pre-made crust. Bake for 10 min at **450** then bake 40-50 min more at **350**.

### **Dutch Baby**

1 ¼ c milk  
2 eggs  
1 c flour  
1 T sugar  
Dash salt  
1 T melted butter

Pour into greased pan/skillet. Bake at 375 degrees for 30 minutes or until puffy. *Serve with powdered sugar and lemon or sautéed apple slices*

### **Swedish Pancakes**

4 eggs  
4 c milk  
2 ½ c flour  
½ c sugar  
¼ t salt  
1 stick butter

Mix ingredients. Heat griddle/ crepe pan. Grease. Put ¼ c butter in middle and swirl until it gets thin. Pour batter onto griddle. Flip almost immediately.

### **QUINOA**

1 med. onion, chopped  
1 large red pepper, chopped  
4 oz mushrooms washed and chopped  
3 garlic cloves, minced  
½ tsp of salt  
2 tablespoons olive oil  
2 cups of rinsed Quinoa  
4 cups vegetarian broth (or water and veggie bouillon cubes)  
½-¾ cup raisins (dried cranberries)  
Handful of pecans

Add finely chopped onions (food processor), minced garlic, and salt to olive oil in wok or sauce pan and sauté until onions are slightly brown. Then add chopped red pepper and mushrooms and continue to sauté until onions are caramelized. Add vegetarian broth and rinsed quinoa and bring to a simmer. Stir once after five minutes then simmer for 35 minutes or until water has been cooked in. Quinoa will get a soft texture and look like it almost has a tail when it is fully cooked. White Quinoa is a more delicate flavor and milder than red (my family and most kids I know prefer the white)

Note; it is easy to alter this recipe, leaving out vegetables or nuts if your family does not like these ingredients. Quinoa is a great grain as it has a tremendous amount of protein and calcium and it is very unusual to be allergic to it.

# Sides

## Andrea's Sweet Potatoes

Big can of yams, drained  
Medium crushed pineapple in juice (only use little bit of juice)  
1-2 T brown sugar  
1-2 T maple syrup  
Marshmallows

Put yams in a dish. Mix pineapple, sugar, and syrup and pour over top of potatoes. Bake at 350 for 15-20 minutes. Add marshmallows at the end and bake for 5 minutes or broil on low to puff.

## Peach Soup

Approx. 11 peaches or other big pit fruits  
5 cloves or some ground  
5 allspice cloves or some ground  
5 cardamom pods  
3 cinnamon sticks  
3 c orange juice  
juice of 1 ½ lemon  
juice of 1 ½ lime (or for taste)  
3-5 T brown sugar  
lowfat/nonfat plain yogurt

Remove pits from fruit, chop coarsely. Tie spices in cheese cloth if not using ground. Combine fruit, spices, juices, and brown sugar in a large pot and simmer for 15-20 minutes or until fruit is very soft. Allow soup to cool. Discard spice packet. Puree rest of soup in blender. Chill. Serve with yogurt.

*\*This with potato blintzes or salmon loaf or something light and salad etc makes a nice light dinner*

## Broccoli Supreme

6-8 servings

1 slightly beaten egg  
1 (10 oz) package frozen broccoli, partially thawed  
1 (8.5 oz) can cream style corn  
1 T grated onion  
¼ t salt

dash pepper  
3 T butter/margarine  
1 c herb seasoned stuffing mix

In mixing bowl, combine egg, broccoli, creamed corn, onion, salt, and pepper. In small saucepan, melt butter or margarine; add herb seasoned stuffing mix, tossing to coat. Stir  $\frac{3}{4}$  c of the buttered stuffing mix into vegetable mixture. Turn into ungreased 1 quart casserole. Sprinkle with remaining  $\frac{1}{4}$  c stuffing mix. Bake uncovered in **350** oven for 35 to 40 minutes.

