

**FROM OUR KITCHENS TO YOURS:**  
**RECIPES FOR WELL-BEING**



UNIVERSITY OF MINNESOTA

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Medical School

# FROM OUR KITCHENS TO YOURS: RECIPES FOR WELL-BEING

This project was executed under the Medical Student Well Being  
Committee of the University of Minnesota Medical School

MMC 293  
420 Delaware Street SE  
Minneapolis, MN 55455  
612.624.8118  
wellmd@umn.edu

*Photo illustrations by:  
Kate Jacoby, Katie Freeman, & Richard Levitre*

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*Greetings from the Medical Student Well-Being Committee!*

*Do you like to cook? Never cooked before? Feel short on time or money for cooking? Is medical school crimping your kitchen style? Well, you're in luck. This cookbook was designed for medical students by medical students. The recipes included are personal favorites submitted by members of the medical school community. We all know that the stressors of school and life during these busy years can be detrimental to maintaining healthy habits. One of those habits, a balanced diet, is a huge part of overall well-being as well as feeling and functioning at your best. Also, sharing special foods with friends and family helps keep you connected.*

*Special thanks to University of Minnesota nutritionists and Betty Crocker cookbook experts. With their help, we included some unique pages regarding shopping on a budget, eating balanced meals, cooking tips and ingredient substitutions. We'd also like to recognize the Medical School Class of 1966 Endowment Fund, the University of Minnesota Physicians Departments of Obstetrics and Gynecology, Family Medicine and Community Health and Surgery and General Mills for making this cookbook financially possible.*

*We hope this cookbook will be a fun and useful resource for your medical student years, and for many years after!*

*Happy Cooking!*

*The Medical Student Well-Being Committee*

*Cookbook Project Leaders:*

*Erin Grimsby, Medical Student Class of 2010*

*Kate Jacoby, Medical Student Class of 2012*

*Katie Freeman, Medical Student Class of 2011*

*Hannah Shacter, Medical Student Class of 2011*

*Richard Levitre, Medical Student Class of 2011*

*David Martin, Medical Student Class of 2011*

*Julia Davis, Medical Student Class of 2011*

*Justin Laube, Medical Student Class of 2010*

*Susie Jepsen, Medical Student Class of 2010*

*Erin Louks-Smith, Medical Student Class of 2010*

*Sunil Saith, Medical Student Class of 2009*

*Eric Adiarte, Medical Student Class of 2009*

*Marilyn Becker, PhD – Committee Advisor*

*Jen Thissen Swain – Executive Assistant*

# Quick Nutrition Tips for Medical Students

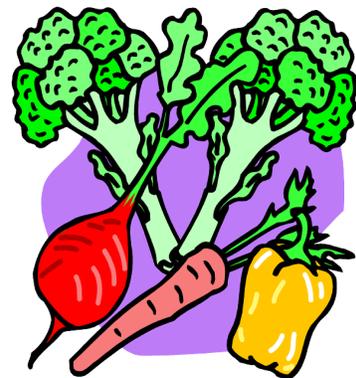
As a medical student you have a million things on your mind. Getting your body the proper nutrition it needs is probably NOT on the top of your priority list. Here are a couple simple tips to help keep your body feeling good as so your mind can stay sharp and balance all of the demands of medical school.

## 1) **Cut back on the grains**

Most people eat way too many pastas and grains during the day. FDA guidelines suggest 6 oz of grain a day. Just ONE bagel is 4 oz of grain...plus cereal and a granola bar and spaghetti at dinner and you are way over your limit

## 2) **Your really can't get too many fruits and veggies**

Remember the old "5 a day" slogan for fruits and vegetables? Erase it from your mind right now. Most people don't get enough fruits and veggies, which are full with good stuff for your body. FDA guidelines for fruits and vegetables are measured in cups, so servings are often smaller than you think. Just four strawberries give you one serving of fruit.

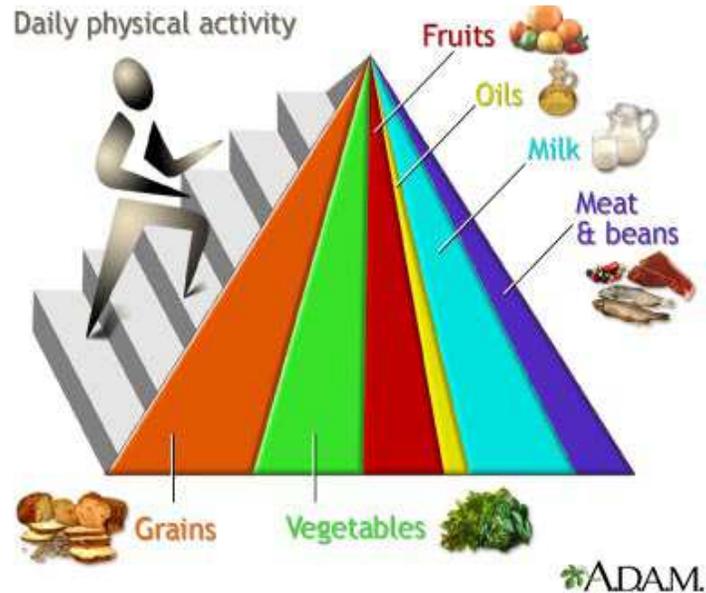


## 3) **Make eating healthy an easy option**

After a long day at school, often the last thing a busy med student wants to do is plan out a complicated meal. The key is to prepare as much of the meal as possible beforehand, so it is nearly ready to eat when you get home. Try preparing a large amount of rice or pasta early in the week to save you time and energy.

## FDA Nutrition Guidelines

- \*Grains: 3-4 oz.
- \*Fruits and Vegetables: 4 ½ to 5 cups
- \*Milk: 3 cups
- \*Meats and Beans: 5 ½ to 6 ½ oz.
- \*Oils: 6-7 teaspoons



## Portion Hints:

3 oz of meats = a deck of cards

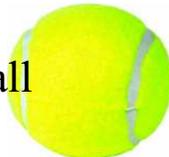


1 teaspoon oil = diameter of a quarter

1 cup raw vegetables = size of a light bulb



1 medium fresh fruit = tennis ball

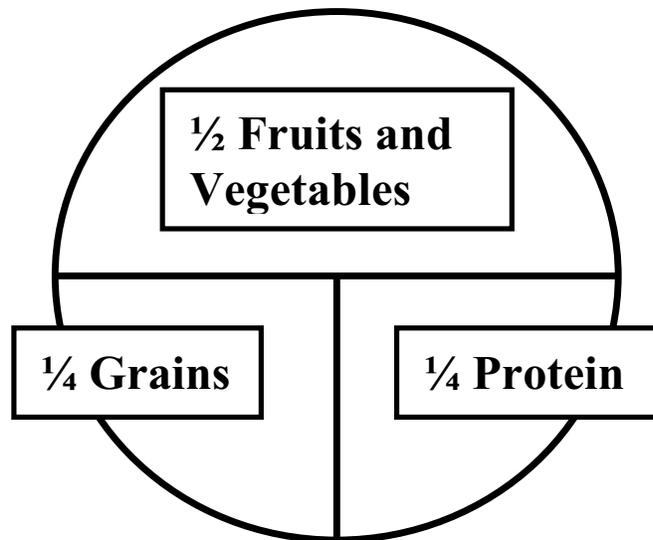


1 bagel or roll = 6 oz can of tuna

## **Half Plate Rule**

While you can get detailed, personalized diet recommendations at [www.MyPyramid.gov](http://www.MyPyramid.gov)., another easier, quicker approach to good nutrition is the Half-Plate Rule.

**At each meal, your plate should be:**



**...then add a glass of milk, cup of yogurt, or bit of cheese**

Portions:

### **Fruits/Vegetables:**

- 2 cups should fill up  $\frac{1}{2}$  of your plate
- Choose fruit twice and vegetables three times

### **Grains:**

- 2 oz should fill  $\frac{1}{4}$  of your plate
- 2 oz = 2 slices of bread, medium tortilla, 2 handfuls of crackers,  $\frac{1}{2}$  hamburger bun, 1 cup rice, pasta or oatmeal

### **Protein:**

- 2 oz should fill  $\frac{1}{4}$  of your plate
- 2 oz = meat, fish, or tofu about the size of a deck of cards, 2 tablespoons peanut butter, 2 eggs,  $\frac{1}{2}$  cup beans, 1 veggie burger, handful of nuts

## Meal Planning

Use the half-plate rule for menu planning. Just mix and match your meal components using the following chart:

<b>MON</b>	Grains	Proteins	Fruit (2)	Vegetables(3)
breakfast				
lunch				
dinner				
<b>TUE</b>	Grains	Proteins	Fruit (2)	Vegetables(3)
breakfast				
lunch				
dinner				
<b>WED</b>	Grains	Proteins	Fruit (2)	Vegetables(3)
breakfast				
lunch				
dinner				
<b>THURS</b>	Grains	Proteins	Fruit (2)	Vegetables(3)
breakfast				
lunch				
dinner				
<b>FRI</b>	Grains	Proteins	Fruit (2)	Vegetables(3)
breakfast				
lunch				
dinner				

Eating well need not be difficult or time consuming!

*-Remember to get calcium as a glass of milk, sprinkle of cheese or scoop of yogurt*

*-Snacks should primarily be fruits, vegetables or dairy*

## Healthy Grocery List

### **Fruits and Veggies**

- Apples
- Apricots
- Asparagus
- Avocado
- Banana
- Bell pepper
- Blueberries
- Broccoli
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cherries
- Cucumbers
- Eggplant
- Garlic
- Grapes
- Green beans
- Kiwi
- Lettuce
- Mangoes
- Mushrooms
- Onions
- Oranges
- Peaches/nectarines
- Pears
- Potatoes
- Radishes
- Spinach
- Strawberries

- Sweet potatoes
- Tomatoes
- Watermelon
- Zucchini

### **Frozen**

- 100% Fruit juice
- Blueberries
- Broccoli
- Carrots
- Frozen yogurt
- Green beans
- Peaches
- Peas
- Spinach
- Stir-Fry veggies
- Strawberries
- Veggie burgers
- Waffles/pancakes

### **Meat**

- Chicken
- Deli meat
- Ground meat
- Ham
- Pork chops
- Roast beef
- Salmon
- Shrimp
- Steak
- Turkey
- Tuna

## **Healthy Grocery List** **(cont'd)**

### **Grains**

- Bagels, whole wheat
- Barley
- Bread, whole wheat
- Brown rice
- Cereal
- Crackers, whole grain
- Couscous
- English muffins
- Granola bars
- Pasta, whole wheat
- Pita bread
- Oatmeal
- Pizza crust
- Popcorn
- Pretzels, whole grain
- Rice cakes
- Tortillas
- Tortilla chips, baked

### **Canned Veggies/Fruit**

- Corn
- Green beans
- Legumes/beans
- Mandarin oranges
- Mixed fruit
- Olives
- Peas
- Peaches
- Pears
- Pineapple
- Tomatoes

### **Dry Goods**

- Dried fruit
- Lentils
- Nuts/seeds
- Peanut butter
- Ramen noodles
- Salsa
- Soup
- Spaghetti sauce
- Tofu
- Tuna, canned

### **Condiments**

- Barbeque sauce
- Canola oil
- Cooking spray
- Ketchup
- Mustard
- Olive oil
- Salad dressing
- Soy sauce
- Teriyaki sauce

### **Refrigerated Foods**

- Cottage cheese
- Cream cheese
- Eggs
- Milk
- Shredded cheese
- Sour cream
- Soy milk
- Yogurt

# A Seasonal Look at Minnesota Grown Produce

MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
ASPARAGUS	ASPARAGUS	ASPARAGUS				
BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS			
GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS		
RADISHES	RADISHES	RADISHES	RADISHES	RADISHES	RADISHES	
RHUBARB	RHUBARB					
SPINACH	SPINACH			SPINACH	SPINACH	
	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	
	CABBAGE	CABBAGE	CABBAGE	CABBAGE	CABBAGE	
	GREENS	GREENS	GREENS	GREENS		
	GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS		
	KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI		
	PEAS	PEAS				
	STRAWBERRIES	STRAWBERRIES				
		BEETS	BEETS	BEETS	BEETS	
		BLUEBERRIES	BLUEBERRIES			
		CARROTS	CARROTS	CARROTS	CARROTS	CARROTS
		CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER
		CUCUMBERS	CUCUMBERS	CUCUMBERS		
		HERBS	HERBS	HERBS		
		PEPPERS	PEPPERS	PEPPERS		
		POTATOES	POTATOES	POTATOES	POTATOES	POTATOES
		RASPBERRIES		RASPBERRIES		
		SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH		
		SWEET CORN	SWEET CORN	SWEET CORN		
		TOMATOES	TOMATOES	TOMATOES		
		APPLES		APPLES	APPLES	APPLES
		EGGPLANT		EGGPLANT		
		MELONS		MELONS		
		ONIONS		ONIONS	ONIONS	ONIONS
		BRUSSELS SPROUTS		BRUSSELS SPROUTS		
		PARSNIPS		PARSNIPS	PARSNIPS	PARSNIPS
		TURNIPS		TURNIPS	TURNIPS	TURNIPS
		WINTER SQUASH		WINTER SQUASH	WINTER SQUASH	WINTER SQUASH
					PUMPKINS	PUMPKINS
						CHRISTMAS TREE
SPRING			SUMMER		FALL	



Peak Season

Why buy seasonal produce? Produce will taste its best when in season and is usually cheaper than in the off season. Below are some tips on washing, storing and picking out some common vegetables and fruits.

Remember all produce should be washed thoroughly with water, even the pre-washed lettuce! This includes citrus fruit if you're slicing it, instead of hand peeling: contaminants will follow your knife. Potatoes and other peeled items should be washed too: contaminants will follow your veggie peeler. A good tip for keeping your produce easy to use and fresh longer: wash it all when you get home and DRY very well (salad spinners are a savvy investment, for those tough greens). Your produce will be ready to eat or prepare when you are! Look for more tips, found with recipes throughout the book.

## Spring

Asparagus: bright green and firm, store in refrigerator in plastic or brown paper bag

Avocado: slightly soft when squeezed, use immediately. Will ripen uncut if firm, store at room temperature

Broccoli: Green, no discoloration, should smell sweet, not cabbage-like. Refrigerate in open plastic bag.

Peas: Pods filled out, but not bursting. Store in open plastic bag in refrigerator

Radishes: Smooth, firm. Smaller ones are less spicy, refrigerate in open plastic bag

Spinach: Bright green leaves, refrigerate washed with a paper towel in plastic bag

Rhubarb: Crisp stalks in pink, green or speckled. Remove leaves, store refrigerated

## Summer

Berries: Smell them, they should smell good! Check for mold. Store in refrigerator on a paper towel, open air. Wash just before eating.

Beets: Leaves and stalks unwilted, use right away before sugars turn to starch. Refrigerate in open plastic bag.

Carrots: Unwilted greens, bright deep orange color, crisp. Store in plastic bag after removing tops.

Cauliflower: Uniform creamy white color, tight florets. Refrigerate in plastic bag

Cucumbers: Skin firm, not shriveled. Crisp feel/look. Store refrigerated, away from tomatoes and apples.

Eggplant: Firm, shiny, without blemishes. Smaller are sweeter. Use soon after buying. Store chilled.

Green Beans: Crisp and bright. Use quickly because they don't last! Store refrigerated.

Peppers: Firm, smooth/glossy skin. Can keep at room temperature or refrigerate in open plastic bag.

Sweet corn: Green, fresh looking leaves, silks golden. Full plump kernels that exude milky liquid when broken.

Summer Squashes (including Zucchini): Firm and mostly free of any blemishes. Store at room temperature or refrigerated.

Tomatoes: Smell good, firm with bright color. Never refrigerate.

Peaches: Should have slight give with pressure, few blemishes. Will ripen in a brown bag at room temperature. Store at room temperature.

Watermelon: Look for a yellow under side, not white and dried stem. Can store at room temperature uncut, refrigerate cut pieces in covered container.

## Fall/Winter

Apples: Firm and unblemished. Room temperature or refrigerate.

Potatoes: Smooth skin, no soft spots or discoloration. Store in cool dry place.

Acorn Squash: Dull, dark green rind, no soft spots. Store for 1-2 months in a cool dry place.

Pumpkins: Free of blemishes, tough rind that can't be scraped with your nail. Under 6 pounds, if you plan to eat it!

Turnips: Look for smaller ones, use unpeeled or larger ones, use peeled, stronger flavor. Greens shouldn't be wilting. Store at room temperature.

Citrus: Feels heavy for size. Color is not always a good indicator. Store room temperature or refrigerator.

Greens: Look for dark green leaves. Avoid yellowing or limp ones. Store chilled, use soon after buying as flavor gets stronger as is gets older.

Garlic: Firm, closed heads with no shoots. Cured- Store in a cool dry place. Fresh- refrigerate in plastic bag, use soon after buying.

Sources: Minnesota Department of Agriculture  
Online: <http://www.mda.state.mn.us/>

The Food Network  
Online: [www.foodnetwork.com](http://www.foodnetwork.com)

The Ulloms Website  
[www.theulloms.com/myrecipes/how\\_to\\_pick\\_out\\_produce.htm](http://www.theulloms.com/myrecipes/how_to_pick_out_produce.htm)

## **Farmer's Markets Near You!**

**Listed are just a few markets- there are many more throughout Minnesota. To find one closest to you go the Minnesota Department of Agriculture Website <[www.mda.state.mn.us](http://www.mda.state.mn.us)> and search the Minnesota Grown Directory.**

### **Mill City Farmer's Market**

[www.millcityfarmersmarket.org](http://www.millcityfarmersmarket.org)

704 2nd Street S.

Minneapolis, MN 55401

Between the Guthrie and Mill City Museum

Open mid-May to mid-October, Saturdays 8am-1pm.

### **Minneapolis Farmer's Market**

[www.mpilsfarmersmarket.org](http://www.mpilsfarmersmarket.org)

312 East Lyndale Ave North

Minneapolis, Minnesota 55405

Open late April to late December, daily, 6am - 1pm.

From 6<sup>th</sup> street to 12<sup>th</sup> street on Nicollet Mall

Open every Thursday from 6 a.m. to 6 p.m.

June through early November.

### **University of Minnesota Farmer's Market**

<http://www1.umn.edu/ohr/wellness/market/index.html>

Church Street, on the East Bank

Open summers, every Wednesday 11 a.m. until 2 p.m., beginning in July.

**St. Paul Farmer's Market**

[www.stpaulfarmersmarket.com/](http://www.stpaulfarmersmarket.com/)

290 E 5th Street

St. Paul, MN 55101

Corner of 5th and Wall Streets

April – November

Saturdays 6am - 1pm

Sundays 8am - 1pm

Winter Market, Open 9am - noon

Saturdays, December – April.

Go to the website for information on locations of satellite markets in the metro area.

## **Breakfast**

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**Buttermilk Pancakes**

## **Buttermilk Pancakes**

Haliza Nik Hassan, Medical Student-Class of 2011

Approximate preparation time: ½ hour + overnight (unattended)

Servings: 8

4 eggs

3 Tb sugar

3 cups buttermilk

2 cups flour

½ tsp salt

1 ¾ tsp baking soda

1 tsp baking powder

1 Tb melted butter, cooled

In a blender, beat eggs, sugar, buttermilk and melted butter.

Combine dry ingredients and add to above, blend well.

Let it sit in refrigerator overnight. You might want to re-blend before cooking. Pour ¼ cup on griddle for thin silver dollar pancakes.

*Tips: Buttermilk substitution, add 1 ½ T. lemon juice or white vinegar to 1 ½ c. regular milk, stir and let sit on counter for 10 minutes. I have also used lime juice and it works just as well.*

## **Cherry, Almond & Cinnamon Granola**

[This recipe is originally from Ina Garten]

Sing-Wei Ho, Medical Student-Class of 2010

Approximate preparation time: 10 min. preparation, 30 min.  
baking

Servings: 10

4 cups rolled oats  
2 cups sweetened shredded coconut  
2 cups sliced almonds  
1 1/2 cups dried cherries (chopped)  
1/2 cup vegetable oil  
1/3 cup honey  
2 teaspoons ground cinnamon

Preheat oven to 350 degrees F. Toss oats, coconuts, almonds, and cherries together in a bowl. Pour the vegetable oil and honey over the oat mixture. Add the cinnamon and stir with a wooden spoon until all the oats and nuts are coated with the liquids. Pour onto a sheet pan. Bake, stirring occasionally with a spatula, until the mixture turns a nice, even golden brown, about 25-30 minutes.

*Tips: Be careful not to burn the granola. Have alone or with milk as cereal.*

## **Grab 'N Go Breakfast Burritos**

Marilyn Becker, PhD

Director of Learner Development

*Quick, warm and tasty breakfast before you head out to school or clinics. [My daughter makes these so her husband has something good to eat as he rushes to the slopes to be the first one to ski the powder.]*

Approximate preparation time: 20 minutes initial preparation

1-2 minutes to heat up

Servings: 12

1 dozen eggs scrambled [or egg substitute]

1 lb ground breakfast sausage

cheddar cheese (as much as you want)

12 flour tortillas

Optional: onion, cilantro, tomato, Cholula hot sauce

Cook and mix all ingredients-scoop evenly into 12 tortillas.

Wrap in wax paper or plastic wrap, then again in aluminum foil.

This is so that they are sealed good enough for the freezer but when you take them out you just remove foil and heat in the other covering. Cook for 1-2 minutes on high depending on microwave.

## **Lemon Poppy Seed Muffins**

Sara Polley, Medical Student-Class of 2010

*This is a tasty recipe for a healthy snack, breakfast, or gift. Great warmed a little in the microwave or out of the oven!*

Approximate preparation time: 25 minutes

Servings: 12 Muffins

2 cups all-purpose flour  
3/4 cup white sugar  
1/4 cup poppy seeds (may be reduced to 1/8 cup)  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 eggs  
1 cup lemon flavored yogurt  
1/4 cup vegetable or canola oil  
1 tablespoon grated lemon zest (fresh or dried)

### *Glaze (optional)*

1/3 cup lemon juice  
3 tablespoons white sugar

Preheat oven to 400 degrees F (205 degrees C). Lightly grease a muffin tin. Combine the flour, 3/4 cup white sugar, poppy seeds, baking powder, baking soda and salt. In a separate bowl mix the eggs, yogurt, vegetable oil and lemon zest. Blend well and pour over the flour mixture. Mix until just combined. Do not overmix! Spoon batter evenly between the prepared muffin cups. Bake at 400 degrees F (205 degrees C) for 20 minutes. Combine the lemon juice with the remaining 3 tablespoons white sugar. Stir into sugar dissolves. Once the muffins are baked pierce the tops several times with a toothpick. Slowly pour about 1 tablespoon of the lemon juice and sugar mixture over the tops of each muffin. Let muffins cool in pans for 10 minutes before removing them from the tin.

## **Mardi Gras Breakfast**

Anita Thielman, Principal Accountant

- 2 lbs pkg. frozen hash browns (salt them)
- 1 link smoked sausage, chopped
- 1 lb. whole hog sausage, cooked just past pink (not browned)
- 1 small jar chopped pimento
- 1 can mushroom pieces
- 6 small green onions with tops, chopped
- 1 tsp. Italian seasoning salt and pepper to taste
- 1 (10oz) pkg. sharp Longhorn grated cheese, store in freezer until ready to use
- 10 eggs with 2-3 dashes of Tabasco sauce with Cajun seasoning beaten in
- 1 can of diced tomatoes

Add hash brown to bottom of pan, then add all other mixture, except cheese and eggs.

Break eggs and let them run through mixture. Throw in 1 can of diced tomatoes (optional). Add cheese, mixing well and bake at 350 degrees for 40 to 45 minutes. Serve with fruit.

## **Oatmeal Raisin Scones**

Angela Hewitt, Medical Student-Class of 2009

Approximate preparation time: 30 minutes

Servings: 6

1 1/2 c. flour (I use half bread flour, half whole wheat)

1 c. old-fashioned oatmeal

1 t. salt

1/4 c. melted margarine

3/4 c. sour milk (add 1 t. vinegar to 1 c. 1% milk if you don't have any)

1/2 c. raisins

Mix together dry ingredients. Add margarine and raisins. Stir in enough sour milk to just moisten (I usually use all 3/4 c. so that they are soft). Divide dough and pat into round circles 1/2" thick on a greased cookie sheet. Bake at 400 degrees for 12-15 min or until golden brown.

*Tips: Great with honey.*

## **Pannekoken**

Erin Grimsby, Medical Student-Class of 2010

*I learned how to do this in 7th grade FACS class, it's a classic!*

Approximate preparation time: 20 min

Servings: 2-3

1/2 C flour

1/2 C milk

1/4 tsp salt

2 eggs

2 tbsp butter

Preheat oven to 450 degrees. Put butter in square pan and put pan in oven until butter is melted. In a bowl, mix flour, salt, milk, eggs. Put mixed ingredients in melted butter and bake for 15 min. **DO NOT OPEN OVEN DOOR WHILE COOKING** or it will collapse

Toppings: cinnamon, sugar, fresh fruit, syrup.

## Poached Egg

David Martin, Medical Student – Class of 2011

Approximate preparation time: 10 minutes

Servings: 1

egg  
vinegar  
water

Bring water to a boil (you'll need enough water to cover the egg, usually about 2-3 inches of water in the pot). Just as it starts to bubble, turn the heat down a notch, add in a tablespoon of vinegar, and stir. Get the water spinning (like a drain circling).

Crack an egg or two into a dish; pour the eggs into the middle of the spinning water.

Cook, not at a boil, for 4-6 minutes depending on how runny you like your egg yolks.

*Tips: If the eggs are a little old, add a bit more vinegar. Be sure to not boil the eggs, you want the temp to be just under boiling (Water boils at 100C, you want it at about 90C).*

*Poached eggs are great for breakfast, no oil from frying, no peeling necessary. I like mine with some salad greens, some hot sauce and tomato on a bagel. Some bacon will help keep you warm for winter too. They do sometimes stick to the bottom of your pot, so clean it quickly to avoid crusty dishes.*

## Poached Eggs - Eggs Benedict

Marilyn Becker, PhD

Director of Learner Development

*Now that you know how to poach an egg [see previous recipe], you can create this special dish and really impress your friends/family!*

Approximate preparation time: 30 minutes

Servings: 6

6 eggs

6 slices of Canadian bacon

3 English muffins

1 cup Hollandaise sauce

Make Hollandaise Sauce [and keep warm on a very low heat as you prepare the Canadian bacon, English Muffins, and eggs]:

### *Hollandaise Sauce*

2 egg yolks

3T. lemon juice

1/2 c. very cold butter

In small saucepan, stir eggs yolks and lemon juice with wooden spoon. Add 1/2 of butter. Stir over very low heat until butter is melted. Add rest of butter. Continue stirring until butter is melted and sauce is thickened. Be sure butter melts slowly as this gives eggs time to cook and thicken the sauce without curdling. Serve hot or at room temperature. Makes 1 cup.

Heat Canadian bacon in a small frying pan and keep warm.

Split and toast 3 English Muffins [1/2 per serving].

Poach eggs.

Assemble:

Place piece of Canadian bacon on 1/2 of an English muffin

Top with poached egg

Spoon Hollandaise sauce over egg

## **Saturday Morning Skillet Breakfast**

Anthony J. Weinhaus Ph.D.

Course Director, Anatomy

*My two little boys and I make this on Saturday mornings, we eat it right out of the skillet! Good with coffee or juice.*

Ingredients can include anything you have in the fridge...

garlic

onions

potatoes, frozen French fries or tator tots

ham/ground beef/ chicken

butter

salt and pepper

sour cream

3-4 eggs

cheese

Caramelize garlic and onion in butter in a large skillet to make them really sweet. Add thinly sliced ingredients, whatever you can find. Season. Add eggs and cook on medium-high, covered. When light brown, add lots of cheese, cook covered until melty.

*Tips: If using frozen tator tots or fries, microwave them well before adding to the skillet, this will ensure they will be cooked with everything else.*

*Let cool! This prevents accidents while eating directly out of the skillet!*

## **Western Scramble**

Anita Thielman, Principal Accountant

Servings: 6

3-4 potatoes thinly sliced

¼ cup diced green pepper

¼ cup diced red pepper

1/8 cup red onion

¼ cup diced yellow pepper

8 medium eggs, beaten

2 Tbsp grated cheese

In a deep 12 inch skillet, brown potatoes and cook peppers and onions until done. Prepare eggs as for scrambled eggs and then add to potato mixture. Continue to stir and cook until almost done. Sprinkle Creole seasoning over mixture. Finish cooking until eggs are done.

Serve with breakfast meat and toast.



## **Breads**

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No-Knead Bread, Whole Wheat Variation

## **Anadama Bread**

Sharon Allen MD PhD

Course Director, Physician and Patient

*This is a favorite recipe in our family – and is healthy too.*

*The story about this recipe is: A fisherman came home from a long day at work and looked forward to a great dinner. His wife had made bread he loved but had used cornmeal instead of flour. When the fisherman tasted the bread he said Anna damit what did you do to this bread? It tastes different. And thus the bread is called Anadama bread*

2/3 cup cornmeal

3 tsp. salt

3 tbs. shortening

½ cup molasses

2 packages dry yeast

6 ½ cups of flour

Put the cornmeal and salt into 2 ½ cups of boiling water and cook 2-3 minutes until thickened. Add shortening and molasses. Cool to lukewarm. Soak yeast in ½ cup warm water. Mix in cornmeal. Stir in 5 cups of flour. Work in remaining flour on bread board. Knead till smooth. Let rise till double, about 1 hour. Punch down and let rest 10 min. Shape into 2 loaves. Pat into 2 loaf pans sprayed with PAM – brush with melted butter. Sprinkle with corn meal and salt over the top of the loaves. Let rise till double in size, about 45 minutes. Bake 1 hour at 375 degrees.

## **Gougere Puffs**

Thomas Mackenzie MD

Course Director, Human Behavior and Psyche

*(Slightly modified from CDKitchen)*

1 cup water

½ cup butter

¼ tsp salt

1 cup flour

4 eggs

2/3 cup cheese (your own choice)

1 tsp dried chives

In 2-quart saucepan, heat water, butter and salt to a boil. Remove from heat and add flour, beating until smooth. Return saucepan to medium heat; cook, stirring constantly, until dough becomes stiff and pulls from sides of pan (about 5 minutes). Remove from heat and beat eggs in one at a time. Stir in cheese and chives.

Grease baking sheet and drop tablespoons of dough onto the sheet. Bake at 425 degrees approximately 25 minutes – until puffed and golden brown.

## **Grandma Alice's Banana Bread**

Elizabeth Hielscher, Medical Student-Class of 2011

*This recipe is from my Grandma Alice, and she often makes it when I'm coming over because I absolutely LOVE banana bread!*

Approximate preparation time: 10 min prep time, 1 hr bake time (depending on size of pan)

Servings: Makes one 8" loaf. Approximately 8-10 servings.

½ cup oil (canola)

1 cup sugar (skimpy)

½ cup milk

2 eggs

3 bananas (1/2 more if small)

2 cups flour

1 tsp baking soda

nuts (1/2 cup chopped walnuts, optional)

Preheat oven to 350° F. Grease bottom of an 8" loaf pan. Cream oil and sugar together. Add eggs. Add bananas & milk. Lastly add flour, baking soda and nuts. Bake at 350 for 1 hr (but depends on size of pan: Grandma has 8' by 3 ½'.)

*Tips: Line the bottom of the pan with wax paper instead of greasing it.*

## **Little Jewels**

Joann Wood MD

Associate Professor of Medicine

You must have an old iron muffin pan - My grandma's is shaped like little stars. Butter each one of the bins and heat up the pan (to 350 degrees) as you're pre-heating your oven.

1/2 stick butter;  
1 egg;  
1/2 cup sugar;  
1/4 cup milk;  
1 tsp vanilla;  
1 cup self-rising flour

Melt butter. Mix in egg, vanilla and milk. Fold in the flour. Pour batter into hot muffin pan. Insert into oven immediately. Bake for no more than 10 to 12 minutes. The muffins will turn golden brown when done.

*Tips: These are really terrific to eat hot with a little bit of butter on top. They go really well with a cold glass of milk!*

## **No-Knead Bread**

Frederick Langheim, Medical Student-Class of 2007

Approximate preparation time: 15 min (plus 14 to 20 hours, rising)

Servings: 8

3 cups all-purpose or bread flour, more for dusting

1/4 teaspoons instant yeast

1 1/4 teaspoons salt

cornmeal or wheat bran as needed

In a large bowl combine flour, yeast and salt. Add 1 5/8 cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70 degrees.

Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.

Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.

At least a half-hour before dough is ready, heat oven to 450 degrees. Put a 6- to 8- quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and

bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

Yield: One 1 1/2-pound loaf.

*Variations by Fred - For all, experiment with putting rye flakes, caraway seeds or oat flakes in or on.*

*Rye: 1 cup rye flour, 2 cups white bread flour, 1/4 teaspoon yeast, 1 1/4 teaspoon salt, 1 5/8 cup water*

*Pumpernickel: 1.5 cups rye flour, 1.5 cups white bread flour, 1/4 t yeast, 1 1/4 t salt, 2 T brown sugar, 2 T Molasses, 1/5 cup water, 1 T coffee (brewed not ground)*

*Whole Wheat: 1.5 cups whole wheat, 1.5 cups white bread flour, 1/4 t yeast, 1 1/4 t salt, 1 5/8 cup water, additional 1/3 to 1/2 cup water*

## **Appetizers & Snacks**

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Clark's Tex-Mex Dip

## **Black Bean Salsa**

Katy Gieselman, Medical Student – Class of 2011

Approximate preparation time: 20 minutes

1 can black beans, drained and rinsed  
1 can pinto beans, drained and rinsed  
1 can shoe peg corn  
1 can Rotel tomatoes (w/ green chiles)  
½ c diced red onion  
½ c diced green onion  
¼ cup diced each, green and red bell pepper  
1 8oz. bottle Lite Zesty Italian Dressing  
salt, pepper, and garlic powder to taste

Combine all ingredients, add Italian dressing. Refrigerate 6 hours. Stir before serving. Also a great topping for chicken breast, pork chops etc... Add pineapple or mango, jalapenos for a different taste.

Serve with tortilla chips, crackers, raw veggies.

*Tips: To easily dice mango, cut large pieces off as close to the pit as you can, then cut the mango flesh into squares, down to the rind, just be careful not to cut through the rind! Turn the peel inside out, there will be little squares of mango sticking out. Now cut the mango away from the rind... perfect little pieces every time.*

## **Clark's Tex-Mex Dip**

Brad Clarke, MS

Curriculum Educational Specialist

*Please note: Okay, so this not the healthiest recipe, but well being also includes satisfaction with taste & good conversation. This will help fill the latter.*

3 medium avocados  
2 T. lemon juice  
½ tsp salt  
¼ tsp Pepper  
1 cup low fat sour cream  
½ cup mayo or salad dressing  
2-small tomatoes  
1pkg taco seasoning mix  
2-cans ( 10½ oz) bean dip  
1 large bunch green onions  
2-cans (3 ½ oz) pitted ripe black olives  
1 (8oz) pkg sharp cheese (shredded)  
1-2pkg tortilla chips

Peel, pit and marsh avocados (see *Tips* below). Add lemon juice, salt & pepper in a bowl. In another bowl, combine sour cream, mayonnaise, taco seasoning. To assemble: Spread bean dip on large serving platter, Top with avocado mix, then sour cream mixture. Sprinkle with onions, tomatoes, olives. Cover with cheese. Serve Chilled with chips.

*Tips: To easily peel and pit avocados, cut in half the long way all the way to the pit, and remove one side. Remove the pit from the other half by tapping it with a sharp knife to get the edge stuck in the pit. Turn the knife, the pit will come along with it. Be careful removing the pit from the knife! Use a soup spoon to scoop out the flesh of each half.*

## **Lebanese Eggplant Dip or Baba Gjannouj**

Katherine Jacoby, Medical Student-Class of 2012

from UofM Farmer's Market Tips and Recipes by Ann L. Burckhardt

<http://www1.umn.edu/ohr/wellness/market/recipes/index.html>

*This delectable dip features tahini, a thick paste made of ground sesame seeds, the Mideastern answer to peanut butter.*

Approximate preparation time: 60 minutes

Servings: 3-4

1 medium to large eggplant (12 to 18 ounces)

4 to 6 tablespoons lemon juice

¼ cup tahini (sesame butter)

2 to 3 cloves garlic, peeled

1 ½ to 2 teaspoons salt

1 tablespoon olive oil, optional

¼ cup finely chopped parsley

Heat oven to 400 degrees. Prick eggplant here and there with a fork. Place on oven rack and bake, turning occasionally, for 30 minutes, or until very soft. (Eggplant can also be grilled 30 to 40 minutes, until soft.) When cool, peel off skin. Cut eggplant into chunks, then puree in blender or food processor. Beat in 4 tablespoons lemon juice and tahini.

Crush garlic to a paste with 1 teaspoon of salt; beat into eggplant.

Stir in oil, if using. Taste dip and add more salt and lemon juice, if desired. Cover and refrigerate to develop flavor. Before serving, let dip come to room temperature. Serve garnished with parsley. To enjoy, scoop dip up with pita triangles or crackers

## Nori Rolls

Katherine Jacoby, Medical Student-Class of 2012

4-5 Nori wraps/roasted seaweed

1 c. sushi rice, rinsed until water runs clear

2 ¼ c. water

1 can albacore tuna

sauce pan with tight fitting lid -or- rice cooker

small bowl (for dipping your hand/fingers in)

large mixing bowl (like the kind you make cookies in)

large spoon

Cook the rice: Put water in the pan and bring to a boil, stir in rinsed sushi rice (a short grain white rice). Bring back to a boil for 1 minute and reduce heat to low. Cover and set a timer for 20 minutes. Or follow directions on the package of rice!

Get your station ready: Fill the small bowl half full of water and set to the side. Open the package of wraps and carefully set out 4-5 to the side where they will NOT get wet! Have a kitchen towel or paper towels ready to be used. Open the tuna and flake it with a little salt and pepper, set to the side. You should have an open area in the middle of your station large enough for one sheet of nori plus room to work! This seems like a lot of work, but it makes the assembly process much cleaner and quicker. After rice is cooked, put in the large mixing bowl. Using the back of the large spoon (plastic spatula might work too) spread out the hot rice along the sides/bottom of the bowl, in about a ¼-½ inch layer. Let cool.

Assembly: One sheet of nori, either side down, I like the shiny side out because it's pretty, but it really doesn't matter. The rice can be still a little warm, but be warned, if it is too hot, it will dissolve right through the sheet of seaweed. Using one hand, dip into the water, getting damp, not wet. Using this same hand, scoop a bit of rice out of the bowl and smear it on a little more than *half* of the nori sheet. You will have to repeat this process each time you want to get more. Without the dampness, you will have a

sticky hand full of rice. With too much water, the wrap will melt. The layer of rice should be about ¼ of an inch thick and spread all the way out to the edge (you shouldn't see any bit of nori along the edges where the rice is). Place a small amount of tuna mixture in the middle of the rice. Wet your hands and dry with the kitchen towel.

Rolling: USE BOTH HANDS. Gently lift the edge of the wrap and roll; you can kind of mold the rice/filling to get the roll even along the length. Finish roll, leave the seam down and set aside for a bit while you work on the next one (it will allow the edge to seal). It is best to use a very sharp knife to cut the rolls. Six, 1 ½ bite pieces from each roll.

Options for serving: You can use any type of dipping sauce you choose; I like sweet chili sauce half/half with soy sauce. Also, you can fill these with anything, just julienne raw/cooked ingredients before putting in the roll. Some combos I like; avocado with red peppers and shredded carrot. Try buying already seasoned tuna and use that instead of plain. There's a teriyaki flavor that's pretty good.

