

NEIGHBORHOOD COOKBOOK 2018

Family Favorite Recipes & Stories!



ABOUT EHS

The Neighborhood Cookbook 2018

is made possible by:

Early Head Start / Family Foundations,

The Office of Child Development,

The Caplan Fund,

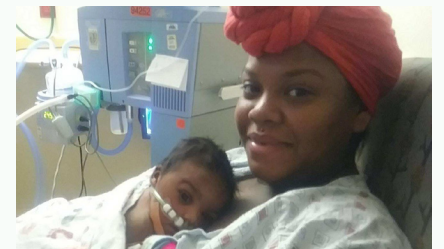
and all of the families that donated their recipes

and shared their story!

The University Of Pittsburgh Office Of Child Development's Early Head Start Program's primary purpose is to provide support to enhance positive developmental outcomes for children.

Our focus is to provide a vehicle through which all children, with the support of their family and community will obtain optimal development.

We serve and partner with infants/toddlers, their parents, extended family members and their community to self-assess, identify goals, develop and implement action plans to enhance children's development.



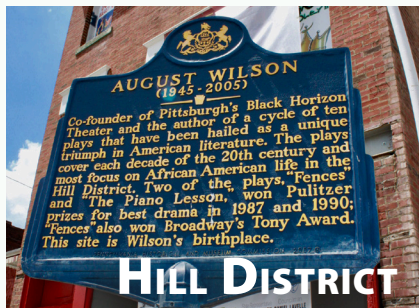
Pitt | School of
Education
Office of Child Development



**Family
Foundations**
Early Head Start

OUR NEIGHBORHOODS

While Early Head Start Family Foundations serves all of Allegheny County, our centers are located in the following neighborhoods:



MOMMA'S HOUSE

A Poem by Annette Harris, Early Head Start

The things I find at Momma's house I've not found everywhere

There's a special kind of comforting warmth and memories
galore

It's the creak when you hit the third step

It's the permanent Kool-Aid spot on the kitchen floor

• • •

It's what you know you'll hear when you enter the front door

"take off your shoes- I just mopped the floor"

It's the smells and sounds and things she cooks

Those familiar places each cranny and nook

• • •

The Karo Syrup and the Aunt Jemima pancake mix

Dining room table with place setting for six

Everyone who comes through her doors and been there more
than once

Knows the have refrigerator Carte Blanc

• • •

To some there might not seem to be much

To others it looks like a whole bunch

But the things I find at Momma's house to me it's just enough

FOOD ALLERGIES

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences.

While more than 160 foods can cause allergic reactions in people with food allergies, we've identified 3 key allergens in this cookbook with the following symbols:



GLUTEN - like pasta, bread, and crackers



PEANUTS ONLY please read label for additional nut allergies.



DAIRY - products containing milk

While these symbols can help guide your decision making, please **read the labels** of the products you're purchasing for complete ingredient details.

Note: You can also consider substituting products to non-allergen products to accommodate your dietary needs.

COOKING TEMPERATURES

USDA Safe Minimum Internal Temperature Chart

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

| Products | Minimum Internal Temperature & Rest Time |
|--|---|
| Beef, Pork, Veal & Lamb Steaks, chops, roasts | 145 °F (62.8 °C) and allow to rest for at least 3 minutes |
| Ground meats | 160 °F (71.1 °C) |
| Ham, fresh or smoked (uncooked) | 145 °F (62.8 °C) and allow to rest for at least 3 min. |
| Fully Cooked Ham (to reheat) | Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C); all others to 165 °F (73.9 °C). |
| All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing) | 165 °F (73.9 °C) |
| Eggs | 160 °F (71.1 °C) |
| Fish & Shellfish | 145 °F (62.8 °C) |
| Leftovers | 165 °F (73.9 °C) |
| Casseroles | 165 °F (73.9 °C) |