### **Thai Fresh Cucumber Salad**

3 medium cucumbers, sliced as thinly as possible (peeled)  
salt  
 $\frac{1}{2}$  t dried hot pepper flakes  
1 T sugar dissolved in  $\frac{1}{4}$  c hot water  
4 T white vinegar  
2 T minced red onion

In a bowl, generously salt the sliced cucumbers. Allow to sit for at least 30 min, stirring occasionally. Combine other ingredients. Squeeze out cucumber juice, until none is left using a dish towel. Combine the squeezed cucumbers and the sauce in a serving bowl and refrigerate until ready to serve.

### **Andrea's Sweet Potatoes**

Cans of yams (drained) put in a dish  
Mix: crushed pineapple in juice (only adding a bit of the juice)  
    Approx  $\frac{1}{2}$  c brown sugar  
    1 T maple syrup  
Pour mixture over top of potatoes. Bake at **350**. Add marshmallows at the end of baking time.

### **Cucumber Raita (Indian)**

1 medium cucumber, peeled, grated, and drained  
3 c yogurt (plain)  
1 t cumin seeds toasted or broiled, then crushed or ground  
1 t salt (or garlic salt)  
dash of cayenne pepper

Mix ingredients together. Served chilled.

### **Apple Chutney (Indian)**

1 ½ lbs cooking apples (or peaches and pears) coarsely chopped (may be unpeeled)  
1 medium clove garlic, minced  
1 T chopped ginger  
½ c orange juice  
1 t cinnamon  
1 t cloves  
1 t salt  
1 c honey  
1 c cider vinegar  
cayenne to taste

Combine everything in a pot and bring to a boil. Lower to simmer and simmer uncovered, stirring occasionally for 45 min-1 hr. Cool before storing in a jar. Let ripen hours to days before using.

### **Gazpacho**

5 c. cold tomato juice  
1 small well minced onion  
2 c freshly diced tomatoes  
1 c minced green pepper  
1 t honey  
1 diced cucumber  
2 scallions, chopped  
Juice of ½ lemon and 1 lime  
2 T wine vinegar  
1 t tarragon  
1 t basil  
Dash of garlic powder  
Dash of ground cumin  
¼ c freshly chopped parsley  
Dash of Tabasco sauce  
2 T olive oil  
Salt and pepper to taste

Combine all ingredients. Chill for at least 2 hours.

### **Pesto**

3 c packed fresh basil leaves (removed from stems)

4-6 large cloves fresh garlic  
½ c. pinenuts, walnuts, almonds, or a combination of nuts, lightly toasted  
¾ c. packed fresh chopped parsley  
¾ c. fresh grated parmesan  
½ c. olive oil  
2 packages frozen spinach (defrosted)  
Salt to taste

Combine everything in a food processor on low, followed by medium, speed. Thoroughly work everything into a smooth paste. *To serve, toss with hot pasta. Makes 6 servings.*

### **Pasta with fresh tomato sauce**

3 large red ripe tomatoes (about 2 ½ lbs), chopped  
3-4 cloves fresh garlic, peeled and minced (not from jar)  
¼ t chopped red pepper flakes  
½ c coarsely chopped fresh basil  
Salt and pepper to taste  
1/3 c olive oil  
1 lb ziti  
4 oz low-fat munster or jack cheese, chopped into cubes  
½ c fresh grated parmesan cheese

Put tomatoes, basil, garlic, seasonings and oil in a large bowl. Let stand at room temperature a minimum of 1 hr or up to overnight (if overnight, marinate in fridge). Boil ziti according to package directions. Mix cooled pasta and cheeses. Let stand an additional ½ hour (if possible) before serving. *Note: ½ recipe is good as side dish, full recipe can easily serve 3-4.*

### **Marinated Bean Salad**

1 red onion, chopped (small onion or ½ large)  
1 can dark red kidney beans, drained in colander  
1 can garbanzo beans, drained  
1 bag froze chopped Italian cut green beans, defrosted and drained  
1 ear corn, nibblets cut off (optional)  
Juice from wedge of lemon

Marinade:

½ c olive oil  
¾ c wine or Basalmic vinegar  
¼ c sugar  
Dash of pepper (1/4 t)  
1-2 cloves garlic, crushed

Boil marinade. Cool. Mix with veggies. Marinate overnight. Can add fresh chopped herbs (basil and dill) if desired.