Last note on storing leftovers: Wrap the rolls separately in paper towels before putting in Tupperware/ plastic wrap/aluminum foil in the fridge. They keep this way for about 3-5 days. Very easy next day lunch!

## **Nuts & Bolts Snack Mix**

Jill Spencer

Pre Clinical Education Coordinator

*Received this recipe from a friend while working on a huge project. Whenever I make it, I think of her.*

Approximate preparation time: 2 hours

Servings: Huge batch

1 lb honey roasted peanuts  
1 lb mixed nuts  
1-10oz box cheerios  
1-15oz box of Rice Chex  
1-12oz box Crispix  
1-15oz bag Old Dutch Butter Spindles  
2 cups salad oil (I use Canola)  
3 tablespoons Worcestershire sauce  
1 ½ tablespoons garlic salt  
1 ½ tablespoons Lawry's seasoned salt

Mix cereal, nuts, and pretzels together in large roaster pan- be careful not to break up cereal.

Combine oil, Worcestershire sauce, garlic salt, and seasoned salt together and pour over cereal mixture. Mix well to coat. Heat in oven at 250 degrees for 1½ hours, stirring every 20 minutes.

*Tips: This recipe makes a huge batch. I put in freezer bags and thaw 1 bag at a time.*

## **Pico de Gallo, Variation 1**

Suzanne Garber, Medical Student – Class of 2011

Approximate preparation time: 1 hour

Servings: 10

cilantro

onions (Vidalia or yellow)

petite diced tomatoes (canned)

chopped green chilies

garlic salt

Break off cilantro leaves from stalks. Discard stalks and chop the leaves. Chop the onions. Put all the ingredients in a bowl and mix. Add garlic salt to taste. Serve with tortilla chips.

## **Pico de Gallo, Variation 2**

Katherine Jacoby, Class of 2011

Approximate preparation time: 20 minutes

Servings: 4

1 lb. fresh tomatoes, about 3 medium

½ bunch fresh cilantro, chopped

1 shallot minced or ¼ of large red onion

½ jalapeño, seeded and minced

juice of one lime

salt

Combine all ingredients in a bowl. This is a great recipe for when tomatoes are just coming into season, around the mid-end of summer. My sister grows tomatoes and hot peppers in her garden and somehow it always tastes better fresh picked.

*Tips: For more heat, include the seeds of the jalapeño, or use a whole seeded one. Also, to get the lime ready to squeeze, put in the microwave for 10 or so seconds before cutting into, gets the juices flowing.*

## **Quick Salsa**

David Martin, Medical Student – Class of 2011

*Won't win any awards, but this is pretty fast and pretty good.*

Approximate preparation time: 15 minutes

Servings: 3-4

canned tomatoes (diced)

fresh cilantro

red onion

garlic

jalapeno peppers

lemon juice

salt

pepper spices (paprika, cayenne, etc).

Strain the tomatoes (I use about 32 oz, so two small cans or one big can). Dice up onions and garlic pretty small, and chop up the peppers (I usually use 2-3 medium sized peppers, I take out the seeds as well). Chop up the cilantro leaves (the stems are ok, but try to add as little of them as possible). Add them all to the tomatoes until you like the look of it (salsa is a very visual dish). I like mine with a small amount of onion, but with lots of garlic and cilantro, but do what you will. Add in lemon juice and spices (I go by taste, but usually about a tablespoon of lemon juice and a fair amount of pepper spices and salt).

*Tips: Don't touch your eyes after cutting the peppers, it will burn. Wash thoroughly. On the plus side, if you suck your fingers afterwards, they will taste pleasantly spicy. Fresh tomatoes are better (of course), but who has those around? Jalapeno spiciness varies throughout the year, so be careful. Rely on your tongue, and not on what other's say is the right amount.*

## **Tara's Really Good Artichoke Dip**

Linda Reilly

Assistant Director Student Support Services

2 small jars marinated artichoke hearts – drained and pulled apart  
1- 8 ounce package cream cheese – softened  
12+ ounces mozzarella cheese – shredded  
1 cup grated Parmesan cheese  
1 cup mayonnaise [do not use Miracle Whip]  
1 teaspoon crushed or finely chopped garlic  
2 tablespoons finely chopped onion (optional)

Stir all ingredients until thoroughly mixed. [You can use a hand mixer]

Bake at 350 degrees for 30 minutes or until bubbly and light brown.

*Tips: Serve with pita bread, French bread or crackers.*

## **Thai Curry Dip**

Elizabeth Hansen, Medical Student – Class of 2011  
SPH Class of 2007

*This recipe has been shared at many a potluck or happy hour with friends from the medical school and the School of Public Health. It's like 7 layer dip with a flare!*

1 package cream cheese, light or regular  
2 Tbsp. curry powder (or more to taste)  
1/3-1/2 c. sweet mango chutney  
1/3 c. coconut flakes  
1/3 c. peanuts, roughly chopped  
2 scallions, chopped  
1/4 c. cilantro, roughly chopped

With a mixer on medium high speed, blend cream cheese and curry. Once cream cheese is blended and has a light curry flavor, scrape into a serving dish. Top, in order, with chutney, coconut, scallions, cilantro, and peanuts. Serve with wheat thins or other crackers.

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**Simple but Good Salad**

## **Cranberry Walnut Salad, Variation 2**

Meghann Duffy, Medical Student-Class of 2010

Approximate preparation time: 10-15 minutes

Servings: 6

1 bag lettuce (the greener the better)

1 cup chopped celery

1/4-1/2 cup chopped green onion

1/2 cucumber, chopped

1 bag Craisins (or any dried cranberries)

1 bag walnuts

1 whole tomato, chopped

1/4 cup balsamic vinaigrette salad dressing

Combine all vegetable ingredients in a large salad bowl. Add cranberries and walnuts. Drizzle with salad dressing and toss ingredients together.

*Tips: Regular craisins can be substituted with the cherry-flavored craisins for a sweeter taste. If making ahead, combine ingredients in bowl and refrigerate, add dressing right before serving. Any of the ingredients can be modified to your taste!*

## **Gustavus Adolphus Strawberry Romaine Salad, Variation 1**

Erin Grimsby, Medical Student-Class of 2010

Approximate preparation time: 1/2 hour

Servings: 4-6

### *Salad:*

Romaine and Bibb lettuce (or any lettuce you like)

chopped green onions (optional)

sliced strawberries

candied almonds

### *Dressing:*

1/3 C. white wine vinegar

1/2 C. sugar

1/2 tsp. salt

2 Tbsp. chopped green onion

1 tsp chervil (a hard spice to find, but can be left out)

1 cup light vegetable oil (canola works well)

Mix all ingredients in a blender — don't blend too long

### *Almonds:*

4 C. slivered almonds

1/3 C. water

1 C. sugar

1/2 tsp. cinnamon

Bring sugar, water, cinnamon to a boil. Pour over almonds, drain excess. Bake on cookie sheet 10-12 min (350 F) — check them periodically to make sure they don't burn (I did these in a toaster oven)

*Tips: This is a really light salad, extra almonds and dressing can be saved for another salad. Goes great with pasta dishes or meat dishes.*

## **Hawaiian Chicken Salad**

Erin Grimsby, Medical Student-Class of 2010

Approximate preparation time: 20-30 minutes, plus some refrigeration

Servings: 4

2 1/2 cups diced cooked chicken

1 20 oz can pineapple tidbits (drained)

1 C seedless red grapes, halved

3/4 C sliced celery

3/4 C mayo (can use light)

1/2 tsp salt

1/4 tsp pepper

1 C naval orange slices or drained canned mandarin oranges

3/4 C diced firm bananas

3/4 C salted peanuts or cashews

In bowl, combine 1st 7 ingredients. Fold in oranges. Cover and refrigerate until chilled. Just before serving, fold in bananas and sprinkle with nuts.

## **Red & White Frozen Salad**

Marilyn Becker, PhD

Director of Learner Development

*This is great with holiday meals!*

2 cans [1 lb each] whole cranberry sauce

1/4 c. lemon juice

2 T. sifted confectioners sugar

1/2 t. vanilla

1/2 c chopped nuts

1 c. heavy cream - whipped

Blend cranberry sauce and lemon juice; spread evenly in pan 8"x8"x2". Fold sugar, vanilla and nuts into whipped cream. Spread over cranberry mixture and freeze until firm.

*Tip: Let it sit out a short while before serving.*

## **Sante Fe Shrimp Salad**

Michel Sanders, PhD

Course Director, Biochemistry

### *Dressing:*

1/2 C hot tomato salsa, preferably chipotle

1/2 C OJ

1/3 C fresh lime juice

3 T cilantro

1 T vegetable oil

3/4 t. cumin

salt and pepper

### *Salad:*

1- 15 oz can black beans, drained and rinsed

1-1/2 C fresh corn (grilled or microwaved, 2 ears)

1 medium zucchini, diced

2 avocado, diced

1 large red bell pepper, diced

1/2 C (or less) diced red onion

1-3/4 C large, deveined cooked shrimp

Toss salad ingredients with dressing to taste (about 1/2 of dressing), cover and refrigerate for up to 6 hours.

## Simple but Good Salad

Katherine Jacoby, Medical Student-Class of 2012

Servings: 10-12

lettuce, any kind you like  
plain goat cheese  
pine nuts  
kosher salt  
pepper  
Balsamic vinaigrette

Add pine nuts to a dry skillet (no oil) on medium heat. Stir to toast golden brown. Really, it is worth the toasting part... it takes 2 minutes and is oh-so-delicious. Combine ingredients with a dash of salt and pepper to taste. Goat cheese is creamy and soft, what I like to do is cut off a good size chunk and smear it on the side of the plate, then just add a little to each forkful of salad.

*Balsamic vinaigrette* (buy some pre-made and save the time!)

½ C. olive oil  
¼ C. balsamic vinegar  
about 2 T. Dijon mustard  
1-2 cloves of minced garlic  
dash salt  
pepper to taste

Whisk ingredients together.

*Tips: Save money and buy heads of lettuce instead of pre-cut. On shopping day, wash and cut the lettuce. Store in the fridge in a plastic bag with a paper or kitchen towel for 3-5 days. The towel will keep the moisture down and prevent rot*

## **Strawberry Salad, Variation 2**

Michel Sanders, PhD

Course Director, Biochemistry

### *Dressing*

1/2 cup vegetable oil

1/3 cup red wine vinegar

1/2 cup sugar

1/2 tsp poppy seeds

1 tsp salt

1 tsp dry mustard

1-1/2 tsp minced onion

### *Salad*

lettuce or other greens you like

1/2 c. pecans or walnuts

butter

strawberries, sliced

Mix the above dressing until the sugar dissolves (may need to warm it). Toast 1/2 cup pecans or walnuts in a little butter at 350° for 5 - 10 minutes. Toss berries and dressing over lettuce or spinach just before serving.

## **Szechuan Pasta Salad**

Michel Sanders, PhD

Course Director, Biochemistry

Servings: 8 – 10 main dish servings or a huge bowl of salad

### *Salad Dressing*

4-1/2 T peanut or vegetable oil

4 T toasted sesame oil

5 T red wine vinegar

1-1/2 T honey

3 t sesame seeds

2 cloves garlic, minced

2 t chili oil or to taste

1 T or more fresh ginger, grated

salt and pepper

### *Salad*

3 C fresh broccoli florets and thinly sliced stems (1/4 inch slices)

2 C snow peas, washed and trimmed

2 C cooked chicken, cut into strips (optional)

1/2 large yellow pepper, cut into strips

1/2 large green pepper, cut into strips

1 small red pepper, cut into strips

1/2 small red onion, sliced

2/3 C green onions, cut into 1 inch pieces

1 C carrots, cut into 1/4 inch rounds

1/2 C fresh cilantro or to taste

1 lb rotini pasta, cooked and drained

In large bowl or jar, combine all dressing ingredients and mix well. Will keep several days. Steam broccoli 1 – 2 min. Plunge into ice cold water to keep it bright green. Drain. Steam snow peas 1 min. Plunge into cold water. Drain. Steam carrots 1 - 2 min. Plunge into cold water. Drain. Assemble salad. Toss with the desired amount of dressing. Chill for ~ 1 hour before serving

## **Winter Mixed Green Salad with Oranges, Craisins, and Caramelized Pecans, Variation 1**

Michel Sanders, PhD  
Course Director, Biochemistry

### *Craisins*

1/2 cup orange juice  
6 T craisins (dried cranberries)

### *Carmelized pecans (or walnuts)*

4 oz pecans (2/3 C)  
2 T butter  
1/4 C sugar  
1/4 t cayenne pepper

### *Salad Dressing*

1 T grated orange peel  
3 T orange juice  
2 T white wine vinegar  
2-1/2 T olive oil

### *Salad*

6 C mixed baby greens  
3 oranges, peel and white removed, segmented (halved if large)

Bring orange juice to simmer in heavy small saucepan. Remove from heat. Mix in craisins. Let stand until softened, about 30 min. Drain well, discarding juice. Can be made a day ahead of time. Store drained in the fridge.

Heat a heavy-bottomed sauté or fry pan to medium high heat. Place the pecans in the pan, stirring constantly for about 2 minutes until lightly “toasted”. Add the butter and stir until melted and slightly browned. Add sugar and cayenne pepper. Stir until the sugar has melted and begun to caramelize. Remove pan from heat and transfer the nuts to a cookie sheet. Spread with a spoon and cool slightly about 5 min. (Optional: toss the pecans with another 1/4 cup sugar.) Break any chunks up. Let cool and store indefinitely in the fridge in a tightly sealed container.

Whisk orange peel, OJ, vinegar, and oil in small bowl to blend. Season with salt and pepper as desired. Mix in craisins. Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temp before serving.

Place greens in large bowl. Toss with 2/3 of dressing. Top salads with orange segments and pecans. ( To prepare oranges, use a knife to slice off peel and then separate segments with fingers. Don’t worry about cutting off some of the orange insides; that just makes them juicier.)

## **Yummy Winter Salad**

Elizabeth Hansen, Medical Student – Class of 2011  
SPH Class of 2007

*This salad is a refreshing alternative to traditional salad fare especially when tomatoes are expensive and mushy in the winter. Easy to prepare ahead of time, I frequently ate it for lunch or dinner during my first winter of medical school at UMD.*

Servings: Makes 2 generous servings

### *Salad*

small head Romaine lettuce  
1-2 pears, sliced  
¼ cup walnuts  
¼ Purple onion cut in rings  
¼ cup crumbled blue cheese

### *Dressing (adjust ratios to your taste)*

2-3 tbsp. olive oil  
¼ cup balsamic vinegar  
1 tsp. stone-ground mustard  
2 tsp. sugar  
2 tbsp. yogurt (fruit or plain)  
½ tsp. thyme

In a medium bowl, break lettuce into bite sized pieces. Add pear slices and walnuts. In a separate small bowl, mix the dressing ingredients listed. The yogurt is helpful because it binds all the ingredients together. Pour the dressing onto the lettuce mixture. Mix. Top salad with onion and blue cheese. Leftover dressing can be kept in the fridge for 4-5 days. This recipe can be easily modified: substitute oranges for the pears, pecans instead of walnuts, add grilled chicken breast, etc.

## **Soups & Chili**

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Asparagus Soup

## **Asparagus Soup**

Michel Sanders, PhD

Course Director, Biochemistry

Servings: 5

1lb asparagus  
2 t butter  
1 medium onion  
2 medium potatoes, peeled and cut up  
1 14-1/2 oz can chicken broth  
1 can water  
white pepper to taste  
pinch of nutmeg  
1/4 c. cream or half-and-half (optional)  
squeeze of lemon juice

Wash and trim asparagus. Cut stalks into 1-inch pieces. Melt butter in large saucepan over medium heat. Sauté asparagus, onion, and potatoes until onion is translucent. Add chicken stock and water and bring to boil.

Turn down heat and simmer until vegetables are tender, about 20 min.

Place in blender and blend until vegetables are pureed. Return to saucepan over low heat. Stir in white pepper, nutmeg, cream or half-and-half (if desired) and lemon juice. Heat a few minutes longer but do not boil.

## **Black Bean Chili**

Rachel Meuleners, Medical Student-Class of 2010

Approximate preparation time: 10 min prep, 8-10 hrs slow cooker

Servings: 4-6

2 lbs cubed beef steak (ground beef works fine too)

2 tsp chili powder

1 tsp garlic powder

1 tsp cumin

1 c chopped onion

1 1/2 cup chopped bell pepper

2 15 oz cans black beans

2 14.5 oz cans diced tomatoes with chilies

1/2 cup frozen corn (optional)

1 16 oz can tomato paste

Add all ingredients except tomato paste to crock pot/slow cooker in order listed above. Cook on low for 8-10 hrs. When ready to eat add tomato paste. Top with whatever you like, i.e. cheese, sour cream, avocado, etc.

*Tips: You can change this recipe a lot without much problem. If you don't like it spicy, use plain diced tomatoes instead of those with chilies. If you don't eat beef, use ground or cubed chicken or turkey. Consider adding celery or zucchini. Be creative.*

## **Chicken Salsa Chili**

[From Café Latte]

Katherine Jacoby, Medical Student-Class of 2012

Servings: A lot! Maybe 6-8

1 lb. chicken  
3 T. olive oil  
1 ½ c. chopped onion  
½ t. crushed red pepper  
1 T. garlic  
2 T. jalapeño  
1 ½ C. chicken stock  
3 T. chili powder  
28 oz. can whole tomatoes, undrained  
29 oz can tomato puree  
15 oz can garbanzo beans, drained  
2-15 oz. cans red kidney beans, drained

### *Garnish options*

fresh cilantro, chopped  
lime juice  
shredded cheese  
corn chips  
chopped red onion  
sour cream

Sauté onion, garlic, jalapeño in oil over medium low heat, add cubed chicken pieces, chili powder and crushed red pepper (you may need a little more oil). Cook chicken until completely white through the middle. Add the rest of the ingredients. Use a spoon to help break up the chunks of tomatoes. Reduce heat to simmer chili until it begins to slightly thicken. Serve alone or with any of the garnish options. Use the fresh cilantro and lime juice as a minimum option, it really is worth it!

## **Cream of Broccoli Soup**

David Martin, Medical Student – Class of 2011

broccoli  
potatoes  
onions  
garlic  
carrots (if you want)  
salt and pepper and turmeric  
milk (soymilk works real good too, just don't use flavored soymilk)

Instructions: I like to use about equal parts potato-broccoli-onions for this (but slightly less onion). You'll want to separate the stalks of the broccoli from the florets. Cut off the outer edges of the broccoli stalk (it's pretty stringy out there) till you get to the softer, whiter insides. Roughly chop the potatoes and broccoli stalks. Boil them using as little water as possible, just enough to cover them (start the potatoes first). Fry the roughly chopped onions and garlic until brown (with turmeric if you have some), then add that to the pot. When all the veggies are real soft, remove from heat and let cool a little bit.

Get a blender, and start blending! Take boiled veggies, and use equal parts milk and water (use water from the soup pot). Blend everything, adding more or less liquid till you get the consistency you desire. It will be slightly yellow if you used turmeric, and orange if you added carrots.

Put back on the stove, and add those broccoli florets (chopped into bite sized pieces) that you saved from earlier. Heat for a few minutes to soften the florets, and then add some salt and pepper.

*Tips: If you don't take off the outer layer of the broccoli stalks, you will notice bits of stringy fiber in your soup. Not good. Take off that outer layer, even though it can be a pain.*

## **Lentil Soup**

Elizabeth Hansen, Medical Student – Class of 2011  
SPH Class of 2007

*You can make this whole pot of soup for less than \$3.*

2 cups lentils (1 lb.)  
6-8 cups chicken or vegetable stock (or same amount of water with  
3-4 bouillon cubes)  
1 onion, chopped  
3 cloves garlic, minced  
1 tsp. dried dill  
½ tsp. cinnamon (the secret ingredient)  
1-2 tomatoes (or can of chopped tomatoes)  
4 carrots, chopped  
2 tbsp. lemon juice  
½ tsp. salt (to taste)  
Bay leaf

In a medium stockpot, cook the lentils, stock, onion, garlic, dill, salt, bay leaf and cinnamon. After about 30 minutes, add the tomatoes and carrots and continue cooking until the carrots are soft (about 20-30 minutes). Add lemon juice and remove bay leaf before serving.

*Tips: Serve this soup plain or on top of rice and a side salad for a satisfying lunch or dinner. Stays fresh in the fridge for several days and freezes well.*

## **Miso Soup**

David Martin, Medical Student – Class of 2011

Approximate preparation time: 90 minutes

Servings: 3-4

Lots of veggies. Pick your own, but I suggest: carrots, potatoes, broccoli, onions, garlic, bok choy, green beans, (add anything really, cabbage, cauliflower, radishes).

I like to add quinoa, which is rice-like but high in protein. You could also use rice noodles, or rice I suppose.

Miso. This is the best part! There are lots of brands, and they taste a little different. I've had good miso, great miso, and terrible miso. Don't give up.

Cube potatoes (1/2 to 3/4 of an inch cubes). Start boiling them. Cut up broccoli, carrots and other long-cooking veggies, add them next. Chop onions and garlic, and then fry them in oil until just browned. Add to soup pot. As potatoes and other veggies reach the desired texture, add the softest veggies. If using quinoa add about 15 minutes before you would be done cooking (they will "open" up when they are done. Add bok choy just at the end, as you turn off the heat.

Most importantly: When everything is done and the heat is turned off, let the soup cool for a minute or two, stirring to help release the heat. Once it's cooled off from boiling, stir in the miso (you do not want to boil miso). Stir well to make sure it has dissolved completely (eating a big pocket of miso is unpleasant).

*Tips: Don't boil the miso, and add it slowly to taste. It is pretty strong stuff, so you shouldn't need a lot. I suggest Adding a spoonful or two, stirring well, and then tasting it. You can always add more, but you can't take it out (though you could water the soup down a bit).*

## **Soup Stock**

David Martin, Medical Student – Class of 2011

Approximate preparation time: 90 minutes

Servings: 3-4

Broccoli, potatoes, onions, garlic, (carrots, if you want). You'll need ~ equal amounts of celery, onions, carrots. I add some pepper, garlic and any and every veggie scrap I have lying around.

Use as much of each veggie as you can. You won't eat any of them, so add almost all of it. Roughly chop the carrots, onion, celery and other veggies. Boil them in water for a long time, until they are disgustingly soft (you can fry the onions in oil until browned if you want). Let cool a bit, and then strain out the veggies, save the water. You now have a delicious soup stock for any veggie soup you can think of.

*Tips: Freeze it for later, it keeps just fine. Or use immediately, just strain the water into a pot to keep on cooking! You can add plain water to it to increase its volume without ruining the flavor. Trust me, it tastes great!*

## **Squash Soup**

Kathy Watson, MD

Associate Dean of Students and Student Learning

Approximate preparation time: 1 ½ hours, mostly baking time

Servings: 4

- 1 medium kabocha squash, whole
- 1 sweet onion, medium- thinly sliced
- 2 T. olive oil
- 2 C. bouillon- vegetable or chicken

Bake whole squash at 350 degrees for 1 hour until soft. Remove from oven and cool, cutting in half. Meantime, heat oil, add onions and sauté over medium low heat until caramelized. Cool. Remove seeds from squash and add flesh to pan with onions and mash with a fork. Add bouillon. Heat until warm. Puree mixture, return to stove and adjust consistency with water. Salt and pepper to taste.

*Tips: For a treat, add cream, sherry, garlic or carrot juice. Try adding whole garlic cloves, carrots, beets to the baking pan (use olive oil). You can make a roasted beet salad and add the other veggies to the soup! This is my family's favorite. If the squash is good, the soup is good!*

*What is a kabocha squash? According to Wikipedia, it is a variety of Japanese winter squash also known as a Japanese pumpkin (it looks like a small dark green pumpkin). The inside is similar in color and flavor to butternut squash, but sweeter with a potato-crossed-with-pumpkin-like texture.*

## **Superbowl Sunday Chili**

Erin Grimsby, Medical Student-Class of 2010

*This is my FAVORITE cold-afternoon meal. It's super easy to make and works great when you're having company and don't want to spend all day cooking for a bunch of people. Even if I just make it for myself, I make a bunch and freeze it for later when I'm craving chili.*

Approximate preparation time: 1 hour

Servings: 8 (makes great leftovers! Easily frozen and stored.)

2 pounds lean ground beef  
2 14-16 oz cans red kidney beans  
2 14-16 oz cans whole or diced tomatoes  
1/2 bottle (~1 hearty cup) ketchup  
1/2 bottle chili sauce  
1/2 onion  
1 T chili powder  
1 t salt

Chop onion, brown ground beef with onion included, drain. In large pot, throw all ingredients together. Simmer over low-medium heat for about an hour.

Toppings: cheddar cheese, sour cream, chives, crackers, cornbread muffins.

## **Sweet and Spicy Chili**

Betsy Johnson, Medical Student-Class of 2010

*This recipe is great in the winter when you need a good, warm meal in a hurry. It is also freezable, reheats very well and is inexpensive to make. I liked to make a batch the weekend before a winter exam block and either freeze it or keep it in the fridge for a few days---it made dinner a snap during busy times! This recipe is also great to double for a study group dinner (guaranteed to get rave reviews).*

Approximate preparation time: 30-40 Min

Servings: 5

1 lb hamburger  
1 medium onion  
1 lg can Hormel chili w/ beans  
1 lg can whole tomatoes (w/ juice)  
¼ cup chili powder  
4 tbsp sugar

Brown 1lb hamburger meat & drain. Slice & separate a medium-large sized onion & add to meat; let it cook with the meat for approx 10 minutes (to get onion a little soft). Add Hormel chili, tomatoes, chili powder and sugar, heat over medium until simmering. Serve.

## **Turkey and Black Bean Chili**

June LaValleur, MD, FACOG

Clerkship Director, Obstetrics and Gynecology

1 ¼ lb. ground turkey  
1 t. vegetable oil  
1 ¼ c. finely chopped onion  
3 cloves minced garlic  
1 T. dried oregano  
1 t. ground cumin  
½ t. salt  
¼-½ t. ground red pepper  
2 ¼ c. water  
12 whole pitted prunes, chopped  
1-15 oz can black beans (don't drain!)

Cook turkey in non-stick skillet until browned, stir to crumble.  
Drain any fat. In medium skillet, cook onion and garlic in oil, 6-7  
minutes. Add turkey and water, prunes and beans, bring to boil,  
reduce heat, add spices and simmer uncovered, 5 minutes.

*Tips: Serve with rice or as chili.*

## **White Chicken Chili, Variation 1**

Sonali Rajan, Medical Student-Class of 2010

Approximate preparation time: 45 minutes

Servings: 6

2 lbs boneless chicken (breasts or a whole rotisserie chicken from the store)

1 large onion, minced

1 tbsp. minced garlic

4 tbsp butter

1/3 cup all-purpose flour

4 cups chicken broth (from bouillon cubes, packaged, or canned) -

3 cups for sure, 1 cup just in case

2 cups skim milk

1 tbsp. cumin

1 tbsp. chili powder

1 tsp. black pepper

1.5 cups diced red (or yellow) bell pepper

1.5 cans Great Northern beans

2 4-oz. cans chopped green chilies, drained

1.5 cups shredded cheddar cheese

Optional: 1 tsp. Tabasco

If using chicken breasts, cook them in a skillet until fully cooked. Cool. Shred into bite-sized pieces. If using a rotisserie chicken, let it cool, then shred the breasts into bite-sized pieces. (Save the drumsticks, wings, etc. for lunch tomorrow). Set chicken aside.

In a large pot, melt the butter. When the butter sizzles, add the onions and fry until brown. Add the flour 1-2 tbsp at a time, whisking the butter-flour-onion mixture (roux) constantly for 3 mins. If the roux becomes too thick and pasty to whisk, add a few tablespoons of broth. Continue to add flour (and broth, if necessary). After 3 minutes or so, the raw flour smell should be gone.

Add the remaining broth (of the 3 cups) and milk 1/4 cup at a time, constantly stirring the mixture. Add the cumin, chili powder, and black pepper. Stir. Add the bell pepper, beans, and green chilies. Stir well. If it still looks WAY too thick. Add that extra broth now.

Bring the mixture to a boil, lower the heat, and simmer for 10 minutes. Taste your chili - does it need more cumin, chili powder, or salt? Add it. If you want, add Tabasco now. Add the chicken. Simmer for another 3-5 minutes. Add the cheese, stir well, turn off the heat. Taste again. If you're good to go - eat!

*Tips: Cornbread muffins or crusty French bread. You could also have a "topping" bar of chives, sour cream, more cheese, more red peppers, etc.*

*This dish is not an exact science. If it's too thick, add more broth or milk. If it's too runny, add a little more flour or beans. If you like more veggies, add more peppers, tomatoes, or whatever you like. Enjoy!*

## **White Chicken Chili, Variation 2**

Betsy Johnson, Medical Student-Class of 2010

*This recipe is always a hit with the study groups and it is great because it makes a large pot and reheats well. Kids and picky eaters love it. It is great to store a batch in the fridge to come home to on a winter night after a long day studying or at the hospital.*

Approximate preparation time: 40-60 min.

Servings: 4-6

2-4 boneless, skinless chicken breasts, cooked and chopped

4 cans Great Northern beans

12 oz jar medium salsa

4 tsp ground cumin

3 C chicken broth (or 3 cups water left over from boiling the chicken)

ground pepper

8 oz block Monterey jack, Colby jack or mild cheddar cheese

Heat everything except cheese at least 30-40 minutes. Remove from heat and add cheese last-- do not boil (I just break cheese up into chunks and mix it into chili at the end)

*Tips: If you don't have 3 cups of leftover chicken, the easiest, fastest way to cook the chicken is to boil it in the pot you want to use to make the chili. You can reserve 3 cups of the water left from boiling the chicken to use in place of chicken broth (less expensive and tastes the same).*

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**Killer Linguini with Garlic and Oil**

## **Baked Honey Mustard Chicken**

[From [www.cdkitchen.com](http://www.cdkitchen.com)]

Elizabeth Hielscher, Medical Student-Class of 2011

Approximate preparation time: 30-60 min

Servings: 4

4 boneless, skinless chicken breasts

salt and pepper to taste

1/2 cup honey

1/2 cup prepared mustard

1 teaspoon dried basil

1 teaspoon paprika

1/2 teaspoon dried parsley

Preheat oven to 350 degrees F.

Sprinkle chicken breasts with salt and pepper to taste and place in a lightly greased 9x13 inch baking dish.

In a small bowl combine the honey, mustard, basil, paprika and parsley. Mix well. Pour 1/2 of this mixture over the chicken and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over, brush with the remaining 1/2 of the honey mustard mixture, and bake for an additional 10 to 15 minutes or until chicken is cooked through and juices run clear. Let cool 10 minutes and serve.

*Tips: Great with steamed green beans and butter. Rice/rice pilaf is also good on the side. This is very easy to make!*

## **Baked Tortellini with Chicken**

[Adapted from the Bertucci's dish of the same name]

John Thomas Egan, Medical Student-Class of 2010

Approximate preparation time: 60 min

Servings: 6-10

2 lb boneless skinless chicken breast

3 lbs tri-color tortellini (or any ravioli)

16 oz. petite-diced tomatoes

2-3 cups Alfredo sauce

1 cup mozzarella cheese, grated

Parmesano-romano cheese to taste

Oregano, basil, rosemary, thyme, salt, and pepper to taste

Blacken chicken in skillet over medium-high flame. Slice into 1/4 inch-by-3-inch strips. Set aside. Prepare tortellini (or ravioli) as directed, taking care to use a soft boil to prevent leakage of filling. Strain and set aside.

Combine tomatoes, Alfredo, and seasonings in a casserole pan, leaving a few tomatoes. Mix in chicken and pasta. Top with cheeses, seasonings, and the remainder of the tomatoes. Bake at 350 degrees F until cheese is golden brown (15-25 minutes).

*Tips: Experiment with proportions until you find your preferred consistency.*

## **Buca di Beppo's Macaroni Rosa**

Stephanie Aamodt, Medical Student-Class of 2009

Approximate preparation time: 30 minutes

Servings: 6

1  $\frac{3}{4}$  lb cooked macaroni  
3 oz olive oil  
8 oz mushrooms quartered  
6 oz cooked chicken tenders  
3 oz sweet peas  
16 oz marinara sauce  
6 oz cream  
6 oz broccoli buds  
4 oz bruschetta mix or  
 $\frac{2}{3}$  cup grated Romano cheese

Heat olive oil in a large sauté pan. Add mushrooms, broccoli, and chicken tenders. Sauté until chicken starts to brown along the edges. Add marinara and cream and reduce by a third. Add bruschetta mix and peas. Cook for three minutes. Toss cooked macaroni in sauce along with Romano cheese.

*Tips: For convenience, can substitute a can of Del Monte diced tomatoes with garlic, basil, and oregano.*

## **Chicken Wings**

David Martin, Medical Student – Class of 2011

Approximate preparation time: 90 minutes

Servings: 3-4

chicken wings (raw)

vinegar (white is good, others are probably a bit better), oil (olive or vegetable is fine), honey.

pepper, salt, cayenne, paprika, thyme, (other peppery spices are good, all-spice, Cajun seasoning, etc).

Plan a few days out. You marinate the chicken in the rest for a day or two (longer = better). Add ~ equal volumes of oil, vinegar and honey, mix well. Add in a generous amount of each seasoning (be careful with the salt though, too much will be bad). You want enough marinade to cover at least  $\frac{1}{2}$  of the chicken wings, so the volume of it will depend on how much chicken you are making. Rinse the chicken (always a good idea to rinse your meats, though I often forget to) and then add to the bowl. Mix thoroughly to make sure it is adequately smeared with the marinade. Put in fridge to sit, mixing every now and then if not all the chicken is under the marinade.

Bake the chicken at 350 for about 40-45 minutes. About  $\frac{1}{2}$  through take out or oven and drip some marinade over each piece.

*Tips: While wings are best, this works well with legs as well. Just cook them a little bit longer. Chicken is done cooking when its juices run clear when pierced with a knife (no pink in the middle either). Always look at the biggest piece you have to determine whether the batch is done or not, overcooked is better than undercooked.*

## **Chinese Bourbon Chicken**

Betsy Johnson, Medical Student-Class of 2010

*In med school and residency the budget often doesn't allow for eating out as often as one might like. This recipe is great for the nights that we are craving good take-out, but it's healthier and less expensive as it uses a lot of items that we normally have on hand. This recipe is also very popular with kids—our toddler loves the sauce and this is a sure-fire way to get her to eat her chicken.*

Approximate preparation time: 35-40 minutes

Servings: 3-4

2 lbs boneless chicken breasts, cut into bite-size pieces

1-2 tablespoon olive oil

1 garlic clove, minced

1/2 teaspoon ginger, minced

3/4 teaspoon crushed red pepper flakes

1/4 cup apple juice

1/3 cup light brown sugar

2 tablespoons ketchup

1 tablespoon cider vinegar

1/2 cup water

1/3 cup soy sauce

Heat oil in a large skillet. Add chicken pieces and cook until lightly browned. Remove chicken. Add remaining ingredients, heating over medium heat until well mixed and dissolved. Add chicken and bring to a hard boil. Reduce heat and simmer for 20 minutes. Serve over hot rice and ENJOY.

*Tips: You can use orange juice in place of apple juice if needed. You can use cornstarch to thicken the sauce if desired.*

## **Chinese Tofu**

Stephanie Aamodt, Medical Student-Class of 2009

Approximate preparation time: 30 minutes

Servings: 4

- 1 package bean curd
- 4 Tbsp soy sauce
- 2 Tbsp sherry
- 2 Tbsp sesame oil
- 4 chopped scallions
- 2 cloves garlic
- 4 slices ginger
- 2 bell peppers, your choice of colors
- 1 dried hot pepper
- 2 Tbsp peanut oil
- 1 Tbsp Hoisin sauce
- (optional) 1 cup raw cashews

Make marinade of soy sauce, sherry, sesame oil, and scallions. Soak tofu, cut into 1 inch cubes, in marinade for at least one hour beforehand. Chop the garlic and ginger and slice the peppers the way you like them. Fry these ingredients in peanut oil for 30 seconds. Add Hoisin sauce. Cook 1-2 minutes. Add bean curd and marinade. Cook and stir 1-2 minutes. (Optional) Fry raw cashews in peanut oil. Heat in oven. Sprinkle nuts on bean curd when serving. Serve over brown rice.

## Chopped Salad

[From Unplugged Kitchen by Viana La Place]

Allison Campbell Jensen

Director of Communications, Medical School

*This recipe is a great one for a cooking club. With four people chopping, it came together in no time. While the author Viana La Place considers it a vegetarian main dish salad, it also can serve as a nice side salad for 4 to 5, accompanying grilled meat or fish.*

Servings: 2 to 3

1 head romaine lettuce, washed and thoroughly dried  
2 medium tomatoes, about 1 pound, cored and diced  
1 large yellow bell pepper, cored, seeded, and diced  
½ cup finely diced red onion  
1-1 ½ cups cooked chick peas (garbanzo beans)  
10 oil-cured black olives, pitted and coarsely chopped  
8 ounces fresh mozzarella, drained on a folded tea towel, cut into small  
dice, about 1 cup  
1 small bunch basil  
4 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
1 tablespoon balsamic vinegar  
fine sea salt and black pepper

Working on a very dry cutting board with very dry lettuce, stack romaine leaves and cut across into thin strips. Turn the strips as a mass, then chop crosswise into small pieces. Place romaine in a large serving bowl and add all the prepared vegetables, chick peas, black olives and mozzarella.

Coarsely chop basil leaves and tear into large fragments and add to salad. Toss gently. Drizzle olive oil and vinegars over salad. Season with salt and freshly ground pepper to taste. Toss gently but well, correcting seasonings if necessary.

*Tip: To chop bell peppers, first stand them stem side up and slice off each side (usually there are four). It makes it much easier to get at the seeds and white pith to remove them. As for basil, note that it can blacken quickly after cutting or tearing if you prepare this ahead of time, don't chop or add the basil until right before serving.*

## **Cranberry Chicken**

Abby LaBounty, Medical Student-Class of 2011

Approximate preparation time: 1 hour

Servings: 4

1 lb. boneless, skinless chicken breasts

1 can cranberry sauce

1 c. Catalina dressing

1 env. onion soup mix

1 can mandarin oranges, drained with juice reserved

Preheat oven to 350 degrees. Spray 9"x 13" pan with non stick cooking spray. Place chicken breasts in the pan. Mix the cranberry sauce, Catalina dressing, onion soup mix, and reserved juice. Pour this mixture over the chicken breasts. Place the mandarin oranges over the top. Bake until chicken is cooked through (about 1 hour).

## **Curried Shrimp and Summer Vegetable Couscous**

[Recipe by Jim Romanoff (AP)]

Aliyu Ojarigi

Executive Assistant MED2010

Approximate preparation time: 20 minutes

Servings: 4

1 tablespoon extra-virgin olive oil  
1/2 cup chopped scallions  
1/2 pound broccoli florets  
1 small zucchini, diced  
1 small red bell pepper, seeded and diced  
2 1/2 teaspoons curry powder  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
14 1/2-ounce can reduced-sodium chicken broth  
12 ounces uncooked peeled and deveined medium shrimp  
10 ounces whole-wheat couscous

In a large skillet with a lid, heat the oil over medium high heat. Add scallions and cook, stirring, for 1 minute.

Add the broccoli, zucchini and bell pepper. Cook, stirring often, until the vegetables begin to soften, about 5 minutes. Stir in the curry powder, salt and pepper. Add the chicken broth and increase heat to high. Cover and bring to a boil. Stir in the shrimp, then add the couscous and stir to combine. Remove the skillet from the heat, replace the cover and let stand for 5 minutes. Fluff with a fork and serve.

## **Elizabeth's Chicken Ranch Wraps**

Elizabeth Hielscher, Medical Student-Class of 2011

Approximate preparation time: 10-20 min

Servings: As many as you care to prepare

chicken breasts, chopped or cut into strips

green/orange/red pepper, chopped

onion/green onion/chives, chopped

tomato, chopped

baby spinach (optional)

lettuce, torn up

Parmesan cheese (or other cheese of your choice), shredded or  
grated)

Ranch dressing (or other dressings of choice)

wraps or tortillas

Fry chicken with olive oil, salt & pepper. Set everything out on the table for guests to make their own personalized wraps

*Tips: This is my own set of instructions to jog my memory when making wraps. Very easy meal. Personalize it! Try different fillings and see what you like.*

## **Fantastic Basil and Bean Stir-fry**

David Martin, Medical Student – Class of 2011

Approximate preparation time: 90 minutes

Servings: 3-4

Lot's of veggies (I like broccoli, carrots, onions, bell peppers, green beans, mushrooms, corn kernels). Tomatoes are pretty important though, so get those.

Garbanzo beans, one can is usually enough.

Fresh basil leaves (yummy).

Rice (brown or white, both are alright)

Start making the rice first. Cut up all the veggies. Start with the onions/garlic and then work in the harder veggies (broccoli, carrots) next. Right at the end, add in the tomatoes and basil leaves (chop up the basil leaves, but not too small) along with the garbanzo beans. Stir well and make sure the beans are heated, then you are done.

*Tips: I like to have a lot of tomato in this, as well as a lot of beans. Roma tomatoes work well for this recipe, so save a buck or two with them. If the tomatoes are hard, cook them for longer. Just don't overcook the basil.*

## **Fettuccine Alfredo with Chicken**

Elizabeth Hielscher, Medical Student-Class of 2011

*I got this recipe from my mom. I'm not sure where she discovered it!*

Approximate preparation time: 30 min?

Servings: I'm not sure...maybe 4-6?

1/4 cup butter

1 T. Flour

12 oz evaporated milk

3/4 cup grated Parmesan cheese

1 t chopped parsley or basil

1 tsp garlic powder or 2 cloves fresh garlic, minced (optional)

1 cup chopped cooked broccoli or spinach (optional)

1 1/2 cups chopped, cooked chicken

1/2 cup chopped, cooked bacon (optional)

freshly ground pepper

4 cups cooked fettuccine

Melt butter, add flour, cook briefly. Pour milk into mixture and stir with whisk. Add cheese, garlic and parsley. Fold in meat and vegetables. Season with pepper to taste. Cook for a few minutes to desired thickness. Add fettuccine and serve. Enjoy!

*Tips: Parsley/basil may be dried or fresh. I usually used dried because it is so easy to keep on hand and doesn't go bad. Another thing I've done is buy fresh parsley and keep it in the freezer. Goes well with steamed green beans.*

## **Hamburger Pie**

Linda Reilly

Assistant Director Student Support Services

1 pound lean ground beef  
1 can condensed tomato soup  
1/4 cup chopped onion  
1 teaspoon minced garlic  
1 can green beans (drained) or 1 package frozen green beans  
1/2 cup chopped carrots or kernel corn (optional)  
6 potatoes peeled and cooked  
1/2 cup warm milk  
3 tablespoons butter  
Cheddar cheese

Brown hamburger with onion and garlic until no longer pink. Stir in tomato soup and vegetables, mixing together. Add salt and pepper to taste. Pour ingredients into casserole dish.

Cook potatoes 20-30 minutes until soft, drain. Stir in warm milk (as needed) and butter. Mash either with hand masher or electric mixer. Spread mashed potatoes over hamburger mixture.

Bake in 350 degree oven for 20 minutes, sprinkle cheddar cheese over top of casserole (I like about 1 1/2 cups – you can use less) and bake for an additional 10 minutes until cheese has melted.

*Tips: Serve with nice crusty bread. Yum!*

## Hearty Pizza

John Thomas Egan, Medical Student-Class of 2010

Approximate preparation time: 2-3 hours

Servings: 6-8

3 cups whole wheat flour

3 cups unbleached all-purpose flour

2 cups warm water

2 Tbsp. yeast

2+ Tbsp. olive oil

2 eggs

dash salt

16 oz tomato sauce

16 oz petite-diced tomatoes

plenty of garlic powder, oregano, basil and parsley

rosemary, thyme, salt, black pepper, white pepper, and sugar to oil

with oregano and garlic powder mixture to edges of crust 2

minutes before pizza is done. taste

red pepper flakes/seeds (optional)

Mozzarella cheese

toppings (suggested: Canadian bacon and pineapple, roasted garlic cloves, spinach, mushrooms, colorful peppers, onions)

Dissolve yeast in water. Allow to activate 5 minutes. Add salt, oil, eggs, and flour. Knead until soft and stretchy, adding more flour if necessary. Coat lightly with olive oil and allow to rise in warm, moist environment until double in size. Press half of dough into desired crust shape and allow to rise 10-15 more minutes.

Bake on greased pan at 350 F for 6-10 minutes or until firm.

Repeat for other half of dough. Combine tomato sauce, diced tomatoes, and spices into medium saucepan. Bring to low boil, stirring constantly. Reduce heat and simmer for at least 30 minutes.

Remove crusts from pans and top with sauce and toppings of choice. (For roasted garlic, bake cloves in olive oil bath wrapped in aluminum foil at 400 F for 8-10 minutes or until soft and tender.) Bake on oven rack 10-20 minutes (time will vary with amount of toppings). Optionally, use a pastry brush to apply olive This will make the crust extra crisp, golden and delicious.

## **Hot and Spicy Boiled Crawfish**

Anita Thielman, Principal Accountant

10 lb. live crawfish  
2 lemons  
1 large onion  
2 boxes crawfish boil  
1/3 cup salt, mixed with 1/4 cup red pepper  
6-8 small red potatoes  
4-5 small ears corn  
1 can Creole seasoning

In large pot with enough water to cover crawfish, bring to a boil. Add cut up lemons, onions, salt and pepper. Add crawfish boil and potatoes. Once water is in rapid boil, cut open bags of crawfish boil to release contents. Add crawfish and corn. Cook 8 to 10 minutes, or until crawfish turn red and float. Place crawfish in Styrofoam ice chest. Cover generously with Creole seasoning. Cover for 10 to 15 minutes and serve.

## **Killer Linguini in Garlic and Oil**

James Pacala, MD

Course Director, Physician and Society

Approximate preparation time: 30 minutes

Servings: 6-8

1 head (20-25 cloves) of fresh garlic

extra virgin olive oil

1 tin of rolled anchovies (the kind that are wrapped around capers in olive oil)

½ bunch of fresh parsley

½ cup sun-dried tomatoes

Reggiano parmesan cheese

1 lb box dried linguini (I prefer De Cecco)

Place sun-dried tomatoes in a small bowl of very warm water. Mix in a teaspoon of sugar and set aside so that the tomatoes will get soft.

In a small saucepan, pour ½-¾ cup of olive oil and heat on low flame. Peel garlic and press it all through a garlic press onto a cutting board. Open up the tin of anchovies and drain the oil from the tin into the saucepan containing the olive oil. Then empty the anchovies and capers onto the cutting board where the garlic is located. Using a chef's knife, finely mince the anchovies, capers, and garlic together. Keep mincing until it takes on the consistency of a coarse paste. When you finish you should have a light brownish glob about the size of a small tangerine. Place the glob into the olive oil and disperse it into the oil using a fork. The garlic/anchovy mixture should cook in the olive oil for about 15 minutes. You may need to stir it now and then. Don't get the flame so hot that the oil starts burning; the garlic should simmer a little bit as it is cooking.

While the garlic/anchovy mixture is cooking, boil 3 quarts of salted water in a 4 quart saucepan. Break linguini in half and add the entire box. Boil until linguini is soft, about 10 minutes or so.

While the pasta is boiling, remove the sun-dried tomatoes from the warm water bath, and chop into small (about 1cm) pieces. Add the sun-dried tomatoes to the garlic/anchovy mixture. Finely chop up the parsley and set aside.

After the linguini has cooked, drain, but leave about ½ cup of the water in the saucepan with the linguini (don't use a colander; rather, hold a lid over the saucepan leaving a small opening and tip the saucepan over the sink to carefully pour most of the water out). Place pan with linguini and water back on stove at medium heat. Add garlic/anchovy/sun-dried tomato mixture. Grate some parmesan into the saucepan, maybe a ¼ cup or so. Stir everything together. Remove from heat and add the parsley. Cover and let sit for 5-10 minutes. Stir once more.

Serve in bowls with crusty bread and accompany with a simple salad. Can stand alone or be paired with a small meat serving, but the meat should be prepared simply without much seasoning. Serve with a nice bottle of Italian Chianti or Dolcetto.

*Tips: Save some for leftovers the next day or two, prepared as follows:*

*Heat up a nonstick skillet on high heat. Get it really hot. Add leftover pasta and spread it around the bottom of the skillet. It will sizzle. Let it cook for a couple of minutes so that the noodles on the bottom turn brown (check frequently to make sure they are not burning). Flip noodles over to crisp up the noodles on the other side. This should take just a couple of minutes. While still on high heat, pour in some milk (either skim or with some fat, both will do) so that it covers about 1/3 of the noodles. The milk will start bubbling. Still continuously for a minute or two – the milk will reduce, thicken, and form a rosy brown sauce. Serve.*

## **Kuni's Oven Barbequed Ribs**

Marilyn Becker, PhD

Director of Learner Development

*Kuni was our former neighbor and a very good friend, and made this dish for us many times. The aroma as it's cooking and the taste when it is done really make it a "comfort food" dish.*

Approximate preparation time: 1 1/2 hours

Servings: 6-8

4 lbs country-style pork ribs

1 T butter

1 clove garlic, crushed

1/2 c catsup

1/3 c chili sauce

2 T brown sugar

2 T chopped onion

1 T Worcestershire sauce

1 T prepared mustard

1 t celery seed

1/4 t salt

dash of bottled hot pepper sauce

3 thin lemon or orange slices

Cut the country-style pork ribs in pieces and simmer, covered in water [add the following seasonings to the water for extra flavor - peppercorns, bay leaf, garlic, onion, paprika] until nearly tender [about 1 hour].

Meanwhile prepare sauce: in saucepan, melt butter; add garlic and cook 4-5 minutes. Add catsup, chili sauce, brown sugar, chopped onion, Worcestershire sauce, prepared mustard, celery seed, salt, hot pepper sauce and lemon or orange slices. Bring to boiling.

Drain ribs; place in shallow pan; pour boiling sauce over. Bake at 350 degrees for 20 minutes basting often with sauce.

*Tips: I usually leave out the celery seed and the lemon or orange slices and it tastes just fine.*

*Serve with brown or wild rice.*

## **Lamb Chops Parmesan**

Marilyn Becker, PhD

Director of Learner Development

*This is an unusually easy lamb recipe and good, good, good!*

Approximate preparation time: 20 minutes

Servings: 4

4 lamb rib or loin chops, about 3/4 inches thick

1/4 cup grated Parmesan cheese

2 T butter or margarine, softened

1/2 t salt

1/8 t pepper

Broil chops 3-4 inches from source of heat 10 minutes or until lightly browned. Turn; broil 5 minutes or to desired degree of doneness. Combine cheese, butter, salt and pepper and spread on chops. Broil 1-3 minutes, or until cheese is lightly browned.

*Tips: Be sure not to overcook the lamb – remember it will cook more once you add the cheese.*

*Rice flavored with chicken bouillon goes well with this dish.*

## **Maple Glazed Salmon**

Angela Fryer, Medical Student – Class of 2007

Approximate preparation time: 20-30 minutes, plus some refrigeration

Servings: 4

1/4 cup Vermont maple syrup  
1 tablespoon lemon juice  
2 tablespoons light soy sauce  
1 teaspoon Dijon or stone-ground mustard  
1/2 teaspoon finely chopped ginger-root, if desired  
1 1/4 pound salmon fillet  
2 tablespoons thinly sliced scallions

Mix all ingredients except salmon and scallions. Cut salmon fillet into 4 serving pieces, place salmon fillet in shallow glass or plastic dish. Drizzle marinade over fish reserving about 1/4-cup marinade to serve over cooked fish. Refrigerate about 30 minutes.

Heat oven to 400 degrees. Remove fish from marinade; set aside marinade. Place fish in baking dish; bake 15 to 20 minutes, basting occasionally with marinade until fish flakes easily with fork. To serve, drizzle reserved 1/4 cup marinade over fish; top with scallions.

*Tips: This is great with couscous and wilted spinach!*

## **Mexican Spaghetti**

Betsy Johnson, Medical Student-Class of 2010

*With a resident, med student and a toddler in the same house, we have many nights where dinner is a challenge. This recipe is a family favorite and a staple in our home. it is perfect for a busy week when timing is difficult to predict: it uses many pantry/fridge staples so I don't have to stop at a store; it can be whipped up, eaten and cleaned up in less than an hour; kids and picky eaters love it; and it reheats well if someone missed dinner or for lunch the next day.*

Approximate preparation time: 30-40 min

Servings: enough for 4 big eaters

12 ounces spaghetti, uncooked

1 (1 ounce) package taco seasoning mix

1 lb lean ground beef or ground turkey

14 1/2 ounces tomatoes, canned, diced in sauce, undrained

22 ounces whole Mexicorn whole kernel corn, undrained (with red and green peppers)

1 (7 ounce) can diced green chilies, undrained

1/2 cup green onion, sliced

1/2 cup Mexican blend cheese, shredded

Break spaghetti in half and cook until tender according to package directions. In large skillet brown ground beef or turkey. Add taco seasoning mix, undrained tomatoes and corn, green chilies, and onions. Cook over medium heat until heated thru, stirring occasionally. Drain pasta and place in large bowl. add meat mixture and toss lightly. Sprinkle with cheese, serve.

*Tips: We use whole wheat pasta and add cheese individually once served—that way the pot doesn't get sticky with the melted cheese.*

## **Michelle's Starr Beef**

John Thomas Egan, Medical Student-Class of 2010

Approximate preparation time: 15 min. prep.; 1 day slow cook

Servings: 10+

5 lb rump roast

1-2 stout beers

1 package onion soup mix

3-5 cups beef stock

5-10 cloves garlic, minced

oregano, basil, and pepper to taste (recommended 1 + Tbsp each)

Combine all ingredients into crock pot, making sure liquid level tops roast. Cook on low for 24 hours. Tear at cooked beef with fork until evenly shredded. Use as shredded beef in any of your favorite dishes.

## **Mom and Dad's Roast**

Kevin Wickman, PhD

Associate Professor, Pharmacology

### *California Marinade:*

4 cloves garlic, minced (powdered)

¼ c. olive oil

1 tsp. crushed rosemary

½ tsp. dry mustard

2 t. soy sauce

¼ c white wine vinegar

¼ c. sherry flavoring

Sauté garlic in oil. Add rosemary, mustard. Remove from heat and stir in the rest of ingredients.

### *Chuck Roast:*

3-4 lbs. chuck roast

2 T. catsup

½ t. Worcestershire

1 ½ t. steak sauce

Put in bowl, pour marinade over, cover and refrigerate. Turn meat frequently to re-coat with marinade. Remove meat from bowl, add catsup, Worcestershire and steak sauce to marinade left in bowl. Stir and apply to roast before BBQing. Grill 3-5 inches from coals, turning frequently and baste with hot marinade every 5-6 minutes, about 40 minutes of cooking time. Serve roast rare in the middle and browned on the outside.

## **Mum's Meatballs**

Elizabeth Hielscher, Medical Student-Class of 2011

*My mom designed this huge batch of meatballs for use at my older sister's high school graduation open house. We used it again for mine.*

Approximate preparation time: 10 min prep time, 25-30 min bake time

Servings:

*Small batch:* 57-58 small meatballs, approx 14 servings (4 meatballs each)

*Large batch:* 230 small meatballs, approx 57 servings (4 meatballs each)

*Small batch:*

2.5 lb lean ground beef

3/4 c quick oats

1/4 medium onion chopped

1 egg

1 skimpy tsp Lawry's seasoned salt

1 1/2 tsp garlic powder

1 1/2 tsp onion powder

1/4-2/3 cups ketchup

*Large batch:*

10 lb lean ground beef

3 c quick oats

2 medium onions chopped

4 eggs

1 tablespoon Lawry's seasoned salt

1-2 tbsp garlic powder

1-2 tbsp onion powder

1-2 1/2 cups ketchup

Mix all ingredients together. Form into balls. Bake at 350 degrees for 25-30 minutes (depending on size of meatballs).

*Tips: Add just enough ketchup to reach the right consistency. If using rolled oats instead of quick oats, let mixture sit for a while to absorb moisture.*

## **New Orleans Barbecued Shrimp**

Anita Thielman, Principal Accountant

14 large fresh shrimp  
6 tbsp. cold unsalted butter, cut into 1oz pieces  
3 tbsp. olive oil  
1½ tsp. black pepper, ground  
1½ tsp. black pepper, cracked  
1 tsp. Creole seasoning  
1 tsp. garlic, chopped  
1 tsp. lemon juice  
1 tbsp. Worcestershire sauce

Place shrimp and all ingredients, except the lemon juice, and 3 ounces of butter, in a saucepan large enough so that the shrimp are in one layer. Bake at 450 degrees for 2 minutes. Remove from oven and sauté over moderate heat. Add lemon juice and 3 ounces of butter, swirling the pan and stirring with fork. Serve the shrimp in a bowl and pour the sauce over the shrimp. Garnish with hot French bread for dipping.

*Tips: Good with white rice.*

## **Pizza Casserole**

Ryan Gaalswyk, Medical Student-Class of 2010

Approximate preparation time: ~45min

Servings: 6-8

1 bottle of Ragu/Prego

10oz egg noodles

~1lb hamburger

1 small onion

½ green pepper (if desired)

1 small can of sliced mushrooms

12 oz Mozzarella cheese, shredded

~½ package of Pepperoni

Cook egg noodles until tender. Brown hamburger in a large skillet, adding finely sliced onion and green pepper. Mix in spaghetti sauce. Add noodles to the sauce and mix. Put ½ of cooked noodles into a 9x13 inch pan. Spread a layer of cheese and pepperoni onto the mixture, and then place the remaining noodles into the pan. Cover with the rest of the cheese and desired pepperoni. Bake for 30 minutes at 350° or until top layer of cheese is slightly browned. Serve with Garlic bread or Wild rice.

*Tips: Make sure to leave enough of the mozzarella cheese to completely cover the top. Add as much or as little pepperoni as you'd like. Green pepper, onion, and mushrooms are all optional, but do add a lot to the flavor. It's a good casserole to make over the weekend to last you through a busy week as it microwaves well. Enjoy!*

## **Quick and Easy Lemon Basil Chicken**

Elizabeth Hielscher, Medical Student-Class of 2011

Approximate preparation time: 20 min

Servings: 4

4 boneless chicken breast halves, without skin

### *Marinade:*

3 tablespoons fresh chopped basil, or 1 tablespoon dried basil leaves

Juice of 2 lemons, or about 1/3 cup

1 tablespoon olive oil or canola oil

4 cloves garlic, chopped

Fresh basil or fresh parsley for garnish

Put chicken breasts between sheets of plastic wrap; gently pound to even thickness for even and quick cooking. Combine marinade ingredients in a plastic food storage bag; add chicken and refrigerate for 1 to 2 hours (not a problem to refrigerate overnight either).

Original Instructions: Heat an oiled grill pan, grill rack, or broiler pan (or frying pan on the stove!). Arrange chicken on hot pan or rack and grill or broil for about 10 to 12 minutes, turning often. Serve with fresh basil leaves or parsley, if desired.

What I do: Dump chicken and all marinade into glass baking dish. Bake at 350 for 15-20 minutes or until chicken is done. Check chicken by cutting into it with a knife and checking if it is pink inside. Serve with rice and steamed green beans.

*Tips: You can freeze this in the plastic marinade bag and keep it on hand for an easy quick meal. Put in fridge the night before to thaw. This is one of my stand-bys. It's so easy, quick and delicious.*

## **Rice and Beans**

Tom Hauth, Medical Student-Class of 2009

Approximate preparation time: 20 minutes

Servings: as many as you like

### *Buy*

20lb bag of rice (\$6)

Cans of black beans (\$0.50)

Salt and pepper

### *Optional*

eggs

frozen vegetables

paprika

canned jalapenos

chicken bullion

hot dogs

Suggested side dishes: Corn Tortillas (\$1 for 50)

Make a couple cups of rice. You can add oil, seasonings, chicken bullion, etc. Fry up the beans with some vegetable oil. Add the rice. Maybe steam some vegetables and add them. If you use about 3 cups of rice it should last about 5-7 nights, making the average cost of a meal well under \$1. Menu for the week could go as follows:

- Night #1.      Make rice and beans,
- Night #2.      add egg,
- Night # 3.     add hot dog (fry them up, they taste good),
- Night # 4.     add jalapenos,
- Night #5.     add frozen veggies,
- Night #6.     repeat

*Tips: If you follow this diet through medical school, and take advantage of most lunch lectures, you should be able to live on about a \$5-10 a week food budget.*

## **Sheboygan Bratwurst**

Eli Coleman, MD

Course Director, Human Sexuality

*Enjoying well prepared food is a part of sexual well being. You should not over interpret the subject matter of this recipe other than to have fun in doing so (another ingredient of sexual health). One of my favorite recipes is how to cook real German bratwurst. I learned this recipe from fraternity brothers from Sheboygan, Wisconsin while attending Marquette University. When I came to Minnesota I was horrified to taste the Scandinavian-made so called "bratwurst."*

*Over time, I found some good German butchers - but now you can get imported Sheboygan bratwurst (Johnsonville) and life is much better! I know there is nothing like a hot dog, but a well cooked bratwurst cannot be beat.*

Approximate preparation time: 30 min

good fresh bratwurst (I recommend Johnsonville from Sheboygan, Wisconsin; never buy bratwurst already cooked)  
chopped onions (I like them large and chunky, at least one onion or more)

chopped garlic (2 tablespoons or more!)

2 -12 ounce cans/bottles of beer (save the good stuff for drinking)

salt and pepper

brat buns (get good ones - not wonder hotdog buns)

Dijon or other good mustard (try to avoid the boring yellow stuff),  
ketchup or any other garnish you want.

Start your grill (or they can be broiled in the oven). Pierce the bratwurst with a fork - on both sides - three piercings on each side should do. Place bratwurst in a saucepan. Add enough beer to cover the brats. Add the garlic, onions, salt and pepper. Boil for about 10 minutes. Take bratwurst out of the pan and brown them on the grill. Don't overcook them (there already cooked from the boiling). While grilling boil the onion and beer sauce down - till it

is nice and thick. Put the grilled bratwurst in a bun and pour some onion mixture over the brat. Add some good mustard - and if you insist - ketchup and other garnishes. You can store the grilled bratwurst right in the onion sauce keeping them moist and full of flavor.

Side dishes: potato salad, baked beans, potato chips, beer, soda or non-alcoholic juice

*Tips: Learn not to overcook - keep them juicy!*

## **Southern Shrimp Creole**

Betsy Johnson, Medical Student-Class of 2010

*My mother-in-law is the quintessential southern hostess, and her healthy, good home cooking is to die for. I miss her fabulous, southern home cooking, especially during hard weeks at the hospital. This is one of her recipes that is easy enough for me to make for my family, despite our hectic and limited schedules. The dish is tangy with a subtle sweetness. A true one-pot-wonder.*

Approximate preparation time: 50-60 min

Servings: 3-4

½ cup chopped onion  
½ cup chopped celery  
1 garlic clove  
2-3 Tbsp vegetable oil  
1 16oz can tomatoes (or 2 cups)  
1 8oz can seasoned tomato sauce  
1 ½ tsp salt  
1 tsp sugar  
1 tsp chili powder  
1 Tbsp Worcestershire sauce  
1 tsp cornstarch  
12 oz raw cleaned shrimp  
½ cup chopped green pepper

Cook onion, celery and garlic in oil until tender but not brown. Add tomatoes, sauce, and seasonings. Simmer uncovered for 35-45 minutes. Mix cornstarch with 2 tsp water and stir into sauce. Cook until mixture thickens, a few minutes more. Add shrimp and green pepper. Cover and simmer until heated through, about 5 minutes more. Serve with rice.

*Tips: We buy frozen, tail-off shrimp when it is on sale at the grocery store and save it for this recipe—that cuts down on the cost and time dramatically.*

## **Spicy Pineapple Stir-Fry**

Elizabeth Goelz, Medical Student-Class of 2008

Approximate preparation time: 20 minutes

Servings: 4

4 tsp oil, divided (recommend olive oil)

1 pound chicken, pork, or beef – cut into 1 inch cubes

OR 50 count medium size shrimp

4 cloves garlic, crushed

1 ½ Tbsp ginger (fresh or ground)

crushed red pepper to taste

½ pound green beans – washed

8 oz pineapple chunks – drained

1/3 cup chicken broth

2 Tbsp teriyaki sauce

¼ tsp salt

noodles (recommend angel hair) or rice

Instructions: Heat 2 teaspoons oil in a pan or wok. Stir fry meat (chicken, pork, beef, or shrimp) until cooked through. Place cooked meat on a plate. Cook noodles or rice in a separate pan at the same time according to package directions. In the same pan, heat 2 teaspoons oil. Add garlic, ginger, crushed red pepper, green beans, and pineapple. Heat until warm. Add meat back into pan. Add chicken broth, teriyaki sauce, and salt. Heat. Serve over noodles or rice.

*Tips: Start with just a pinch of crushed red pepper, it gets spicy quickly...you can always add more. This recipe is best with fresh green beans.*

## **Spicy Tilapia Tacos with Fresh Red Pepper and Corn Salsa**

Justin Graham Roth Laube, Medical Student – Class of 2010

Approximate preparation time: 40 minutes

Servings: ~6 (you can save some for the next day)

*Salsa (these are flexible numbers, and you can just tailor it to the taste and color you like. You can also skip or add veggies that you have available or like):*

1 cup corn (canned or frozen)

½ cup diced red onion

½ cup diced red bell pepper

½ cup diced green bell pepper

½-1 cup fresh cilantro leaves finely chopped (use what you want, or skip it if you don't like cilantro).

1 lime, zested (if you don't have a zester, skip) and juiced (cut and squeeze)

salt and pepper to taste

*Fish:*

1 tablespoon cayenne pepper (this is spicy stuff, so less is more, you can also substitute for any other seasoning you like, e.g. fajita, Mexican...)

1-1/2 teaspoons ground black pepper

1 tablespoon salt

6 (4 ounce) fillets tilapia (super easy fish to cook, and cheap)

1 tablespoon olive oil

*Tacos and Toppings:*

Light sour cream as wanted

Canned salsa if you want to use both

Light shredded cheese if wanted

6 corn tortillas (or small whole wheat tortillas, any kind will do), warmed by spraying non-stick spray like PAM onto skillet over medium-high heat and just browning on each side of tortilla (couple minutes per side).

In a medium bowl, mix together corn, red onion, red and green bell pepper, and cilantro. Stir in lime juice and zest. Salt and pepper to taste. In a separate small bowl, combine cayenne pepper, ground black pepper, and salt. Brush or rub each fillet with olive oil, and sprinkle with spices (you want them nicely dusted).

When you have some extra time, warmed and brown the tortillas by spraying non-stick spray like PAM onto skillet over medium-high heat and just brown on each side of tortilla (minute or two per side). You can do this during or after you cook the fish.

Heat a skillet or grill pan (this is ideal, but not necessary) to medium-high (depends on your pan and stove, adjust as needed) with a little olive oil. Arrange fillets on skillet or grill pan, and cook for 3 minutes per side. They don't take long, just make sure they are white throughout after cooking. For each fish taco, top the pre-heated tortillas with fish, sour cream (optional), corn salsa and any other fix-ins you like (i.e. cheese, extra cilantro, canned salsa, hot sauce...). I hope you enjoy it.

*Tips: This is a fun, quick, easy, and healthy recipe that I make all the time. It is modified from a recipe I found online. The fish has a nice kick to it and the salsa cools your mouth down. Use the recipe as a guideline, and just play around with it. If you are looking for reasonably priced fresh tilapia, Cub grocery store is a good place to go.*

## **Stir-fried Vegetables with Pesto Pasta**

Virginia Seybold, PhD

Professor, Department of Neuroscience

*In the fall, when the farmer's market is in full swing, I make at least 3 batches of the following pesto and freeze it in ice cube trays.*

### *Freezer Pesto:*

2 cups fresh basil leaves thoroughly washed and air dried on paper towels

4 large garlic cloves, peeled and sliced

1 cup pine nuts (can substitute shelled walnuts)

½-¾ c extra light virgin olive oil

Combine basil, garlic and nuts in the bowl of a food processor or blender and chop. While the motor is running, add the olive oil in a slow, steady stream until you have a medium sauce (don't make too thin or it won't freeze well). Salt and pepper to taste. Spoon in to ice cube trays and freeze. After frozen, pop out of trays and freeze in a tight container or freezer bag. Use within 1 year.

### *Stir-fried Vegetables:*

Cheese filled tortellini

Meats (if you choose): Chicken/Bacon

Zucchini, seeded and cut in julienne strips

Summer squash, seeded and cut in julienne strips

Mushrooms, sliced thick

Sun dried tomatoes, julienne cut

Kalamata olives, halved

Parmesan cheese

When you start dinner, thaw pesto cubes, about 3 cubes/4 servings. When you start to boil water for the pasta, start to fry the meats (use a little oil if only doing chicken, or start with the bacon and cook the chicken in the bacon grease). When you add the tortellini to the water, stir fry the vegetables in a little oil. When the pasta is done, drain, and toss with pesto (if the pesto isn't completely

thawed, the heat from the pasta will finish the job). Add 1/3-1/2 C. grated parmesan cheese and mix well. Pour pesto pasta into a wide bowl, top in layers of meat, vegetables, garnish with tomatoes, olives. Serve with more grated Parmesan cheese, bread and butter.

*Advice for well being: Eat well, play well, work hard. The first two can be easily combined. You will make close, life-long friends during your student days. The friendships will be forged over cheap dinners and long evenings chatting. Take time to foster these connections. They will help you through stressful experiences of training and establish the professional network that you will draw on as physicians.*

## **Susan's Goulash**

John Thomas Egan, Medical Student-Class of 2010

Approximate preparation time: 2 hours

Servings: 4

1 lb ground beef, browned

2 cups cooked elbow macaroni

20 oz. tomato juice

1/4 cup ketchup

1/4 cup sugar

Salt and Pepper to taste

Combine tomato juice, ketchup, and sugar into Dutch oven or casserole pan. Mix in beef and macaroni. Add salt and pepper. Bake at 350F for 1 hour.

## **Vegetable Moussaka**

[From Ashbury's Aubergines

<http://www.aubergines.org/recipes.php?eggplant=2247>]

Missy Sherman, Medical Student-Class of 2008

Servings: 8

3 1/2 pounds eggplant, unpeeled, cut into 1/2-inch-thick rounds  
1/2 cup (about) olive oil  
1 large onion, thinly sliced  
1 cup finely chopped peeled carrots  
1 cup finely chopped celery  
4 garlic cloves, minced  
12 ounces Portobello mushrooms, cut into 1/2-inch pieces  
1 teaspoon dried oregano  
1/2 teaspoon ground cinnamon  
1 28-ounce can crushed tomatoes with added puree  
1/4 cup chopped fresh Italian parsley  
1 cup grated parmesan cheese  
6 tablespoons (3/4 stick) butter  
7 tablespoons all purpose flour  
3 1/2 cups whole milk  
4 large egg yolks

Cover 2 baking sheets with paper towels. Sprinkle both sides of eggplant rounds with salt. Arrange eggplant in single layer atop towels. Let stand 30 minutes.

Position first rack in bottom third of oven and second rack in top third of oven and preheat to 425°F. Remove eggplant and paper towels from baking sheets. Pat eggplant dry. Oil some baking sheets. Brush both sides of eggplant rounds with 1/4 cup oil. Arrange in single layer on baking sheets. Bake 10 minutes. Turn eggplant and rotate pans in oven. Continue baking until tender, about 15 minutes longer. Cool. Reduce oven temperature to 350°F.

Meanwhile, heat 1/4 cup oil in heavy large skillet over medium-high heat. Add onion, carrots and celery. Sauté until onion is very

tender, about 12 minutes. Mix in garlic, then mushrooms. Sauté until juices evaporate, about 10 minutes. Mix in oregano and cinnamon. Add tomatoes and parsley. Cook until mixture is thick, about 10 minutes. Season with salt and pepper.

Lightly oil 13x9x2-inch glass baking dish. Arrange half of eggplant rounds in single layer in dish. Spoon half of tomato mixture evenly over eggplant. Sprinkle with 2 tablespoons cheese. Repeat layering with remaining eggplant, tomato mixture and 2 tablespoons cheese.

Melt butter in heavy medium saucepan over medium heat. Whisk in flour. Stir 2 minutes. Gradually whisk in milk. Simmer until sauce thickens, stirring constantly, about 5 minutes. Whisk in 1/2 cup cheese. Season with salt and pepper. Whisk yolks in large bowl to blend. Gradually whisk in hot sauce. Pour sauce over vegetables in dish. Sprinkle 1/4 cup cheese over sauce. (Can be made 1 day ahead. Cover; chill.)

Bake moussaka until heated through and sauce is golden brown on top, about 45 minutes (or about 55 minutes for refrigerated moussaka). Cool 15 minutes.

## **Yetakelt W'et (Spicy Mixed Veggie Stew)**

Rachel Gramith, Medical Student – Class of 2010

Approximate preparation time: 30 – 45 min

Servings: 6

1 c chopped onions

2 minced garlic cloves

1 Tb Berbere

1 Tb paprika

1/4c Niter Kebbeh

1c green beans, cut into thirds

1c carrots, chopped

1c potatoes, cubed

1c tomatoes, chopped

1/4c tomato paste

2c vegetable stock

Injera (no idea how to make this fantastic bread...)

plain yogurt or cottage cheese

Sauté onions, garlic, berbere and paprika in Niter Kebbeh for 2 minutes. Add beans, carrots, potatoes and continue to sauté for about 10 minutes, stirring occasionally to prevent burning. Add chopped tomatoes, tomato paste and vegetable stock. Bring to a boil and then simmer for 15 minutes, or until the vegetables are tender.

Serve with injera, and yogurt or cottage cheese to cool your palate if you need. Traditionally eaten with hands and shared with a group. deeelicious!!

Suggested side dishes or beverages to go along with your dish:  
your favorite white wine and some good company

*Tips: Injera (traditional Ethiopian flatbread) and traditional spices can be purchased at a tiny little Ethiopian grocer just East of Snelling on Sherburne Avenue (Midway area)*

## **Zucchini Casserole**

Missy Sherman, Medical Student-Class of 2008

1 medium onion, sliced or diced  
2 medium green zucchinis, sliced  
1 Tbsp olive oil  
1-16 oz. can of whole tomatoes  
1 Tsp. each of parsley, oregano, sweet basil (fresh or dried)  
1 pinch rosemary  
1-2 cloves garlic, minced  
1 cup brown rice, cooked  
½ cup whole grain bread crumbs  
1-16 oz. package shredded mozzarella  
1 cup shredded Parmesan cheese  
1 cup other white Italian cheese (smoked provolone, asiago, or romano)

Prepare sauce: crush whole tomatoes by hand into large mixing bowl. Add olive oil, parsley, oregano, and sweet basil. Add rosemary and garlic. Add salt to taste. Set aside.

Cook brown rice: Measure 1 cup brown rice, add 2 cups water and bring to a boil. Once boiling, bring to a simmer and cover for 20-30 minutes until all water is absorbed and rice is soft. Do not uncover for full 20 minutes for better results.

Oil a casserole pan or 9x9 cake pan with olive oil and put all rice at bottom of dish. Spoon about 1/3 of sauce mix onto rice and put one layer sliced onions and zucchini over sauce, cover with 1/3 of cheese mix. Repeat 2 more layers of sauce, onions/zucchini, and cheese. Cover with cheese and breadcrumbs. Cook at 400° for approximately 1 hour or until browned. Sprinkle with parsley. Serve warm. Enjoy!



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Roasted Root Vegetables

## **Asparagus or Green Beans with Lemon-Herb Sauce**

Michel Sanders, PhD

Course Director, Biochemistry

*Note: This can be served as a salad (chilled or room temp) or hot*

1-1/2 lbs asparagus or green beans, trimmed

1/2 cup diced seeded red bell pepper

### *Sauce*

2 Tb extra virgin olive oil (divided)

1-1/4 cups green onions (divided)

1/3 cup minced shallots or mild onion

1 tsp sugar

1 Tb minced garlic

1 cup chicken broth (can be used to steam veggies)

1-1/2 Tb Dijon mustard

1 Tb fresh lemon juice

1 tsp minced fresh thyme or 1/4 tsp (??) dried

1/2 tsp grated lemon peel

Steam asparagus or boil green beans until crisp tender. Transfer to ice water if serving cold or room temp (this preserves the dark green color). Can be made 1 day ahead but wrap in paper towels before sealing in plastic bags.

Heat 1 Tb oil in medium nonstick skillet over medium heat. Add 1 cup green onions, shallots, and sugar. Sauté until onions and shallots are tender, about 5 minutes. Add garlic and sauté 2 min. Stir in chicken broth, 1 Tb olive oil, mustard, lemon juice, thyme, and lemon peel. Simmer until slightly thickened and liquid is reduced to 1-1/4 cups, about 6 minutes. Season with salt and pepper. Chill to room temp if serving dish cold.

Arrange asparagus or beans on platter so that they go in one direction (if trying to be fancy). Heat sauce if serving warm and it has cooled. Spoon sauce over (if being fancy, spoon the sauce just

over the center of the veggies). Sprinkle sauce with remaining 1/4 cup green onions and the red pepper.

*Tips: Don't have all the ingredients/time to make a sauce? Serve with a bit of melted butter, a squeeze of lemon juice and salt and pepper. Thinking a little more fancy... add a sprinkle of chopped fresh thyme.*

*Tips for storing herbs: You have just bought a bunch of herbs, but only need one spring for the recipe. To keep the herbs fresh longer, wash and store in a plastic bag in the fridge wrapped in a paper towel. The towel will keep the moisture down and prevent rot.*

## **Broccoli Coleslaw**

Katherine Jacoby, Medical Student-Class of 2012

1 package of broccoli coleslaw  
1 package of ramen noodles, any flavor  
A small packet of slivered almonds  
¼ c. rice wine vinegar  
¼ c. olive oil  
1 T. sugar

First, crush up the packet of ramen, without opening the package. Add crushed dry noodles and slivered almonds to a dry sauté pan, and toast on medium heat until golden brown. Add the seasoning packet from the ramen to the vinegar, oil and sugar. Mix well. Combine all ingredients in a bowl, toss to coat evenly. Chill until ready to eat.

*Tips: You can use any flavor ramen, but I like chicken flavor the best. Great substitute for mayo based salads on a hot day. (Any flashbacks to micro?) Store covered in the fridge for 3-5 days.*

## **Couscous- Stuffed Tomatoes**

Lindsey Henson, MD PhD

Vice Dean for Education

1 cup couscous  
1 1/2 cups boiling water  
1 teaspoon salt  
1 small green bell pepper, chopped  
1 medium red onion, chopped  
1/3 cup dried currants  
1/4 cup white wine vinegar  
2 teaspoon Dijon mustard  
1 small garlic clove  
1/2 cup oil olive  
1/2 cup chopped fresh mint, plus mint sprigs for garnish  
1/2 chopped parsley  
1/4 teaspoon freshly ground black pepper  
6 large tomatoes

In a large bowl, stir the couscous into the boiling water with a fork; add 1/2 teaspoon of the salt and stir briefly. Cover and let stand until the water is absorbed, about 5 minutes. Add the green pepper, onion, and currants to the couscous. Stir to mix

In a small bowl, whisk together the vinegar, mustard and garlic. Gradually, whisk in the olive oil. Add the parsley and chopped mint and season with the remaining 1/2 teaspoon salt and the black pepper. Pour the dressing over the couscous and toss well. Cover and refrigerate for at least 1 hour. (*The recipe can be prepared to this point up to a day ahead*)

Cut the tomatoes in half horizontally and scoop out the core, seeds and most of the pulp. Place the tomato halves upside down on paper towels to drain for 10 minutes. Lightly season the tomato cavities with salt and black pepper. Spoon the couscous filling into each tomato shell. Arrange the tomatoes on a large platter and garnish with mint sprigs

## Easy Veggie Packets

Katherine Jacoby, Medical Student-Class of 2012

zucchini, julienned  
yellow squash, julienned  
carrots, peeled and julienned  
1 T. red onion/shallot, minced per packet  
grill seasoning  
scant t. Dijon mustard  
olive oil  
aluminum foil

What is julienned you ask? A thin strip, 1/8 inch square. 1 Small size of each type of veggie will make about 2 servings. Only buy small or medium sized zucchini or squash, the really big one tend to not taste as good!

Tear off a notebook sized sheet of foil, placing veggies in the middle. Add seasoning, mustard and oil to coat. Fold the long edges together first, sealing edge, then the sides, making a packet. There should be a little air left in the packet. Bake at 450 degrees for 10-12 minutes. If you cut the veggies in bigger pieces, just add more cook time. Be careful when you open them... hot steam.

*Tips: No grill seasoning/Dijon mustard/olive oil? Just use any oil you have or a T. of butter then add salt and pepper! Great served with white fish. Just make the foil piece a little bigger and add a fresh fish fillet (smearred with a little mustard and dried thyme) to packet, veggies on top. It helps to oil the bottom of the foil packet before adding the fish. Same cook time, approx. until fish is cooked through.*

## **Lemony Rice- Parsley Salad**

Lindsey Henson, MD PhD

Vice Dean for Education

1 cup Arborio rice

¼ cup extra virgin olive oil

1 tablespoon fresh lemon juice

1 cup tightly packed flat-leaf parsley leaves, coarsely chopped

½ small sweet Italian frying pepper, cut into ¼ inch dice

1/3 cup oil cured pitted black olives, coarsely chopped

1 table spoon capers, rinsed and drained

salt and freshly ground pepper, lemon wedges for serving

Bring a large saucepan of salted water to a boil. Add the rice and simmer over moderate heat until just tender, about 14 minutes.

Drain thoroughly.

In a large bowl, toss the rice with the oil and lemon juice, Stir in the parsley, frying pepper, olives, capers, and lemon zest and season with salt and pepper. Serve warm or at room temperature with lemon wedges.

## Oven Fries

David Martin, Medical Student – Class of 2011

Approximate preparation time: 35 minutes

Servings: 3-4

### Ingredients:

Vegetable oil, potatoes (Yukon gold are best, avoid russet and reds, though they work fine too), dried spices (parsley, sage, rosemary, thyme, pepper, salt)

Cube potatoes (1/2 to 3/4 of an inch cubes). Combine spices with oil in a mixing bowl (use enough oil to *just* coat the potatoes, maybe 1 to 2 tablespoons). Toss the potatoes in the bowl with oil and spices, until all cubes are coated with the oil-spice mixture.

While cutting potatoes, preheat the oven to 400 to 425, and place the baking sheet in the oven to heat up (very important!). Don't put the potatoes onto the sheet until it is hot enough to hiss when in contact with the oil.

Put potatoes in a single layer on the baking sheet. Bake for 10 minutes, flip with spatula, then cook for another 10-15 minutes. Potatoes are done when they are golden brown.

*Tips: It's not as bad as French fries, but just as tasty (just don't use too much oil). Just remember to preheat the baking sheet at the same time as you preheat the oven. Watch closely to make sure you don't burn them.*

## **Polenta**

Marilyn Becker, PhD

Director of Learner Development

*My daughter fixes this as a special treat for me [the grits lover in the family] --- it's great!*

Approximate preparation time: 25 minutes

Servings: 4

1 cup corn grits/polenta (such as Bob's Red Mill)

4 cups water

1/4 cup milk

salt

pepper

1 tablespoon butter

1/4 Parmesan cheese

In a large saucepan, bring the water to a rolling boil. Reduce heat to medium and add the polenta slowly, whisking constantly. If the polenta is added too quickly, lumps will form.

Cover and cook gently over low heat for 20 minutes, stirring frequently until the polenta is thick and creamy. About half way through cooking, add the milk, salt, pepper, butter and parmesan cheese and stir to thoroughly incorporate.

*Tips: You can also add finely chopped vegetables (e.g. red or green pepper, garlic, onion, mushrooms, etc.) early in the cooking time for more flavors. Leftovers are good - it reheats well.*

## Roasted Root Vegetables

Katherine Jacoby, Medical Student-Class of 2012

small red potatoes ½ per serving  
sweet potatoes, ¼ of medium sized one per serving  
yams, ¼ of medium sized one per serving  
rutabaga, 1/8 of one per serving  
onion, ¼ of a medium sized one per serving  
carrot, ½ per serving  
4-6 fresh rosemary sprigs  
2-4 cloves garlic, minced  
2-4 T olive oil  
salt, pepper

Cube all veggies into 1/2 inch pieces, peeling all root veggies except the red potatoes (wash all veggies well!). If you choose to use rutabaga, you should first boil the cubed/peeled pieces for 15 minutes before using, otherwise they will not cook enough with the other ingredients.

Put all ingredients together on a sheet pan with sides, in one layer. Be sure to coat all pieces with oil. Add salt and pepper, I like crushed red pepper too! Bake in 350 degree oven for 60 minutes, until the pieces turn brown on the edges and are easily pierced with a fork. Stir once halfway through for even browning. If you have bigger pieces, just add more baking time, try and stir every half hour though.

*I make this every year at Thanksgiving for my mom, because she hates mashed potatoes! You can use any herbs you like, or try a combo for something different. Another good alternative is to season with ground cumin, turmeric and paprika. It has a great side effect of making your house smell like herbs*

## **Southwestern Rice Salad**

Marilyn Becker, PhD

Director of Learner Development

*Very tasty vegetarian recipe- shared with me by my daughter.*

Approximate preparation time: 45 minutes + cooling time

1-1/3 cup water

2/3 cup uncooked long grain rice

3/4 chopped green and/or red pepper

1/2 cup chopped red onion

1 medium carrot, chopped

3 garlic gloves, minced

1 tablespoon olive oil

1 package of frozen or canned corn, 16 oz

1 can black beans, 15 oz

1 can garbanzo beans

2 medium plum tomatoes, chopped

1 cup salted peanuts

1/3 cup minced cilantro (parsley makes a good substitute for those allergic to cilantro)

2/3 cup olive oil

1/3 cup lemon juice (every time I have made this, it seems to need more than what recipe calls for, so use recipe as starting point)

1 teaspoon cayenne pepper

1/2 teaspoon ground cumin

In a large saucepan, bring water and rice to a boil; cover and simmer 15 minutes or until water is absorbed. Remove from heat and let stand for 5 minutes. Rinse rice with cold water till COLD and drain. Put into a large bowl.

In a small skillet, sauté the peppers, onion, carrots and garlic until crisp tender. Cool. Combine with rice. Stir in the corn, beans, tomatoes, peanuts, and cilantro.

Combine the remaining oil, Lemon juice, cayenne and cumin.

Pour over rice and stir to coat. Put in frig until cold. I have found a little salt helps give it a punch.

## **Spaghetti with Garlic-Butter Sauce**

Marilyn Becker, PhD

Director of Learner Development

Approximate preparation time: 20 minutes

Servings: 2-3

1/4 c. butter

1/4 c. olive oil

3 cloves of garlic, peeled and finely chopped

crushed red pepper

Parmesan cheese

8 oz. spaghetti

Cook spaghetti until al dente. Meanwhile, melt butter in skillet over moderately low heat; add oil and garlic - cook until garlic is lightly browned. Drain spaghetti and place in as serving dish; toss lightly with butter sauce. Add crushed red pepper to taste. Garnish with grated Parmesan cheese.

*Tips: Dark green vegetables [spinach, broccoli] go well with this dish. You may wish to increase the amount of garlic in the dish.*

## **Spinach Stuff**

Marilyn Becker, PhD

Director of Learner Development

*A recipe from my daughter that she has used while camping as well as at home.*

Approximate preparation time: 30 minutes

Servings: ~6 servings

cooking oil

1/2 medium onion

2 cloves garlic

2 red jalapeños and/or 1/2 tsp chili/fire oil and/or cayenne pepper

seasoned salt

black pepper

Cardamom (pods or powder)

3-4 red potatoes (boiled) or 1-2 chicken breasts (cooked) or

1 block extra firm tofu

1 bag/bunch fresh spinach or 1 bag/block frozen spinach

(defrosted)

2 tomatoes (seeded and cut into pieces)

lemon juice

Heat oil in big frying pan or pot. Add onion, garlic, spicy stuff, seasoned salt, black pepper, cardamom. Cook for a minute or two until onion starts to get transparent. Add your choice of white stuff. Cook for a minute or two. Add spinach in bunches until it is cooked. Add tomatoes. Cook for about 5 minutes or until it smells really good. Add lemon juice just before serving.

### **Three Bean Dish**

Kathleen Brooks, MD

Associate Dean for Primary Care

Approximate preparation time: 30 minutes

Servings: 8-10

*A Christmas favorite with our family.*

1 can B and M beans (next to giant size)

1 regular size can kidney beans, drained

1 regular size can butter beans, drained

6 slices bacon fried with 1 onion

1/3 cup brown sugar

1/2 cup white sugar

2 tbsp Worcestershire sauce

1/4 lb Velveeta cheese, diced

Fold all the above together into bean pot and bake for 1.5 hours at 300 degrees.

*Tips: Tastes best when made in a crockery bean pot.*

## **Thyme for Corn on the Cob**

Sing-Wei Ho, Medical Student-Class of 2010

Approximate preparation time: 10 min. active, some prep and grill time also

Servings: 6

6 ears of corn with husks

6 tablespoons of butter (cut into slices)

thyme sprigs

Soak corn in a pot of water for 1 hour. Remove the corn silks by peeling back the husks, being careful not to detach them. Pull the husks back up around the corn. Tuck a few pats of butter, and a couple sprigs of thyme into the husks. Make sure the husks are completely around the corn. Grill corn for about 15 minutes, turning frequently. This is super easy and cheap.

*Tips: Keep corn in the husk until you're ready to cook it to preserve the moisture in the kernels. Refrigerate corn away from strong-flavored foods; corn absorbs odors. From UofM Farmer's Market Tips And Recipes by Ann L. Burckhardt  
<http://www1.umn.edu/ohr/wellness/market/recipes/index.html>*

## Wild Rice and Apple Stuffing

Abby LaBounty, Medical Student-Class of 2011

Approximate preparation time: 1 hour

Servings: 6

1 c. chopped yellow onions	3 c. chicken stock
½ c. chopped celery	1 c. water
2 tsp. minced garlic	1 bay leaf
pinch cayenne	
3 Tbsp. olive oil	½ tsp. salt
½ c. chopped walnuts	½ tsp. pepper
2 c. chopped Granny Smith apples	2 tsp. sage
1 1/3 c. wild rice, uncooked, washed	1 tsp. thyme

Sauté onions and celery (with garlic and cayenne) in olive oil until soft. Add walnuts and cook, stirring until lightly roasted and fragrant (2-3 minutes). Add the apples and rice and cook, stirring, 1 minute. Add the chicken stock, water, bay leaf, salt, pepper, sage, and thyme and bring to a boil. Stir well, reduce the heat and cook undisturbed at a bare simmer until the rice is tender and all liquid has been absorbed (about 50 minutes). Remove from heat. Let stand undisturbed 10 minutes.

*Tips: This is better if prepared 1 day in advance.*

*Excellent with pork chops or pork roast. Reisling compliments the flavors well.*

## **Wild Rice Salad**

Lindsey Henson, MD PhD

Vice Dean for Education

3 cups wild rice

salt

4 blood oranges or navel oranges

3 tablespoons red wine vinegar

3 tablespoons sherry vinegar

1 teaspoon freshly ground pepper

½ cup extra virgin olive oil

6 scallions, cut into 1/8 inch rounds

1 cup dried cranberries

1 bunch flat leaf parsley leaves finely chopped (1/2 cup)

Cook the rice in a large pot of salted boiling water until just tender, about 40 minutes. Drain in a colander.

Meanwhile, cut away peel and pith from oranges; holding oranges over a bowl to catch the juice, remove segments from white membrane; place segments in the bowl. Combine vinegars, 1 1/2 teaspoons salt and pepper in a bowl. Slowly whisk in olive oil.

In a large serving bowl, combine rice, scallions, dried cranberries, parsley, and orange sections and their juice. Drizzle vinaigrette over, gently toss, season, and serve.

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**Loaded Carrot Cake**

## **Apple Crisp**

Jon Hallberg, MD

*This is my great-grandmother's apple crisp recipe!*

4 cups of sliced apples in a greased pan (8"x8" or 9"x9")

Mix - 3/4 cup flour

1 cup sugar

1/2 tsp. salt

1 tsp. cinnamon

1/2 cup butter or margarine (can use less - but at least 1/4 cup)

Spread mixture over apples and bake 1 hour at 350 degrees.

*Tips: Serve with vanilla ice cream or a dollop of whipped cream.  
Not into apples? Try substituting rhubarb (a Minnesota summer treat) or blueberries.*

## **Better than Sex Cake**

Karen S. Myren, Medical Student-Class of 2009

Approximate preparation time: 45-60 min

Servings: 13x9 pan (approx. 10-12)

1 chocolate cake mix

14 oz. sweetened condensed milk

12 oz. caramel ice cream topping

12 oz. cool whip

3 Heath bars- coarsely crushed

3 Hershey bars- shaved

Bake cake as directed in 13x9 in. pan. After removing from oven, poke holes in top with handle of wooden spoon. Pour milk over cake & allow to cool (refrigerate if in a hurry). Microwave caramel until warm & easily pourable (approx. 1 min.) & spread over cake. Then spread cool whip over cake. Sprinkle with Heath bars & store in refrigerator until 30 min. before serving. Sprinkle shaved Hershey bars over cake and enjoy! Great with a glass of cold milk.

*“Life is short, enjoy it !”*

## **Blitzkuken**

Elizabeth Hielscher, Medical Student-Class of 2011

*This recipe has been passed down my mom's side of the family and is of German origin.*

Approximate preparation time: 5 min prep time, 5-7 min bake time

Servings: ~40 (Quite variable; depends how big you cut the pieces).

1 cup melted butter

$\frac{3}{4}$  c sugar

4 eggs

1 c white flour

Mix all ingredients together and pour onto greased cookie sheet. Sprinkle w/cinnamon & sugar. Bake at 400 for 5-7 min or until brown on bottom.

*Tips: May help to use slightly less butter in the batter—especially if using a generous layer of butter to grease the pan.*

## **Chocolate Mint Cookies**

Sara Polley, Medical Student-Class of 2010

*This is a recipe I adapted for the holidays - the cookies were a hit with family and friends and are a fun alternative if you're craving a chewy, chocolaty cookie.*

Approximate preparation time: 25 min

Servings: 18 cookies

3/4 cup butter

1 1/2 cups packed brown sugar

2 tablespoons water

2 cups (one package) semisweet chocolate chips

2 eggs

2 1/2 cups all purpose flour

1 1/4 teaspoons baking soda

1/2 teaspoon salt

36 Andes Mints, mint chocolate chips, or any chocolate mint wafer candies

In a large pan over low heat, cook butter, sugar and water until butter is melted. Add chocolate chips and stir until partially melted. Remove from heat and continue to stir until chocolate is completely melted. Pour into a large bowl and let stand 10 minutes to cool off slightly.

Rapidly beat eggs into chocolate mixture, one at a time. Add dry ingredients and beating until blended. Chill dough about 1 hour.

Preheat oven to 350 degrees F (175 degrees C) Roll dough into balls with hand and place on ungreased or parchment-lined cookie sheet about 2 inches apart. Bake 8-10 minutes. While cookies are baking, unwrap mints and divide each in half. When cookies are brought out of the oven, put 1/2 mint on top of each cookie. Let the mint sit for up to 5 minutes until melted, then spread the mint on top of the cookie.

**Chocolate Silk Pie** (can be vegan friendly)  
Andrea Noel, Medical Student-Class of 2011

*This pie recipe was inspired by a wonderful vegan dessert shop in Oregon. The pie is quick to create, fairly healthy, and really delicious. Every time I make it, people ask for the recipe.*

12 oz semi-sweet chocolate  
12 oz Silken Tofu (Yes, tofu! Really.)  
1/2 tsp vanilla (optional)  
1/4 tsp or less of cinnamon or fine ground red chili powder  
(optional)  
pie crust

Place the silken tofu, vanilla, and either cinnamon or chili powder (if desired) in a blender and puree until completely smooth. Melt the chocolate in a pan over really low heat or in a double boiler. Keep stirring the chocolate while melting to prevent burning and keep the consistency smooth. When chocolate has melted, pour it into blender with tofu and puree until completely combined. You may have to scrape the sides of the blender with a spoon to get all the chocolate into the tofu. Scoop the chocolate/tofu mixture into the pie crust. Chill for a few hours and serve. May be garnished with strawberries, raspberries, chocolate powder, chocolate liquor, honey, powdered sugar, cinnamon sticks, etc.

*Tips: To make this recipe vegan friendly, just pay attention to the contents of the chocolate - some have milk solids and thus are not vegan. The pie crust can be made from scratch, or use a ready made crust. Ready made crusts in most stores are often free of animal products.*

## **Creamy Chocolate Pie**

Elizabeth Hielscher, Medical Student-Class of 2011

*When I was in 4-H back in grade school, I submitted this pie as one of my Food & Nutrition projects and did quite well!*

*Mmmm....creamy chocolaty goodness.*

Approximate preparation time: 30 min

Servings: 8-12

### *Filling:*

2 cups semi-sweet chocolate chips

2 10.5 oz. (or 12.3 oz.) packages of Tofu (Firm)

3 tbsp. light honey (optional)

### *Pie Crust:*

1 1/4 cups fine graham cracker crumbs (approx. 10 crackers)

6 tbsp. melted butter

Make the pie crust first by combining the ingredients and pressing them into a 9-inch pie plate. Bake in the oven at 375 degrees for 6 to 9 minutes or till edges are browned; cool.

For the filling, melt chocolate chips until smooth. Add honey. In a blender or processor, blend tofu until smooth. Add the chocolate/honey mixture to tofu and whip until creamy. Pour filling into pie crust. Chill over night. Slice and serve.

*Tips: If you have a convection oven, the crust needs to bake only 5min.*

## Flan

[from Elena's Secrets of Mexican Cooking by Elena Zelayeta]

Marilyn Becker, PhD

Director of Learner Development

*Caramel coating the pan may seem a bit tricky, but it's actually pretty easy. This dessert is totally worth this extra bit of work.*

Servings: 8-10

1 3/4 c sugar

8 whole eggs

2 tall [12 oz.] cans evaporated milk

2 tsp vanilla extract

[Optional: 6 T brandy or rum]

Put 1 cup sugar into a deep pan in which the custard is to be baked; place over heat, stirring constantly until the sugar melts and turns golden. Tip the pan around until it is entirely coated with caramel; cool while making the custard. Beat eggs, add milk, remaining sugar and vanilla. Mix well. Strain into the caramel-coated pan, cover and place pan in a larger pan containing hot water ["Bano de Maria" which means "Mary's Bath"]. Bake custard at 350 degrees F. for about one hour or until knife inserted in the center comes out clean. When ready to serve, turn out on platter; pour brandy or rum over the flan, light, and send to the table flaming. Flans are at their best when made several hours before serving and thoroughly chilled.

*Tip: I use a large ovenproof bowl for this recipe and cover it with aluminum foil during baking. Be sure to depend on the "knife test" to determine when the flan is done. I've actually never used the brandy or rum – the flan is great plain.*

*Safety Tip: To be safe when using a Bano de Maria, place the baking dish in the larger pan. Now put the whole thing (**without water**) on the pulled out oven rack, then carefully pour in hot water to about half the height of the baking dish. A tea kettle works really well. This prevents spills (ouch!) and there is no sloshing of water into the lovely dessert you just spent so much effort preparing!*

## **Frozen Fruit Cups**

Amanda Weinmann, Medical Student-Class of 2011

*I have made a large batch of this recipe for four graduation parties now. It is easy, a hit with children and adults alike, and refreshing on a sunny day.*

Servings: 25

2-10 oz frozen strawberries thawed

1-12 oz frozen orange juice concentrate, thawed

2-20 oz crushed pineapple

1-16 oz mandarin oranges

1/3 c. lemon juice

6 bananas sliced

Without draining anything, combine all ingredients. Divide into 1/2 c. servings in plastic cups. Freeze. Remove from freezer 45 min. before serving.

## **Loaded Carrot Cake**

Chris Erickson, Medical Student-Class of 2008

Approximate preparation time: 30 minutes

### *Cake:*

¼ t cloves  
¼ t nutmeg  
1 ½ cups cooking oil  
2 cups sugar  
2 t cinnamon  
2 t vanilla  
1 t salt  
4 eggs  
1 cup nuts (walnuts, cut fine)  
2 ¼ cups flour  
2 t baking soda  
1 8oz can crushed pineapple  
2 cups shredded coconut  
2 cups shredded carrots  
1 cup raisins

### *Frosting:*

1 8oz pkg cream cheese  
4 cups powdered sugar  
½ cup margarine or butter  
1 t vanilla

Combine first 7 CAKE ingredients, blend well. Add eggs, beat well. Add flour, soda, and pineapple. With large spoon fold in carrots, coconut, nuts, and blend well. Bake in 11x15 pan at 350 for 25-30 mins, but often longer oven time needed. For frosting, beat together ingredients till smooth and spread over cake after it has cooled. If you like carrot cake, you'll like this one.

*Tips: Making cake in round pans? Butter the pans, cover the bottom with parchment, butter over the paper and then dust with flour before putting batter in to prevent the bottom from sticking.*

*Goes great with a glass of cold milk!*

## **Mom's Chocolate Mayonnaise Cake**

Marilyn Becker, PhD

Director of Learner Development

*With four small kids to take care of, my Mom needed something easy and good tasting for our family to enjoy. This fit the bill! It's very chocolaty and moist, and the mayonnaise takes the place of the butter and eggs.*

2 c flour

1 c sugar

4 T cocoa

2 t baking soda

1 c boiling water

1 c mayonnaise

1 t vanilla

Sift together flour, sugar, cocoa and baking soda. Combine boiling water, mayonnaise and vanilla. Pour into greased and floured pan. Bake in 13" x 9" pan at 350 degrees for 35-40 minutes. Bake 8" [2] layers at 350 degrees for 30-35 minutes.

## Raspberry Streusel Bars

Deborah Powell, MD

Medical School Dean

- 2½ cups unbleached all-purpose flour
- 2/3 cup granulated sugar
- ½ teaspoon table salt
- 16 tablespoons ( 2 sticks) plus 2 tablespoons unsalted butter, cut into ½ inch pieces and softened to cool room temperature.
- ¼ cup packed light, or dark brown sugar
- ½ cup old fashioned rolled oats
- ½ cup ( 2oz) pecans, chopped fine
- ¾ cup (81/2) raspberry preserves
- ¾ cup (31/2oz) fresh raspberries
- 1 tablespoon juice from 1 lemon

Adjust oven rack to middle position; heat oven to 375 degrees. Cut 18-inch foil and fold lengthwise to 8-inch width. Fit foil into length of 13 by 9-inch baking dish, pushing it into the corners and up sides of pan; allow excess to overhang pan edges. Cut 14-in length foil and fit into width of baking pan in the same manner, perpendicular to first sheet. (If using extra wide foil, fold second sheet lengthwise to 12-inch width.) Spray foil-lined pan with nonstick cooking spray.

In bowl of standing mixer fitted with flat beater, mix flour, granulated sugar, and salt at low speed until combined, about 5 seconds. With machine on low, add 16 tablespoons butter one piece at a time; then continue mixing on low until mixture resembles damp sand, 1 to 1½ minutes. ( If using food processor, process flour, granulated sugar, and salt until combined, about 5 seconds. Scatter 16 tablespoons butter pieces over flour mixture and pulse until mixture resembles damp sand, about twenty 1-second pulses.)

Measure 1¼ cups flour mixture into medium bowl and set aside; distribute remaining flour mixture evenly in bottom of prepared

baking pan. Using hands or flat-bottom measuring cup, firmly press mixture into even layer to form bottom crust. Bake until edges begin to brown, 14 to 18 minutes.

While crust is baking, add brown sugar, oats and nuts to reserved flour mixture; toss to combine. Work remaining 2 tablespoons butter by rubbing mixture between fingers until butter is fully incorporated. Pinch mixture with fingers to create hazelnut-sized clumps; set streusel aside.

Combine preserves, raspberries, and lemon juice in a small bowl; mash with fork until combined but some berry pieces remain.

Spread filling evenly over hot crust; sprinkle streusel topping evenly over filling (do not press streusel into filling). Return pan to oven and bake until topping is deep golden brown and filling is bubbling, 22 to 25 minutes. Cool to room temperature on wire rack, 1 to 2 hours; remove from baking pan by lifting foil extensions. Using chef's knife, cut into squares and serve.

## **Rhubarb Bars**

Missy Sherman, Medical Student – Class of 2008

### *Blend:*

1 cup butter (2 sticks)  
2 cups flour  
2 Tbsp sugar

Put this into a 9 x 13 buttered pan (no need to press the dough into the pan, just even it out) and bake at 350° for 40 minutes.

### *Then mix:*

5 cups rhubarb or more (diced into ¼ to ½ inch cubes)  
6 egg yolks beaten  
2 ½ cups sugar  
4 Tbsp flour  
1 cup cream  
¼ tsp. salt

Mix and pour on baked crust. Bake 40-45 minutes at 350°. Beat the 6 remaining egg whites adding 12 Tbsp sugar (add 2 Tbsp at a time) until peaks of meringue are quite stiff. Add 2 tsp. vanilla. Pour meringue on hot rhubarb layer after it is done cooking and bake until meringue is light brown—about 10 minutes at 350°.

***Betty Crocker Equivalent Measures, Common Abbreviations and Emergency Substitutions***  
[from BettyCrocker.com]

**EQUIVALENT MEASURES:**

3 teaspoons = 1 tablespoon  
4 tablespoons = 1/4 cup  
5 tablespoons + 1 teaspoon = 1/3 cup  
8 tablespoons = 1/2 cup  
1 cup = 1/2 pint  
2 cups = 1 pint  
4 cups (2 pints) = 1 quart  
4 quarts = 1 gallon  
16 ounces = 1 pound  
Dash or pinch = less than 1/8 teaspoon

**COMMON ABBREVIATIONS:**

**t** = teaspoon  
**tsp** = teaspoon  
**T** = tablespoon  
**Tbsp** = tablespoon  
**c** = cup  
**oz** = ounce  
**pt** = pint  
**qt** = quart  
**gal** = gallon  
**lb** = pound  
**#** = pound

**EMERGENCY SUBSTITUTIONS:** If you must make a substitution for a recommended ingredient, try the following:

<b><u>Instead of:</u></b>	<b><u>Amount</u></b>	<b><u>Use:</u></b>
<b>Bread crumbs, dry</b>	1/4 cup	1/4 cup finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats
<b>Broth, chicken, beef, or vegetable</b>	1 cup	1 tsp chicken, beef or vegetable bouillon granules (or 1 cube) dissolved in 1 cup boiling water
<b>Brown sugar, packed</b>	1 cup	1 cup granulated sugar mixed with 2 Tbsp molasses or dark corn syrup
<b>Buttermilk or sour milk</b>	1 cup	1 Tbsp lemon juice or white vinegar plus enough milk to make 1 cup; let stand a few minutes. Or 1 cup plain yogurt.
<b>Chocolate</b>		
Semisweet baking	1 oz	1 oz unsweetened chocolate plus 1 Tbsp sugar
Semisweet chips	1 cup	6 oz semisweet baking chocolate, chopped
Unsweetened baking	1 oz	3 Tbsp baking cocoa plus 1 Tbsp vegetable oil or melted shortening or margarine

<b><u>Instead of :</u></b>	<b><u>Amount</u></b>	<b><u>Use:</u></b>
<b>Cornstarch</b>	1 Tbsp	2 Tbsp all-purpose flour or 4 tsp quick-cooking tapioca
<b>Corn syrup</b> Light	1 cup	1 cup granulated sugar plus 1/4 cup water
Dark	1 cup	1 cup light corn syrup; 3/4 cup light corn syrup plus 1/4 cup molasses; 1 cup maple-flavored syrup
<b>Eggs</b>	1 large	2 egg whites; 1/4 cup Fat-free cholesterol-free egg product; 2 egg yolks (for custard or puddings); or 2 egg yolks plus 1 Tbsp water (for cookies or bars)
<b>Garlic</b> , finely chopped	1 medium clove	1/8 tsp garlic powder or 1/4 tsp instant minced garlic
<b>Herbs</b> , chopped fresh	1 Tbsp	3/4 to 1 tsp dried herbs
<b>Lemon juice</b> , fresh	1 Tbsp	1 Tbsp bottled lemon juice or white vinegar
<b>Milk</b> , regular	1 cup	1/2 cup evaporated milk plus 1/2 cup water; or nonfat dry milk prepared as directed on package or low-fat

<b><u>Instead of :</u></b>	<b><u>Amount</u></b>	<b><u>Use:</u></b>
<b>Mushrooms, fresh</b>	1 cup cooked sliced	1 can (4 oz) mushroom pieces and stems,
<b>Poultry seasoning</b>	1 tsp	1/4 tsp ground thyme & 3/4 tsp ground sage
<b>Pumpkin or apple pie spice</b>	1 tsp	Mix 1/2 tsp ground cinnamon, 1/4 tsp ginger, 1/8 tsp ground allspice and 1/8 tsp ground nutmeg
<b>Sour cream</b>	1 cup	1 cup plain yogurt
<b>Tomato juice</b>	1 cup	1/2 cup tomato sauce & 1/2 cup water
<b>Tomato paste</b>	1/2 cup	1 cup tomato sauce cooked uncovered to reduce to 1/2 cup
<b>Tomato sauce</b>	2 cups	3/4 cup tomato paste & 1 cup water
<b>Tomatoes, canned</b>	1 cup	About 1 1/3 cups cut-up fresh tomatoes,
simmered		10 min
<b>Yogurt, plain</b>	1 cup	1 cup sour cream

## ***Betty Crocker How-to's*** [from BettyCrocker.com]

**Baste** To spoon, brush or use a bulb baster to add liquid or fats over the surface of food (pan juices over turkey) during cooking to keep food moist.

**Blanch** Plunge food into boiling water for a brief time to preserve color, texture and nutritional value or to remove skin, as for vegetables, fruits and nuts.

**Blend** Combine ingredients with a spoon, wire whisk or rubber spatula until very smooth, or combine ingredients in a blender or food processor.

**Braise** A method of cooking used for less-tender cuts of meat and other foods. The food is first browned, then covered and cooked in a small amount of liquid at a low temperature either on top of the range or in the oven for a long period of time until tender.

**Broil** Cook directly under a red-hot heating unit.

***Tips** The distance from the heat to the food is important.*

*Food*

*too close to the heat will burn. Check this distance, allowing space for the broiler pan with the food, before heating the broiler*

*so you can reposition the oven rack if necessary. Some foods, such as steaks, need to be turned during broiling for the most even cooking.*

**Brown** Cook quickly over high heat so food surface turns brown.

**Chill** Place food in the refrigerator until it becomes completely cold.

**Chopping Garlic** Hit garlic clove with the flat side of a heavy knife to crack the skin, which will then slip off easily. Finely chop the garlic with the knife.

**Cool** Let hot food stand at room temperature for a specified amount of time. Placing hot food on a wire rack will help it cool more quickly. Stirring a mixture occasionally also will help it cool more quickly and evenly.

**Core** Remove the center of a fruit, such as an apple, pear or pineapple. Cores contain small seeds (apple, pear) or have a woody texture (pineapple).

**Cube, How To** Cut food into squares 1/2 inch or larger, using knife.

**Cut In** To work butter, margarine or shortening into dry ingredients. As you cut in the fat, it will begin to clump with the dry ingredients. Use a pastry blender, lifting it up and down with a rocking motion, until the particles are the desired size, usually coarse or fine crumbs or the size of a pea. If you don't have a pastry blender, hold a table knife in each hand and pull them through the ingredients in opposite directions, or use your fingertips, working quickly so the heat of your fingers doesn't soften the fat.

**Dash** Less than 1/8 teaspoon of an ingredient.

**Dice, How To** Cut food into squares smaller than 1/2 inch, using knife.

**Drain** Pour off liquid by putting a food into a strainer or colander that has been placed in the sink or over another container. When draining fat from meat, place strainer in a disposable container to discard. When saving the liquid, place the strainer in a bowl or other container.

**Drizzle** Pour thin lines of a topping from a spoon or liquid measuring cup in an uneven pattern over food, such as a glaze over a cake or cookies. Or use a decorating bag with a writing tip, a squeeze bottle or a small resealable plastic bag with a tiny corner snipped off. Gently squeeze in straight lines, zigzags, spirals or squiggly line onto food.

**Dry Ingredients, How to Measure** For dry ingredients, gently fill the measuring cup to heaping, using a large spoon. Do not shake the cup or pack down the ingredients. While holding the cup over the canister or storage container to catch the excess of the ingredient, level the cup off, using something with a straight edge, such as a knife, metal spatula or handle of a wooden spoon.

**Fish, How to Check Doneness** Test fish for doneness by placing a fork in the thickest part of the fish, then gently twisting the fork. The fish will flake easily when it's done

**Fold** Combine mixtures lightly while preventing loss of air, such as folding beaten egg yolks into beaten egg whites for a soufflé or folding liqueur into whipped cream. To fold, gently spoon or pour one mixture over another mixture in a bowl. Using a rubber spatula first cut down vertically through mixtures. Next, slide spatula across bottom of bowl and up the side, turning the bottom mixture over the top mixture. Rotate bowl one-fourth turn, and repeat this down-across-up motion. Continue mixing in this way just until mixtures are blended.

**Fry** Cook in hot fat over moderate or high heat.

**Garnish** Decorate food to enhance its appearance by adding small amounts of other foods that have distinctive color or texture, such as parsley, fresh berries and carrot curls.

**Glaze** Brush, spread or drizzle an ingredient or mixture of ingredients on hot or cold foods to give a glossy appearance or hard finish, such as glazing with heated jam, melted chocolate or meat stock.

**Grate, How To** Rub a hard-textured food, such as chocolate, citrus peel or Parmesan cheese, against the small, rough, sharp-edged holes of a grater to reduce it to tiny particles. For citrus peel, grate only the skin, not the bitter white membrane.

**Grease** Rub the bottom and sides of a pan with shortening, using pastry brush, waxed paper or paper towel, to prevent food from

sticking during baking, as for muffins and some casseroles. Also may use cooking spray. Butter and margarine usually contain salt and may cause hot foods to stick, so they should not be used for greasing unless specified in a recipe.

**Heat Oven** Turn the oven control(s) to the desired temperature, letting the oven heat thoroughly before adding food. Heating takes about 10 minutes for most ovens. Also called preheat.

**Hull** Remove the stem and leaves with a knife or huller, as for strawberries.

**Knead** Work dough on a floured surface, using hands or an electric mixer with dough hooks, into a smooth, elastic mass. Kneading develops the gluten in flour and makes bread, biscuits and other baked goods have an even texture and a smooth, rounded top. Kneading by hand can take up to 15 minutes

**Layer Cakes, How to Remove** You'll flip when you see how easy this technique is! To remove a cake from the pan, insert a knife between the cake and the pan and slide it around the side to loosen the edge. Put a wire rack on top of the cake. Holding both the rack and pan firmly, flip them over and lift the pan off the cake. Flip again onto another rack so the cake can cool top side up. Cool completely on wire racks.

**Liquids, How to Measure** When measuring liquids, use the smallest measuring cup size you have that is large enough to hold the amount needed. For example, to measure 1/2 cup milk, you'd use a 1-cup measuring cup instead of 2-cup measuring cup. Place the cup on a level surface, then bend down to check the amount.

***Tips** To measure sticky liquids such as honey, molasses and corn*

*syrup, lightly spread the cup with oil first or spray with cooking*

*spray, so the liquid will be easier to remove.*

**Marinate** Let food stand--usually in refrigerator--in a savory, usually acidic, liquid in a glass or plastic container to add flavor or to tenderize.

**Mince** Cut food into very fine pieces; smaller than chopped food.

**Mix** Combine ingredients in any way that distributes them evenly.

**Nuts or Coconut, How to Toast** Sprinkle 1/2 cup nuts or coconut in ungreased heavy skillet. Cook over medium-low heat 6 to 14 minutes for coconut or 5 to 7 minutes for nuts, stirring frequently once until browning begins, then stirring constantly until golden brown. (Watch carefully; time varies greatly between gas and electric ranges.) Or bake in shallow pan in a 350° oven 5 to 7 minutes for coconut or about 10 minutes for nuts, stirring occasionally, until golden brown.

**Panfry** Fry meat or other food starting with a cold skillet, using little or no fat and pouring off fat from meat as it accumulates during cooking.

**Pans, How to Grease and Flour** A correctly prepared cake pan keeps the cake from sticking. For Betty's SuperMoist® cake mixes, generously grease the bottom only of pans (or lightly spray bottom with cooking spray). Use about 1 tablespoon shortening per round cake pan. When making most scratch cakes, grease the side and bottom of the pans and dust each with about 1 tablespoon flour, tapping out excess (check your recipe).

**Pasta, How to Check Doneness** Cook pasta the minimum number of minutes directed on package. Test for doneness by cutting several strands with a fork against the side of the kettle. Most people prefer pasta that is firm (al dente) to the bite rather than soft and mushy.

**Poach** Cook in simmering liquid just below the boiling point, as for eggs and fish.

**Puree** Mash or blend food until smooth and a uniform consistency, using a blender or food processor or by forcing food through a sieve.

**Reduce** Boil liquid uncovered to evaporate some of the liquid and intensify the flavor of the remaining liquid.

**Refrigerate** Place food in refrigerator until it becomes completely cold or to store it.

**Roast** Cook meat uncovered on a rack in a shallow pan in the oven without adding liquid.

**Roll** Flatten dough into a thin, even layer with a rolling pin, as for cookies and pie crust.

**Sauté** Cooking in hot fat over medium-high heat with frequent tossing or turning motion.

**Scald** Heat liquid to just below the boiling point. Tiny bubbles form at the edge. A skin will form on the top of the scalded milk.

**Sear** Brown meat quickly over high heat to seal in juices.

**Simmer** Cook in liquid on range top at just below the boiling point. Usually done after reducing heat from a boil. Bubbles will rise slowly and break just below the surface.

**Skim** Remove fat or foam from soup, broth, stock or stew, using a skimmer (a flat utensil with holes in it), spoon or ladle.

**Steam** Cook food by placing on a rack or special steamer basket over a small amount of boiling or simmering water in a covered pan. Steaming helps retain flavor, shape, color, texture and nutritional value.

**Strain** Pour mixture or liquid through a fine sieve or strainer to remove larger particles.

**Tomatoes, How to Seed** Cut tomato crosswise in half. Gently squeeze each half to force out the seeds.

**Tortillas, How to Soften** Place 2 tortillas between dampened microwavable paper towels or microwavable plastic wrap. Microwave on High 15 to 20 seconds to soften.

**Whip** Beat ingredients to add air and increase volume until ingredients are light and fluffy, as for whipping cream and egg whites.

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