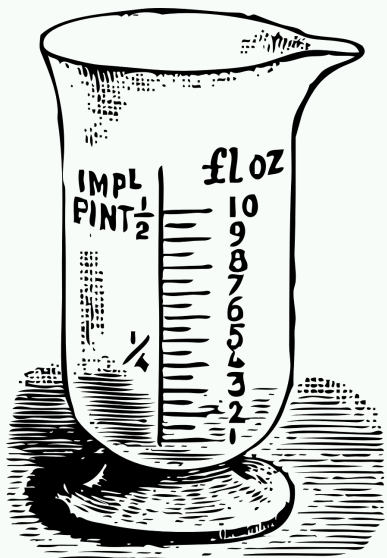
KITCHEN CONVERSIONS

Recipe Abbreviations

Cup = c or C
Fluid = fl
Gallon = gal
Ounce = oz
Package = pkg
Pint = pt
Pound = lb or #
Quart = qt
Square = sq
Tablespoon = T or Tbl
or TBSP or TBS
Teaspoon = t or tsp

Oven Temperatures

Warming: 200°F
Very Slow: 250°F - 275°F
Slow: 300°F - 325°F
Moderate: 350°F - 375°F
Hot: 400°F - 425°F
Very Hot: 450°F - 475°F



KITCHEN CONVERSIONS

Common Conversions

1 fl oz = 30 ml
1 oz = 28.35 g
1 lb = 16 oz (454 g)
1 kg = 2.2 lb
1 quart = 2 pints

Liquid Measures

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz
1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz
1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz
1/2 qt = 1 pt = 2 cups = 16 fl oz
1/4 qt = 1/2 pt = 1 cup = 8 fl oz

Dry Measures

1 cup = 16 Tbsp = 48 tsp = 250ml
3/4 cup = 12 Tbsp = 36 tsp = 175ml
2/3 cup = 10 Tbsp = 32 tsp = 150ml
1/2 cup = 8 Tbsp = 24 tsp = 125ml
1/3 cup = 5 Tbsp = 16 tsp = 75ml
1/4 cup = 4 Tbsp = 12 tsp = 50ml
1/8 cup = 2 Tbsp = 6 tsp = 30ml
1 Tbsp = 3 tsp = 15ml

Dash or Pinch or Speck = less than tsp

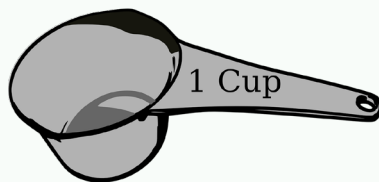
KITCHEN CONVERSIONS

Temperature Conversions

Liquid Conversions

| Fahrenheit (°F) | Celcius (°C) |
|---|--------------|
| $^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$ | |
| 32°F | 0°C |
| 40°F | 4°C |
| 140°F | 60°C |
| 150°F | 65°C |
| 160°F | 70°C |
| 225°F | 107°C |
| 250°F | 121°C |
| 275°F | 135°C |
| 300°F | 150°C |
| 325°F | 165°C |
| 350°F | 177°C |
| 375°F | 190°C |
| 400°F | 205°C |
| 425°F | 220°C |
| 450°F | 230°C |
| 475°F | 245°C |
| 500°F | 260°C |

| US | Canada |
|---------|---------|
| ¼ tsp | 1.25 mL |
| ½ tsp | 2.5 mL |
| 1 tsp | 5 mL |
| 1 Tbl | 15 mL |
| ¼ cup | 50 mL |
| ⅓ cup | 75 mL |
| ½ cup | 125 mL |
| ⅔ cup | 150 mL |
| ¾ cup | 175 mL |
| 1 cup | 250 mL |
| 1 quart | 1 liter |



CLAIRTON

CLAIRTON

DID YOU KNOW?

- Clairton borough was incorporated as a city in 1922.
- The city of Clairton was the setting for the movie *The Deer Hunter*.
- The Montour Trail, a recreational trail, extends from Clairton to Coraopolis.
- U.S. Steel built an integrated steel mill and coke production facility which was one of the world's largest.
- Former Scripps College President Nancy Y. Bekavac was from Clairton. She was the 6th president and the first woman to hold that position.
- Trumpet player Benny Benack was from Clairton. He was an integral part of the Pittsburgh jazz scene in the 60's and 70's. He was made famous by his song "Beat'em Bucs"

TURKEY AND RICE

Submitted by: Shannon

"My grandmother makes this after every holiday with the leftover turkey."