### **Chickpea and Corn Patties**

2 t olive oil, divided  
1 ½ c fresh corn kernels (approx. 3 ears or canned, drained)  
1 t fresh or ¼ t dried thyme  
1 (19 oz) can chickpeas (garbanzo beans)- rinsed and drained  
½ c bread crumbs  
3 T cornmeal divided  
½ t salt  
¼ t ground red pepper

Heat 1 t oil in a large, nonstick, skillet over medium high heat. Add corn, onion and thyme and sauté for 2 minutes. Place onion mixture, chickpeas, breadcrumbs, 2 T corn meal, salt and red pepper in a food processor. Pulse 2 times or until combined and chunky. Divide chickpea mixture into 4 equal portions and shape into ½ inch thick patties. Dredge patties in 1 T cornmeal. Add patties to oil and cook for 5 minutes, or until golden. Carefully turn while cooking. *Serves 4*

### **Hungarian Paprika Soup**

3 T olive oil  
3-6 large garlic cloves, minced  
8 c canned tomato juice  
1 T Hungarian paprika  
½ c red wine or dry sherry

Add ingredients to large pot. Cook over low heat. Stir Occasionally

### **Vosbabour Lentil Soup I**

1 c dried split lentils  
½ c rice  
6 c water or chicken broth  
¼ c olive oil  
2 med onions, thinly sliced  
Salt and pepper  
2 t fresh lemon juice  
1 T chopped parsley or tarragon

Wash lentils and rice. Boil water. Add the lentils, reduce to low heat. Simmer until tender, 20 to 40 minutes. Add olive oil to skillet, add onions and sauté. Add to lentil soup mix. Season to taste. Cook 10 minutes. Remove from heat. Add lemon juice, sprinkle with parsley. Serve.

### **Tanabour Yogurt Soup with Barley**

½ c pearl barley  
4 c broth or water  
Salt to taste  
¼ c butter  
1 med onion, finely chopped  
2 T finely chopped mint leaves  
2 T finely chopped parsley  
1-2 c plain yogurt (depending on thickness)  
1 egg, beaten

Soak barley in water overnight to expand. Drain. In saucepan bring broth to boil over high heat. Add barley and salt and lower heat and cook until tender. Melt butter in pan and sauté onion until golden brown. Remove from heat. Stir in mint and parsley. Add to soup and mix well. In separate bowl beat yogurt. Beat in egg. Gradually stir in a little hot broth from saucepan into yogurt. Slowly pour the mix into saucepan. Stir constantly over low heat until well blended. Don't let the soup boil. *Serve hot or cold.*

### **Blintz Souffle**

¼- ½ stick butter  
8-12 frozen blintzes  
4 eggs  
1 ½ c sour cream (lowfat) or yogurt (lowfat)  
½ c orange juice  
¼ c sugar

Melt butter in baking dish. Put excess butter aside. Place frozen blintzes in one 13 x 9" pan. Beat eggs, sugar, orange juice and sour cream in blender. Add excess melted butter. Pour over blintzes. Bake at 350 degrees for 1 hour.

# Other

## Andrea's Challah

1 c pretty warm water  
2 ¼ t yeast (jar)  
scant ½ cup sugar  
scant ½ cup oil  
2 t salt  
1 egg & 1 egg yolk (save white)  
4 c bread flour

Put ingredients into machine in above order. Let the dough rise in the machine. Punch it down and place into bowl. Let it rise in bowl for about 1 ½ hours. Punch and braid. Put onto sprayed cookie sheet. Let it rise for 45 minutes. Brush with egg and sprinkle with sesame seeds if desired. Bake at **325** for about 45 minutes.

# Desserts

## Pecan-Pumpkin Pie

Serves 8

¼ c flour  
1 T sugar  
¼ t salt  
½ c unsalted butter, chilled  
2 T cold water  
3 extra-large eggs  
1 ½ c Pecan Pumpkin Butter  
1 ½ c heavy cream

In a bowl sift together flour, sugar and salt. Cut butter into small cubes and add to flour. With a pastry blender or 2 knives, cut butter into flour until pea-sized granules form. Sprinkle 1 T water over flour and mix slightly. Add another T water and mix. Gather dough into a ball, adding a little more water as necessary. Wrap in plastic and refrigerate for 2-3 hours. Roll out pastry and fit into a 9 inch pie pan.

Preheat oven to **450** degrees. Beat eggs until blended then stir in Pecan Pumpkin Butter and cream. Pour into unbaked pie shell. Bake for 15 min, reduce heat to **350** and bake an additional 40 minutes or until center is just set. Serve at room temperature.

Chocolate Flourless Cake

4 oz bittersweet chocolate  
1/2 cup unsalted butter  
3/4 cup sugar  
3 eggs  
1/2 cup cocoa

Preheat oven to 375 degrees. Butter an 8" round cake pan, line with wax paper and then butter the paper; set aside. In a saucepan melt the chocolate with the butter over very low heat; when almost completely melted, remove from heat and stir until smooth. Add the sugar and then the eggs, one at a time. Sift the cocoa and fold in to blend well. Turn batter into prepared pan and bake for about 25 minutes or until toothpick comes out clean. Remove from oven and cool in pan 5 minutes; invert onto serving plate and allow to cool completely. Serve as is or with softly whipped cream or fresh berries.

### **\*\*\* Hamentaschen**

#### **Impossible (Crustless) Pumpkin Pie**

3/4 c sugar  
1/2 c Bisquick baking mix  
2 T margarine or butter  
1 can low fat evaporated milk  
2 eggs  
1 can pumpkin  
2 1/2 t pumpkin pie spice  
2 t vanilla

Heat oven to 350 degrees. Grease pie plate, 9 x 1 1/4 in or 10 x 1 1/2 in. Beat all ingredients until smooth, 1 min in blender on high or 2 min with hand beater. Pour into pie plate. Bake until knife in center comes out clean, 50 to 55 min.

#### **Kona Banana Bread**

1/2 c shortening or 1 stick margarine  
1 c sugar  
2 eggs  
3/4 c mashed ripe/ slightly overripe bananas  
3/4 c sifted flour  
3/4 t baking soda  
1/2 t salt  
1/4 t vanilla

Sift and measure flour. Sift dry ingredients, except sugar, with flour. In a separate bowl cream shortening and sugar until light. Add eggs one at a time to shortening.

## **Bananas Foster**

*From Austin American Statesman, by Brenda Elsea*

1 Pillsbury Refrigerated Pie Crust (from 15 oz pkg), softened as directed on package  
2 medium bananas, cut into ½ inch thick slices  
4 ½ t light rum  
2 t grated orange peel  
2/3 c chopped pecans  
2/3 c firmly packed brown sugar  
¼ c whipping cream  
½ t vanilla

Heat oven to 450 degrees. Prepare pie crust as directed on package. Bake at 450 degrees for 9 to 11 minutes, or until light golden brown. Cool 5 minutes. In small bowl, combine bananas and rum; toss to coat. Sprinkle orange peel evenly in bottom of baked crust. Arrange bananas in single layer over peel; sprinkle with pecans. In heavy medium saucepan, combine brown sugar, whipped cream and butter, cook and stir over medium high heat for 2 to 3 minutes or until mixture comes to a boil. Cook an additional 2 to 4 minutes or until mixture is thickened and deep golden brown, stirring constantly. Remove saucepan from heat; stir in vanilla. Spoon warm filling over bananas and pecans. Cool 30 minutes. *Serve warm or cool with ice cream. Serves 10*

## **Fruit dip**

1 c light sour cream  
4 T brown sugar  
1 t vanilla  
1/3 t cinnamon

Mix ingredients. *Serve with fresh fruit.*

## **Grandma Gus' Toffee Squares**

½ lb butter  
1 c dark brown sugar  
1 egg  
2 c flour  
1 t vanilla  
1 12 oz pkg chocolate chips, melted  
Chopped nuts

Mix first 5 ingredients. Bake in 13 x 9" pan. Pour chocolate chips over baked squares. Sprinkle with nuts.

