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Taste of Columbia

Columbia College Chicago Cookbook





Taste of Columbia

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Chicago, IL 60605

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Columbia College Chicago

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The proceeds from the sale of this book will be used for
Residence Hall scholarships for deserving students.

The Columbia College Cookbook Committee

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Taste of Columbia

Preface

Students need to eat and sleep before they can study. Columbia College Chicago naturally provides a resource for study, and with the opening of the Residence Center in 1993, the college also provides a place for some of its students to sleep and live. Fulfilling the need to eat, other than the snacks available in the "Underground Café" and the ubiquitous vending machines, remains a challenge.

This book is intended as a first step in addressing that challenge. A small group of concerned staff members have come together to produce this book for both the college community and the general public.

The prime purpose for this book (other than, we hope, making some money for student scholarships) is community participation. Columbia in recent years has made progress in developing a community spirit and breaking down the undefined yet sometimes very real walls that are sometimes created between departments. There are now many interdepartmental learning projects. This cookbook has been compiled in that same community spirit, with recipes submitted by students, alumni, faculty, staff, trustees, and friends in our South Loop neighborhood -- compiled by that community for the use of that community. While the original concept was to assist our residence hall students, we believe that our greater Columbia community will both enjoy and benefit from this publication.

The Cookbook Committee

Special Thanks To:

Daniel E. Betts

Gordon Bieberle

Carlesta Carey

Kristin Fourroux

Jean H. Lightfoot Lee

Darryll Jones

Tamara Sellman

Woodie T. White

for their assistance with this cookbook.

Funding for this project was made available by the:

Student Life Office

and

College Relations and Development

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John B. Duff

John B. Duff

Letter from the President

In 1970, Columbia College Chicago enrolled 700 students and employed 75 faculty members. Today, the college is the fifth largest private college in Illinois, with 8,000 students and 1,128 faculty members. The campus, which once existed in a rented warehouse, now occupies more than one million square feet in ten buildings, and is an anchor of Chicago's South Loop.

One of the College's most significant real estate acquisitions was the 1993 purchase of the former R. R. Donnelley & Sons building at 731 S. Plymouth Court in historic Printer's Row. The building, which is located three blocks from Columbia's main campus, once housed Donnelley's apprentice program. It is now the College's Residence Center for 350 local, out-of-town, and international students in exceptional apartment style living quarters. The Residence Center, which has remained fully occupied since its opening, features spacious suites with full kitchens in exceptional apartment-style living quarters.

This cookbook project grew out of an annual "Taste of Columbia" held for Residence Center students. From that event the idea evolved for a cookbook and communal event which would bring together students, faculty, staff, alumni, trustees, and friends of Columbia College. Area businesses and neighbors have been invited to participate in one way or another in the cookbook publication and/or kick-off festivities.

The benefits of this project are many. In addition to promoting community and encouraging camaraderie, cookbook sales will benefit a Residence Center Scholarship Fund. Such a fund is vitally important, as more and more students face financial adversities which make it difficult for them to complete their education.

The Columbia College community appreciates the efforts of the cookbook committee, and most especially thanks Dr. Rose Gordon, assistant to the dean of students, who devoted limitless energy, knowledge and resourcefulness to the success of this project.

Your purchase of this cookbook supports Columbia College and the Residence Center Scholarship Fund. Thank you and *bon appetit!*

A handwritten signature in black ink that reads "John B. Duff". The signature is written in a cursive, flowing style with a large initial "J" and a stylized "Duff".

John B. Duff

A black and white sketch of a still life. In the foreground, a large, shallow bowl contains a thick, textured substance, possibly a spread or a dip. A hand is visible on the right side of the bowl, holding a small spoon or stick and stirring the contents. To the left of the bowl, there is a box labeled "Butter". A long, dark knife or stick lies diagonally across the foreground, partially overlapping the bowl. The background is dark and textured with heavy cross-hatching. The overall style is expressive and somewhat abstract, with a focus on form and texture.

Appetizers

...and

GRETCHEN'S SPINACH BITES

2 (10oz.) packages frozen chopped spinach	1 (8 oz.) package seasoned stuffing mix
6 eggs, beaten	1 cup grated parmesan cheese
1 teaspoon poultry seasoning	1 1/2 sticks butter or margarine, softened

Makes: 4 to 6 servings

Cook spinach according to package directions. Drain well. Mix all ingredients together in large bowl. Refrigerate, covered, 1 to 2 hours. Preheat oven to 350 degrees. Roll into bite- size balls (1 rounded tablespoons or so each). Bake for 15 to 20 minutes. Can be frozen for future use in airtight freezer bags.

"My neighbor in San Francisco, Gretchen, would whip a bag of these out of her freezer at any opportune time and they would disappear almost as fast as they came out of the oven. Warning: Be sure they cool slightly before serving."

Susan Babyk - Columbia Staff Member

SHRIMP DIP

2 (6 oz.) small cans broken shrimp	16 oz. sour cream
16 oz. seafood cocktail sauce	

Drain shrimp and mash. Add sour cream and sauce. Chill one hour, serve with chips or cut vegetables.

"Served at every Superbowl party!"

Kenneth G. Campbell - Columbia Alumnus

MEATBALLS

1 lb. ground chuck	pinch each of basil leaves, dried oregano
1/2 cup grated parmesan cheese	leaves, and dried parsley
2 eggs	1/4 cup olive oil
2 cloves garlic, minced	salt and pepper to taste
1/2 cup bread crumbs	

Makes: 4 to 6 servings

Mix all together by hand. Shape into balls. Fry in hot olive oil.

Mark Dascoli - Columbia Freshman

SALMON SPREAD IN MOUND

- | | |
|-------------------------------------|----------------------------------|
| 1 (16 oz.) can red salmon | 3 teaspoons minced fresh parsley |
| 1 (8 oz.) package cream cheese | 1/2 cup chopped pecans |
| 1/4 teaspoon liquid smoke seasoning | 1/4 teaspoon salt |
| 1 teaspoon lemon juice | 1 teaspoon horseradish |
| 2 teaspoons grated onion | |

Makes: 3 cups

Mash first 7 ingredients thoroughly. Mold in bowl and chill overnight. Remove Salmon from mold. Combine pecans and parsley and spread on salmon mixture. Chill again. Serve with a variety of crackers (not cheese).

"Received recipe from friend 35 years ago. Very nice for a party."

Barbara Atkinson - Columbia Friend

HOT BEEF AND MUSHROOM DIP

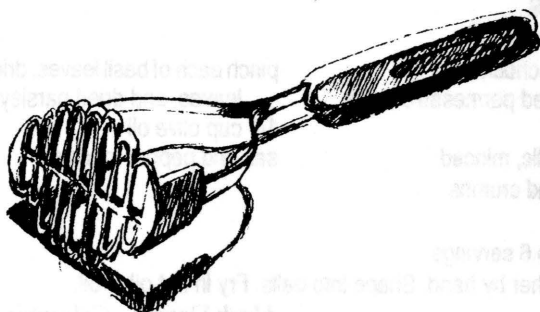
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|--------------------------------|-------------------------------------|
| 1/4 cup chopped onion | 2 tablespoons chopped fresh parsley |
| 1 Tablespoon margarine | 1/8 cup chopped pimento (optional) |
| 1/4 cup milk | variety of crackers |
| 1 (8 oz.) package cream cheese | toasted rye breadrounds |
| 1 (3 oz.) can sliced mushrooms | |

Makes: 2 cups

Cook onion in margarine until tender. Stir in milk and cream cheese, cut up. Mix till blended. Add remaining ingredients except crackers and bread. Serve hot in chafing dish. Use on crackers and bread. Needs spoon for serving.

"We've used this at parties for 35 years. Got it from a friend."

Barbara Atkinson - Columbia Friend



STRAWBERRY APPLE LEMONADE

1 1/2 quarts organic apple juice 1 cup sliced strawberries
1 1/2 cups fresh lemon juice (from about 6 lemons)

Makes: 8 servings

Slice strawberries, squeeze lemons and combine with organic apple juice. Serve in a punch bowl or a pitcher.

"A friend passed this recipe on to me sometime ago. It is the most refreshing lemonade I have ever tasted and it's so easy to make."

Katherine Broughton - Columbia Alumna

TUNA ROLL-UPS

1 (6 to 8 oz.) can tuna fish, drained	1 tablespoons chopped cilantro or
1 tablespoon raisins	fresh parsley
1/2 cup mayonnaise	salt and pepper to taste
1 tablespoon creamy horseradish	4 large flour tortillas
1/2 apple, chopped	cream cheese

Makes: 4 servings

Mix first 7 ingredients. Spread each tortilla with cream cheese; spoon 1/4 mixture to edge of tortilla and roll to close. Serve at room temperature.

"Made these with both tuna and leftover chicken. Sliced tortillas after rolling and served as appetizer. Just added ingredients to suit taste. You can also add chopped nuts, sunflower seeds, celery, green peppers, etc."

Jacqueline Sabath - Columbia Friend

PITA TOASTIES

8 pita breads 1 stick butter
2 cups grated parmesan cheese

Makes: Number of servings varies.

Preheat oven to 400 degrees. Separate the two round sides of each pita. Divide into 5 or 6 triangular pieces (3 of each half). Butter lightly. Sprinkle cheese on top; arrange on baking sheet. Bake 15 minutes.

"This quick, easy, tasty cocktail snack was a favorite of my favorite cousin, Sue."

Joanne Alter - Columbia Friend

CALIFORNIA CRISTO

1 loaf french bread, sliced
olive oil

2 ripe tomatoes, seeded
and chopped

1/2 cup grated asiago cheese

1 clove garlic, minced

2 teaspoons fresh basil chopped

12 kalamato olives, pitted and chopped

Makes: 2 to 3 dozen appetizers

Slice french bread, brush lightly with oil and toast under broiler. Mix remaining ingredients. Consistency should be choppy so you can tell what's in it, but small enough to get a bit of every kind onto a teaspoon. Spoon onto untoasted side of french bread. Leave some pieces at room temperature or broil a few minutes until bubbly. Enjoy.

"Needed something fresh, summery, and American to serve to some friends visiting from France. A friend gave me this recipe. I had it at their house."

Barbara Talisman - Columbia Friend

TACO DIP

1 can refried beans

1 package dry taco seasoning mix

3 cans frozen guacamole

1 (8 oz.) package shredded cheddar

5 green onions, thinly sliced

3 tomatoes, chopped

round tortilla chips

Makes: 8 to 10 servings

Layer first 6 ingredients in order given. Chill overnight. Serve with chips and perhaps small spoons or forks. Nice to use a glass bowl.

"Can use layer of sliced black olives, sour cream, or any ingredients you like in place of or in addition to any of these. Great for picnics and crowds."

Ethel Gofen - Columbia Friend

MCCALL'S MEATBALLS

1 lb. Italian sausage
3 eggs

1 lb. ground beef
2 cups Italian bread crumbs

Makes: 8 to 10 servings

Preheat oven to 375 degrees. Combine all ingredients; shape into balls. Arrange in greased 9x13 - inch baking pan. Cover with foil; bake 45 minutes. Remove foil; bake an additional 15 minutes.

"The McCall's came over on a boat to America and the first meal they had was McCall's Meatballs. It has been passed down from generation to generation, and now the rest of world will be able to eat the meatballs with a history."

Scott McCall - Columbia Junior

MEXICAN LASAGNA ROLL-UPS

3 cups salsa
1 lb. ground beef
1 (1 1/4 oz.) package dry
taco seasoning mix

1 cup sour cream (optional)
black olives, sliced (optional)
2 to 3 green onions, sliced (optional)

8 lasagna noodles, cooked
1 (4 oz.) cup shredded Monterey Jack cheese

Makes: 4 servings

Preheat oven to 350 degrees. Spread 1 cup salsa in the bottom of 9x13-inch baking pan. Set aside. Brown ground beef; drain any liquid. Stir in taco seasoning and 1 cup salsa. Cut each noodle in half, spread each one with 2 tablespoons beef mixture and roll up. Place in baking dish and pour remaining salsa on top. Sprinkle with cheese. Cover loosely with foil. Bake for 22 to 25 minutes. Serve with sour cream, olives, onions as toppings (optional).

Jeanie Cacciato - Columbia Alumna

CUCUMBER-CHEESE FILLING

1 (16 oz.) tub fat-free cottage cheese	juice of 1 lemon
3 green onions, sliced	pepper to taste
1 medium cucumber, cubed	ground cumin to taste

Makes: 4 servings

Put cottage cheese in strainer. Add all ingredients; let strain till drippings slow; scoop into pita, on tortillas, or eat as salad.

"Used to drip all over the table eating in the Hokin."

Dana Neville - Columbia Alumna

LONG FILETS FLORENTINE

12 filets of sole	2 cups cooked spinach
1 cup milk	1 clove garlic, minced
2 tablespoons flour	1/2 cup grated gouda cheese
prepared breadcrumbs	2 1/2 tablespoons butter
dash of basil, rosemary, and dill	

Makes: 6 appetizers

Preheat oven to 350 degrees. Make cream sauce by blending milk and flour, adding additional flour if necessary. Set aside. Blend bread crumbs, salt and herbs; gently dust filets. Saute filets quickly on both sides in butter to seal. Place filets in large casserole dish on top of spinach mixed with garlic. Pour cream sauce over mixture; top with grated cheese. Bake 25 to 30 minutes.

Note: One 10 oz. frozen chopped spinach or one 10 oz. frozen whole leaf spinach may be substituted for the 2 cups of cooked spinach. This dish can be prepared one day in advance and refrigerated. If to be stored, increase cooking time by 10 minutes.

"This is an adaptation done by Countess Van Lindburg Stirum of a recipe belonging to a gifted hostess and author of The Art of Dutch Cooking."

Alicia Wilson Kimball - Columbia Friend

EASY FOCACCIA WITH ONIONS

1 cup warm water	3 cups unbleached bread flour
1 package active dry yeast	1 large onion, peeled, sliced and cooked (lightly sauteed)
1 tablespoon sugar	1 1/2 teaspoons salt
3 tablespoons olive oil	

Makes: 6 to 8 servings

Dissolve yeast and sugar in warm water. Add oil, salt and half the flour; beat to form smooth batter. Gradually add remaining flour to form a slightly sticky dough. Knead on floured surface for 2 to 3 minutes. Place in oiled bowl and let rise for an hour or so. Pinch down, spread out flat on oiled baking sheet or pizza pan. Let rise again. Preheat oven to 375 degrees. Make little dimples in top of dough by poking with your fingers. Spread cooked onions over top, and sprinkle with some more olive oil. Bake 30 minutes. Cut into small squares and serve warm. You can also make this dough in a bread machine that has a dough setting, then shape and bake manually.

"Focaccia (Italian flatbread) is similar to, but older and simpler than the more familiar Sicilian pizza."

Gary Phillips - Columbia Staff Member

CANDY'S BANANA BREAD

2 ripe bananas	1/2 cup soft or melted shortening
2 eggs	1/4 cup milk
1 teaspoon vanilla	1/4 teaspoon salt
1/2 teaspoon baking powder	3/4 teaspoon baking soda
2 cups flour	1 cup sugar

Makes: 1 loaf

Preheat oven to 350 degrees. Combine all in processor; mix. Pour mixture into 9x9-inch square or bread loaf pan. Bake about 30 to 45 minutes. Optional: sprinkle with powdered sugar or spread with cream cheese frosting.

"This recipe was given to me by my bridesmaid, Candy Wagner, over 25 years ago. It's a good way to use ripe bananas, and it freezes and travels well. I mail it to my son Ben, a former Columbia College student, now at ISU, who shares it with his dorm mates. They have suggested I market this product, and perhaps become the Mrs. Fields of banana bread. The easiest way to make it is using a food processor."

RoseAnna Mueller - Columbia Faculty Member

FRIED GRITS

1 package grits	syrup
1/4 cup flour	butter
1/2 cup lard or oil	

Makes: 4 servings

Prepare big kettle of grits, as package directs. Eat some. Pour into dish with 2 inch sides. Refrigerate overnight. Slice into strips 1/2 inch thick. Toss in flour, gently. Fry in lard or oil until crispy and light brown. Oil should be dangerously hot, but not smoking. Remove from pan carefully.

Serve with butter and syrup.

"I always had grits for my birthday dinner and fried grits the next morning. My brother had lobster for his birthday. The next morning he didn't get didley."

Scott Fosdick - Columbia Faculty Member

PANETTONE

1/2 cup golden raisins	4 eggs plus 1 egg yolk
1/2 cup dark raisins	1/2 teaspoon anise seeds
2 tablespoons brandy	1 grated rind of lemon
2 envelopes active dry yeast	1/2 cup pine nuts
1/2 cup warm water	1/4 cup melted butter
1/4 cup sugar	1/2 teaspoon salt
2 1/2 cups plus 2 tablespoons flour	

Makes: 8 to 10 servings

Combine 1/2 cup each golden and dark raisins and soak in 2 tablespoons of brandy. Dissolve 2 envelopes active dry yeast in 1/2 cup warm water. In food processor or in a bowl combine: sugar, flour, eggs, yolk, anise seeds, pine nuts, 1/4 cup melted butter, and salt. Let dough rise in warm place until it is doubled. Drain raisins and add to dough. Place dough in greased coffee can(s) and let rise once more. Preheat oven to 350 degrees. Bake 35 to 40 minutes if using large can, or 20 to 30 minutes if using smaller cans.

"This is a traditional Italian bread. It is made for special occasions, especially at Easter, Christmas, and for St. Joseph's Day, March 19. The best way to bake it is in either 1 two-pound greased coffee can, or 2 one-pound greased coffee cans. I suppose you can use a spring form round or angel food pan, but it won't have the traditional shape."

RoseAnna Mueller - Columbia Faculty Member

KITTY QUINN'S BROWN BREAD

2 1/2 cups browned flour	2 teaspoons salt
3/4 cup white all-purpose flour	2 teaspoons baking soda
3/4 cup rolled oats	1/2 cup buttermilk
1 handful of millers bran	sesame seed (optional)

Makes: 1 loaf

Preheat oven to 450 degrees. Mix together all dry ingredients except sesame seed. Add buttermilk. Mix well (with either dough hook in mixer or processor). Grease loaf pan well - preheat pan in hot oven 10 minutes. Put dough into hot pan, sprinkle sesame seeds on top.

Bake for 40 to 45 minutes.

"When traveling in Ireland, I was given this recipe by a friend of Kitty Quinn's and I have been carrying on the tradition of baking it here in Chicago for all my Irish friends."

Michele Mach - Columbia Alumna

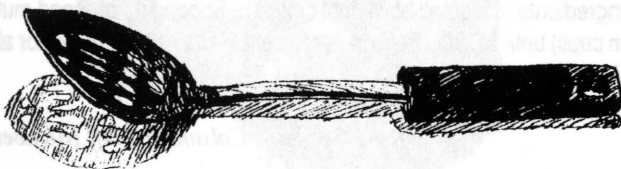
BOSTON BROWN BREAD

1 cup rye flour	1 cup corn meal
1 cup whole wheat flour	4 tsp. baking powder
1/2 tsp. baking soda	1 tsp. salt
3/4 cup molasses	1 3/4 cup milk
1 cup nuts (optional)	1 cup raisins (optional)

Mix dry ingredients together. Add molasses and milk and blend well. Add nuts and raisins if using. Fill well greased molds 2/3 full. (Use large coffee cans or bread pans.) Cover tightly with aluminum foil. Bake in 375 degree oven for 40-45 minutes, or until bread pulls away from sides of mold and cake tester comes out clean.

"This is an ideal starter recipe for those who've never made bread before."

Michael Jackson - Columbia Staff Member



WINDHAM COUNTY HOTEL BANANA BREAD

3 very ripe bananas	1 teaspoon baking soda
3/4 cup brown or granulated sugar	1 tablespoon water
pinch of salt	2 cups flour
1 egg, beaten	2 teaspoons total of ground spices, your choice:
1/4 cup butter	nutmeg, cinnamon, cardamon, anise, and/or cloves, (optional)

Makes: 1 loaf

Preheat oven to 350 degrees. Mash bananas. Blend in sugar, salt and beaten egg. Melt butter and stir into banana mixture. In a small cup, dissolve baking soda in water; add with sifted flour to banana mixture. Lightly mix and pour into loaf pan. Bake 45 minutes.

"This is a recipe that comes from a favorite book of mine that was published in 1950 by the Ford Motor Company. The small recipe book (long out of print) is a collection of recipes from popular restaurants around the country and it served as a guide for the traveling motorist. This particular recipe hails from the former town jail-turned-hotel of the same name in Newfane, Vermont. I added my own favorite optional ingredients. Banana bread is nothing new, nor is it anything to be snubbed. It can be altered in any number of ways. It can be frozen for later; slices can be thawed in a microwave or toaster oven in a minute and it's extremely portable (i.e. one can eat it en route to class). Besides, I know I never finish my bananas before they look too brown to be appetizing..."

Elizabeth Conant - Columbia Alumna

SAVANNAH BISCUITS

1 cup self-rising flour	3 tablespoons margarine
1/2 cup milk	

Makes: 8-10 biscuits

Mix all ingredients in a small bowl until smooth. Spoon into greased muffin pan (medium cups) until 1/2 full. Bake in oven preheated to 400 degrees for about 10 to 12 minutes.

"This is great for breakfast with Georgia Cane Syrup."

Rose Gordon - Columbia Staff Member

ANN SATHER'S FAMOUS CINNAMON ROLLS

1 (1/4 oz.) envelope active dry yeast	salt
1 teaspoon granulated sugar	1 1/2 to 3 cups all-purpose flour
1/4 cup warm water	1/4 cup butter, room temperature
1 cup milk, scalded, cooled	1/2 cup brown sugar
1/4 cup butter, melted	1 tablespoon ground cinnamon
1/3 cup granulated sugar	Powdered Sugar Glaze, if desired

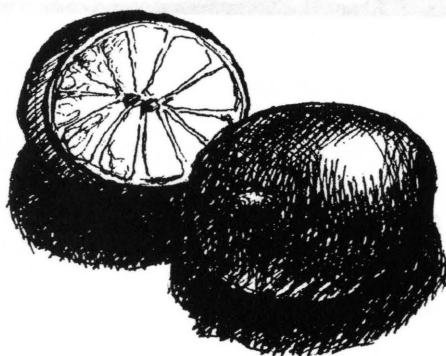
Makes: 18 cinnamon rolls

Preheat oven to 350 degrees. In a large bowl, stir the yeast and 1 teaspoon of sugar into the warm water and let it stand for 5 minutes to soften. Stir in milk, melted butter, 1/3 cup sugar, salt and 1 cup of flour. Beat all of this with a spoon or an electric mixer until smooth. Gradually stir in 1 1/2 cups of flour, keeping the dough smooth. If the dough is still moist, stir in 1 tablespoon of flour at a time to make soft dough. Cover with a dry cloth and let it rise in a warm place until it is doubled in bulk, about 1 hour. Divide the raised dough in half. On a lightly oiled board, roll out (with a lightly floured rolling pin) and stretch 1 piece of dough to make 12 x 8-inch rectangle. Spread 2 tablespoons of the soft butter over the top of the dough. Sprinkle with brown sugar and cinnamon. Beginning on the long side roll up tightly, jelly-roll fashion. Repeat with the remaining dough. Cut the dough into 2-inch slices. Place on floured and greased baking sheets. Let the dough rise until doubled in bulk, about 45 minutes.

Bake 12 to 15 minutes or until golden brown. Take the cinnamon rolls on the baking sheets out of the oven and place them to cool on a wire rack. Top the rolls with Powdered Sugar Glaze immediately, if desired, and cool or serve warm, as you like.

"It's really much easier to buy these at our restaurant."

Ann Sather's Restaurant





Main Dishes

AMERICAN-KENYAN LASAGNA

6 lasagna noodles	1 lb. ground beef
2 (8 oz.) cans of tomato sauce	Italian seasoning (to taste)
1 onion, sliced	1 package sliced mozzarella cheese

Makes: 8 servings

Preheat oven to 350 degrees. Boil lasagna noodles on stovetop following package directions; drain and set aside. Brown ground beef in skillet; remove excess fat. Add tomato sauce. Add Italian seasoning to taste. If desired, add sliced onion. In baking pan, layer 2 noodles, 1/3 of the sauce mixture, and 1/3 of the cheese. Repeat layers twice. Bake 30 minutes.

"American-Kenyan Lasagna, originally from Italy was slightly transformed by an Irish-American student into an Italian-Irish-American Lasagna by adding an onion. By learning how to cook it, I transformed this Italian-Irish-American Lasagna into a Kenyan Lasagna by replacing pork with beef. The result was American-Kenyan Lasagna."

Symon Ogeto - Columbia Alumnus

TORTELLINI WITH PESTO CREAM SAUCE

3 tablespoons butter	1 lb. tortellini
1 cup sliced mushrooms	1/2 cup freshly grated parmesan cheese
2 to 3 cloves minced garlic	1/4 cup chopped fresh basil or 2 tea-
1/3 cup toasted pine nuts	spoons dried
2 1/2 cups spinach leaves	basil leaves, crushed
1 cup whipping cream	

Makes: 4 servings

Melt butter in heavy skillet over medium heat. Add mushrooms and garlic; saute until mushrooms are tender, about 5 minutes. Add spinach and cook until wilted. Add cream and tomatoes; boil until thickened to sauce consistency, stirring occasionally, about 6 minutes. Meanwhile, cook pasta until tender but firm. Drain. Add pasta, parmesan to sauce in skillet; stir over medium heat until heated through. Season to taste with salt and pepper. Mix in basil and toasted pine-nuts. Serve.

"A decadent and flavorful dish my fiance and I enjoy on romantic evenings."

Fiora Carla Caputo - Columbia Alumna

VEGGIE STIR-FRY

1 tablespoon oil
2 to 3 zucchini, sliced
6 to 8 fresh mushrooms, sliced
1/2 onion, diced

1/3 cup water
soy sauce
2 cups cooked rice
1 to 2 cloves garlic, chopped

Makes: 2 servings

Heat oil over medium high in skillet; add vegetables and cook 3 to 5 minutes. Add water and cover to steam vegetables. Season to taste with soy sauce. Serve over rice.

Erica King - Columbia Sophomore

HOMEMADE PIZZA

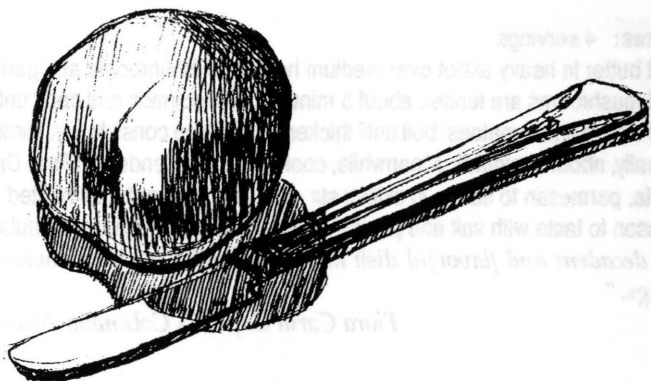
1/2 lb. Italian sausage
1 (8 oz.) can tomato sauce
1 (8 oz.) package shredded mozzarella cheese
additional toppings as desired

1 package pizza crust mix
Italian seasoning to taste

Makes: 1 pizza (2 to 4 servings)

Preheat oven to 500 degrees. Brown sausage in frying pan; drain fat. Prepare pizza crust as package directs. Spread dough onto greased pan or cookie sheet; cover with tomato sauce and seasoning. Add sausage, cheese, and other desired toppings. Bake 10 minutes.

James O'Neill - Columbia Junior



SWEET AND SOUR RUSSIAN SOUP

3 to 4 green onions, chopped
1 teaspoon olive oil
1 lb. beef rib tips or short ribs
1 beef hock (oxtail), optional
1/2 cup red wine
1 gallon of water
1 large beef bouillon cube
1 to 2 tablespoons hot water

1 (14.5 oz.) can tomato puree
salt and pepper to taste
1 1/2 heads of cabbage, sliced
1 cup cider vinegar
2 bay leaves
1/2 cup honey
1/2 cup brown sugar
1 (6 oz.) can tomato paste

Makes: 8 to 10 servings

Saute green onions in olive oil in large pot. Add ribs and beef hock; brown. Add enough wine to deglaze the pot, then the gallon of water. Dissolve bouillon cube into hot water, then add to pot. Increase heat; add tomato paste, tomato puree, salt, pepper, cabbage, vinegar, bay leaves, honey, and brown sugar; bring to boil. Simmer on medium high 3 hours, skimming solids and fat from surface as necessary. Adjust seasonings before serving.

"This is a great soup to make on Sunday; you can let it simmer all day while doing homework and keep it in the fridge all week and heat as you need it."

Fiora Carla Caputo - Columbia Alumna

TREETOP HASH

2 apples, cooked, sliced
1 teaspoon ground cinnamon
dash of dry, ground ginger
3 tablespoons water

4 boneless pork or veal chops
1 1/2 teaspoons sugar
pinch of dried parsley

Makes: 2 servings

Mix all ingredients, except chops. In skillet, fry chops, flipping once - adding 1/2 tablespoon of marinade to each. Marinate other half with juice from casserole. Once cooked, put in casserole and lower temperature to 350 degrees. Cook at 450 degrees.

Shannon Vance - Columbia Freshman

ZESTY ZUCCHINI BOATS

- 5 zucchini
- 1 lb. ground beef
- 1/2 cup chopped celery
- 1 (8 oz.) can mushrooms (stems & pieces), drained
- 2 cups prepared spaghetti sauce
- 10 cheese slices, cut into strips

Makes: 8 to 10 servings

Preheat oven to 350 degrees. Cut zucchini in half lengthwise. Scoop out seeds and some pulp from each to form boats; set aside. Brown ground beef; drain. Stir in celery and mushrooms. Spoon filling into zucchini boats. Arrange boats in shallow baking pan. Pour spaghetti sauce over each boat. Decorate zucchini boats with cheese slices. Bake 35 minutes or until zucchini is tender.

"Created on the boundary waters of Northern Minnesota during a canoe trip; can be prepared in a portable oven using aluminum foil, shiny side inside."

Erik Bing - Columbia Alumnus

REAL COOL CHILI

- | | |
|---|--|
| 2 lbs. ground beef | 1 small bottle steak sauce |
| 2 green peppers | 2 (23 oz.) large cans crushed tomatoes |
| 2 red peppers, chopped | 1 (16 oz.) large jar meat-flavored spaghetti sauce |
| 1 white onion, chopped | |
| 2 (14.5 oz.) cans dark red kidney beans | |
| 3 to 4 tablespoons each: | |
| chili powder | |
| minced dried onion | |
| minced dried garlic | |
| dried basil | |
| dried oregano | |

Makes: 10 to 12 servings

In large pot, brown ground beef. Drain. Add peppers and onion to beef; simmer. Add seasonings and steak sauce. Stir in crushed tomatoes, spaghetti sauce and beans. Simmer at least 30 minutes before serving.

Cameron Riggs - Columbia Student

STUFFED ITALIAN CHICKEN DINNER

2 whole chicken breasts
can mushrooms
Italian dressing
lemons
seasoned salt
black pepper

broccoli
American cheese
flour
vegetable
garlic powder
garlic bread

Makes: 4 servings

Season chicken breast with seasoned salt, garlic powder and black pepper. Cut each chicken breast in half; (wrap of mushrooms inside each halved breast). Dip chicken in flour and place in a skillet with hot vegetable oil. Cook until done. Remove from skillet and pour Italian dressing over chicken. Cut lemons and squeeze over chicken. Cook broccoli in water about 25 minutes. When done place American cheese over the broccoli. Serve with heated garlic bread.

"I was bored of cooking chicken the same way, so I experimented; to my surprise this dish tasted delicious."

LaShaunessye Williams - Columbia Alumna

MEATLOAF

2 lbs. ground beef
2 slices of bread, shredded into
crumbs
1/2 cup milk

1/4 cup chopped onion
bar-b-que sauce
1 egg

Makes: 3 to 6 servings

Preheat oven to 350 degrees. In a large bowl, combine beef, onion, bread crumbs, egg, and milk. Mix thoroughly; shape into loaf and place in loaf pan. Pour bar-b-que sauce over the top; bake 1 hour.

"Mother's recipe."

James O'Neill - Columbia Junior

WHAT'S IN SOZE'S SPAGHETTI?

- 1 lb. ground beef
- 1 can diced peeled tomatoes
- 2 cans cheddar cheese soup
- 1 tablespoon dried sweet basil, crushed
- 1 tablespoon garlic powder
- 1 box spaghetti, cooked as package directs

Makes: 10 to 12 servings

Brown beef on medium high. Drain fat. Add tomatoes, cheddar cheese soup, and seasonings. Stir in hot cooked spaghetti; serve hot.

"This recipe got its name from my roommates and me. It's a favorite in our household, as I am sure it will be in yours."

Chris Trokey - Columbia Freshman

CHICKEN AND RICE

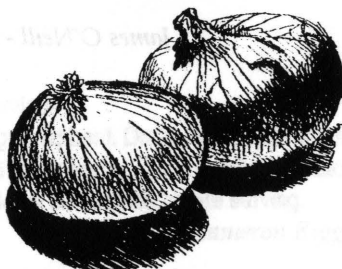
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|----------------------------------|---------------------------|
| 3 cans cream of chicken soup | seasoning salt |
| 3 cans cream of celery soup | 1/2 stick butter |
| 3 cans cream of mushroom soup | 1 jar of sliced mushrooms |
| 4 bags prepared boil-in-bag rice | 16 chicken wings |

Makes: 8 servings

Preheat oven to 350 degrees. Stir together soups, sliced mushrooms, and rice until mixed. Pour into casserole dish. Season chicken with seasoning salt; arrange wings on top of rice mixture. Put a pat of butter on top of each piece of chicken. Bake for 45 minutes.

"A recipe my grandma used to make."

Yolanda Mondy - Columbia Freshman



- o taste

; season with salt and
e and arrange carrots,
foil; turn over and wrap
es are soft and beef is

nd the campfire."

Columbia Alumna

es and arrange in bot-
soup and milk together,
package directs. Spread

visit my Grandma."

visit my Grandma."
Columbia Alumnus

CHILI BEAN TACO

chili hot beans	hot sauce or peppers
soft taco shells	Monterray Jack cheese, shredded
various vegetables:	
tomato, lettuce, cooked potato cubes,	
alfalfa sprouts, cucumber, etc.	

Makes: serving vary

To save money, get a big can of hot beans, spice it up and cook until hot in microwave oven. If a stove is available, heat up soft taco shell on burner; if no oven, microwave. Pour beans onto shell and add cheese. Heat up enough to melt cheese. Add vegetables selected. Enjoy!

"It only takes five minutes to prepare, once you get good at it. 10 to 15 minutes for the rookies!"

Christopher O'Connor - Columbia Alumnus

RICE DRESSING WITH BABY BACK RIBS & SAUCE

5 to 10 pork, beef, or deer meat ribs	brown rice, cooked
herbal bread crumbs	5 green onions, diced
1/2 pound butter, melted	pinch of garlic
pinch of salt	1/2 teaspoon seasoned salt
1/2 black or red pepper	3/4 c water in pot
3 eggs	12 oz. toasted wheat bread

Makes: 5 servings

Meat preparation the night before: rinse meat on paper towel roll dry. Season cutting board with 1/2 tsp salt, all seasons salt, pepper. Roll meat onto table, then clean table off and season with pepper. Let meat stand in foil over night. Preheat oven to 340 degrees. Mix cooked rice with herbal bread crumbs, eggs, butter, water, seasonings, and diced onions. Let stand. Boil meat in pot for 10 minutes. Cook dish 45 minutes to 60 minutes all together.

"This dish is a combination of Blackfoot Indian and Black American. The black influence was introduce in the 1900s. This dish was prepared in southeastern United States."

Angela M. Matthews - Columbia Alumna

CHICKEN CASSEROLE

- 1 stick margarine, melted
- 1 (8 oz.) package cornbread stuffing
- 1 can cream of mushroom soup
- 2 cans chicken broth
- 1 whole chicken, cooked, skin and bones removed
- 1 (14.5 oz.) can cream of chicken soup

Makes: 6 to 8 servings

Preheat oven to 350 degrees. Mix melted margarine with stuffing. In a 13x9-inch dish, put a layer of stuffing then a layer of chicken. Mix mushroom soup with one can of broth; pour over stuffing first layer. Put another layer of stuffing, then chicken. Mix chicken soup with one can of broth; pour over second layer. Sprinkle remaining over top of mixture.

Bake 45 minutes to 1 hour.

"Mother's creation."

Patrick McConville - Columbia Alumnus

GINGER-CHICKEN GRILL

- 3 cloves garlic, minced
- 1 teaspoon minced gingerroot
- 1/3 cup soy sauce
- 2 boneless whole chicken breasts
- 2 large green peppers, seeded and sliced into wide strips
- 4 to 8 large flour tortillas

Makes: 2 to 4 servings

In large plastic food bag, combine garlic, ginger, and soy sauce. Add chicken and peppers; seal and marinate 2 hours in refrigerator. Prepare hot coals, or preheat gas grill. Remove chicken and peppers from marinade; discard marinade. Arrange chicken and peppers on grill. Cook 2 minutes; turn chicken, close grill, and cook 2 minutes more. Heat tortillas on grill at last minute, or preheat if desired, in microwave for 20 seconds on HIGH.

Deborah Kramer - Columbia Alumna

CHICKEN ANAIS

2 boneless whole chicken breasts
1/2 stick margarine
1 small onion, chopped
2 cloves garlic, minced
3/4 to 1 cup mushrooms, sliced
3/4 can tomato paste
curry powder, to taste

1 pinch of dried oregano leaves
1 pinch of dried sage leaves
salt and pepper to taste
1/2 cup chicken broth
1/4 to 1/2 cup uncooked couscous
1/4 to 1/2 cup milk or cream
hot cooked pasta

Makes: 2 to 4 servings

Brown chicken in melted margarine until slightly browned. Remove from pan; set aside. Cook onion, garlic, and mushrooms in a separate saucepan at least 3 minutes. Add tomato paste and spices; stir. Add broth and couscous; stir. Add milk, a little at a time. Add chicken; cook at least 5 minutes or until sauce is thickened. Serve over pasta.

"This thick stew must be cooked with passion. It helps if you're really hungry. Don't be afraid to experiment with the spices. This is the result of reading Anais Nin for two weeks straight, then inviting 'him' over for dinner, and realizing the fridge had only leftovers...we're married now."

Lina Dukavicius - Columbia Alumna

TIMBALO

2 lbs. ground beef
20 frozen crepes
salt and pepper to taste
1 (36 oz.) jar spaghetti sauce

12 oz. frozen petite peas, thawed,
drained
12 oz. shredded mozzarella
garlic powder to taste

Makes: 8 servings

Preheat oven to 350 degrees. Brown ground beef; season with salt, pepper, and garlic. Layer as follows in a saucepan: sauce, crepes, beef, peas, mozzarella. Repeat. Top with final layer of crepes and sauce. Cover; bake 45 minutes. Let stand 15 minutes before serving.

"This recipe is Italian lasagna with a French influence. I have friends who originate from Italy and who have relatives living in France. During a visit to Italy, my girlfriend taught me this family recipe."

Pamela Roberts Roble - Columbia Alumna

CASHEW CHICKEN

2 egg whites, slightly beaten	1/2 cup cashews
1/2 cup cornstarch	1/4 cup soy sauce
1 1/2 pounds chicken breast pieces	1 cup chicken stock
6 tablespoons oil	1 tablespoon cornstarch
2 slices minced gingerroot	1 (16 oz.) can bean sprouts, drained
3 tablespoons white wine	1 (6 oz.) can water chestnuts, drained
2 teaspoons sugar	hot cooked rice

Makes: 6 servings

Place egg whites in bowl. Place 1/2 cup cornstarch in another bowl. Dip chicken in egg whites, then dust with cornstarch. In skillet, heat oil, then add ginger and chicken pieces. Stir until the chicken is browned, then stir in wine, sugar, cashews, and soy sauce. Stir well. In small cup, combine stock with 1 tablespoon cornstarch; pour over chicken. Reduce heat; add bean sprouts and water chestnuts. Cover; simmer about 10 minutes. Serve with rice.

"We found this recipe a few years back while on vacation in Florida. We have adjusted it slightly to accommodate our individual tastes."

Joseph R. Cassady III - Columbia Alumnus

MARY ANN'S FAMOUS CHIC-CHILI

6 boneless whole chicken breasts, cubed	1 1/2 cup water
3 onions, chopped	2/3 cup sherry
2 tablespoons minced garlic	2 tablespoons chili powder
1 (6 oz.) bottle chili sauce	3 green peppers, chopped
2 jalapeno chilies, minced	3 tomatoes, chopped
3 cans dark red kidney beans	1 teaspoon vegetable oil
1 1/2 teaspoons ground cumin	hot cooked elbow macaroni

Makes: 20 servings

Cook chicken in large saucepan over medium heat until chicken turns white; set aside. Heat vegetable oil in saucepan; cook garlic and onion until just softened. Combine remaining ingredients except macaroni. Bring to a low boil; add chicken. Cover; simmer, stirring occasionally, for 3 hours. Serve over elbow macaroni.

"This recipe was first created for a meal before girl's night out! It's great over noodles and served with cornbread too!"

Mary Ann Rohn - Columbia Alumna

TURKEY CHILI

- | | |
|--|---------------------------------|
| 1 large bell pepper,
seeded and chopped | 1 (16 oz.) can tomato sauce |
| 1 medium yellow onion, chopped | 1 (16 oz.) can chopped tomatoes |
| 2 medium carrots, peeled and
diced | 3 cans red kidney beans |
| 2 tablespoons extra virgin olive oil | 1 envelope chili seasoning |
| 1 lb. ground turkey | 1/2 teaspoon chili powder |
| 1/2 teaspoon each salt and pepper | dash of ground red pepper |
| | 2 cloves fresh garlic minced |

Makes: 4 servings

In flame-proof dutch oven, saute bell pepper, onion, and carrot in 1 tablespoon olive oil. When tender but still crisp, remove with slotted spoon to plate. Add remaining oil and brown ground turkey; salt and pepper meat. Return sauted vegetables. Add tomato sauce, tomatoes, beans, water, seasonings and garlic. Add extra chili powder and cayenne to taste. Bring mixture to low boil uncovered stirring constantly. Reduce heat to low simmer, cover, simmer 10-20 minutes. Serve, or refrigerate to reheat and serve later.

"Concoction created to reduce cholesterol and calories of conventional chili, as well as to reduce simmering time."

Gordon Bierberle - Columbia Staff Member



STUFFED MEATLOAF

2 lbs. ground beef or turkey	1 lb. ricotta cheese
1 (1.5 oz.) package onion soup mix	1 cup shredded mozzarella cheese
1 large egg	1/4 cup grated romano cheese
1/2 cup Italian bread crumbs	gravy or Italian tomato sauce

Makes: 2 to 4 servings

Preheat oven to 350 degrees. Combine beef, soup mix, egg, and bread crumbs in large bowl. Press half of mixture on bottom and up sides of meatloaf pan. In large bowl, combine cheeses. Fill meat-lined pan with cheese mixture; cover with remaining meat mixture so that no cheese is visible. Pat top.

Bake for 1 hour. Check regularly for and drain any fat from pan. Serve with gravy or tomato sauce.

"My mother made this when I was a child, but this is actually the first time the recipe has been put to paper. My husband loves this meatloaf because he never really knows how much cheese will be inside — I vary it depending on what is in the house. I might use provolone and parmesan in addition to the other cheeses. I dedicate this recipe to my mother, Diana Elwart Orvino.

Valerie A. Orvino Lorusso - Columbia Alumna

SWEET CORN PIZZA

1 ready-to-use pizza crust
1 can tomato sauce
8 oz. shredded mozzarella cheese
1 can whole kernel corn
dash salt

Makes: 4 servings

Preheat oven to temperature indicated on crust package. Prepare crust as package directs. Spread tomato sauce on crust; layer with cheese, then corn. Season with salt. Bake 10 to 12 minutes.

"I was looking for something that was low in fat and cholesterol and tasted good. So I invented this. It tasted great. Even my teenage son will not leave it alone!"

Carol Johnson - Columbia Alumna

VEGETARIAN LASAGNA

1 lb. crumbled tempeh*
vegetarian sausages, sliced
2 cans tomato sauce
olive oil
1 can tomato paste
1 package spaghetti sauce mix
4 oz. water
dried oregano leaves to taste
garlic salt to taste

1 box lasagna noodles
8 oz. soy mozzarella* or mozzarella
cheese
1/4 cup grated parmesan cheese
1 lb. soft tofu* or cottage cheese
6 egg replacers* or 4 eggs
1/4 teaspoon ground nutmeg
salt and pepper to taste

Makes: 6 servings

Preheat oven to 350 degrees. While waiting for water to boil for noodles, brown tempeh and sausages in olive oil. In small bowl, combine tomato paste and spaghetti sauce mix; stir into tempeh. Add tomato sauce, water, garlic salt, and oregano; bring to a boil. Reduce heat; simmer 15 to 20 minutes. While sauce cooks, boil lasagna noodles. Meanwhile in small bowl, combine cheeses, tofu, egg replacers, salt, pepper, oregano, and nutmeg; set aside. When noodles are cooked, drain well. In baking pan, layer a small amount of sauce, noodles, and cheese, repeating layers as necessary to fill pan. Bake 40 minutes. Let stand 10 minutes before serving.

*** These ingredients can be found at health food stores.**

"My mother is half Italian. She got this recipe from her mother, who developed it for my Italian grandfather. I loved it growing up and adapted it when I became vegetarian. It's not too cheesy and the tempeh/sausage mixture tastes better to me than ground beef ever did. It's much more healthy for you and the animals. This is a great leftover dish."

Michele Morgen - Columbia Alumna



CONNIE'S CHICKEN

1 chicken, cut-up	6 bacon strips, cooked crisp
2 tablespoons virgin olive oil	8 to 10 fresh mushrooms
1 medium onion, chopped	1 large green pepper, chopped
1/4 cup grated parmesan cheese	

Makes: 4 - 6 servings

Prepare and set aside chicken pieces, bacon strips. Using a large skillet, saute mushrooms separately in oil; saute onion and pepper in remaining oil. Put chicken and bacon into skillet with other ingredients, top with grated cheese. Simmer 5 minutes.

"First made in early 80's. Looks good on a plate with white theme food like mashed potatoes or cauliflower. Great cold next day on sandwich. I submitted this personal creation to our family reunion recipe book."

Connie J. Erickson - Columbia Alumna

HOT 'N' SPICY MEDITERRANEAN CHICKEN HOT DISH

2 tablespoons olive oil	salt to taste
2 tablespoons crushed garlic	4 Roma plum tomatoes or
1/2 small red onion, chopped	hot pepper sauce to taste
2 boneless skinless whole	1/2 cup shredded mozzarella cheese
chicken breasts	1/4 cup crumbled feta cheese
1 tablespoon basil	1 cup instant rice, cooked as package
1 (8oz.) can tomato sauce	directs
1 tablespoon minced cilantro	

Makes: 2 to 4 servings

Preheat oven to 350 degrees. Heat oil in pan over low heat; add garlic and onion. Saute 5 minutes. Add chicken, basil, cilantro, tomato sauce, salt, and tomatoes. Simmer 10 minutes. Season with hot pepper sauce. Pour into large baking dish. Bake for 20 minutes; sprinkle with mozzarella and feta during last 5 minutes of baking. Serve with cooked rice.

"Just made it up from dining out experiences and a mixture of several recipes I've tried."

Eileen M. Morrissey - Columbia Alumna

ROTINI DELIGHT

1/2 (16 oz.) package rotini pasta	1/4 cup butter
1 small bag frozen mixed vegetables, any variety	1 heaping tablespoon minced garlic
1/2 cup chopped broccoli	1/2 cup sliced mushrooms
1/4 cup olive oil	salt and pepper to taste

Makes: 2 main-dish servings

Boil rotini pasta as package directs. Drain and rinse in cold water; place in medium bowl and set aside. Boil mixed vegetables and broccoli until tender as package directs frozen vegetables. In skillet add olive oil, butter, fresh garlic and mushrooms. Saute for five minutes Drain vegetables and mix with pasta. Stir in olive oil mixture, coating well; serve. Leftovers can be refrigerated and heated later. Salt and pepper to taste.

"I made this dish one day to take to a potluck dinner. I love it because it's quick, inexpensive and yummy! Everyone loves it, and my family enjoys it at home as a side dish with chicken or fish. It also covers two food groups in one!"

Diane Robinson - Columbia Alumna

GREEN PEPPERS AND EGG SANDWICH

margarine or olive oil	1/2 green pepper, sliced
3 eggs	1 (7-inch) loaf french bread, sliced
seasoning salt and pepper to taste	lengthwise (as a bun)

Makes: 1 serving

In frying pan with margarine or olive oil, saute pepper slices 10 to 15 minutes or until brown. In another pan, scramble eggs. When eggs are cooked, add peppers. Spoon eggs and peppers into bread; season with salt and pepper. Serve hot. *"This is a popular sandwich in Italian neighborhoods, especially during Lent, when Catholics are not supposed to eat meat. Also loved by non-Italians. The taste is great. The cooking is simple."*

JoAnn Amato - Columbia Alumna

HOT TAMALE PIE

2 lbs. ground beef
1/4 green pepper, diced
1/4 cup diced onion
1 (25 oz.) jar of spaghetti sauce
2 (15 oz.) cans whole kernel corn

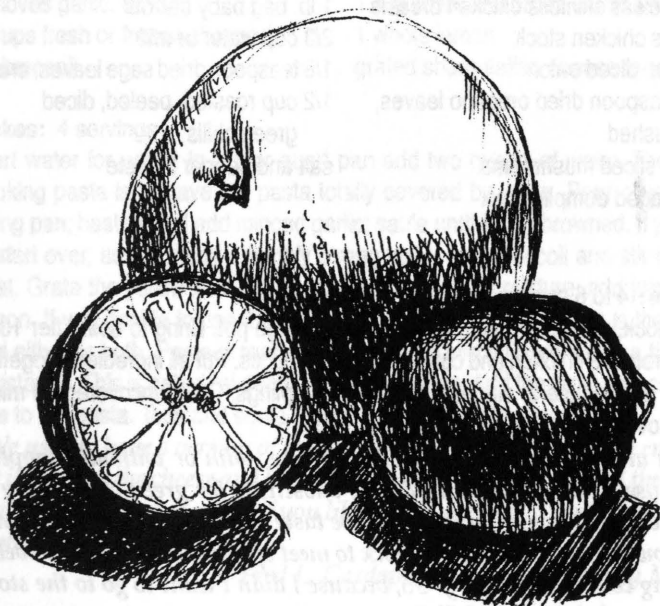
2 (9 oz.) boxes cornbread mix
1/2 teaspoon sugar (optional)
crushed red pepper to taste (optional)

Makes: 6 to 10 servings

Preheat oven to 400 degrees. Brown ground beef with green peppers and onions; drain. Stir in remaining ingredients except cornbread mix; sugar, and red pepper. Simmer for 15 to 20 minutes. Meanwhile, prepare corn bread mix as package directs; stir in sugar and red peppers. Pour meat mixture in large baking pan; spread evenly. Spoon corn bread batter over top of meat mixture. Bake until corn bread topping is golden brown.

"A traditional Saturday meal; my mother use to fix this for us. I now fix this meal for my daughters."

Rowena Booker - Columbia Staff Member



CHICKEN AND STUFFING CASSEROLE

4 to 6 half chicken breasts	1 (7 oz) package stuffing mix
1 small onion, sliced	1 (14.5 oz.) can cream of chicken mushroom soup
2 ribs celery	
1 teaspoon salt	

Makes: 4 to 6 servings

Preheat oven to 350 degrees. Boil chicken in large pot with onion, celery, salt, and enough water to cover chicken. Remove chicken from broth; let cool. Bone chicken and leave whole or sliced in bite-size pieces. Set aside. Mix stuffing, as package directs. In small pan combine soup and 1/2 can water. Grease casserole dish. Place chicken on bottom, cover with stuffing. Pour soup mixture over stuffing. Bake uncovered 30 minutes until stuffing is golden brown.

Angelo and Dawn Luciano - Columbia Faculty Member

GREEN CHILI CHICKEN SOUP WITH DUMPLINGS

4 boneless skinless chicken breasts	1 lb. bag baby carrots
8 cups chicken stock	2/3 cup water or milk
1/2 cup diced onion	1/8 teaspoon dried sage leaves, crushed
1/8 teaspoon dried oregano leaves, crushed	1/2 cup roasted, peeled, diced green chilis
1 cup sliced mushrooms	salt and pepper to taste
packaged dumpling mix	

Makes: 4 to 6 servings

Put stock, onion, oregano, and chicken in large pot. Bring to boil. After 10 minutes, remove chicken and cut into bite-size pieces. Put all ingredients together in stock pot; reduce to simmer. Top with dumplings. Cook uncovered 10 minutes and covered for 10 minutes. Serve at once.

"Can also be served with noodles or rice, with or without dumplings. Can use 1 cup of drained salsa as substitute for green chilies. Try first with chilies. Flavors mix well to give taste of chilies, but not hot. Can also use low-fat/low-salt chicken stock to meet special needs. Recipe developed during cold spell January '96, because I didn't want to go to the store in 40 degree below windchill."

Howard Hildebrandt - Columbia Staff Member

UNCLE JEB'S CRAB AND SWISS OMELET

1 teaspoon butter
3 large eggs, beaten well
1/3 cup crabmeat
1/2 cup shredded baby Swiss cheese
black pepper to taste

Makes: 1 serving

Heat skillet over medium heat; add butter. Pour eggs over melting butter. Cook eggs until nearly solid. Flip; spread crab and cheese over eggs. Fold omelet; cook for one minute. Season with pepper.

Jack MacRae - Columbia Alumnus

LEMON BROCCOLI PASTA

1 lb. favorite pasta	salt and pepper to taste
1/2 cup olive oil	1 cup cream (optional)
6 cloves garlic, minced	1 cup seasoned bread crumbs (optional)
4 cups fresh or frozen chopped broccoli	1 whole lemon
	grated sharp Italian cheese to taste

Makes: 4 servings

Start water for pasta: in a four quart pan add two quarts of water. The key to cooking pasta is to have the pasta totally covered by water. Pour olive oil into frying pan; heat oil and add minced garlic; saute until lightly browned. If you burn it, start over, as it imparts a terribly strong taste. Add broccoli and stir over low heat. Grate the yellow zest off the lemon right into the mixture; add juice of the lemon. If you decide to use the cream and/or bread crumbs, now is the time to add either or both. Pasta is ready when you can bite through it with a tiny bit of resistance. This is called "al dente." Drain the pasta. Add the lemon broccoli mixture to the pasta. Toss and serve topped with grated cheese.

"We used to have a version of this at least once a week. During Lent, we'd eat it without the cheese and have bread crumbs instead. I added the lemon. You can add a cup of cream if you like a thick sauce and can afford the fat/cholesterol."

Fred L. Gardaphe - Columbia Faculty Member

LITTLE DRE'S CHICKEN 'N' RICE

1 box chicken flavored rice mix
1 (14.5 oz.) can cream of chicken soup

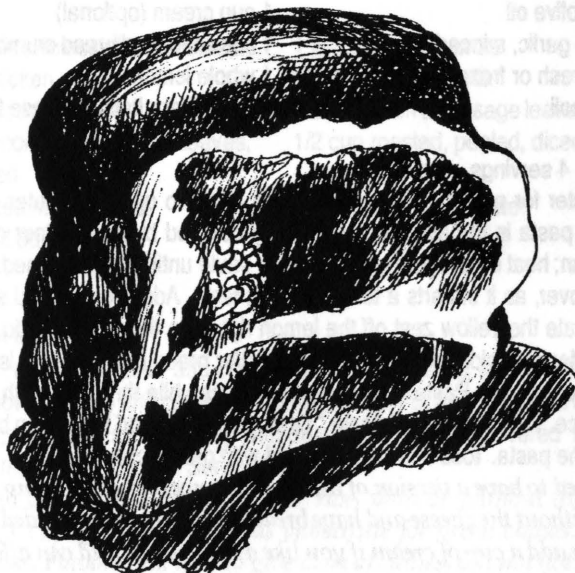
1 lb. bag diced chicken
1 cup chopped broccoli

Makes: 5 to 6 servings

As package directs, prepare the box of rice. Once you pour in the water, add the chicken and the can of cream chicken soup. Stir; cover; simmer. Boil the broccoli in another pot. When chicken and rice is ready, place the chicken and rice on a platter and arrange the broccoli around the chicken rice dish.

"My youngest son loves chicken, rice and broccoli. When he goes back to his other home on Sunday night I try to prepare a Sunday meal that he will enjoy."

Tracy M. Cargo - Columbia Staff Member



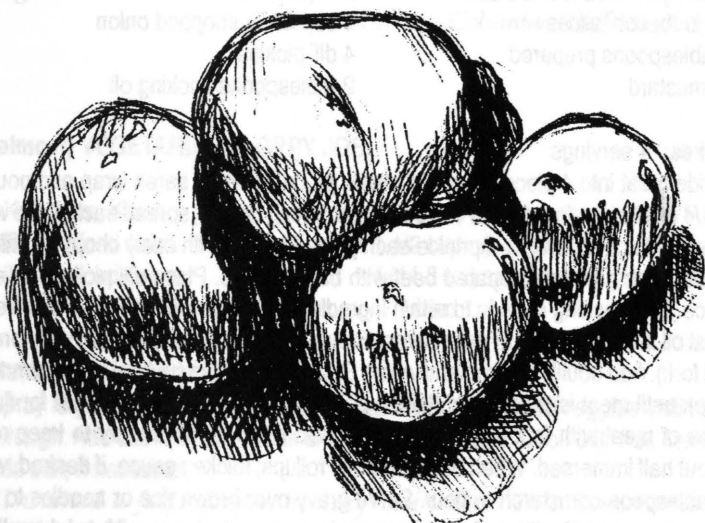
RICE WITH BLACK BEANS

1/3 cup minced onion
1 (14.5 oz.) can stewed tomatoes
1 (16 oz.) can black beans (undrained)
1/2 teaspoon dried oregano leaves, crushed
1/2 teaspoon garlic powder
1 1/2 cups instant brown rice
salsa to taste

Makes: 8 servings

Cook and stir onion in hot oil/spray in sauce pan or fry pan till tender (not brown). Add tomatoes, beans, oregano, and garlic. Bring to boil. Stir in rice. Return to boil. Reduce heat; cover. Simmer 5 minutes. Remove from heat. Top with salsa. Serve with pita bread, tortilla chips, etc.

Pattie Mackenzie - Columbia Faculty Member



TUNA STEW

1 (6 oz.) can tuna fish
quartered head of lettuce or
fresh spinach
any other vegetables

1 can pasta in spaghetti sauce
2 tomatoes

Makes: 2 servings

Open up cans. Put all of ingredients in pot. Follow instructions on can of spaghetti. Stir during commercials.

"While away at school, found leftover combination before I could go shopping. Like it so much it became a weekly meal. Try it—you'll like it."

Ira Saltzman - Columbia Alumnus

ROULADEN (BEEF ROLLUPS)

1 lb. sandwich steaks or
thinly pounded round steak
1/2 lb. bacon, slices
2 tablespoons prepared
mustard

2 beef-flavored bouillon cubes
2 cups water
1 cup finely chopped onion
4 dill pickles
2 tablespoons cooking oil

Makes: 4 servings

Divide meat into 4 pieces (if round steak, place between saran wrap and pound to 1/4 inch thin with mallet or edge of small cutting board); spread each piece with mustard to cover evenly. Sprinkle each piece liberally with finely chopped onion. Cover each piece of prepared beef with bacon slices. Place dill pickle on each piece. Roll, tacking in ends to retain ingredients. Secure with toothpick skewers. Heat oil in heavy skillet or dutch oven. Brown rollups on all sides (turn with tongs, not fork). Add bouillon cubes and water. Bring to boil. Reduce heat to low simmer. Cook until meat is tender and flakes; about 45 minutes to 1 hour. Test for flakiness of meat with fork after 45 minutes. Add liquid as necessary to keep rolls about half immersed. When done, remove rollups; thicken sauce, if desired, with 1 tablespoon cornstarch or flour. Serve gravy over brown rice or noodles to accompany meat. Traditionally this is served over spaetzel, a small hard dumpling. *"This is an old German recipe I've made modified to this. Takes time. But its a great weekend or special treat."*

Gordon Bierberle - Columbia Staff Member

BLUEBERRY WHEATCAKES

1 cup all-purpose flour	2 tablespoons vegetable oil
1 cup whole wheat flour	2 tablespoons honey or molasses
3 tablespoons baking powder	1 3/4 to 2 cups skim milk
1/2 teaspoon salt	2/3 cup thawed frozen blueberries
2 eggs or 4 egg whites, beaten	

Makes: 12 to 16 pancakes

Whisk together flours, baking powder, and salt. In separate bowl, combine beaten egg, oil and honey. Whisk to dissolve honey. Add this mixture to dry flour mixture; use wooden spoon or rubber spatula to stir lightly. Add milk, and stir just enough to mix. Pour blueberries, swirl lightly into batter. Drop batter 1/3 cupfuls onto hot, lightly oiled griddle or frying pan. Cook until bubbles appear. Flip once to cook other side. Serve immediately.

"Blueberry pancakes and champagne were what my husband and I inaugurated for brunch this past New Year. At New Year's I used a slightly different recipe from the above. This latest recipe, the version above; is very good. The pancakes turn out light and fluffy. Even without the champagne."

Karen Hurley - Columbia Staff Member

(almost) VEGETARIAN SLOPPY JOE

1/4 lb. ham, diced	1 (16 oz.) can sloppy joe sauce
1/2 cup diced onion	1 1/2 cups cooked rice
1/2 cup diced celery	1 (14.5 oz.) can kidney beans, rinsed and dried
1/2 cup diced green pepper	

Makes: 4 to 6 servings

Spray large skillet with cooking spray. Saute ham and diced veggies until heated through. Add cooked rice, beans and sloppy joe sauce. Cook until hot. Taste and add salt, if necessary.

"I wanted a fast, simple, healthy main dish. This is it. Good with cornbread."

Carol Bryant - Columbia Staff Member

STUFFED PUMPKIN

1 small fresh pumpkin (about the size of a cantaloupe)
1 lb. ground turkey or lean beef
1 cup oatmeal
1 cup beef or chicken broth or milk or water

1/4 cup chopped dried apricots
2 eggs
2 tablespoons raisins
1/2 cup diced yellow onion
1/2 cup minced fresh parsley
1/2 cup diced carrot

Makes: 2 to 4 servings

Wash, trim, halve and seed small pumpkin. Slice 1/8 inch off round side of each half to make a flat base. Preheat oven to 350 degrees. In large mixing bowl, combine all other ingredients and knead with clean hands. Stuff pumpkin halves with mixture, mounding on top to half pumpkin's height and covering whole pumpkin surface. Place stuffed pumpkin in baking dish fixed 1/4 inch high with water. Cover with foil. Bake for 30 minutes. Remove foil. Bake 30 minutes more. Remove and let it cool for 15 minutes.

"A creation inspired by a pumpkin-picking party."

Gordon Bierberle - Columbia Staff Member

SALMON PATTIES

1 (16 oz.) can salmon
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper

1 small chopped onion
1 egg
1/3 cup bread crumbs, cracker crumbs, or corn meal

Makes: 4 to 6 servings

Mix in large bowl: salmon, garlic powder, red peppers, onion, and egg. Do not drain the salmon. Prepare the skillet with enough oil for frying about 2 tablespoons. On a sheet of wax paper place bread crumbs. With a large spoon place a scoop of salmon mixture on the bread crumbs. Roll the mixture in the bread crumbs. Make into a patty. Fry the patties until brown on both sides.

"My mother made them for the family."

Cookie Baucum - Columbia Staff Member

KASHA-VARNISHKES (GRAIN AND NOODLES)

2 cups water	salt and pepper to taste
1 cup medium kasha	1 onion, sauteed
1/2 stick butter or margarine	1 cup small pasta shells

Makes: 2 to 4 servings

Boil water. In electric frying pan, place on high heat and put kasha in, separating with fork for 2-3 minutes. Add boiling water, immediately reduce heat to simmer. Add 1/2 stick butter, salt, pepper and sauteed onion. Cook shells separately as package directs.

Cook kasha 20 minutes and add shells.

"This is a traditional dish of Eastern Europe used widely in Russia as a staple. Also, used extensively by Jewish people who emigrated from this region."

Marilyn Eisenberg - Columbia Friend

SUNDAY NIGHT ZITI

1 pound box ziti or short stovepipe pasta
2 (36 oz.) jars of spaghetti sauce
1 to 2 lbs. browned ground beef (optional)
2 (8 oz.) packages shredded lowfat mozzarella cheese

Makes: 4 to 6 servings

Cook and drain ziti noodles. Preheat oven to 350 degrees. Cover bottom of casserole dish (4 quart or larger) with some sauce. Rinse noodle pot. Return drained noodles to pot and mix in enough sauce so they're covered. Layer in casserole: noodles, sauce, and shredded cheese, reserving some cheese to sprinkle on top during the last 10 minutes of cooking.

Bake 30 to 40 minutes or until sauce is bubbly and is heated through. During last 10 minutes, sprinkle remaining cheese on top to melt. Let cool for 10 minutes.

"Forget that pizza! This is a fun, yummy, and easy dish. In our family, its traditionally been served when we've had friends gathered for celebrations and parties: birthdays, Superbowl, Monday night football, or our favorite TV shows. Easy to make, delicious, and simple clean up. Even freezes!"

Liz Slive - Columbia Friend

GARLIC CATFISH FILET (BAKED)

1 tablespoon olive oil

2 catfish filets

3/4 teaspoon fresh ground pepper

1/4 teaspoon salt

4 cloves garlic, peeled, and sliced

1 cup minced fresh parsley

1 tablespoon honey

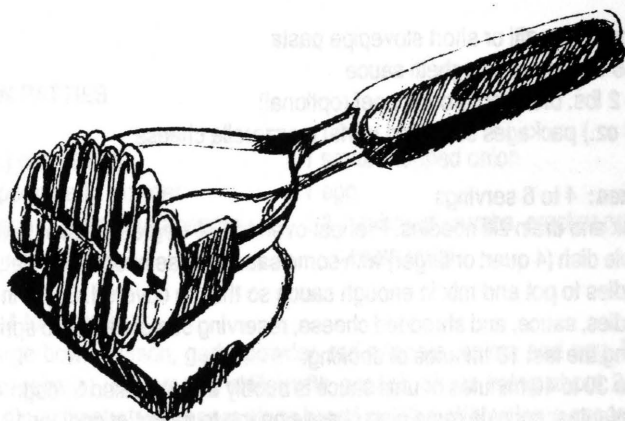
3/4 teaspoon fresh cayenne

Makes: 2 to 3 servings

Preheat oven to 350 degrees. Oil bottom of oven-proof baking dish with 1/2 table-
spoon olive oil. Rinse and pat dry fresh catfish filets; place side-by-side in baking
dish. Sprinkle on pepper, salt and cayenne. Spread sliced garlic evenly over sur-
face of filets. Cover fish with parsley. Drizzle remainder of olive oil and honey
over surface of parsley. Bake for 25 to 35 minutes. Done when fish flakes with
fork.

"Just a new concoction for preparing my favorite fish."

Gordon Bierberle - Columbia Staff member



JONATHAN'S ORANGE CURRY CHICKEN BREAST

olive oil	1/4 teaspoon salt
1 to 2 cloves garlic, chopped	1 tablespoon each:
4 halves skinless, boneless chicken breast	raisins, slivered almonds, grated coconuts (all optional)
1/2 cup orange juice	
1 tablespoon curry powder (mild or medium)	

Makes: 4 servings

In large frying pan, add just enough olive oil to coat bottom of pan. Add coarsely chopped garlic and crush it into the oil, using the back side of fork. (Note: do this carefully if you have a non-stick pan; you don't want to scratch the surface.) Set a medium flame under the pan until the oil is hot, stirring the garlic once or twice (about 2 minutes) with a wooden spoon. Now add the chicken breasts, browning well on both sides (about 3 minutes per side). When you turn the chicken breasts over, add the sliced onions, and stir them around to make sure they're coated in oil. When the chicken is browned and the onions have softened, add the orange juice, curry powder and salt. Stir. Cover the frying pan and turn the heat down to very low. Let the chicken simmer until done, about 20 minutes.

To make this dish even more exotic, you may stir in a tablespoon of raisins or sliced almonds or grated coconut, or all three, for two minutes at the end of the cooking time, removing the pan lid and turning the heat up to medium.

Place the chicken breasts on serving plates, and spoon the orange curry onion sauce over them. Serve them with steamed rice (spoon some sauce over the rice, too), a big green salad, and a crisp (not sweet) white wine like Fume Blanc. *"Easy to make, this dish is tangy but not spicy, sweet and rich in flavor, exotic and romantic, and low in sodium and fat. When I was in college, I lived in London for a year studying theater. I learned to love Indian and Pakistanian food - curries which were good, plentiful, and cheap! Back in Chicago, I started to cook with curry myself. At first I blended my own curry powders, but today good commercial curry powders are easy to find at any supermarket."*

Jonathan Abarbanel - Columbia Friend/Former Faculty

SMOKED SALMON ON BED OF CREAMED CABBAGE

1 smoked salmon	salt and pepper to taste
1 head of green cabbage	1/4 cup chopped parsley
1 tablespoon butter	lemon slices
1/4 cup heavy cream	

Makes: 8 appetizers or 4 main dish servings

Preheat oven to 300 degrees. Separate salmon into desired number of serving pieces. Bake for 15 minutes to heat through. Meanwhile, cut cabbage into small pieces; cook in boiling salted water one minute. Drain cabbage; place in large saucepan with butter. Saute adding enough cream to make cabbage saucy. Continue cooking until cabbage just begins to soften. Add salt and pepper. Arrange cabbage on serving platter; arrange salmon on top. Garnish with chopped parsley and slices of lemon.

"Irish salmon, abundant in Ireland, is served in just about every household. The cabbage is a touch of French cuisine and elevates the vegetable to a gourmet quality."

Estelle Shanley - Special Columbia Friend

SHRIMP CREOLE

cooking spray (olive oil flavor)	1 tablespoon hot pepper sauce
1 medium onion, chopped	1 tablespoon Italian seasonings
1 bell pepper, chopped	2 lbs. raw, peeled, deveined shrimp
4 cloves garlic, minced	salt and pepper to taste
salt and pepper to taste	hot cooked rice
1 (28 oz.) can chopped tomatoes	1 (12 oz.) bottle beer

Makes: 4 to 6 servings

Spray a medium-size skillet with cooking oil substitute. Over medium heat, saute onion, pepper, and garlic until soft (about 10 minutes). Add tomatoes, beer, tabasco and spices. Heat to boiling, reduce heat, cover and simmer 5 minutes. Add shrimp; cover and cook 7 to 10 minutes until shrimp are pink. Salt and pepper to taste. Serve on rice. Don't keep heat too high. The food will scorch, not cook.

"Dave, my husband, is a huge tabasco and Creole fan. I usually make this with hot red pepper flakes too. It keeps in the refrigerator for about four days."

Linda Durochik - Columbia Friend

BAKED SWEET AND SOUR CATFISH FILET

olive oil	1 cup minced parsley
1 1/2 to 2 3/4 lbs. catfish filets	2 tablespoons honey
2 cloves garlic, minced	1 tablespoon balsamic vinegar
1/2 teaspoon salt	1 teaspoon pepper

Makes: 2 servings

Preheat oven to 350 degrees. Grease oven-proof dish with 1/2 tablespoon oil. Rinse, pat dry (with paper towels) fresh catfish filets and place in baking dish. Evenly distribute garlic over surface of fish. Sprinkle on salt and pepper. Cover with parsley. Drizzle on remaining oil and honey. Just before putting into oven, drizzle all over the balsamic vinegar. Bake for 25 to 35 minutes or until done. Test, when flakes easily with fork, pull from oven and rest on stovetop for 5-15 minutes.

"Creation to give me excuse to eat more of my favorite fish. I was a Kansas boy and I remember great fried catfish. I'm just creating variations."
Gordon Bierberle - Columbia Staff Member

FISH PARMESAN

2 tablespoons olive oil	1/2 tablespoon crushed red pepper flakes
1 1/2 lb. catfish filets	1/2 cup grated parmesan or romano
3 cloves garlic, shredded	cheese

Makes: 2 servings

Preheat oven to 350 degrees. Oil baking dish. Rinse fish filets and pat dry (with paper towels). Place in baking dish. Cover with tomato sauce. Cover with garlic, pepper, parmesan. Drizzle with remaining olive oil. Bake for 25 to 35 minutes. Test with fork until fish flakes easily. Remove and let stand 15 minutes. Serve on rice or pasta. **Note:** Chicken may be substituted for fish.

"Just a simple 10 minute prep concoction."

Gordon Bierberle - Columbia Staff Member

HAMBROCCOLI ROLLUPS

- | | |
|----------------------------------|--|
| 2 ham steaks (boneless) | 1 stalk broccoli, quartered, lengthwise, |
| 2 thick slices deli Swiss cheese | stems peeled |
| 1 cup bottle hollandaise sauce | |

Makes: 2 servings

Preheat oven to 350 degrees. Line ham steaks with cheese slices. Quarter and lightly steam broccoli (or par boil). Drain broccoli and pat dry. Place broccoli in center of cheese/ham. Pour hollandaise sauce on it. Pull together ends of ham securely around broccoli. Secure with wooden toothpicks. Place in shallow baking dish. Bake for 45 minutes. Serve topped with extra hollandaise sauce and with a baked sweet potato or pasta.

Gordon Bierberle - Columbia Staff Member

MEATLOAF FLORENTINE

- | | |
|--|---|
| 3/4 cup tomato sauce | 1 lb. ground meat (beef, turkey or veal) |
| 1/2 teaspoon dried oregano leaves,
crushed | 1/4 cup plus 2 tablespoons seasoned
bread crumbs |
| 1/8 teaspoon garlic powder | 4 oz. shredded mozzarella cheese |
| 1 (10 oz.) package frozen chopped
spinach, thawed and drained | 1/4 teaspoon dried basil leaves, crushed |
| 1/8 teaspoon pepper | 1 tablespoon grated parmesan cheese |

Makes: 4 servings

Preheat oven to 350 degrees. In a small bowl, combine first 5 ingredients. In a large bowl mix meat, breadcrumbs and 1/2 cup of tomato sauce mixture. Spread meat on a large piece of wax paper to form a 8x10-inch rectangle. Mix mozzarella and spinach together and spread over meat mixture. Leave about 1 inch all around edges. Using wax paper to assist you, roll up meat loaf to create a 8x3-inch loaf (about 3 turns). Seal edges, use extra meat from edges to seal any holes that form by rolling. Roll your loaf into pan (8x4 inch). Repair as necessary. Bake for 1 hour Remove from pan. Slice like a loaf of bread (approx. 4 slices).

"Rolling takes practice!"

Joann Bain - Columbia Alumna

POTATO PANCAKES

3 medium potatoes
1 egg
2 green onions, chopped
1 1/4 cups flour
1/2 teaspoon salt

1 1/2 teaspoons baking powder
dash of lemon juice
1/4 teaspoon pepper
prepared mustard (optional)
1 (6 oz.) can tuna fish

Makes: 2 servings

Wash potatoes. Peel (optional). Grate by hand or in food processor to coarse consistency. Add with egg, chopped green onion, flour, salt, baking powder, lemon juice, and pepper to large mixing bowl; stir until mixed. On griddle, fry mixture to golden brown.

"Potato Pancakes are a German recipe from tradition. Serving suggestions: Cover potato pancakes with a mustard; place tuna fish on the top."

Gregory Hohmann - Columbia Alumnus

TURKEY LOAF

5 bread slices
3/4 cups cold water
1 lb. ground turkey
1 egg

1 medium onion, finely chopped
1/4 cup shredded cheddar cheese
salt and pepper to taste
1 (7oz.) can tomato sauce

Makes: 5 servings

Preheat oven to 350 degrees. Leave crusts on bread and break up into small pieces in bowl. Add water, let soak about three minutes. Add next five ingredients. Mix together well. Pack mixture in a 9x5 inch loaf pan. Spread tomato sauce over top. Bake for about 1 1/2 hours.

"This is a easy, very good tasting meat loaf. Can be eaten hot or cold. Makes great sandwiches. For an individual on a budget it is an ideal meal, like home cooking. Serve with a tossed green salad."

Cherie Hallman - Columbia Alumna

ANTHONY'S SOY POY

5 oz. soy sauce	1 tablespoon dried thyme leaves
1 stick reduced-fat margarine	1 teaspoon dried parsley
1 whole skinless chicken, cut up	2 bay leaves
1 tablespoon dried oregano leaves, crushed	1 tablespoon dried sweet basil, crushed

cooked broccoli, peas, cabbage,
corn or other favorite vegetables (optional)

Makes: 4 to 6 servings

Melt 1 stick margarine in 5 oz. soy sauce. In large skillet add chicken, herbs and cook until brown and tender (add optional vegetables) and serve with rice (optional).

"One day desiring Chinese food and without enough money to order out with delivery. I looked in the kitchen and stumbled across this recipe. It's quick, fast, and in a hurry - also, it's healthy."

Anthony Johnson - Columbia Alumnus

BEANGHETTI

2 tablespoons olive oil	1/2 teaspoon dried basil leaves, crushed
1 clove garlic, minced	1 bay leaf
1 medium onion, sliced into rings	pepper to taste
1 lb. ground beef	1 (16 oz.) can julienne green beans, drained
1/2 teaspoon salt	1/3 cup shredded mozzarella cheese
1 (16 oz.) can tomatoes	hot cooked noodles
2 tablespoons chili sauce	
1 tablespoon grated parmesan cheese	
1/2 teaspoon salt	

Makes: 4 servings

Saute garlic and onion in oil until translucent. Add ground beef; stir and break up until brown. Drain. Add tomatoes, chili sauce, parmesan, salt, basil, bay leaf, pepper. Simmer, uncovered 15 minutes. Remove bay leaf. Stir in beans, scatter mozzarella on top. Simmer, covered until cheese melts (25 minutes). Serve over hot noodles.

"Was a hit in my dorm days."

Carolyn Haack and Jack Wolfsohn - Columbia Former Staff

GRILLED CHEESE SANDWICH AND TOMATO SOUP

4 bread slices—your choice
butter, softened
2 cheese slices—your choice

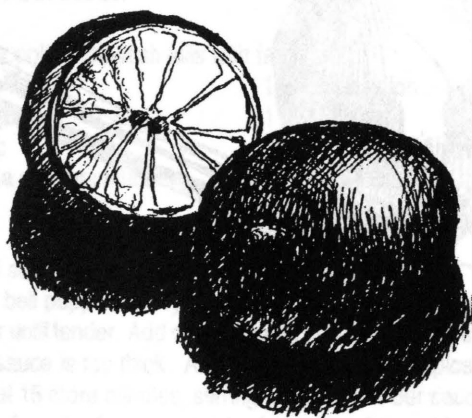
1 (11 oz.) can tomato soup
1 soup can-measure of milk
seasonings are optional

Makes: 2 servings

Lightly butter 2 slices of bread. Heat griddle or pan to medium heat. Place one slice of bread butter-side down on griddle; distribute cheese on bread; place the other slice on top—butter side up! (It's an inside out sandwich). Cook to golden brown and turn. Place on serving plates. Follow the directions on the soup can, but use milk if you can afford, instead of water. Season with garlic salt and pepper for a gourmet treat. Serve in bowls along with the sandwiches.

"The beauty of this meal is the almost infinite variety afforded by different cheeses and breads. The most American of meals. Often served to children who don't feel well. Makes a college student think of home. Economical and one needn't be a great chef. It's a complete meal with only five ingredients!"

Tim Long - Columbia Staff Member



CHEESE & HAM & RICE CASSEROLE

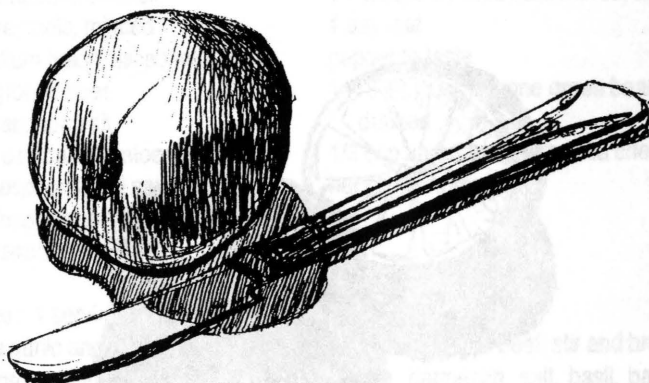
1 cup hot milk	1 cup grated cheese
1 cup cooked rice	2 eggs beaten
1/4 teaspoon salt	1/8 teaspoon pepper
1 full cup diced ham	

Makes: 4 to 6 servings

Put milk in saucepan, heat to a boil. Turn off heat and mix in cheese, rices, eggs, salt, and pepper until blended smoothly. Add ham. Bake in buttered casserole dish 30 - 35 minutes with oven at 350 degrees.

"Casserole dishes are fine for TV dining or buffets because food keeps warm for the late comers and can be served right from the baking dish. This leaves you with just your dinner plates to clean up. So sit back, watch TV, and let the pots fall where they may."

Sydney Smith Gordon- Columbia Board of Trustees



CHICKEN TORTELLINI

1 (16 oz.) package tortellini	1/2 cup oil-packed sun-dried tomatoes, drained
1/2 to 1 lb. boneless, skinless whole chicken breast	1/4 teaspoon dried oregano leaves, crushed
1/4 cup olive oil	grated parmesan cheese
1 red pepper, sliced	garlic toast
1 medium zucchini, sliced	1 black pepper to taste
1 medium summer squash, sliced	1 tablespoon chopped garlic

Makes: 4 servings

Cook tortellini as package directs. Drain; set aside. Cut chicken into thin slices. Saute in 2 tablespoons of the oil until cooked thoroughly. Remove chicken; set aside. Drain oil and fat from skillet. Heat remaining olive oil; cook red pepper, zucchini, squash, and garlic until tender. Add chicken, tomatoes, and oregano, stirring constantly until mixture is combined well. Stir in tortellini. Season with black pepper, sprinkle with parmesan, and serve with garlic toast.

"This recipe is one of my favorites because it's quick, healthy, and delicious. My family loves it, too!"

Diane Robinson - Columbia Alumna

CRAWFISH FOURROUX

1 lb. peeled, cooked crawfish tails with fat	
1 stick butter	1 medium onion
1 green bell pepper	1 stalk celery
1 clove garlic	2 cans cream of shrimp soup
Cooked pasta of your choice	Cajun spices or salt and cayenne pepper to taste

Makes: 4 - 6 servings

Chop onion, bell pepper, celery, and garlic. Sautee those over medium heat in melted butter until tender. Add cans of soup. Stir and bring to simmer. Add a little water if the sauce is too thick. Add crawfish tails. Add spices. Cook over low heat for about 15 more minutes, stirring frequently. Pour sauce over pasta.

"This is my favorite food ever! My dad created it and he still makes it the best. If you don't have crawfish, try it with shrimp and add some parmesan cheese."

Kristin Fourroux - Columbia Staff Member

HURRY CURRY

1 teaspoon salt	1/2 stick butter or ghee*
1 clove elephant garlic	1 whole chicken, cut up
1 onion, quartered	1 (8oz.) cup plain yogurt
3 slices of fresh gingerroot	4 tablespoons oil
3 tablespoons curry powder	2 cups chopped vegetables (optional)

Makes: 4 servings

Saute in butter: salt, 1 clove elephant garlic, 1 onion, slices of fresh gingerroot, 3 tablespoons curry powder and 1/2 stick butter. In an electric blender, blend sauteed ingredients with yogurt. Brown 1 chicken parts in oil. Place all ingredients in pot, adding vegetables at this time, if desired. Simmer for 10 minutes. Serve with rice.

*** Can be found in specialty food stores or Pakistani markets.**

"Finally, a superb recipe from Denise Thompson, Fashion Design. The gourmet chef says, I'm busy as a bee, but this takes only about 10 minutes to prepare."

Denise Causher-Thompson - Columbia Faculty Member



Salads & Side Dishes

MAPLE SWEET POTATOES

6 to 8 large sweet potatoes
2 to 3 tablespoons unsalted butter
1 to 2 tablespoons cream or half
and half

1 to 2 tablespoons pure maple syrup
salt and pepper to taste
1 tablespoon lemon zest

Makes: 4 to 6 servings

Boil sweet potatoes until tender, about 25 minutes. Drain and cool. Peel outer skin. Mash sweet potatoes with a potato masher or a ricer until smooth. Add butter, cream, and maple syrup in small increments. Add salt and freshly ground pepper to taste. If you prefer a smoother consistency, add the rest of the butter, cream, and syrup. Reheat potatoes. Top with fresh lemon zest. Serve with poultry, grilled Italian sausage, or ham.

Janet Talbot - Columbia Staff Member

COLD NOODLES WITH SESAME SAUCE

1 clove garlic, minced
1 tablespoon shredded
gingerroot(optional)
4 tablespoons tahini
(sesame paste)

2 tablespoons soy sauce
2 teaspoons sugar
1 lb. noodles, cooked and drained

Makes: 4 to 6 servings

In a small sauce pan, heat garlic, ginger, and tahini together over moderate heat until garlic and ginger begin to brown. Add soy sauce and sugar and heat for 2 minutes more. Toss with cooked noodles and serve at room temperature or chilled, as you prefer.

"This recipe is unique, healthy, and a snap to make. It can be made with almost any variety of noodles from linguine to chinese cellophane noodles. I find it particularly good with green noodles and fettucini."

Gina Vander Reyden - Columbia Alumna

TUNA SALAD

- | | |
|---------------------------------------|-------------------------------|
| 1 (6 oz.) can tuna | 1 rib celery, chopped |
| 1 green onion, diced | 1 red or green pepper, sliced |
| 1/2 red apple, cubed | 1 teaspoon barbecue sauce |
| mayonnaise or salad dressing to taste | |

Makes: 3 servings

Drain tuna; mix tuna in with vegetables, apples, barbecue sauce, and mayonnaise. Serve with crackers, as a sandwich, or spread over English muffins and melt cheese on top.

Rose Blouin - Columbia Faculty Member

MAD DOG'S OLD DETROIT SALSA

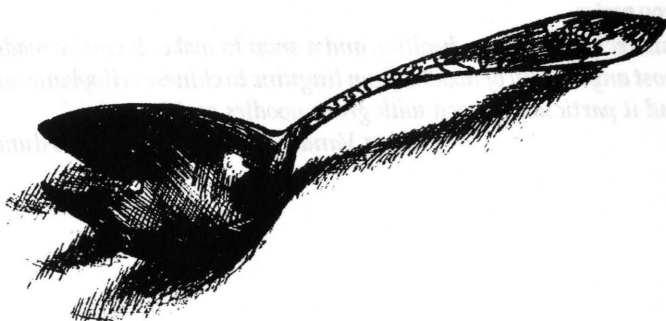
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| 1 (26 oz.) can diced tomatoes | 1 teaspoon chili powder (mild) |
| 2 large cloves garlic, chopped | 2 teaspoons crushed red pepper flakes |
| 3 teaspoons chili powder (hot) | (medium hot) |
| pinch of salt | 1 (4 oz.) can diced green chilies |

Makes: 1 quart

Stir all ingredients into blender. Blend on high, no more than 3 to 4 seconds. Refrigerate immediately. Serve with tortilla chips, cheese, etc.

"A very close friend in Tempe, Arizona gave me a salsa recipe. I like hot food, especially after playing drums in a blues band. So, I dog-a-fied this salsa. It will make you howl at the moon."

Mark "Mad Dog" Barringer - Columbia Alumnus



ROASTED VEGETABLES

Desired amounts of the following vegetables:

potatoes	sweet pepper
carrots	rutabagas
turnips	olive oil
parsnips	sesame oil
onions	

Makes: as desired

Preheat oven to 450 degrees, wash potatoes and cut into wedges along with other vegetables. Season and drizzle with oils; toss! Roast in oven pan for 40 minutes, turning vegetables once.

"Can be varied with vegetables and seasons according to taste."

Michael Jackson - Columbia Staff Member

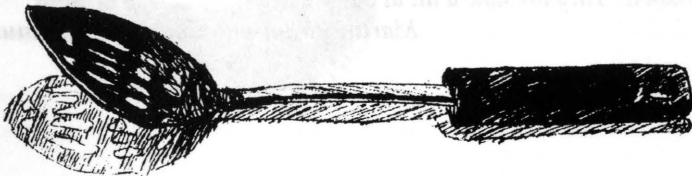
HUMMUS

2 cloves garlic	1/2 teaspoon salt
1/4 cup lemon juice	2 tablespoons water
3 tablespoons tahini paste	paprika
2 cups cooked chickpeas	olive oil

Makes: 2 cups

Combine first six ingredients in blender/food processor and blend until smooth. Add more water if needed to create a smooth paste. Transfer the hummus to a small serving dish, sprinkle with paprika and drizzle with olive oil. Use as a dip or use to make sandwiches with pita pockets and your favorite vegetables.

Tara Rand - Columbia Alumna



SPAM JELLO

- | | |
|---|--|
| 1 (6 oz.) box lemon-or
lime-flavored gelatin | 4 hard-boiled eggs, chopped (optional) |
| 1/2 cup mayonnaise | 1/2 green pepper, chopped |
| 1/2 cup sour cream | 2 ribs celery, finely chopped |
| 1 can Spam | 2 drops hot pepper sauce |
| 1 medium onion, chopped | 1/4 cup pickle relish |

Makes: 6 to 8 servings

Prepare gelatin as package directs; add mayonnaise and sour cream. Stir until blended, and refrigerate until slightly thickened. Chop Spam, add to gelatin mixture with remaining ingredients. Chill until firm.

"I received this recipe from a colleague at work and was skeptical to make it. However, she guaranteed that it would instantly become an all-time family favorite. Now I guarantee it will become special with your family too!"

Keith M. Halla - Columbia Alumnus

POTATO KNISH QUICK AND EASY

- | | |
|-------------------------|---------------------|
| 6 large potatoes | 1 teaspoon salt |
| 1 onion, finely chopped | 1/4 teaspoon pepper |
| wonton skins | 2 eggs, beaten |

Makes: 6 servings

Preheat oven to 425 degrees. Take potatoes and prepare as mashed potatoes. Saute one onion. Mix together onions and potatoes. Season with salt and pepper. Take proper amount to wrap in wonton skins. Close wonton skins and brush top with eggs. Bake until golden brown.

"I always loved Potato Knish, but they were hard to find in the store. So, wanting to have some, I had to figure a way to make them as easily as possible. They are now a hit at our parties."

Martin Pichinson - Columbia Alumnus

BAKED BEAN CASSEROLE

3 to 4 strips uncooked bacon
2 onions, chopped
4 to 6 (16 oz.) cans baked beans
1 teaspoon prepared mustard

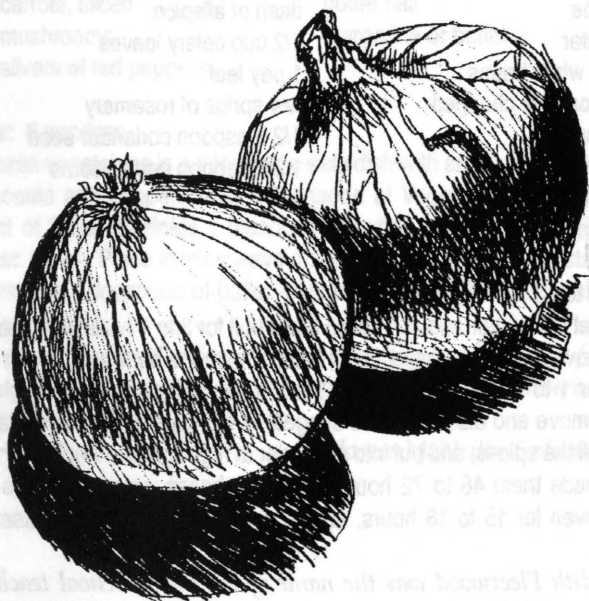
1/2 cup brown sugar
maple syrup

Makes: 6 to 8 servings

Preheat oven to 250 degrees. Fry bacon pour off excess fat; saute onion. combine beans, mustard, sugars, and syrup with the onion and bacon in a covered casserole dish. Bake for 6 hours.

"This is a recipe from my great grandparents - Joseph and Mary Cafritz-Edelstein."

Paul Edelstein - Columbia Friend



GREEN RICE

2 tablespoons olive oil
2 tablespoons chopped onion
1 cup uncooked rice

1 teaspoon salt
2 cups water
1 package frozen chopped spinach

Makes: 4 servings

Place oil, onion, rice, salt, and water in skillet. Place frozen spinach (still frozen) on top of rice. Cover and simmer 40 minutes. Stir and serve.

"Quick recipe when getting home after hard day at work. No brainer - the dish is ready to serve."

Enid H. Long - Columbia Trustee

BAKED BEANS

1 lb. lean salt pork
8 oz. cooked ham or pork,
on the bone
3 cups water
1 lb. dried white beans
1 onion, coarsely chopped
1 clove garlic
1 small red pepper
1 teaspoon mustard
1 teaspoon salt

dash of nutmeg
dash of cinnamon
dash of allspice
1/2 cup celery leaves
1 bay leaf
few sprigs of rosemary
1/2 teaspoon coriander seed
1/2 teaspoon peppercorns

Makes: 8 to 10 servings

Cover meat with water and simmer to a low boil for 3 to 4 hours until the meat is easily removed from the bones. Drain liquid. Cover the bones with water and boil for another 1 to 2 hours. Put all this liquid in the refrigerator over night. When cooled, remove and discard all the congealed fat, leaving only the gelatin. Melt this, add all the spices, and put into a blender at high speed. Pour over the beans and marinate them 48 to 72 hours. Bake the beans, covered, in the slowest possible oven for 15 to 18 hours, adding every few hours, if necessary, more marinade.

"Miss Edith Fleetwood was the name of the public school teacher who was a wonderful cook and gave me and many others recipes before she passed."

William D. Allen - Columbia Trustee

SQUASH SURPRISE

2 to 3 medium summer squash	1 large tomato
2 cups shredded cheddar cheese	1 large sweet onion
salt and pepper to taste	1 tablespoon butter

Makes: 6 to 8 servings

Preheat oven 350 degrees. Slice squash, onion, and tomato. Layer in 9x11-inch baking pan: squash, onion, tomato, cheddar cheese; repeat until all is gone. Top with butter and cheese. Bake for 40 minutes.

*Laura Stenberg - Columbia Neighbor
Pacific Garden Mission Staff*

VEGETABLE MEDLEY

1 lb. frozen broccoli spears	Vegetable Supreme seasoning
1 cup carrots, sliced	butter salt
1 cup mushrooms	margarine or butter
1 cup slivers of red peppers	

Makes: 6 servings

Mix frozen vegetables in a microwave-safe dish with an equal amount of carrots, mushrooms and peppers. Add 1 teaspoon of Vegetable Supreme and equal amount of Spike. Sprinkle 1 teaspoon of butter salt and blend all vegetables together. Cover. Place in microwave on HIGH for 25 minutes. Let stand for 3 to 5 minutes. Add 1 teaspoon of butter or margarine and toss. Leave uncovered to retain crispness.

"A busy lifestyle, yet a desire to have healthy meals for my family. Vegetables must be attractive and taste good for family members to consider eating them without fuss."

Flossie McNeill - Columbia Friend

LUPE'S SPANISH RICE

2 tablespoons oil	2 cloves garlic, crushed
2 cups white rice	1 (14 oz.) can chicken broth, undiluted
2 or 3 medium onions, chopped	1 (10 oz.) package frozen peas
1 (14 oz.) can whole tomatoes	

Makes: 6 servings

Brown uncooked rice in 2 tablespoons oil in sauce pan. Add all other ingredients except peas. Bring to a boil and stir. Cover and reduce heat to a simmer for 20 minutes. Turn heat off. Add peas and cover; let sit for 15 more minutes.

"This recipe was given to my family by a thoughtful and talented Hispanic friend. You'll enjoy it. It reheats well in microwave!"

Carleen Smith - Columbia Alumna

FRIED MATZOS

6 egg matzos	4 eggs
2 tablespoons butter	honey to taste

Makes: 4 servings

Beat the eggs until foamy. Handling matzos one at a time, run each under the cold water tap to cover with water. Shake off excess water and break each matzo into small pieces. Put all the matzo pieces into the beaten eggs as you break them. Mix with a fork until each matzo surface is lightly covered in beaten eggs. Melt one tablespoon butter in a large skillet. Add the matzos and cook on medium heat until the bottom is firm and lightly browned. Lift the entire matzo "pancake"; put another tablespoon of butter in the pan; flip the matzos and cook on the other side, about 4 minutes altogether. Turn onto a large round plate. Cut into four sections and serve one section to each person. Provide honey in a pitcher for each person to pour on as much as he or she wishes.

"Fried matzos are a traditional Jewish dish served at Passover. However, they are good year round...and could be served at the same time you might otherwise serve French toast."

Bess Winakor - Columbia Friend

TUNA SALAD

1 (6 oz.) can tuna
1 green onion
1/2 red apple
mayonnaise or salad dressing to taste

1 rib celery
1 medium red bell pepper, sliced
1 teaspoon barbecue sauce

Makes: 2 to 4 servings

Drain tuna. Chop onion, celery, pepper and apple, mix with tuna, barbecue sauce and mayonnaise. Serve with crackers, as a sandwich, or spread over English muffins and melt cheese on top.

Rose Blouin - Columbia Faculty

RICE PILAF

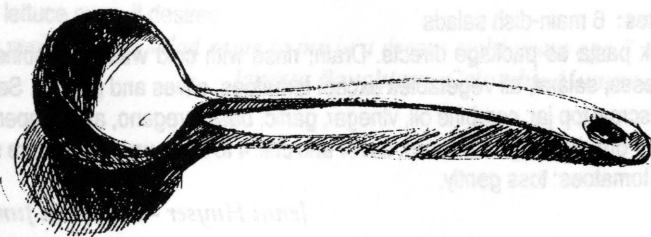
1/4 cup butter or olive oil
3/4 cup chopped pepper (green&red)
1 cup rice (uncooked)
1 cup beef stock
1/4 teaspoon msg or 1/2 teaspoon
celery salt, white pepper dash)
1/4 teaspoon curry powder
1 tablespoon slivered almonds

1/3 cup chopped onion
1 minced garlic
1 cup chicken stock
1/4 cup water
1/4 teaspoon tumeric

Makes: 4 to 6 servings

"This is our version (after many years) of this Mediterranean dish. It works well with chicken wings, shish kebob, or roast chicken. This rice is good on a buffet table or as leftovers."

Bette Couslon - Columbia Faculty



ROASTED VEGETABLES

red bell peppers
yellow bell peppers
zucchini
fresh or dried basil

green bell peppers
egg plant
onions

Makes: Lots

Preheat oven to 400 degree. Core, seed and cut peppers into 1 to 2 inch pieces. Slice circles of eggplant about 3/8" thick. Trim zucchini ends, cut half and slice lengthwise into 1/4" slices. Peel and slice onions 3/8" thick. Cover broiler pan with foil, spray with non-stick spray. Arrange vegetables and spray all.

Roast vegetables for 20 to 25 minutes. Arrange on serving platter and sprinkle with balsamic vinegar. Serve with crackers or cocktail rye. Garnish with basil.

"The vegetables in Italian restaurants have too much oil. This is fat-free and easy to prepare. Instant success."

Jean Morman Unsworth - Columbia Faculty

ITALIAN-STYLE PASTA TOSS

1 (7 oz.) package tortellini or
corkscrew macaroni
1 1/2 cups cubed swiss (6oz.)
1 1/2 cups cubed provolone (6oz.)
1/2 cup grated parmesan cheese
6 oz. thinly sliced salami
1 cup cauliflower florets
1 small zucchini, thinly sliced
1 small onion, thinly sliced
1/2 cup chopped red pepper

1/2 cup pitted ripe olives
1/2 cup snipped parsley
1/2 cup olive or salad oil
1/4 cup white wine vinegar
2 cloves garlic, minced
2 teaspoons dried, basil leaves crushed
1 teaspoon dried, oregano crushed
1/2 teaspoon ground black pepper
3 medium tomatoes, cut into wedges
1/2 cup chopped green pepper

Makes: 6 main-dish salads

Cook pasta as package directs. Drain; rinse with cold water. Combine pasta, cheeses, salami, all vegetables except tomatoes, olives and parsley. Set aside. In a screw top jar, combine oil, vinegar, garlic, basil, oregano, and pepper. Shake well. Pour dressing over salad; cover and chill 4 to 24 hours. Just before serving, add tomatoes; toss gently.

Jenni Huyser - Columbia Junior

STEVE'S TACO SALAD

2 lbs. ground beef	1 tomato, chopped
1/2 cup chopped onion	1 can chopped black olives
1 package taco seasoning mix	1 package shredded taco or cheddar cheese
1 small head lettuce, chopped	1 package tortilla chips (any variety)
1 bottle taco sauce	
sour cream, optional	

Makes: 6 main-dish salads

Brown ground beef and onion in a skillet. Drain off fat. Prepare with taco seasonings per package directions. Meanwhile, put lettuce into a large salad bowl. Crush chips; add to lettuce. Add the tomatoes, olives, and cheese. Pour 1/2 the taco sauce on top of the lettuce mixture; mix the other half into the beef mixture. Spoon the beef over in the lettuce mixture; toss until well mixed. Top individual servings with sour cream, if desired.

"Created by my brother, Steve Weekly."

Dawn Grinstead - Columbia Alumna

MY SUGAR-WOOGA WALDORF SALAD

2 medium red apples, diced	1 cup sour cream
2 tablespoons lemon juice	1/2 cup miniature marshmallows
1/2 cup seedless grapes	1/3 cup water
1/3 cup chopped walnuts	3 tablespoons sugar
1/4 cup dark raisins	

Makes: 10 to 12 servings

In a large bowl, toss apples with lemon juice. Add grapes, walnuts, and raisins; stir well. In small bowl, combine sour cream, marshmallows, water, and sugar; stir well. Toss apple mixture with sour cream mixture; mix well. Chill. Serve in small lettuce cups, if desired.

"The recipe of this salad came to me in a dream eight years ago."

Janessa Boughton - Columbia Alumna

CHINESE NOODLE SLAW

- | | |
|---|--|
| 1 (12 to 16 oz.) package coleslaw
or chopped broccoli slaw | 1/4 to 1/3 cup sugar |
| 2 packages of beef/chicken
ramen noodles with seasonings | 1/3 cup vinegar (red wine or flavored) |
| preferably (lowfat) | 1 teaspoon soy sauce |
| 1/3 cup oil | 1/2 cup chopped scallions |
| | 1 cup sunflower kernels |

Makes: 6 to 8 servings

Combine slaw, cooked ramen noodles with seasonings, sunflower kernels, and scallions in large bowl; combine oil, sugar, vinegar and soy sauce. Pour dressing over slaw; In small bowl, mix well and chill.

"Very easy to prepare ahead and serve later. Can be a main dish or side. Very tasty. Can be stored in plastic bag for traveling."

Deborah Magyar - Columbia Alumna

SPINACH-ARTICHOKE CASSEROLE

- 2 (14.5 oz.) cans artichoke hearts, can-liquid reserved
- 1 (8 oz.) package cream cheese, softened
- 2 packages frozen spinach, thawed, drained
- pepper to taste
- parmesan cheese, grated
- bread crumbs and/ or zucchini slices

Makes: 6 to 10 servings

Preheat oven to 350 degrees. Line large casserole dish with artichokes. Combine cream cheese with 1/4 cup reserved can liquid; mix into spinach and season with pepper. Spoon half the spinach-cheese mixture over artichokes. Layer with parmesan cheese; repeat. Top with bread crumbs/zucchini slices and parmesan cheese. Bake 30 to 40 minutes.

"This simple, incredibly good dish will be the hit of any buffet."

Kathy Sladek Millard - Columbia Alumna

COOL COUSCOUS

1 cup frozen peas
1 1/4 cups chicken bullion or
vegetable broth
1 clove garlic, minced
soy sauce and peanut oil
1/2 cup shredded carrot
1 teaspoon butter

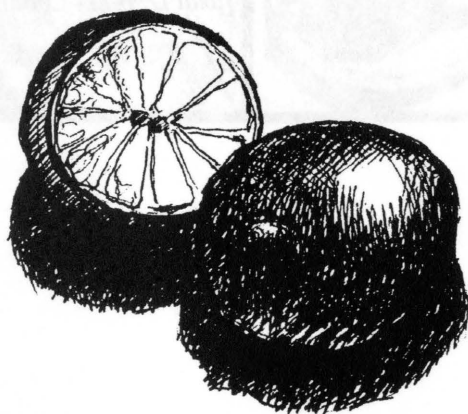
5 oz. uncooked couscous
szechuan sauce
2 green onions, chopped
1/2 block deep fried tofu, cut in 1/4 inch
cubes
2/3 cup stir-fry sprouts (mung, lentil,
wheat)

Makes: 2 servings

In a large saucepan, bring 1 cup broth and 1 teaspoon szechuan sauce to a boil. Stir in couscous; cover, remove from heat, and let stand 1 minute. Add 1 pat butter; cover. Meanwhile, fry tofu in 1 tablespoon peanut oil for 3 minutes; add 2 tablespoons broth and a dash of soy; cook another minute. Add to pan with couscous; cover. In skillet, cook peas in 2 tablespoons broth for 3 minutes; remove peas and reserve broth. Reduce broth by heating; add 1 tablespoon peanut oil. When hot, add sprouts and stir-fry for 3 minutes; remove sprouts to side. Adding more peanut oil if needed, stir-fry carrots, garlic, and onion until heated through. Add to couscous along with sprouts; toss thoroughly and serve.

"It's colorful, lowfat, meatless, and it tastes great-- kinda like stir-fried rice. After Columbia, I put myself through chef school. I currently do catering and plan on having my own restaurant in the future. This recipe came out of my desire to create flavorful, lowfat, healthy-fun food."

David Jannusch - Columbia Alumnus



BAKED RICE WITH MUSHROOMS

- 1 cup converted rice
- 1 can onion soup
- 1 can beef consomme
- 1 can mushrooms (with liquid)
- 1 stick margarine (not butter), cut into small pieces

Makes: 6 servings

Preheat oven to 375 degrees. Combine all ingredients in a large casserole dish. Cover and bake 1 hour.

Glen Hoover - Columbia Alumnus

SIX MAKES SENSE

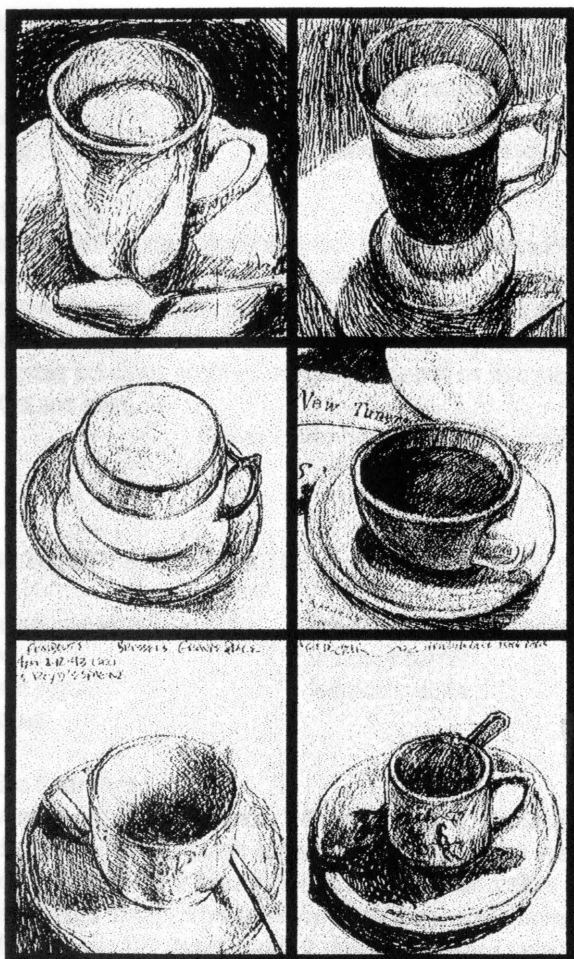
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|-----------------------------|---------------------------------------|
| 1 small head of lettuce | 1 small can albacore tuna |
| 1 lb. lowfat cottage cheese | coarse black pepper, or your favorite |
| 1 rib celery, diced | lowfat dressing |
| 1 small green pepper, diced | 2 cups baby carrots |

Makes: 2 to 4 servings

Tear lettuce into small pieces; toss with cottage cheese and set aside. In medium bowl, combine celery, green pepper, and carrots; break tuna into small chunks and toss with vegetables. Combine lettuce mixture with vegetables mixture; season to taste with black pepper or dressing and serve.

"This was eaten as a salad or used to top a baked potato."

Joan D. Hall - Columbia Friend



Desserts

MOM'S BEST BROWNIES

1/2 cup flour sifted	3/4 cup granulated sugar
1/2 cup unsweetened cocoa	6 tablespoons unsweetened applesauce
1/4 teaspoon salt	2 teaspoons vegetable oil
2 egg whites	1 1/2 teaspoons vanilla extract
1 whole egg	1 tablespoon chopped walnuts

Makes: 12 servings

Preheat oven to 350 degrees. Spray an 8-inch baking pan with cooking spray. In medium bowl, combine flour, cocoa, and salt; mix well. In a large bowl, whisk together egg whites, egg, sugar, applesauce, oil, and vanilla. Stir in flour mixture until blended. Do not over mix. Pour in pan; sprinkle with walnuts. Bake until toothpick comes out clean, about 25 minutes. Place pan on wire rack to cool 15 minutes. Cut and serve.

Selena Hanrahan - Columbia Freshman

AVOCADO YOGURT BERRY DELUXE

3 to 4 medium or 2 large avocados	1/4 teaspoon ground nutmeg
1 quart plain yogurt	2 to 3 cups berries
1/2 cup honey	1 teaspoon vanilla

Makes: 6 to 8 servings

Cut up avocado and place in blender with yogurt, honey, vanilla and nutmeg. Blend until creamy. Place in plastic container. Mix whole berries in so that they are spread throughout. Put in freezer; freeze. Allow to soften before serving.

"Avocado, yogurt and berries were foods that our nutritionist wanted our children to eat, but they wouldn't. Seeking a way to place this into their diet, I came up with a healthy dessert which they just loved; and so did every adult, when it was served when we ran out of ice cream at a dinner party."

Louis Silverstein - Columbia Faculty Member

CAPPUCCINO BISCOTTI WITH CHOCOLATE CHIPS

2 cups flour	1 large egg yolk
1 cup sugar	1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon	2 tablespoons milk
1/2 teaspoon baking powder	2/3 cup whole almonds, coarsely chopped
1/2 teaspoon salt	1/2 cup semisweet chocolate chips
baking soda	
1/4 cup brewed espresso or strong coffee	

Makes: 24 servings

Preheat oven to 375 degrees. In large bowl, combine flour, sugar, cinnamon, baking powder, baking soda, and salt. Set aside. In separate bowl, combine espresso, egg yolk, and vanilla. Stir milk into espresso mixture; add to dry ingredients. Beat until dough is smooth, about 1 minute. Stir in nuts and chocolate chips. Grease and flour large baking sheet. Turn the dough out onto a lightly floured surface. Divide dough in half; roll each half into a log that measures about 12 inches long and 2 inches wide. Transfer logs to prepared baking sheet, leaving at least 2 inches between logs. Bake until logs are firm to the touch, about 30 minutes. Remove baking sheet from oven and reduce heat to 325 degrees. Wearing an oven mitt to hold the logs in place, use a serrated knife to cut them crosswise on the diagonal into 3/4-inch-thick cookies. Lay each cookie on its side on baking sheet and return to oven. Bake until biscotti are crisp, about 5 to 10 minutes. Cool on racks and store in airtight container.

"With the popularity of coffee houses and the rage of caffeine, these cookies have become a popular treat to serve with coffee, espresso and cappuccino."

Julie Cramer - Columbia Freshman

FRUIT SMOOTHIE SURPRISE

1 oz. block silken tofu	1 oz. package frozen raspberries
1/3 block of cream cheese	whipped topping

Makes: 4 servings

Blend tofu, berries, and cream cheese in blender until smooth. Spoon into dessert dishes and top with whipped topping.

"Great for making in a dorm room—no cooking!"

Kara Scholz - Columbia Alumna

PUMPKIN-MOLASSES CAKE

1/3 cup butter	1/2 teaspoon ground ginger (optional)
4 1/2 cups powdered sugar	3/4 cup buttermilk
1 1/4 cups lemon juice	1/2 cup margarine, softened
1 1/2 teaspoons vanilla extract	1/2 cup canned pumpkin or sweet potato
2 eggs	toes
2 1/2 cups all-purpose flour	1/4 cup light molasses
1 1/2 cups packed brown sugar	1 teaspoon finely shredded orange peel
1/2 teaspoon ground cinnamon	(optional)
1 teaspoon baking powder	3/4 teaspoon baking soda

Makes: 12 servings

Preheat oven to 350 degrees. In medium bowl, beat 1/3 cup butter with 2 cups powdered sugar. Beat in lemon juice and vanilla, then enough of the remaining powdered sugar to make frosting of spreading consistency. Set aside. In large bowl, combine flour, brown sugar, baking powder, baking soda, cinnamon, and ginger. Blend in, one at a time, buttermilk, 1/2 cup margarine, pumpkin, molasses, and orange peel. Continue beating with electric mixer 2 minutes. Add eggs; beat on high for 2 minutes. Pour batter into greased 13x9x2-inch pan. Bake 30 to 35 minutes.

Tressa Courley - Columbia Freshman

WILLA'S FRUIT-FILLED SQUARES

2 eggs	2 cans cherry pie filling
2 sticks butter	1 cup chopped nuts
1 cup sugar	1 cup sugar
1 teaspoon vanilla	1 stick butter
2 cups flour	1 cup flour

Makes: 12 servings

Preheat oven to 350 degrees. Combine eggs, 2 sticks butter, 1 cup sugar, vanilla, and 2 cups flour to form a ball. Press into 9x12-inch pan. Spread pie filling over top; sprinkle with nuts. Combine 1 cup sugar, 1 stick butter, and 1 cup flour; mix until it resembles coarse crumbs. Sprinkle on top. Bake for 45 minutes.

"My mother Willa has always baked this for parties, receptions, etc. It's scrumptious!"

Darryl Winston Hughes - Columbia Alumnus

CHOCOLATE AND ORANGE BREAD PUDDING

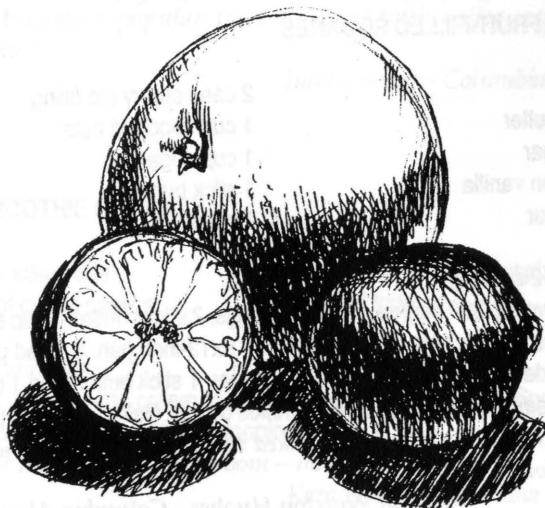
8 (4 - inch) bread slices (no crust)	1 1/4 teaspoon ground cinnamon
1 1/2 cups milk	1/2 cup raisins
1/4 pound butter	2 tablespoons orange rind
1/2 cup granulated sugar	4 egg whites
2 tablespoons unsweetened cocoa	1/2 cup granulated sugar
4 egg yolks	
1/4 teaspoon nutmeg	

Makes: 6 to 8 servings

Preheat oven to 375 degrees. Soak bread in milk. Meanwhile, cream butter and sugar. Add cocoa, then stir in the egg yolks one by one. Fold in the spices, raisins, and orange rind. Fold in the bread. Beat the egg whites with the sugar until stiff. Fold into the bread mixture. Set aside. Butter and sugar a 12 x 12 x 2-inch pan. Pour in egg mixture. Cook the pudding in the bain marie until knife test comes out clean. Bake 40 to 45 minutes. (Editor's Note: Create a bain mairé by putting the pudding pan inside a "bath" with a larger pan filled with hot water. Take care not to wet the pudding with the water. Bake entire set-up.)

"Unsweetened cocoa with the pungency and fragrance of orange gives excellent balance and aroma."

Michael Foley - Proprietor, Printer's Row Columbia Neighbor



MYSTERY COBBLER

1 cup butter (2 sticks)	1 1/2 cups milk
2 cups sifted all-purpose flour	2 (29 oz.) cans sliced peaches, drained
2 cups granulated sugar	1 teaspoon salt
1/4 cup baking powder	

Makes: 10 to 12 servings

Preheat oven to 350 degrees. Place butter in an 11 x 7 x 2 - inch pan. Melt in preheated oven; then remove. Sift together dry ingredients. Add milk; mix thoroughly. Pour batter over butter; arrange fruit on top. Bake 40 minutes. Add extra juice or water and fruit, if desired. Pears or blueberries can be substituted for the peaches.

"Mother's recipe and grandmother's recipes. I use a roasting pan for turkeys, that's what mama used."

Loraine Totafae Washington - Columbia Alumna

UPSIDE DOWN CAKE

1/3 cup butter	3 teaspoons baking powder
2/3 cup sugar	1/3 teaspoon salt
2 eggs (separated)	2/3 cup liquid
1/2 teaspoon vanilla	1 teaspoon butter
1 1/2 cups flour	1 cup brown sugar

Makes: 8 servings

Preheat oven to 375 degrees. Cream butter and sugar. Beat egg yolks; add to butter with vanilla. Mix well. Sift together dry ingredients, and add to cream mix alternating with liquid in four steps. Mix after each. Beat egg yolks till stiff. Fold into cake. Melt 1 teaspoon butter and 1 cup brown sugar in large cast iron skillet. Heat till thick and bubbling. Remove from heat. Arrange fruit/nuts on bottom of skillet. Pour in cake batter. Bake for 35 minutes. Serve warm or cold.

"Recipe was developed by my great grandmother and has been passed down to each generation since. Family legend has it that my great grandmother won first prize in her flower club baking contest with this recipe back in the early 1900's."

Howard Hildebrandt - Columbia Staff Member

FUDGE

18 oz. semisweet chocolate chips
1 can sweetened condensed milk
1 teaspoon vanilla
dash of salt
1/2 cup nuts (optional)

Makes: 8 to 10 servings

In double boiler melt chocolate chips. Add vanilla, salt, and condensed milk. Stir mixture until creamy smooth. Remove from heat. Add nuts. Put mixture in 9x13-inch pan with wax paper on bottom. Leave in refrigerator for 2 hours or until mixture hardens. Remove wax paper from bottom, cut mixture into squares.

"Good fudge that's easy to prepare and make."

Cookie Baucum - Columbia Staff Member

CHOCOLATE ECLAIR SLICES

2 (8 oz.) packages French vanilla instant pudding	1 teaspoon vanilla
3 cups milk	3 tablespoons milk
1 (9 oz.) tub whipped topping	2 teaspoons corn syrup
1 box graham crackers	1 1/2 cups powdered sugar
	2 1/2 oz. melted chocolate

Makes: 6 to 8 servings

Butter and line bottom of 9x13-inch pan with whole graham crackers. Prepare 2 packages of French Vanilla Instant Pudding using 3 cups of milk (instead of 4). Fold in 9 oz. of whipped topping. Pour half of the filling over crackers, place another layer of whole crackers over that. Pour remaining filling over crackers and cover again with whole crackers. Blend remaining ingredients well and pour over top of crackers as icing. Let stand in refrigerator for two days (very important). Cut along cracker separations for individual eclairs.

"Enjoy - this was made for my birthday several years back by my step-mother-in-law and her mother, so I think the recipe goes back to the 50's or 60's."

Jackie Monahan - Columbia Staff Member

JENNY'S POTATO CANDY

1 lb. powdered sugar 2 tablespoons peanut butter
1 heaping tablespoon cold mashed potatoes

Makes: 1 1/2 dozen candies

In a large mixing bowl, add mashed potatoes. Gradually, add and mix the sugar to the potatoes until a firm dough ball is formed. On the waxed paper roll out the dough to 1/4- to 1/8-inch thickness, dusting the rolling pin and dough ball with sugar to prevent sticking. Spread the peanut butter over the dough. Roll into a log and chill. Cut into pieces.

"This was mom's version of dessert. A minimum-wage earner, she didn't spend good money on silly snack food. She often fashioned her own recipes or used her own mom's ideas - as was potato candy. In sweet memory of Genevieve 'Jenny' Grekoff."

Jan Grekoff-Pagoria - Columbia Staff Member

DUTCH BABY WITH APPLES

1/2 cup flour 1 teaspoon lemon juice or vanilla extract
3 eggs 2 apples, pared, peeled and sliced
2 tablespoons butter 1 tablespoon brown sugar
1 tablespoon butter
1/2 cup milk

Makes: 3 servings

Preheat oven to 375 degrees. Meanwhile, saute the apples for 10 to 15 minutes while dutch baby bakes. Put eggs in blender 1 minute; add flour for 1 minute and add milk for 30 seconds. Heat butter in 12 inch skillet until sizzling and pour flour mixture into skillet; put into oven 20-30 minutes until fluffy and slightly brown. Remove dutch baby from oven, slice immediately. Pour sauce over top; add raspberries or blueberries, etc.

"If it's Sunday in our house we always make this quick, delicious breakfast. Sometimes we put syrup on it, sometimes lemon juice and powdered sugar-depends if we feel fat or thin."

Marilyn Sward - Columbia Staff Member

SWEET POTATO PIE

4 large sweet potatoes,
cooked and peeled
1 graham cracker crust
1/2 teaspoon ground ginger

3 Tablespoons honey
4 egg whites
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon

Makes: 6 to 8 servings

Preheat oven to 350 degrees. Blend all ingredients. Pour into pie crust. Bake for 30 minutes.

"A healthy southern dish from our heritage."

Lois and Karen Graller - Columbia Friends

LEMON NOODLE PUDDING

8 oz. broad noodles, cooked
al dente
2 cups cottage cheese
4 eggs (or 2 whole eggs
plus 4 egg whites)
1/2 cup sugar
1 cup milk

1 (12 oz.) large can pineapple in juice
2 teaspoons lemon extract
1/2 stick margarine or butter
2 cups crushed corn flakes
1/2 cup brown sugar

Makes: 8 to 12 servings

Preheat oven to 350 degrees. Mix cheese, eggs, sugar. Add milk, pineapple with juice, lemon extract. Add noodles to cottage cheese mixture. Pour all into baking pan. Top with 2 cups crushed corn flakes and 1/2 stick margarine, 1/2 cup brown sugar-or just sprinkle sugar and cinnamon to taste over the top. Bake 1 hour or until knife inserted comes out clean. Enjoy.

"This recipe was given to me without one ingredient. I hunted through cook books to determine the ingredient and proper amount. After a couple of experiments, I achieved the flavor that I liked. Voila, it's a very special dish. The secret to the flavor is lemon extract."

Roslyn G. Levinson - Columbia Friend

CREAMY CHOCOLATE FUDGE

1 1/3 cup milk	1/4 cup butter
4 squares German sweet chocolate	1 cup chopped pecans
1/4 cup semisweet chocolate chips	1/4 cup corn syrup
4 cup sugar	2 teaspoons vanilla

Makes: 10 to 20 pieces

Put milk and chocolate in 2 quart heavy saucepan. Cook over low heat, stirring until chocolate melts. Add sugar and corn syrup. Cook over medium heat without stirring, at least 20 minutes at 250 degrees (use candy thermometer). Soft ball stage. Remove from heat, put kettle into sink with water to cool and add butter, vanilla, and nuts. Cool to 100 degrees. Beat briefly; pour into buttered pan. Let harden before cutting.

"Favorite candy for many years."

Wayne Atkinson - Columbia Former Faculty

DECADENT CHOCOLATE CAKE (FLOURLESS)

1 lb. milk or dark chocolate, chopped	1 cup sugar
1 lb. unsalted butter	1 teaspoon vanilla
1 cup heavy cream	2 eggs

Makes: 1 (10-inch) cake, 8 servings

Preheat oven to 350 degrees. In heavy medium sized pot, slowly heat chocolate and butter, heavy cream, sugar and vanilla. Stir every so often, making sure to scrape bottom of pan to prevent scorching. Whisk eggs. Slowly temper chocolate mixture into eggs while whisking. Grease a deep 10-inch circle cake pan. Bake 45 to 60 minutes with fudge pan in a hot water bath. Cool, remove cake from pan. Coat with chocolate garnache: 1 part chocolate and 1 part heavy cream.

"I serve this cake at the restaurant I work at with a raspberry coulis. One bite is almost too much—but before you know it, you've devoured this sinfully rich cake."

Keli Marie Bates - Columbia Friend (sister of alumnus)

BUTTERMILK CAKE

1/2 lb. margarine
2 cups sugar
4 eggs
1 teaspoon vanilla

1 teaspoon baking soda
1 teaspoon cream of tartar
1 cup plus 2 tablespoons buttermilk

Makes: 12 servings

Preheat oven to 350 degrees. Cream margarine and sugar; add egg yolks and vanilla and cream together. Into another bowl, sift flour, baking soda and cream of tartar. Add into cream mixture alternating with buttermilk. Beat egg whites stiff and fold into batter. Grease and flour 9x13-inch pan. You may sprinkle chopped nuts (walnuts or pecan) or butter or leave plain. Bake for 45 to 50 minutes. Frost with favorite frosting.

Leo P. Chruby - Columbia Senior

KEY LIME PIE

1 1/2 cans sweetened condensed milk
1/3 to 1/2 cup Key lime juice*
whipped topping

4 egg yolks

1 graham cracker pie crust

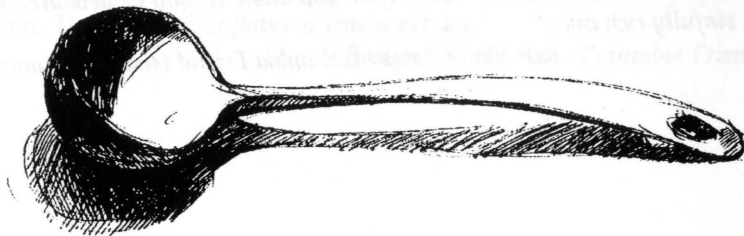
Makes: 1 (9-inch) pie

Preheat oven to 350 degrees. Mix milk, egg yolk and lime juice. Pour into shell. Bake 10 to 15 minutes. Cool/chill in refrigerator or serve at room temperature. Crown with whipped topping and serve.

* I recommend using Nellie & Joe's Famous Key West Lime Juice, which is available in some supermarkets and specialty stores.

"I needed a 15 minute dessert and this was on Nellie and Joe's bottle."

Merle Tillery - Columbia Faculty Member



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