INGREDIENTS:

- 4 cups leftover Turkey
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 cup water
- 1 cup milk
- 2 cups instant rice
- ½ teaspoon pepper
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder

DIRECTIONS:

1. Preheat oven to 400°F. Spray 9" x 13" pan with cooking spray.
2. Combine all ingredients in a large bowl. Pour into pan.
3. Bake uncovered for 40-50 minutes.



SLOW COOKER CHEESY CHICKEN AND BROCCOLI CASSEROLE

Submitted by: Shannon

INGREDIENTS:

- 2 cups brown rice, uncooked
- 5 cups water
- 2 cans 98% fat free Broccoli Cheese soup
- 3 boneless, skinless chicken breasts, frozen
- 1 10-oz. package frozen broccoli

DIRECTIONS:

1. Stir uncooked rice, water, broccoli, and one can of soup together in slow cooker.
2. Place frozen chicken breast on top. Pour second can of soup over chicken breasts. Sprinkle with black pepper, if desired. It does not need any extra salt due to the sodium content in the soups.
3. Cover and cook in slow cooker on LOW for 8 hours.
4. You can shred the chicken after cooking and mix altogether. You can also just cut each chicken breast in half and serve on top of the cheesy broccoli rice mixture.

Note: To prevent sticking, spray the bottom/sides of the slow cooker with cooking spray or use slow cooker bag.



GLUTEN



DAIRY

ORANGE CHICKEN

Submitted by: Sarah Moyer

"My dad use to make this dish with mashed potatoes and corn for a complete meal and we fell in love with the sweet tangy chicken. This was when we all were together as family!"

INGREDIENTS:

- 4 oranges
- Orange juice
- ½ lb. brown sugar
- Chicken breast
- 1 stick butter

DIRECTIONS:

1. Slice oranges into quarters.
2. Put the chicken breast down into the roaster, add orange juice, brown sugar, and butter with slices of orange in roaster.
3. Put in oven on 350°F. Check from time to time to see if chicken is done (approximately 45-60 minutes). Internal temperature of chicken should be a minimum of 165 °F.



DAIRY

STRAWBERRY WHIPPED CHEESECAKE

Submitted by: Raquel Ellis

"Every holiday my Aunt would make this and I have been in love with it ever since."

INGREDIENTS:

| | |
|----------------------------|----------------------------|
| 6-oz. sour cream | 1 cup sugar |
| 8-oz. whipped cream cheese | Graham crackers |
| 8-oz. cool whip | ½ stick butter (melted) |
| 1 tablespoon vanilla | Pinch of cinnamon |
| | Pack of fresh strawberries |

DIRECTIONS:

1. Combine sour cream, whipped cream cheese, cool whip, vanilla, and sugar into a blender or bowl. Mix until smooth with no lumps.
2. For the crust, crumble graham crackers into a bowl with melted butter. Stir together then add cinnamon. Put it into a pie dish.
3. Place in oven at 350°F for 5 minutes. Let it cool.
4. Put filling into crust and refrigerate overnight.
5. Cut strawberries in half and put strawberries on top!



VILLARREAL SPAGHETTI DINNER

Submitted by: the Villarreal Family

"Our family really enjoys sitting down to this spaghetti dinner."

INGREDIENTS:

- 1 box spaghetti noodles
- 1 jar Ragu spaghetti sauce
- 1 package turkey sausage
- ½ white onion, coarsely chopped
- 1 green pepper, coarsely chopped

DIRECTIONS:

1. Cook box of spaghetti noodles, following the box directions.
2. Sauté chopped onions and green peppers until tender, approximately 10 minutes.
3. Cook turkey sausage on medium heat until brown, approximately 10 minutes.
4. Add jar of spaghetti sauce on medium heat until bubbly, then reduce heat to simmer for 30-45 minutes – until hot.
5. Place cooked spaghetti on individual plates and top with cooked sauce!



CHICKEN AND BROCCOLI FETTUCCINE

Submitted by: Clairton Family

INGREDIENTS:

- | | |
|-----------------------------------|------------------------------|
| 1 cup shredded chicken, cooked | ½ cup shredded Parme- san |
| 1 cup broccoli, chopped | Fettuccine noodles |
| ½ cup ricotta cheese | 1 teaspoon onion pow- der |
| ½ cup shredded cheddar | 1 teaspoon garlic powder |
| Pinch of salt and pepper | ¼ cup half and half |
| 1 teaspoon paprika | |

DIRECTIONS:

1. Boil and cook noodles.
2. Mix broccoli and chicken in pan. Add in ricotta and half & half. Add paprika, salt, pepper, onion powder, and garlic powder.
3. Mix until it starts to thicken – stove should be on medium or medium/low.
4. Add cheese once mixture starts to thicken. Add strained noodles in the mixture.
5. Mix thoroughly and ENJOY!



CHOCOLATE ECLAIR

Submitted by: Ivy Henderson and Shanel Demery

"This is a dessert that always makes my kids smile!"

INGREDIENTS:

- 2 boxes graham crackers
- 1 box vanilla pudding
- 1 cup cold milk
- 8-oz of cool whip
- 1 container of chocolate icing

DIRECTIONS:

1. Line a 9" x 13" cake pan with graham crackers – set aside.
2. In a medium bowl, mix pudding, milk, and cool whip together until well blended. Spread ½ pudding mixture over graham crackers. Line with a second layer of graham crackers. Spread rest of pudding mixture over graham crackers. Line pan with last layer of graham crackers. Frost the top with chocolate icing.
3. Refrigerate for 4 hours until pudding is thickened.

Note: Pudding & icing flavors can be changed to satisfy your own taste!



SCRAMBLED EGGS, CHEESE, AND RICE

Submitted by: Raquel Ellis

"Easy meal to make, helps my autistic child eat something new as long as she watches while I cook it."

INGREDIENTS:

Eggs
1 cup cheese
1 teaspoon butter
¼ cup milk
1 cup of rice (minute or regular), cooked
½ cup diced onion
Pinch salt and pepper

DIRECTIONS:

1. In a skillet, melt butter.
2. In a bowl, mix all ingredients together.
3. Pour into skillet, scramble until done.



CHOCOLATE FUDGE

Submitted by: Faye Daniels

"Quick and easy to make when you have a sweet tooth!"

INGREDIENTS:

2 cups chocolate chips
14 oz. condensed milk
1 teaspoon vanilla extract

DIRECTIONS:

1. Line a 9" x 9" pan with foil or parchment paper and mist with cooking spray.
2. Place chocolate chips and condensed milk in a bowl. Microwave for 1 minutes and stir. If chocolate isn't smooth microwave for 30 more seconds, as needed.
3. Fold in vanilla extract until combined. Pour smooth chocolate in pan and refrigerate for at least 1 hour. Cut into 1" x 1" squares and enjoy!



SUGAR COOKIES

Submitted by: Jesse Conklin

"We always make this every holiday. We make them using mini cookie cutters and everyone loves that they are bite sized!"

INGREDIENTS:

2/3 cup shortening
2/3 cup butter
1 ½ cup sugars
2 eggs
2 teaspoons vanilla
3 ½ cups flour
2 teaspoons baking powder
1 teaspoon salt

DIRECTIONS:

1. Cream together shortening, butter, and sugar. Add in eggs and vanilla.
2. Combine flour, baking powder, and salt in a separate bowl. Stir together slowly with dry ingredients until dough forms.
3. Bake at 350°F for 10-12 minutes. You can roll dough out and use cookie cutters, or just roll it in 1 inch balls.



FAVORITE CHOCOLATE CHIP COOKIES

Submitted by: Jesse Conklin

INGREDIENTS:

| | |
|---------------------------|-------------------------|
| ½ cup butter, softened | 1 ½ cup flour |
| ½ cup brown sugar, packed | 2 teaspoons corn starch |
| 1/3 cup sugar | 1 teaspoon baking soda |
| 1 egg | ¼ teaspoon salt |
| 2 teaspoons vanilla | 1 cup chocolate chips |

DIRECTIONS:

1. Cream together butter, brown sugar, and sugar. Add egg and vanilla. Mix until combined.
2. Whisk together flour, corn starch, baking soda, and salt.
3. Slowly sprinkle in together with wet ingredients.
4. Mix in chocolate chips and chill dough for 2-4 hours.
5. Roll into 1 inch balls and place on parchment paper lined cookie sheet. Press a few chocolate chips on top of cookies.
6. Bake at 350°F for 10-12 minutes.



CREAM CHEESE KOLACKY

Submitted by: Jesse Conklin

INGREDIENTS:

- 1 ½ oz cream cheese
- ¼ cup butter (softened)
- ½ cup flour
- ¼ cup fruit jam (flavor of your choosing)
- 1/6 cup confectioners' sugar for decoration

DIRECTIONS:

1. Mix cream cheese and butter until smooth. Add flour and a teaspoon of confectioners' sugar slowly until blended. Shape into a ball (it will be dry and flaky; you may have to use your hand to shape into a ball).
2. Chill for several hours or overnight.
3. Roll out dough to 1/8 inch thick on a floured surface. Cut into 2 ½ inch squares and place ½ teaspoon of jam in the center. Overlap opposite corners and pinch together.
4. Place on cookie sheet lined with parchment paper.
5. Bake at 350°F for 10-12 minutes, or until golden. Let cool and sprinkle powdered sugar lightly over the top.



GINGERBREAD COOKIES

Submitted by: Jesse Conklin

INGREDIENTS:

- | | |
|--------------------------------------|------------------------|
| 2/3 cup butter (10 table- spoons) | 1 teaspoon baking soda |
| ¾ cup brown sugar | ½ teaspoon salt |
| 2/3 cup molasses | 1 tablespoon ginger |
| 1 egg | 1 tablespoon cinnamon |
| 1 teaspoon vanilla | ½ teaspoon allspice |
| 3 ½ cups flour | ½ teaspoon cloves |

DIRECTIONS:

1. Beat butter until creamy. Add brown sugar and molasses and beat together. Add egg and vanilla. Beat the mixture.
2. Whisk together flour, baking soda, salt, ginger, cinnamon, allspice, and cloves until combined. Slowly add wet ingredients.
3. Divide dough in half and chill, wrapped in plastic wrap. Pat down to create a disc shape. Chill at least 3 hours.
4. Bake at 350°F for 9-10 minutes on parchment paper.



TACO SALAD

Submitted by:Shanel Demery

"It's a quick and easy meal for Taco Tuesday and for parties.
My kids love to help layer the dish."

INGREDIENTS:

1 lb. ground meat (turkey or beef)
Onion, finely chopped
Lettuce
Taco seasoning
Salsa
Soft taco shells

DIRECTIONS:

1. Brown ground meat, cool, and drain. Add taco seasoning to meat.
2. Chop the lettuce and onion.
3. Layer all ingredients one at a time.

LENTIL SOUP

Submitted by: Khina Dhital

"I make this lentil soup when we have a family party. I make
this kind of soup and give it to my kids, they love it!"

INGREDIENTS:

| | |
|-------------------------------|--------------------------------|
| 1 cup of lentils | 4 springs of cilantro |
| 3 cups water | To taste: salt |
| ½ teaspoon turmeric powder | 1 teaspoon oil |
| To taste: red chili powder | 1 teaspoon of mustard seeds |
| 1 teaspoon minced garlic | ½ teaspoon of cumin seeds |
| 1 teaspoon minced ginger | 2 whole dry chilies |

DIRECTIONS:

1. Put lentils and add water in a cooking pot. Keep adding turmeric powder, minced garlic, minced ginger, chopped cilantro, and salt to taste.
2. Put oil on a frying pan; add some mustard seeds, cumin seeds, and dry chili when the oil is hot enough. Put everything in first pot and boil for 5 minutes, and then it's ready to eat!



SLOW COOKER FRIED CHICKEN

Submitted by: Khina Dhital

“Want the comfort of fried chicken, but want it to be healthy?”

INGREDIENTS:

- 1 lb. chicken breast fillets
- 1 egg white
- ¼ cup low fat buttermilk
- ½ cup white whole-wheat flour
- ¾ cup Bread Crumbs (panko work well)
- ½ teaspoon black pepper
- ¼ teaspoon cumin
- ½ teaspoon garlic powder

DIRECTIONS:

1. Spray slow cooker with cooking spray.
2. In a mixing bowl whisk together the egg white and buttermilk. In a separate bowl add spices and flour together. Put the panko bread crumbs in a bowl.
3. Dip chicken in the egg mixture, then flour mixture, and then egg mixture again and lastly with the breadcrumbs. DO this for each chicken fillet. Place the chicken side by side in the bottom of the slow cooker. Cover and cook on high for 2 ½ to 3 hours.



CROCK POT CHICKEN FETTUCCHINE ALFREDO

Submitted by: Dena

INGREDIENTS:

- | | |
|---------------------------------|---------------------------------------|
| 2 chicken breast (boneless) | 2-10 ounce cans cream of chicken soup |
| 2-8 oz. package of cream cheese | 2 packages of fettuccine noodles |
| 1 pouch Italian dressing mix | Parmesan cheese (optional) |

DIRECTIONS:

1. Put chicken and cream cheese in crock pot.
2. In a separate bowl whisk together cream of chicken soup and 1 ½ cans of water and Italian dressing mix.
3. Pour mixture over the chicken.
4. Cook on high for 4 hours.
5. Remove chicken and shred it
6. Whisk sauce to remove lumps.
7. Add the shredded chicken back into the crock pot and combine with the sauce.
8. Serve with cooked fettuccine noodles.
9. Top with Parmesan cheese (if desired).



KIELBASA AND CABBAGE

Submitted by: Gemil White-Morse

INGREDIENTS:

1 pkg. kielbasa-sliced
1 head of cabbage-sliced
¼-1/2 cup of sugar
1 onion-sliced
1-2 garlic gloves-chopped
¼ cup water
6 slices of bacon cooked, reserve grease
Crushed red pepper flakes(optional)
Pepper
Onion powder (use sparingly)

DIRECTIONS:

1. Cook bacon and then remove. Heat bacon grease on medium low heat.
2. Add onions, water and garlic
3. Add cabbage and cover pan
4. Stir frequently until tender (about 15-20 minutes)
5. Add spices if desired.
6. Add sliced kielbasa to pan and continue to cook an additional 15-20 minutes

RICE PUDDING

Submitted by: Tulsi Pokhrel

INGREDIENTS:

4 cups of milk
2 cups of rice
1 stick of butter
1 teaspoon of nutmeg
½ cup of sugar (use more or less to taste)

DIRECTIONS:

1. Heat milk in a pot to a simmer
2. Add rice and cook on low for an hour, stirring occasionally
3. When rice has cooked, add butter, nutmeg and sugar.



DEEP DISH PIZZA

Submitted by: Kelly Kubant Nee, Office of Child Development

"My Mom and I would make this when I was a child, but only when my Dad was out of town for work. It was a favorite. Today, I make it for my own family. My 7 and 11 year olds think it's great!"

INGREDIENTS:

1 ½ lbs. lean ground beef
½ Cups onion (chopped)
1 6-oz. can tomato paste
1 teaspoon dried oregano leaves
½ teaspoon pepper
2 Tablespoons parmesan cheese
1 12-oz. can Pillsbury Big Country Biscuits
Favorite pizza toppings: peppers, mushrooms, olives,
tomato
8 oz. or 1 Cup mozzarella cheese

DIRECTIONS:

1. Heat oven to 350°F. Spray 9 inch pie pan with nonstick cooking spray. In large skillet, cook beef and onion over medium heat, until no longer pink. Stir frequently and drain.
2. Add tomato paste, oregano, pepper, 1 Tablespoon of parmesan cheese.
3. Separate biscuits. Arrange in sprayed pan, press over to flatten and cover bottom, up sides to crust.
4. Spoon beef mixture into crust. Place toppings over beef mixture. Sprinkle with mozzarella cheese and remaining parmesan cheese.
5. Bake at 350°F for 20-25 minutes or until deep golden brown. Cool 5 minutes before serving.



GLUTEN



DAIRY

SHRIMP SCAMPI

Submitted by: Raquel Ellis

"When I first learned to how to cook it was this meal. I would watch the cooking show daily. It helps to find and learn new things."

INGREDIENTS:

Bag of any size shrimp
1 stick of butter
4 scallion onions, chopped
1 tablespoon of minced garlic
Salt and pepper to taste
Linguine noodles

DIRECTIONS:

1. Melt butter in pan, add onions and garlic and cook on low heat(about 10 minutes)
2. Add shrimp and cook an additional 5 minutes,
3. Pour shrimp over cooked noodles and toss to combine



GLUTEN



DAIRY



EAST END

DID YOU KNOW?

- Actor and dancer Gene Kelly was born in East Liberty in 1912.
- East Liberty's merchants served many of Pittsburgh's industrial millionaires.
- Pittsburgh's first trolley lines passed through East Liberty, making it a transportation hub.
- Singer Dick Powell got his start singing at the Enright Theatre.
- East Liberty has had a regrowth in the last few decades.
- In June 2014 USA Today named East Liberty one of the best up and coming neighborhoods around the USA.

CAJUN CHICKEN & SHRIMP PASTA

Submitted by: Burkes Family

"Family discovered meal while eating out together at T.G.I Friday's. They enjoyed it so much that they decided to recreate it at home. They traditionally take pleasure in recreating meals and cooking them together at home."

INGREDIENTS:

- 1 lb. of Chicken
- 1 lb. of Shrimp
- 1 lb. of Fettuccine Noodles
- 1 jar of Alfredo Sauce
- 4 tsp. of Cajun Seasoning

DIRECTIONS:

1. Begin by boiling noodles for 8 to 10 minutes or until fully cooked.
2. In the meantime, cut chicken breast into small pieces. Sear small pieces of chicken breast, cook until brown.
2. Boil shrimp until fully cooked and tender. Add noodles, chicken and shrimp together, add in Cajun seasoning and stir ingredients together.

3. Lastly, add Alfredo sauce, stir in with all ingredients until hot and evenly distributed.



EGGS IN A NEST

Submitted by: Charlotte King

“Years ago I was on a home visit and my family was preparing this meal for her children. I was amazed at how much fun she had with her children as she prepared each egg and toast together. The children sang out, “We’re going to eat eggs in a nest, yeah!” The following weekend I showed my daughter how to make Eggs in a nest. She loved it! She now makes it herself. She sometimes adds fresh avocado and cheese on hers just to make it more exciting!”

INGREDIENTS:

Loaf of bread

Eggs

Low fat butter or margarine

Small cup or glass (circular)

Avocado/cheese optional

DIRECTIONS:

1. Place a piece of bread on a flat surface. Using the small cup or glass make a round hole in the middle of the bread. Remove the circular middle of bread and place aside.
2. Place a small amount of butter or margarine in a frying pan until melted.
3. Place the bread with the hole in the middle in the frying pan.
4. Crack an egg; place the egg in the hole in the middle of the bread. Cook until the bread turns slightly brown.
5. Flip the bread and egg together to cook the other side until the bread turns slightly brown. Place on plate.
6. Take the circular middle of the bread that you removed. Place butter or margarine on the bread. Place in the frying pan turning until each side is brown. Place on plate with the bread and egg.

If you like, you can add fresh avocado and cheese on your Eggs in a nest to spruce it up. You can now enjoy your breakfast. **Eggs and toast all in one!**



NAAN CHICKEN PIZZA

Submitted by: Foster Family

“Dad comes from an Italian family. Growing up, Dad ate pizza and pasta almost every day. Dad introduced Mom to Italian food. Mom enjoys eating foods that Dad introduces to her. Mom and Dad will usually cook meals together.”

INGREDIENTS:

Naan Bread
Olive Oil
Pizza Sauce
Mozzarella Cheese
Cheddar Cheese
Chicken or Pepperoni
Mushrooms (Optional)
Garlic Powder
Salt

DIRECTIONS:

1. Spread Olive Oil on Naan Bread followed by spreading pizza sauce.
2. Sprinkle both mozzarella and cheddar cheese on top.
3. Place toppings on top of cheese, chicken or pepperoni. Sprinkle another layer of cheese. Place another layer of toppings on top (mushrooms optional). Sprinkle more cheese on top.
4. Place pizza in the oven.
5. Half way through remove pizza from oven. Then sprinkle garlic powder and salt over pizza.
6. Place pizza back in the oven until fully cooked.



BREAKFAST BURRITOS

Submitted by: Nila Payton

INGREDIENTS:

- 1 pkg. breakfast sausage
- 6 to 8 large eggs
- 2 peeled and diced potatoes-seasoned to taste
- 1/2 chopped onion and/or pepper (optional)
- 4 or 5 slices of cheese (or 1/2 cup of shredded cheese-if preferred)
- 8 Flour or Whole Wheat tortillas

DIRECTIONS:

1. Brown the breakfast sausage over a medium fire, add the seasoned diced potatoes and the onion/pepper and cover for about 5 to 10 mins. stirring occasionally.
2. While waiting for the potatoes to become al dente crack, season to taste, and beat the eggs completely-if using cheese slices you can add one slice of cheese broken up or a few pinches of the shredded cheese to the egg mixture...add beaten eggs to the sausage and potatoes mixture and scramble together-if using shredded cheese add the rest now.

3. In the meantime heat the flour/whole wheat tortillas either in a separate skillet or in the microwave for about 20-30 seconds.

4. Once the eggs are scrambled hard completely cover the scrambled eggs, sausage and potatoes with the cheese slices, turn off your fire and cover for about 1 minute or until the cheese is melted on top. Add a spoonful or 2 of the mixture on a tortilla and wrap it.

Note: I put syrup on mine because I like my sausage with syrup!



BLUEBERRY CREAM CHEESE COFFEE CAKE

Submitted by: Nila Payton

INGREDIENTS:

1/2 stick butter, softened

1 1/4 cups white sugar

2 eggs

1 1/2 cups flour

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

8 oz (one package) cream
cheese, softened

1 tsp vanilla

1/3 cup milk

2 cups blueberries. (I used
frozen ones)

For topping:

3 tbsp butter, softened

1 tsp cinnamon

1/3 cup brown sugar

1/2 cup flour

DIRECTIONS:

1. Cream butter and sugar. Add eggs one at a time. Beat until smooth.
2. Sift together the dry ingredients and add all at once to the egg mixture.
3. Add the cream cheese, vanilla, and milk. Whisk until the mixture is smooth and creamy, and void of lumps.
4. Fold in the blueberries.
5. Spread into a greased casserole dish. (I used a 9X13 glass dish)
6. Meanwhile, mix together the brown sugar, flour, and cinnamon in a separate bowl. Cut in the butter until the mixture forms small pea-sized lumps. Sprinkle the mixture over top the blueberry mix in the casserole dish.
7. Bake at 350 degrees for 35-40 minutes.
8. Best served warm!

Note: You can even substitute strawberries, peaches, apples, etc for the blueberries.



CHEESY HAM CHOWDER

Submitted by: Jessica Wallis

INGREDIENTS:

10 bacon strips, diced
1 large onion, chopped
1 cup carrots, diced
3 tablespoons flour
3 cups milk
1 1/2 cup water
2 1/2 cups potatoes cubed
1 can Whole kernel corn drained
2 teaspoons chicken bouillon
3 cups shredded cheddar cheese
2 cups fully cooked ham cubed

DIRECTIONS:

1. In a large pot cook bacon over medium heat until crispy. Remove and put on two paper towels to drain in the drippings.
2. Sauté onions and carrots until tender. Stir in flour until blended. Gradually add milk and water bring to a boil cook and stir for two minutes or until taken add the potatoes corn and chicken bouillon.
3. Reduce heat simmer uncovered for 20 minutes or until potatoes are tender.
4. Add cheese and ham here until cheese is melted. Stir in bacon.



CREAMPUFF DESSERT

Submitted by: Jessica Wallis

INGREDIENTS:

- | | |
|-----------------------|---------------------------|
| 1 cup water | 2 (3.9oz) packages of |
| 1/2 cup butter | instant chocolate putting |
| (NO SUBSTITUTES) | mix |
| 1 cup flour | |
| 4 eggs | <i>Topping:</i> |
| | 1 carton (8oz) cool whip |
| <i>Filling:</i> | Drizzle caramel and choc- |
| 1 package 8 ounces | olate sauce |
| cream cheese softened | Garnish with chopped |
| 3 1/2 cups milk | almonds |

DIRECTIONS:

1. In a sauce pan over medium heat bring water and butter to a boil. Add the flour all at once. Stir until smooth balls form remove from the heat. