

ecipes

*From the  
Carolinas Society for  
Healthcare Education and  
Training*



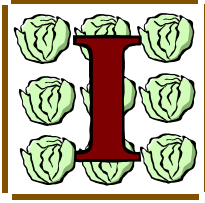


Table of



Contents

<b>Chapter</b>	<b>Page</b>
<b>Introduction</b>	<b>3</b>
<b>Appetizers</b>	<b>4</b>
<b>Beverages</b>	<b>7</b>
<b>Desserts</b>	<b>8</b>
<b>Breakfast Entrees</b>	<b>12</b>
<b>Main Dishes</b>	<b>15</b>
<b>Salads</b>	<b>17</b>
<b>Soups, Stews and Casseroles</b>	<b>18</b>
<b>Teaching Tips and Best Practices</b>	<b>21</b>
<b>Index</b>	<b>23</b>



# Introduction

It is with much pleasure that we present to you our very first CSHET Cookbook! Several members of CSHET took the time to contribute their own special recipes and in a few cases, some neat stories to go along with them!

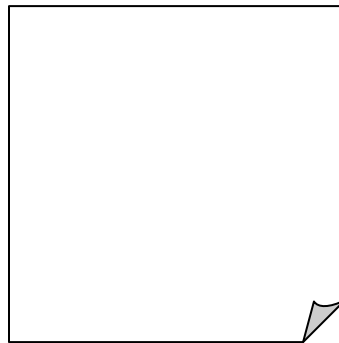
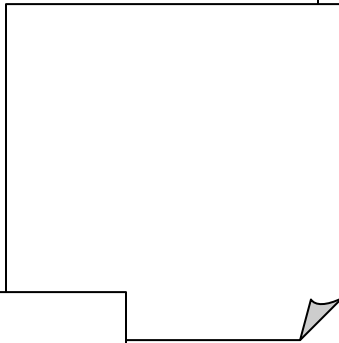
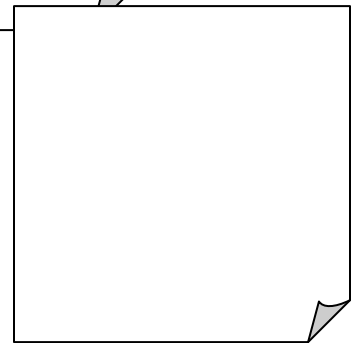
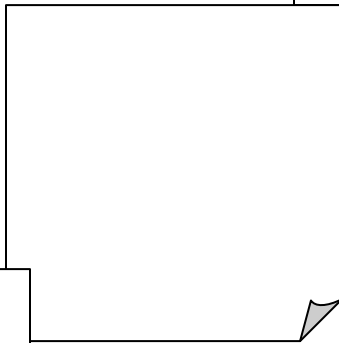
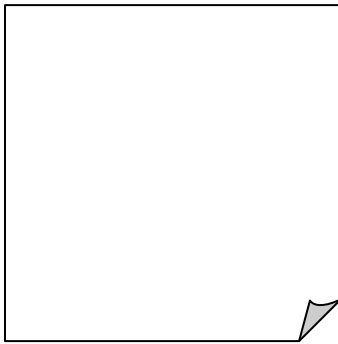
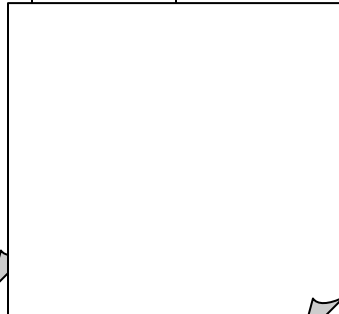
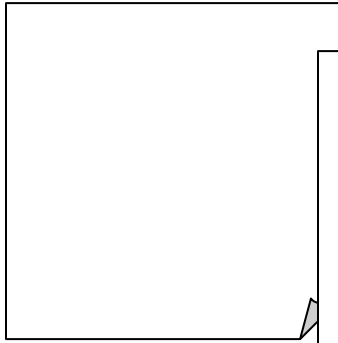
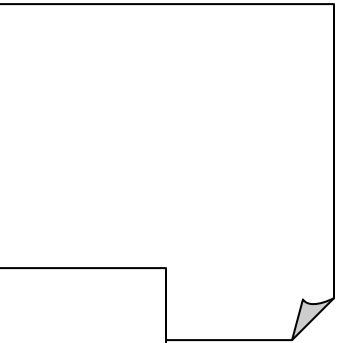
This cookbook is like no other you'll find, in that it was designed with you, the healthcare educator in mind. Not only will you find recipes that you can make in the kitchen, but also you'll come across some exciting teaching tips and other great "recipes" for success and best practices in healthcare education!

If you are a professional employed in the field of healthcare education and you're not a member of CSHET, please consider joining us! Our mission is to promote a learning community among healthcare educators. We provide several wonderful opportunities, both formally and informally, for educators to get together, share ideas, learn new skills and strategies, celebrate successes, and best of all - have a lot of fun! You can learn more about our great organization at [www.cshet.org](http://www.cshet.org).

