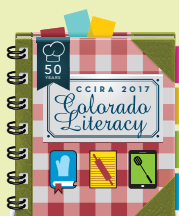


# CCIRA2017

## PRETTY GOOD RECIPES



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# Golden Ingredients for 50 Years of Literacy

## CCIRA2017 PRETTY GOOD RECIPES



*During the course of the past year,* as we have been whipping up ingredients for the 2017 Conference on Literacy, members have been encouraged to submit favorite family recipes. These have been shared in our email blasts and the Communicator newsletter, and now they are collected for your own use and culinary enjoyment.



We truly appreciate the tasteful and tasty concoctions shared by our members and friends, and hope you get a chance to try them all in your own kitchen.



*Bon Appetit!*

*Anne Cook, 2017 Conference Chair  
and the rest of the CCIRA Conference Kitchen Crusaders!*

## *Mexi Casserole*

*from Barbara Rueb*

- ◈ 1 lb ground beef
- ◈ 1 – 15 oz. can kidney beans, drained
- ◈ 1 – 15 oz. can enchilada sauce
- ◈ 1 – 8 oz. can tomato sauce
- ◈ 1 Tbsp. instant minced onion
- ◈ 4 cups crushed corn chips
- ◈ 2 cups cheddar cheese
- ◈ 1½ cups sour cream

Brown beef; drain. Combine with beans, enchilada sauce, tomato sauce and onion. Reserve one cup corn chips and ½ cup cheese. Add remaining chips and cheese to meat mixture. Stir well and pour into a 2 quart casserole.

Bake uncovered in preheated 375° oven about 25 minutes or until thoroughly heated. Remove from oven. Spoon sour cream over top, sprinkle with cheese. Add chips around edge. Return to oven until cheese is melted about 3 to 5 minutes.

*Easy to double ground beef, enchilada sauce, kidney beans and tomato sauce; other ingredients stay the same. Warms well for leftovers.*

## *Crunchie Wunchies*

*from Scott Johnson (and the kitchen of Mumsie)*

### *Base:*

- ◈ 4 cups oatmeal
- ◈  $\frac{2}{3}$  cup melted butter
- ◈ 3 tsp. vanilla
- ◈  $\frac{1}{2}$  cup white syrup
- ◈ 1 tsp. salt
- ◈ 1 cup brown sugar

### *Topping:*

- ◈ 1 – 6-oz. package of chocolate chips
- ◈  $\frac{1}{3}$  cup peanut butter

Combine base ingredients. Mix well and bake in a greased 9x13 cake pan for 10 minutes until golden brown around the edges. (Do not overbake.)

Cool and top with one 6 ounce package of chocolate chips melted and mixed with  $\frac{1}{3}$  cup peanut butter.

*Cut in squares and smack your lips!*

## *Chili Chese Eggs*

*from Linda Hoyt*

- ◆ 4 eggs, beaten or Egg Beaters
- ◆ 1 cup cottage cheese
- ◆ 1 cup cheddar cheese
- ◆ 1 can diced mild green chilies
- ◆  $\frac{1}{4}$  cup flour
- ◆  $\frac{1}{2}$  tsp. baking powder

Mix well and pour into baking dish sprayed with nonstick spray.

Bake at 350 degrees for 40 minutes until firm.

*Optional: You can add sliced tomatoes, green onions, ham, or any other favorite ingredients.*

# *Great Gram Funky's Amazing Garbage Cookies*

*from Terri Faulkner*

- |                            |                          |
|----------------------------|--------------------------|
| ◆ 1 cup butter             | ◆ ½ tsp. baking powder   |
| ◆ 1 cup white sugar        | ◆ ½ tsp. salt            |
| ◆ 1 cup packed brown sugar | ◆ 2 cups oatmeal         |
| ◆ 2 eggs                   | ◆ 2 cups Rice Krispies   |
| ◆ 1 tsp. vanilla           | ◆ 1 cup coconut          |
| ◆ 2 cups flour             | ◆ 1 pkg. chocolate chips |
| ◆ 1 tsp. baking soda       |                          |

Cream together the butter and sugars until light and fluffy. Add eggs and vanilla and blend until smooth. Add flour, baking soda, baking powder and salt and blend well. Stir in remaining ingredients using a wooden spoon (batter will be thick).