With that said, what are you waiting for? Check out our collection of recipes and you're sure to find something that you can use to spice up your cooking - or your career! Bon Appetite and enjoy!

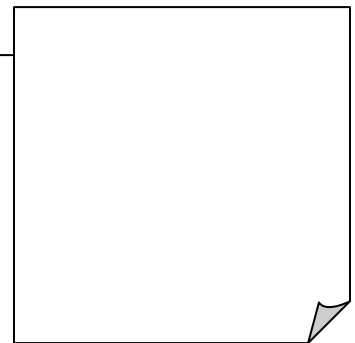
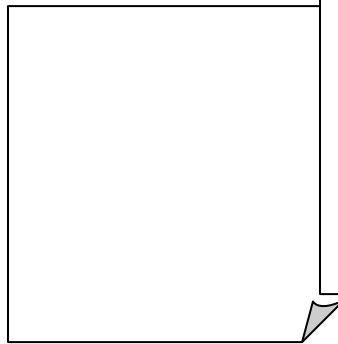
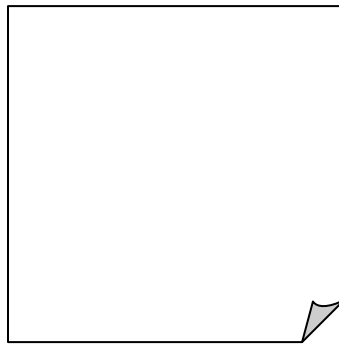
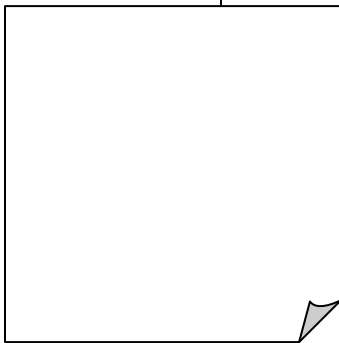
# N otes

Add your own  
notes on cooking  
or teaching tips  
that you find  
useful!



*You can spray garden tools  
(shovels, etc.) with cooking  
spray to help dirt not stick  
and protect them from  
moisture.*

**Contributed by  
Annette Cross**



# Appetizers



## 7 Layer Mexican Dip

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 package (8 oz). light cream cheese (softened)</li> </ul>	<p>Mix cream cheese and seasoning mix. Spread on bottom of 9-inch pie plate. Layer remaining ingredients over cream cheese mixture (in the order listed in the ingredients). Refrigerate until ready to serve with tortilla chips.</p> <p><i>This is so easy and people love it!</i></p> <p>Contributed by Kim Kwiatkowski</p>
<ul style="list-style-type: none"> <li>• 3 level tablespoons taco seasoning mix</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup canned black beans (drained)</li> </ul>	
<ul style="list-style-type: none"> <li>• Salsa</li> </ul>	
<ul style="list-style-type: none"> <li>• Shredded lettuce</li> </ul>	
<ul style="list-style-type: none"> <li>• 6 ounces shredded Mexican cheese</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tablespoons of sliced black olives (pitted)</li> </ul>	

## Bean Dip

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2-3 cups shredded cheese</li> </ul>	<p>Mix refried beans and taco seasoning together. Spread in a casserole dish. Cover with a layer of sour cream, then a layer of shredded cheese. Your choice: Bake in 350F oven for 30 minutes or microwave until bubbly and cheese is melted.</p> <p>Very low fat, full of good nutrients. Use baked chips to make it even healthier.</p> <p><i>I actually got this recipe during nutrition class in nursing school, back in the stone ages!</i></p> <p>Contributed by Mona Kelley</p>
<ul style="list-style-type: none"> <li>• 1 package taco seasoning</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 16 oz. container fat free sour cream</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 cans fat free refried beans</li> </ul>	

<h2>Bacon - Cheese Spread</h2>	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 loaf of round bread (Stone Mountain White Bread)</li> <li>• 12 slices of bacon fried and crumbled</li> <li>• 1 – 8oz pkg Colby/Monterey Jack cheese</li> <li>• 1 – 5 oz pkg of shredded Parmesan Cheese</li> <li>• 1 cup of mayonnaise</li> <li>• 1 small onion chopped very fine (optional)</li> <li>• 1 clove of garlic minced</li> </ul>	<p>Cut the top off the bread to form a lid. Hollow out the bread from the bowl that has now been created. Reserve the bread to lightly toast and use with the spread, if you want. Otherwise, use chips, crackers or whatever for dipping purposes. Mix all the remaining ingredients together in a bowl thoroughly. Place mixture in bread bowl and put the bread top back on the bread bowl. Place bread bowl on a cookie sheet and put in the center of your oven.</p> <p>Bake at 350 degrees for 1 hour.</p> <p>Contributed by Phyllis Webb</p>

<h2>Pepper &amp; Onion Dip</h2>	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 jar of Harry &amp; David's Pepper and Onion Relish</li> <li>• 1 - 8 ounce package of cream cheese, softened</li> </ul>	<p>Mix cream cheese with ½ jar of Pepper and Onion Relish (can only be purchased at Harry &amp; David's Store). Can add ad op of food coloring to make it pretty for Christmas, etc. Serve with Wheat Thins or other crackers.</p> <p><i>This is easy and delicious!</i></p> <p>Contributed by Ann Flynn</p>

<h2>Yellow Dip</h2>	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2 small onions</li> <li>• 1 pint Hellman's mayonnaise</li> <li>• 2 tablespoons Heinz chili sauce</li> <li>• 2 teaspoons curry powder</li> <li>• 1 teaspoons thyme</li> <li>• 1 dash salt and pepper</li> </ul>	<p>Blend ingredients for 30 seconds. Add 12 drops Heinz tarragon vinegar. Mix. Refrigerate. Best if made the night before needed for use.</p> <p>Contributed by Phyllis Webb</p>



# Beverages



## Applewood Julep

**Ingredients:**

- 1 quart apple juice
- 1 cup pineapple juice
- 1 cup orange juice
- ¼ cup lemon juice

**Directions:**

Mix together and chill.

If you have ever visited the Apple Barn Restaurant in Pigeon Forge, this juice is served with every meal...it is delightfully refreshing. They shared the recipe with me...so I shall share it with you. I always serve this at gatherings during the holiday season! Enjoy!

Contributed by Phyllis Webb

## Frosty Egg Nog

**Ingredients:**

- 8 eggs
- ½ teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla
- 2 quarts milk
- 1 cup whipping cream, whipped
- Nutmeg

**Directions:**

Beat eggs well. Add sugar and salt; blend well. Add milk; mix thoroughly. Chill. Pour into punch bowl or pitcher. Fold in whipped cream; add vanilla. Dust with nutmeg. Serves 16 – 20.

*I cannot cook at all....I am just fortunate that God made a husband for me who loves to cook...however...this is one recipe that I can make all by myself....because it is just mix and serve! Enjoy!!*

Contributed by Phyllis Webb

# Desserts



Banana Cream Pie (Low Fat, Low Sugar)	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 large package of sugar free instant vanilla pudding</li> </ul>	Mix vanilla pudding as directions indicate for pie filling. Pour into the piecrust alternating with banana slices. Refrigerate for 2 hours. Place Cool Whip on top before serving.  Contributed by Mary Marshall
<ul style="list-style-type: none"> <li>• 3 sliced bananas</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 low fat graham cracker pie crust</li> </ul>	
<ul style="list-style-type: none"> <li>• Low fat Cool Whip</li> </ul>	

Chocolate Cream Pie (Low Fat, Low Sugar)	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 large package of sugar free instant chocolate pudding</li> </ul>	Mix chocolate pudding as directions indicate for pie filling. Pour into the piecrust. Refrigerate for 2 hours. Place Cool Whip on top before serving.  Contributed by Mary Marshall
<ul style="list-style-type: none"> <li>• 1 low fat graham cracker pie crust</li> </ul>	
<ul style="list-style-type: none"> <li>• Low fat Cool Whip</li> </ul>	

Chocolate Eclair	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• Box of original whole graham crackers</li> </ul>	Butter 13-inch pan. Cover the bottom with whole graham crackers. Mix the pudding with 3 cups of milk, and then add the cool whip. Pour 1/2 batter over the graham crackers. Place another layer of graham crackers. Add remaining mixture. Layer top with whole graham crackers. Layer top with the milk chocolate frosting. Keep in refrigerator overnight.  Contributed by Kim Kwiatkowski
<ul style="list-style-type: none"> <li>• 6 oz. (2 small boxes) of instant French vanilla pudding</li> </ul>	
<ul style="list-style-type: none"> <li>• 3 Cups milk</li> </ul>	
<ul style="list-style-type: none"> <li>• 8 oz. cool whip</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 can of milk chocolate ready to spread frosting</li> </ul>	

## Creamy Fudge

### Ingredients:

- 4 ½ cups white sugar
- 1 tsp. Vanilla flavoring
- 1 large can evaporated milk
- 2 sticks regular margarine
- 18 ounces semi-sweet chocolate chips
- 1 cup chopped pecans

### Directions:

Combine sugar and milk in saucepan. Heat on medium, stirring constantly until the mixture comes to a boil. Reduce heat, continue stirring and simmer for 6 – 8 minutes.

Combine chocolate chips, margarine, and pecans in a large heatproof bowl ahead of time.

After sugar mixture is ready, add vanilla and then pour over the chip mixture. Stir until all chips and the margarine are melted. Pour into 9 X 12 pan. Cool in refrigerator before cutting into squares.

*This is the best fudge recipe I have ever found! It is very creamy. One of my mother's best friends gave it to her years ago and I use it every Christmas to make fudge.*

Contributed by Barbara Willens

## Lemon Freeze

### Ingredients:

- 2 tablespoons margarine
- 1 cup graham cracker crumbs
- 1 – 21 ounce can lemon pie filling
- 1 can Eagle brand milk
- ½ cup lemon juice
- 1 ½ cup whipped topping (can use Cool Whip)

### Directions:

In a small saucepan, melt butter; stir in graham cracker crumbs...reserving 1 tablespoon for garnish. Pat crumbs on bottom of buttered 8 x 8 baking pan.... set aside.

In medium bowl combine filling, milk and lemon juice. Mix until smooth. Spread in pan. Top with whipped topping.

Freeze 3 hours. Serve slightly thawed or frozen!

*Excellent....A make ahead dessert that is absolutely delightful!*

Contributed by Phyllis Webb

## Makes Its Own Crust Egg Custard

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 3 large eggs</li> <li>• 1 cup sugar</li> <li>• ½ stick margarine</li> <li>• 1 can carnation evaporated milk</li> <li>• 3 tablespoons self-rising flour</li> <li>• 1 tablespoon vanilla flavoring</li> </ul>	<p>Mix all ingredients in blender for 3 minutes. Pour into a buttered pie plate and bake at 350 degrees for 30 minutes or until center is formed and custard is light brown.</p> <p>Contributed by Sandra Hartley</p>

## Mary Page Pie

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 graham cracker pie crust</li> <li>• 2 bananas</li> <li>• 4 ounces walnuts</li> <li>• 1 can sweetened condensed milk</li> <li>• Cool Whip</li> </ul>	<p>Boil the sweetened condensed milk in the can (needs to be covered with water the entire boiling time) for 3 hours &amp; wait until it cools before opening.</p> <p>Layer the sweetened condensed milk, walnuts and bananas. Place Cool Whip on top. Refrigerate over night for best results</p> <p>Contributed by Mary Marshall</p>

## No Crust Fudge Pie

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2 eggs, well beaten</li> <li>• 1 cup sugar</li> <li>• ½ stick melted butter</li> <li>• ½ cup flour</li> <li>• 5 tablespoons cocoa</li> <li>• ¼ teaspoon salt</li> <li>• 1 tablespoon vanilla</li> <li>• 1 ½ cups broken pecans</li> </ul>	<p>Mix eggs, sugar and butter. Add flour, cocoa and salt. Stir in vanilla and nuts. Pour into buttered 8-inch pie pan.</p> <p>Bake at 350 degrees for 20 to 25 minutes. It is better to under bake - if baked for too long, it gets hard. Cut into wedges and serve with ice cream or whipped cream.</p> <p><i>This is my favorite quick recipe for when I want chocolate!</i></p> <p>Contributed by Llyn Shook</p>

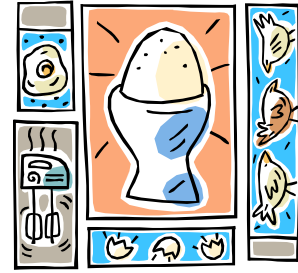
## Old Fashioned Chocolate Pie

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 1 cup sugar</li> <li>• 3 tablespoons flour</li> <li>• 3 tablespoons cocoa</li> <li>• 3 egg yolks</li> <li>• 1 small can evaporated milk</li> <li>• 1 small can water</li> <li>• ½ stick butter</li> <li>• 1 pre-baked pie crust</li> </ul>	<p>Combine the dry ingredients in medium heavy saucepan. Combine egg yolks, milk and water. Add to dry ingredients. Add butter (butter will melt as it cooks). Stir over medium heat until thick -- be patient -- don't cook too quickly.</p> <p>Pour filling into pre-baked piecrust.</p>
<p>Meringue</p> <ul style="list-style-type: none"> <li>• 3 egg whites</li> <li>• ¼ cup sugar</li> <li>• ½ teaspoon cream of tartar</li> </ul>	
	<p>Whip egg whites. Slowly add about 1/4-cup sugar and 1/2 tsp cream of tarter. Whip until fluffy. Pile meringue on the pie being sure to seal the edges. Bake in 325-degree oven until meringue browns.</p> <p>Cool before serving.</p> <p><i>This is an old family favorite!</i></p> <p>Contributed by Dee Glover</p>

## Red Velvet Cherry Torte

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 1 pkg Duncan Hines Red Velvet Cake Mix</li> <li>• 1 - 21 oz cherry pie filling</li> <li>• ¼ t. almond extract</li> <li>• 1 – 8 oz non-dairy whipped topping, thawed</li> <li>• ¼ c. toasted sliced almonds</li> </ul>	<p>Preheat oven to 350 degrees. Grease and Flour 2 – 8” round cake pans. Prepare, bake and cool cake following package directions for Basic Recipe. Combine cherry pie filling and almond extract. Stir.</p> <p>To assemble, place one cake layer on serving plate. Spread with 1 c. whipped topping, then half the pie filling mixture. Top with second cake layer. Spread remaining pie filling mixture to within 1-1/2 “ of Cake edge. Decorate cake edge with remaining whipped topping. Garnish with sliced almonds.</p>

# Breakfast Entrees



Breakfast Casserole	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 8 eggs</li> <li>• 1 pound sausage, ham or bacon, cooked and drained</li> <li>• 1 cup grated cheese, any kind you like</li> <li>• 4 slices of bread</li> <li>• 2 cups dry milk</li> <li>• 1 teaspoon dry mustard</li> <li>• 1 teaspoon salt</li> </ul>	<p>Cube 4 slices of bread and place in a buttered 13 x 9 x 2 baking dish. Brown and drain meat and spoon over bread. Top with one cup grated cheese. Beat 8 eggs, 2 cups milk, 1-teaspoon dry mustard and 1-teaspoon salt. Pour over mixture in baking dish. Bake at 350 degrees for 40 to 45 minutes. Best made the night before. If making the night before, cover and refrigerate after mixing. Can also be made with green peppers, onions and mushrooms. Serve with fruit and hash browns.</p> <p><i>A favorite when having overnight guests.... this can be made the evening before so that you can enjoy the company of your guests the following morning while breakfast is in the oven!!!</i></p> <p>Contributed by Phyllis Webb</p>

Breakfast Pizza	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 – 8 ounce package crescent rolls</li> <li>• 1 lb. sausage, cooked and drained</li> <li>• 1 cup grated cheddar cheese</li> <li>• 1 cup grated mozzarella</li> <li>• 6 eggs</li> <li>• ½ cup milk</li> <li>• ¾ tsp. dried whole oregano</li> <li>• 1/8 tsp. pepper</li> </ul>	<p>Press crescent roll dough out to cover pizza pan. Bake at 375 degrees for 5 minutes. Dough will be puffy. Remove from oven and reduce oven temperature to 350 degrees. On baked dough, spread sausage, cheddar cheese and mozzarella cheese. In a bowl, beat 6 eggs and ½ cup milk slightly. Add oregano and stir. Pour mixture over pizza. Bake 30 to 35 minutes.</p> <p>Note: May substitute ham for sausage.</p> <p>Contributed by Phyllis Webb</p>

## French Toast Casserole

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 1 loaf pre-sliced French bread</li> </ul>	<p>Place bread in greased 9 x 13 pan. Beat eggs and add remaining ingredients except butter and syrup. Pour over bread, dot with butter. Soak overnight in refrigerator.</p> <p>Bake uncovered at 350 degrees until light brown and set 30 – 40 minutes. Serve with syrup.</p> <p>Contributed by Ann Flynn</p>
<ul style="list-style-type: none"> <li>• 8 eggs</li> </ul>	
<ul style="list-style-type: none"> <li>• 3 cups milk</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup sugar</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ cup butter</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tablespoon butter</li> </ul>	
<ul style="list-style-type: none"> <li>• syrup</li> </ul>	

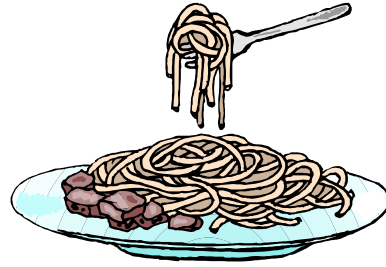
## Ham and Cheese Omelet Roll

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 4 ounces softened cream cheese</li> </ul>	<p>Preheat oven to 375 degrees. In a small bowl, combine cream cheese and milk; whisk until smooth using a stainless steel whisk. Add flour and salt; whisk to combine. In another bowl, gently whisk eggs until blended. Add cream cheese mixture and mix well.</p> <p>Pour egg mixture onto cookie sheet.... or Pampered Chef Stoneware Bar Pan is perfect. Bake 30 to 35 minutes or until omelet is puffy and golden. Meanwhile, finely chop ham (we use the Virginia Baked Ham from the grocery deli). Shred cheese. Thinly slice green onions.</p> <p>Remove omelet from oven; immediately spread with mustard. Sprinkle with half of the cheese, top with ham and green onions. Sprinkle remaining cheese. Starting at one short side, roll up jellyroll fashion. Garnish top with additional cheese and green onions, if desired.</p> <p>Let stand 5 minutes to allow cheese to melt. Slice roll for serving.</p> <p>Cooking Tip: Line baking sheet with parchment paper. This makes rolling the omelet very easy. Serves 12.</p> <p>Contributed by Phyllis Webb</p>
<ul style="list-style-type: none"> <li>• ¾ cup milk</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tablespoons all-purpose flour</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ teaspoon salt</li> </ul>	
<ul style="list-style-type: none"> <li>• 12 eggs</li> </ul>	
<ul style="list-style-type: none"> <li>• 12 ounces ham, finely chopped</li> </ul>	
<ul style="list-style-type: none"> <li>• 8 ounces cheddar or Swiss cheese, shredded</li> </ul>	
<ul style="list-style-type: none"> <li>• Mustard (Jack Daniel or Dijon)</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ cup green onions with tops, thinly sliced, optional</li> </ul>	

# Oat-Nut Bran Muffins - Marshall's Recipe

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 5 cups wheat flour or plain sifted flour</li> </ul>	<p>Sift flour, sugar, soda, salt and cinnamon together. Add cereals, raisins and nuts. Combine milk, eggs, oil, water, vanilla and applesauce. Stir liquid and dry mixture until moist. Add remainder of ingredients. Fill greased muffin tin 2/3 full. Bake at 350 - 400 degrees for 15 - 20 minutes</p> <p>Note: Batter lasts in the refrigerator for 4 - 6 weeks. Better to cook all muffins and store in the freezer. Microwave when you desire one or more.</p> <p>Contributed by Mary Marshall</p>
<ul style="list-style-type: none"> <li>• 2 cups sugar</li> </ul>	
<ul style="list-style-type: none"> <li>• 5 teaspoons baking soda</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 teaspoon salt</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 - 2 teaspoons cinnamon</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup All Bran cereal</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup oatmeal</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup oat bran</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 cups 40% bran flakes</li> </ul>	
<ul style="list-style-type: none"> <li>• 15 ounces raisins (1 box)</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup chopped pecans or walnuts (optional)</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup Puritan oil</li> </ul>	
<ul style="list-style-type: none"> <li>• 4 eggs or 8 ounce carton of Egg Beaters (1 cup)</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 cup water</li> </ul>	
<ul style="list-style-type: none"> <li>• 16 ounces applesauce</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 quart buttermilk</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 teaspoon vanilla flavoring</li> </ul>	
<ul style="list-style-type: none"> <li>• 4 mashed bananas (optional)</li> </ul>	

# Main Dishes



Chicken Casserole	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 4 cups cooked diced chicken</li> <li>• 1 cup raw rice (cook in chicken broth)</li> <li>• ½ cup slivered almonds</li> <li>• 2 cans cream of mushroom soup</li> <li>• 1 onion, diced</li> <li>• 1 teaspoon salt</li> <li>• 1 cup mayonnaise</li> <li>• 2 teaspoons lemon juice</li> <li>• ½ cup diced celery</li> <li>• 4 hard boiled eggs, chopped</li> <li>• Crushed potato chips</li> </ul>	<p>Combine all ingredients except potato chips. Put in buttered casserole and refrigerate over night. Remove 1 hour before baking, sprinkle with potato chips and bake uncovered at 350 degrees for 30 to 45 minutes. Serves 12.</p> <p><i>A very good luncheon dish... This is excellent because it can be prepared ahead of time...</i></p> <p>Contributed by Phyllis Webb</p>

Shoestring Lasagna	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 bag of egg noodles</li> <li>• 2 cups of shredded mozzarella cheese</li> <li>• 1 pound of lean ground beef or turkey</li> <li>• 1 large canned spaghetti sauce</li> <li>• Non-stick cooking spray</li> </ul>	<p>Brown and drain ground beef or turkey. Boil egg noodles until tender and drain. Spray the bottom of a casserole dish with a non-stick cooking spray. Layer ingredients in casserole dish in the following sequence: Noodles, ground beef or turkey, spaghetti sauce, and cheese. Make a second layer. Bake at 350 degrees for 45 minutes or until cheese on top is melted. Makes 3 – 4 servings.</p> <p><i>This was a recipe that I used to teach in community health education class for healthy eating on a limited budget. You get a great tasting lasagna, using minimal ingredients, and at minimal cost. It's also a great, simple dish that kids can make when you're helping them learn to cook!</i></p> <p>Contributed by Amy Vega</p>

# Stromboli

## Ingredients:

- 1 package hot roll mix (1 egg needed for mix)
- 1 lb. package thin sliced ham
- 1 lb. package thin sliced chicken
- 1 8 ounce package sliced provolone cheese
- 1 stick butter
- 1 tablespoon ground oregano

## Directions:

Prepare hot roll mix according to directions. On a floured piece of waxed paper, roll dough into a large oval about 15" x 12". Down the middle, layer folded ham, cheese and chicken slices to form loaf. Leave enough dough to fold over the meat and completely cover.

Fold dough over all four sides to completely cover meat and cheese. Cover jellyroll pan or cookie sheet with foil. Place upside down on top loaf and flip over so that seam side is on the bottom. Remove waxed paper. Fold foil into small tray leaving about 1" from side of loaf. (This is to keep butter from running all over pan). Melt 1stick butter.

Stir in approximately 1-tablespoon ground oregano (not crushed) and pour butter and oregano over loaf. Spoon butter from foil tray over loaf until dough is completely coated.

Bake for about 20 minutes at 400 degrees. Take loaf out of oven for 5 – 10 minutes to continue browning. If there is still butter in tray when browning is complete, just let it cool, the loaf will absorb it. Can be served warm or cold. Serve with Dijon mustard. Keeps well in the fridge or can be frozen.

Contributed by Ann Flynn

# Salads



Orange Congealed Salad	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 small box orange jello (regular or sugar free)</li> </ul>	Dissolve jello into 1 ¼ cup hot water. Combine ingredients. Congeal.  <i>This is very refreshing...I often make this to take to someone who has been a bit under the weather. This salad just makes your mouth feel good! Enjoy!!!</i>  Contributed by Phyllis Webb
<ul style="list-style-type: none"> <li>• 1 small can sliced peaches with juice</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 small can crushed pineapple with juice</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 small can mandarin oranges, rinsed and drained</li> </ul>	

Hoppin' John Salad	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2 celery ribs</li> <li>• 1 yellow bell pepper</li> <li>• 1 red bell pepper</li> <li>• ½ medium onion</li> </ul>	Combine first 5 ingredients. Combine next 5 ingredients with olive oil. Whisk vinegars briskly and add in slow stream. Garnish with bacon pieces. Chill at least 3 hours before serving for best taste.  Contributed by Ann Flynn
<ul style="list-style-type: none"> <li>• 4 cans black-eyed peas, rinsed and drained</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tablespoons parsley</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 clove garlic, minced</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 teaspoon salt</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 teaspoon pepper</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ teaspoon cumin</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup red wine vinegar</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ cup olive oil</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tablespoons balsamic vinegar</li> </ul>	
<ul style="list-style-type: none"> <li>• 3 strips bacon sliced, crisply cooked</li> </ul>	



# Soups, Stews & Casseroles

Baked Broccoli Soup	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2 small cans of cream of broccoli soup</li> <li>• 2 cups grated cheddar cheese</li> <li>• 2 cups frozen chopped broccoli</li> <li>• Optional – diced onion, bits of ham or bacon</li> </ul>	<p>Empty cans of cream of broccoli soup into a casserole dish. DO NOT add milk as directions on can direct. Add 1 ¾ cup of grated cheddar cheese and frozen broccoli. Add onion, ham or bacon if using. Stir together. The mixture will be thick/clumpy.</p> <p>Cover and bake at 350° for 35 – 40 minutes. Remove from oven and stir the mixture. Consistency will be creamy after baking. Top with the rest of the cheddar cheese and serve.</p> <p><i>This is a “restaurant-style” soup. Easy to make, yummy and low carb!</i></p> <p>Submitted by Amy Vega</p>

Creamy Broccoli Au Gratin Soup	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 2 tablespoons margarine</li> <li>• ½ cup chopped onion</li> <li>• 1 ¾ cups water</li> <li>• 1 package (4.5 ounces) Uncle Ben’s Country Inn Brand of Broccoli Rice Au Gratin</li> <li>• ¼ cup flour</li> <li>• ¼ teaspoon dry mustard</li> <li>• 1 ¾ c. chicken broth or bouillon</li> <li>• 2 cups milk</li> <li>• ½ cup shredded American cheese</li> <li>• 1 green onion, cut into short, thin strips (optional garnish)</li> </ul>	<p>Cook onion in margarine in a large saucepan until tender. Add water and contents of rice and seasoning packets. Bring to a boil. Reduce heat, cover and simmer 20 minutes. Combine flour and dry mustard in a small bowl. Gradually add about ½ cup of the broth, stirring until smooth.</p> <p>Stir remaining broth, flour mixture and milk into rice mixture. Heat to a simmer, stirring occasionally. Continue simmering until slightly thickened. Stir in cheese. Sprinkle with green onions. Serves 4 to 6.</p> <p><i>This is delicious on a cold winter day!!</i></p> <p>Contributed by Phyllis Webb</p>

## Corn and Chicken Chowder

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 14 oz can cream style corn</li> <li>• 1 c. frozen corn</li> <li>• 1 c. fat free milk</li> <li>• 5 oz. all- white chicken (packed in water, drained)</li> <li>• 2 T. minced red or green pepper</li> <li>• ¼ t. dried thyme</li> <li>• 1/8 t. pepper</li> </ul>	<p>In a medium saucepan, combine corns, milk, and chicken. Heat over low heat for about 5 minutes, stirring occasionally. Stir in remaining ingredients. Increase heat to medium-low and cook for 3 – 4 minutes, or until soup just begins to simmer. Simmer for 3 to 4 minutes or until hot. 250 calories, 3 grams total fat, 1 gram saturated fat and 41 mg cholesterol. Makes 3 servings, 1 ¼ c. per serving</p> <p>Submitted by Phyllis Webb</p>

## Elephant Stew

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 1 elephant (medium to large)</li> <li>• 2 rabbits (optional)</li> <li>• Salt and pepper to taste</li> </ul>	<p>Cut elephant into bite-size pieces (prep time about 2 months). Place in 5-ton casserole. Add enough brown gravy to cover. Cover over open fire until done (about four to five weeks). Serves 3,847. If guests bring friends, add the 2 rabbits, but only if necessary. Most people do not like hare in their stew.</p> <p>Contributed by Yank Brice</p>

## Taco Soup

<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• 3 cans of beans (Kidney-Northern-Pinto), drained</li> <li>• 2 can of white corn</li> <li>• 1 can of tomatoes</li> <li>• 1 – 8 ounce can tomato sauce</li> <li>• 1 can chopped green chilies</li> <li>• 1 chopped onion</li> <li>• 1 package taco seasoning</li> <li>• 1 package Hidden Valley Ranch dressing mix</li> <li>• 1 lb. lean ground beef or turkey</li> </ul>	<p>Brown meat and add other ingredients. Bring to a boil and simmer for 2 – 3 hours. Garnish with grated cheese, sour cream and chips. Makes 3 ½ pints.</p> <p>Contributed by Billie Routh</p>

# Vegetable Casserole

Ingredients:	Directions:
<ul style="list-style-type: none"> <li>• 1 – 12 ounce can white shoe peg corn, drained</li> </ul>	Combine all ingredients and bake at 350 degrees for 45 minutes.
<ul style="list-style-type: none"> <li>• 1 – 16 ounce can French cut green beans, drained</li> </ul>	<i>A family favorite.... always goes to the family reunions!!!</i>
<ul style="list-style-type: none"> <li>• ½ cup celery, chopped</li> </ul>	Contributed by Phyllis Webb
<ul style="list-style-type: none"> <li>• ½ cup onion, chopped</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 – 2 ounce jar pimento, chopped</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup sour cream</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup sharp cheddar cheese, grated</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 can cream of celery soup</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ teaspoon salt</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ teaspoon pepper</li> </ul>	
Topping	
<ul style="list-style-type: none"> <li>• 1 cup Ritz cracker crumbs</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ stick butter melted</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup slivered almonds</li> </ul>	

# Teaching Tips and Best Practices



FirstEd Kit	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• Tackle box</li> <li>• Post-it Notes</li> <li>• Stapler</li> <li>• Tape</li> <li>• Markers, pens, pencils</li> <li>• Push pins</li> <li>• Nametags</li> <li>• Index cards</li> <li>• Stickers</li> <li>• Highlighters</li> <li>• Scissors</li> <li>• Everything else that educators need!</li> </ul>	<p>Stock up your tackle box with all kinds of supplies you might need on spur of the moment in your education programs. When you find that you have a sudden need, your FirstEd kit is the perfect First Aid for it! Carry it with you to every training or educational event you're involved in!</p> <p>Tip: Pick up items from vendors when you visit booths and stash them away in your FirstEd kit.</p> <p><i>Don't leave home without it!</i></p> <p>Contributed by Nelda Hope</p>

Puzzle Making	
<b>Ingredients:</b>	<b>Directions:</b>
<ul style="list-style-type: none"> <li>• Computer with Internet Access</li> </ul>	<ol style="list-style-type: none"> <li>1. Go to: <a href="http://puzzlemaker.school.discovery.com/">http://puzzlemaker.school.discovery.com/</a></li> <li>2. Go to the link "list of puzzle types here"</li> <li>3. Choose puzzle type, click on it and follow directions for making the puzzle.</li> </ol> <p><i>By engaging in puzzles people have a fun time learning!</i></p> <p>Contributed by Kim Kwiatkowski</p>

## Truth or Lie Icebreaker

**Ingredients:**

- The truth... and some outrageous lies!

**Directions:**

When you need a fun icebreaker for an educational activity, have participants stand up and introduce themselves. They must tell three things about themselves. Two must be true, and one must be a lie. Let your group guess which is which!

Contributed by Jeff Gowen

## Tabletop Training

**Ingredients:**

Large index cards

**Directions:**

Fold the index cards in half to make table tents. Print crossword puzzles on them related to your educational content and put them on the tables in the cafeteria or break room in your organization. People love to do crosswords and it's a fun and easy way to teach material and get people thinking about the topic!

Contributed by Amy Vega

## Worst Practices - Share Them!

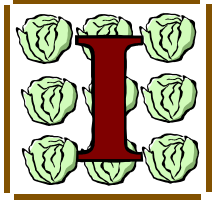
**Ingredients:**

- Your flops, failures, mistakes, goof-ups and blunders
- A good sense of humor
- An eye for improvement

**Directions:**

Don't forget to share your WORST practices; they are just as valuable, if not more so, than our best practices. Often times we have more to learn from our flops and failures than we do the things that we succeed at! When you experience a "worst practice", make it a point to email a colleague and share the lesson that you learned - and a laugh when it's appropriate!

Contributed by Amy Vega



# Index

## A

- Applewood Julep, 7
- A Sharing of Worst Practices, 22

## B

- Bacon Cheese Spread, 6
- Baked Broccoli Soup, 18
- Banana Cream Pie, 8
- Bean Dip, 5
- Breakfast Casserole, 12
- Breakfast Pizza, 12

## C

- Chicken Casserole, 15
- Chocolate Cream Pie, 8
- Chocolate Éclair, 8
- Corn and Chicken Chowder, 19
- Creamy Broccoli Au Gratin, 18
- Creamy Fudge, 9

## E

- Elephant Stew, 19

## F

- Frosty Egg Nog, 7
- First Ed Kit, 21
- French Toast Casserole, 13

## H

- Ham and Cheese Omelet Roll, 13
- Hoppin' John Salad, 17

## L

- Lemon Freeze, 9

## M

- Makes Its Own Crust Egg Custard, 10
- Mary Page Pie, 10

## N

- No Crust Fudge Pie, 10

## O

- Oat-Nut Bran Muffins, 14
- Orange Congealed Salad, 17
- Old Fashioned Chocolate Pie, 11

## P

- Pepper and Onion Dip, 6
- Puzzle Making, 21

## R

- Red Velvet Cherry Torte, 11

## S

- Seven (7) Layer Mexican Dip, 5
- Shoestring Lasagna, 15
- Stromboli, 16

## T

- Tabletop Training, 22
- Taco Soup, 19
- Truth or Lie Icebreaker, 22

## V

- Vegetable Casserole, 20

## W

- Worst Practices, 22

## X/Y/Z

- Yellow Dip, 6