Spoon rounded tablespoons of batter onto ungreased cookie sheets and bake at 375 degrees for 8-10 minutes.

*Watch them disappear!*

# *Pork Chops and Rice*

*from Brenda Dyer*

- ◈ *Mustard Powder*
- ◈ *Pork Chops*
- ◈ *Flour*
- ◈ *Chicken soup with wild rice*

Dredge pork chops in flour and mustard powder. Brown in pan on the stove.

Put pork chops in crock pot with 2 cans of *Chicken Soup with Wild Rice* and cook on low for 4-6 hours.

*Delicious!*

# *The Sticky Cheese Man Dip*

*from Roxanne Visconti*

- ◆ 1 – 8 oz. block Monterey Jack Cheese
- ◆ 1 – 6 oz. can chopped green chilies
- ◆ 1 – 4 oz. can chopped jalapenos
- ◆ 1 can artichoke hearts, chopped
- ◆ 1 – 16 oz. sour cream
- ◆ 1 – 16 oz. mayonnaise
- ◆ Chips, baguette bread

In crockpot, combine cheese (chopped into pieces or grated) and all other ingredients and cook on low until bubbly; reduce to warm setting.

*Yummy when served with tortilla chips or baguette slices. Enjoy!*



# *Chocolate Chip Swirl Cookies*

*from Victoria Nissen*

- ◈ 1 pkg. *marble cake mix*
- ◈ 1 egg
- ◈  $\frac{1}{3}$  cup *vegetable oil*
- ◈ 1–2 Tbsp. *flour (for high altitude)*
- ◈ 3 Tbsp. *water*
- ◈ 1 Tbsp. *water*
- ◈ 6 oz. *semi-sweet chocolate chips*

In a large bowl, combine flour with yellow portion of cake mix, if baking at high altitude. Add eggs, oil, and 3 tablespoons of water. Mix. Add chocolate chips.

In a separate bowl, combine chocolate portion of cake mix with 1 tablespoon of water. Combine  $\frac{1}{4}$  yellow batter with chocolate mixture. Marble chocolate and yellow batters, but do not stir.

Drop by teaspoon onto baking stone or sheet. Bake 7-8 minutes at 350 degrees.

*Yields about 3 dozen.*

# *Sweet Potato Casserole*

*from Nicola Nolan*

***Base:***

- ◆ 3 cups sweet potatoes  
(about 4 good-sized ones)
- ◆ ½ cup sugar
- ◆ ½ cup butter softened
- ◆ 2 eggs
- ◆ 1 tsp. vanilla extract
- ◆ ⅓ cup milk

***Topping:***

- ◆ ⅓ cup firmly packed  
light brown sugar
- ◆ ½ cup all purpose flour
- ◆ 1 cup chopped pecans

***Base:*** Boil and mash potatoes. Mix in sugar, butter, eggs, vanilla and milk. Pour in greased (Pam) 13x9x2 inch baking dish.

***Topping:*** Melt butter and mix in remaining ingredients. Sprinkle on top of potato mixture. Bake 25 minutes at 350 degrees.

***Serves 10-12.***

# *Delicious No-Bake Cheesecake*

*from Donna Matthews*

- ◈ 1 graham cracker crust
- ◈ 1 to 2 blocks of cream cheese
- ◈ 1 cup sugar
- ◈ 1 container of Cool Whip or whipped cream

Thaw the whipping cream and let the cream cheese come to room temperature. Place cream cheese and sugar in a mixing bowl and blend together with a mixer. Fold in the whipping cream. Fold into graham cracker shell and let sit in the refrigerator for at least one hour before serving.

*Add your favorite toppings and enjoy!*

*Can be doubled, or use larger crust.*

## *Mediterranean Red Pepper Dip*

*from Stacy Grossman*

- ◈ *½ cup of jarred, roasted red peppers*
- ◈ *1 can of white beans, drained and rinsed*
- ◈ *¼ cup crumbled feta*
- ◈ *¼ cup fresh parsley, chopped*
- ◈ *Olive oil*

Puree peppers and beans. Spread mixture into a bowl. Top with feta, parsley and a swirl of olive oil.

*Serve at room temperature with warmed pita wedges or pita chips.*

# *Grandma Evie's Lemon Meringue Pie*

*from Jessica Rickert*

## *Pie:*

- ◈ 3 Tbsp corn starch
- ◈ 1¼ cup sugar
- ◈ pinch of salt
- ◈ 1½ cup water
- ◈ 2 Tbsp. butter
- ◈ 3 egg yolks
- ◈ Grated rind of 2 lemons
- ◈ Lemon juice
- ◈ Baked pie crust

## *Meringue:*

- ◈ 3 egg white
- ◈ ⅛ tsp. cream of tartar
- ◈ 3 Tbsp. sugar

*Pie:* Mix corn starch with sugar and salt; pour 1½ cup of boiling water over mixture, mixing slowly and continually, and cook until thick. Add butter.

Mix egg yolks with lemon juice and rind. Add to cooked sauce and cook 2 minutes. Pour mixture into baked pie crust.

*Meringue:* Add egg whites with cream of tartar in a mixer and beat until stiff; add sugar and beat again. Apply meringue to top of pie and bake at 325 degrees for 20 minutes.

## *White Chicken Chili*

*from Anne Cook*

- ◈ 4 Chicken breasts
- ◈ 1 lb. Monterey Jack cheese (shredded)
- ◈ 3 cans Great Northern Beans (45 oz. total)
- ◈ 16 oz. jar medium salsa
- ◈ 7 oz. can diced/chopped green chilies
- ◈ ½ tsp. cumin

Bake chicken breasts until thoroughly cooked. Cut into small pieces or shred the chicken. Place everything into a crock-pot. *Do not drain the beans or chilies.* Heat on low for 4-5 hours, stirring occasionally.

*Serves 4-6 people.*

## *Zucchini Dessert Bars*

*from Marcie Halain*

### *Base:*

- ◆ 3 cups flour
- ◆ ½ tsp. salt
- ◆ 1 cup oatmeal
- ◆ 2 cups sugar
- ◆ 1 tsp. cinnamon
- ◆ 1½ cups Butter (3 sticks),  
cold, cut into ½" cubes

### *Filling:*

- ◆ 8-10 cups Zucchini, shredded,  
unstrained
- ◆ ⅔ cup lemon juice
- ◆ 1 cup sugar
- ◆ 1 tsp. cinnamon
- ◆ ½ tsp. nutmeg

**Base:** Preheat oven to 375 degrees. Mix together all ingredients except butter. Add butter and mix just until crumbly mixture. Place ½ of mixture into 9x13 baking dish, tap down to compact. Bake 12 minutes.

**Filling:** Put all ingredients in large pan and mix together. Cook 10-12 minutes, stirring occasionally. Filling does NOT need to be totally smooth. Let cool 5 minutes (makes spreading filling easier). Pour over cooked layer. Put remaining crumb mixture on top of filling. *(Jude doesn't use all of crumb mix on top, she covers filling and tosses rest.)*

Bake 40 minutes. Cool before cutting. Can be cut into any size bars.

## *Quick and Delicious Pasta with Sausage*

*from Jan Killick*

- ◆ 18 Italian Sausages (cut in half or thirds)
- ◆ 1 lb. box of Rotini or Penne pasta
- ◆ 4-5 cloves of garlic finely chopped
- ◆ 1 Tbsp. of dried basil
- ◆ 3-4 – 14.5 oz. cans of diced tomatoes (no salt added)
- ◆ 3 cups of fresh spinach (optional)
- ◆ Grated Parmesan or Romano cheese as a topping

Cut sausages into halves or thirds. Fry sausage in skillet and drain on paper towels.

Sauté chopped garlic in skillet. Meanwhile, boil pasta according to package directions; drain pasta. Add sausage, pasta, and 2-3 cans of tomatoes to sautéed garlic. Add basil. (*If you would like your pasta a little juicier, add more tomatoes.*) Let everything simmer in skillet for 20-30 minutes.

About ten minutes before serving add fresh spinach. Mix and cook about 5 more minutes. Top with grated Parmesan or Romano just before serving. *Serves a crowd of 10-12.*



# Fruit Crumble

from Jan Killick

## Filling:

- ◆ 6-7 cups fruit (cut large fruit into bite size pieces)
- ◆ ½ to 1 cup sugar depending on fruit
- ◆ 1-3 tsp. lemon juice to taste
- ◆ 2-4 Tbsp. cornstarch depending on juiciness of fruit
- ◆ ½ tsp. cinnamon
- ◆ ¼ tsp. cloves
- ◆ ¼ tsp. nutmeg
- ◆ A dash of ginger

## Crumble Topping:

- ◆ 1 cup all-purpose white flour
- ◆ ½ cup brown sugar
- ◆ 1 tsp. baking powder
- ◆ ½ tsp. cinnamon
- ◆ ¼ tsp. salt
- ◆ 8 Tbsp. unsalted butter, softened

**Filling:** Heat oven to 375°. Toss the fruit with sugar, lemon juice, cornstarch, and spices. Use more sugar and less lemon when cooking with tart fruits like rhubarb and blackberries, and less sugar but more lemon juice for sweet fruits like peaches and plums. Taste fruit for sweetness. Use more cornstarch with very juicy fruits like plums and less cornstarch with firm fruits like apples.

Pour fruit into buttered baking dish.

**Crumble Topping:** Thoroughly mix the flour, sugar, spices, baking powder, and salt. Break butter into a few large pieces and toss with dry ingredients. Using your fingers, fork, or pastry cutter, work butter into the dry ingredients until large heavy crumbs are formed. Distribute topping over fruit.

Bake crumble for 30-35 minutes until the fruit juices are bubbling around the edge of the dish. Let crumble cool for at least 15 minutes before serving. *Add whipped cream for an extra treat.*

# *Grandma Joy's Peanut Butter Fudge*

*from Cathy Lynskey*

- ◆ 3 cubes unsweetened bakers chocolate
- ◆ 3 cups sugar
- ◆ 1 cube butter
- ◆  $\frac{1}{3}$  cup milk
- ◆  $\frac{1}{4}$  tsp. cream of tarter
- ◆  $\frac{1}{4}$  tsp. vanilla
- ◆ 2 cups creamy or crunchy peanut butter — your choice

In medium sauce pan, combine chocolate, sugar, butter, and milk; cook until they bubble, thicken, and (while stirring) you can see the bottom of the pan. You can also check the candy by dribbling a small amount in a clear glass of water — if the candy hardens, it is done. Turn off the flame.

Add vanilla and stir until the bubbling ends. Add cream of tartar and beat into the fudge mixture. Finally, add peanut butter and beat into the mixture. Pour into a greased pan and allow to cool for 2 hours.

# *Dump Brownies*

*from Susan Hutchens*

- ◈ 2 cups sugar
- ◈ 1<sup>3</sup>/<sub>4</sub> cups flour
- ◈ 1 oil
- ◈ 5 eggs
- ◈ ½ cup cocoa
- ◈ 1 tsp. vanilla
- ◈ ½ tsp. salt
- ◈ 1 cup of extra goodies (see below)

Pour all ingredients into a large bowl and mix well. Dump into greased 9x13 pan. Sprinkle one cup chocolate chips, M&Ms, nuts, etc., on top.

Bake at 350 degrees for 35 minutes. Cool and enjoy!

*(These freeze very well!)*

# Buffalo Chicken Spaghetti Squash

from Amanda Finks

- ◇ 1 medium spaghetti squash
- ◇ 2 tsp. olive oil
- ◇ ½ medium yellow onion, chopped
- ◇ 2 medium celery stalks, sliced
- ◇ 2 large boneless skinless chicken breasts, chopped (about 1 lb.)
- ◇ 1 – 8 oz. can tomato sauce
- ◇ 1 tbsp. brown sugar
- ◇ 1 tbsp. red wine vinegar
- ◇ 2 tbsp. hot sauce
- ◇ ½ tsp. salt
- ◇ ½ tsp. ground black pepper
- ◇ ½ cup mozzarella cheese, shredded

Preheat oven to 375°. Cut the spaghetti squash in half from stem to end. Scoop the seeds and loose strings out from the center of the squash and discard them. Lay the squash cut-side down on a baking sheet sprayed with cooking spray. Roast for 1 hour.

Let the squash rest at room temperature until it is cool enough to handle. Use a fork to scrape the inside of the squash into “spaghetti-like” strands. Leave the empty spaghetti squash shells on the baking sheet and set aside.

In a large skillet over medium-high heat, add the oil, onion, celery, and chicken. Cook until the chicken starts to brown and vegetables become soft (about 6 minutes), stirring occasionally.

Add the tomato sauce, brown sugar, vinegar, hot sauce, salt, and pepper to the skillet. Stir well to combine. Let the mixture cook until the sauce is thickened and the chicken is cooked through, about 8 minutes.

Reduce the heat to medium-low. Add the shredded spaghetti squash to the skillet. Stir well to get the squash coated in the sauce. Let the mixture cook for 2 minutes to heat the squash through. Remove from heat.

Divide the squash/chicken mixture between the 2 empty spaghetti squash shells. Divide the mozzarella between the two squash halves.

Set your broiler to high. Place the stuffed spaghetti squash under the broiler until the cheese is melted and bubbly (about 2-3 minutes).

## *Giebel Sherbet*

*from A. Giebel*

- ◈ Juice from 4 large oranges
- ◈ 1 lemon
- ◈ 1 medium can crushed pineapple
- ◈ 6 eggs, separated
- ◈ 4 cups sugar
- ◈ 1 Tbsp. Vanilla
- ◈ 1 tsp. salt
- ◈ 1 quart cream
- ◈ Milk (see below)

Prepare in 2 gallon ice cream freezer.

Combine fruit and juice in a large bowl with 2 cups sugar. Beat egg yolks with vanilla and 2 cups sugar. Combine with juice mixture. Beat egg whites with salt until stiff. Whip the cream and combine each with fruit and juice mixture.

Rinse out containers with milk. Pour combined mixture into freezer can. Add enough milk to fill can within 1 inch of the top. Use plenty of salt with ice or snow to freeze.

*Old family recipe only made for special occasions when there was plenty of arm power. Family brought recipe from Wisconsin in 1918!*

# *Green Chicken*

*from A. Rossi*

- ◈ 4 chicken breasts
- ◈ 1 jar tomatillo salsa
- ◈ Salt and pepper
- ◈ Oregano
- ◈ Onion Powder
- ◈ 2 cups chicken broth.

Sprinkle chicken with oregano, onion powder, salt and pepper to taste. Layer chicken in a crock pot and cover with the whole jar of salsa and broth.

Cook on high 3 hours or low 6 hours.

*Serve with rice or chips.*

## *Gourmet Potatoes*

*from Barbara Ruel*

- ◈ 6 large potatoes
- ◈ 2 cups shredded cheddar cheese
- ◈  $\frac{1}{4}$  cup butter
- ◈  $1\frac{1}{2}$  cup sour cream
- ◈  $\frac{1}{3}$  cup onion, chopped
- ◈ 1 can cream of chicken soup
- ◈ Salt and pepper

Boil 6 large potatoes in skin. Peel and shred.

Mix other ingredients to make sauce mixture, and combine with shredded potatoes in 9x13 inch pan. Bake at 350 degrees for 45 minutes to 1 hour.

# Chicken Enchiladas

*from Mary Ann Moore*

- ◈ Cooked chicken
- ◈ Sour cream
- ◈ Green chilies
- ◈ Shredded Cheese
- ◈ Cream of Chicken Soup
- ◈ Flour tortillas

*Adjust according to amount desired*

Combine chicken, sour cream, green chilies and cheese. Combine soup, more green chilies and some of the broth. Heat.

Fill tortillas w/chicken mixture and roll. Place in dish. Pour soup mixture over. Add shredded cheese.

Bake at 350 degrees until cheese bubbles. Enjoy!



## *Mushroom and Rice Soup*

*from Jeannie Comcowich*

- ◆ 8 oz. *fresh sliced mushrooms*
- ◆ 1 *medium onion chopped finely*
- ◆ 3 Tbsp. *butter*
- ◆ 4 cups *chicken broth*
- ◆ ½ tsp. *salt and pepper*
- ◆ ½ tsp. *sugar*
- ◆ 3 Tbsp. *rice (can add more)*

In large saucepan melt butter and sauté mushrooms and onions until tender. Stir in salt, pepper, chicken broth. Bring to a boil.

Stir in rice and simmer gently for about 20-30 minutes.

# *Grama's Sugar Cookies*

*from Jenafer Snyder*

- ◈ 1 cup butter
- ◈ 1 cup sugar
- ◈ 1 egg
- ◈ 1 cup flour
- ◈ 1 pinch baking soda
- ◈ 1 pinch salt
- ◈ 1 tsp. vanilla

Mix together. Roll into balls.

Press flat on cookie sheet and bake at 350 degrees for about 8-10 minutes.

*Yum!*

## *Chocolate Coffee Frosting*

*from K.D. Turner*

- ◈ 3 Tbsp. Butter
- ◈ 3 Tbsp. Chocolate
- ◈ 3 Tbsp. Coffee

Mix with powdered sugar to desired consistency.

## *Pink Salad*

*from Elizabeth Thal*

- ◈ 1 box of Raspberry Jello
- ◈ 1 package of Cool Whip
- ◈ 1 can of crushed pineapple
- ◈ 1 can of cubed pineapple
- ◈ 1–2 cans of mandarin oranges

Drain fruit and mix the jello into the fruit. Fold in the Cool Whip!

*Add some extra mandarin oranges on top for some flair!*

## *Savory Stuffed Mushrooms*

*from Nicola Nolan*

- ◈ 36 mushrooms
- ◈ 1 cup of bread crumbs
- ◈ 2 Tbsp. parsley flakes
- ◈ 2 Tbsp. chopped chives
- ◈ 4 eggs lightly beaten
- ◈ Salt and pepper
- ◈ Parmesan cheese (grated)
- ◈ 6 Tbsp. butter.

Clean mushrooms and remove stems. Chop stems and sauté in 4 tablespoons of butter.

In separate bowl, mix all other ingredients together then mix in sautéed stems. Stuff mushroom caps with mixture and place on cookie sheet. Drizzle remaining butter (2 T) over each cap and sprinkle with grated parmesan cheese.

Bake at 300 degrees for 15-20 minutes.

## *Special K Bars*

*from Cindy McKee*

- ◈ 1 cup light corn syrup
- ◈ 1 cup sugar
- ◈ 1 cup peanut butter
- ◈ 7 cups Special K
- ◈ 1 cup chocolate chips
- ◈ 1 cup butterscotch chips
- ◈ ½ cup butter

Melt together corn syrup and sugar. Turn off heat; add peanut butter. Stir in cereal. Dump in greased 9 x 13 pan and press lightly.

Melt together (both types) chips and butter in double-boiler or microwave (30-40 seconds). Spread over bars.

*Allow to cool and enjoy!!*

## *Tollhouse Bars*

*from Beth Peterson*

- ◆ 1 cup butter
- ◆ 1 cup brown sugar
- ◆ ½ cup sugar
- ◆ 2 eggs
- ◆ 2½ cups flour
- ◆ 1 tsp. baking soda
- ◆ ½ tsp. baking powder
- ◆ 1 tsp. vanilla
- ◆ 1 – 12 oz. package of chocolate chips

Cream together butter, brown sugar and sugar. Then add 2 beaten eggs. Stir in flour, baking soda, baking powder and vanilla. Add chocolate chips.

Place dollops of dough on baking sheet and bake at 350 degrees for 20 minutes or until brown.

## *Sausage and Bow Tie Pasta*

*from Heidi McCarthy*

- ◈ 2 Tbsp. Olive Oil
- ◈ 1 lb. Sweet Italian Sausage, casing removed, crushed
- ◈ ½ cup diced onions
- ◈ 3 garlic cloves, minced
- ◈ 1 – 28 oz. can Italian plum tomatoes, drained and chopped
- ◈ 1½ cup whipping cream
- ◈ ½ tsp. salt
- ◈ 12 oz. bowtie pasta
- ◈ 3 Tbsp. minced fresh parsley
- ◈ Parmesan cheese

Heat oil in heavy skillet over medium heat. Add sausage and pepper flakes. Cook until sausage is no longer pink, stirring frequently, about 7 minutes. Add onion and garlic to skillet and cook until onion is tender and sausage is light brown, stirring about 7 minutes. Add tomatoes, cream, salt. Simmer until mixture thickens, about 4 minutes.

Cook pasta in large pot of salted water until just tender, but still firm to bite. Drain.

Combine sauce and pasta. Top with fresh parsley, grated parmesan cheese and serve.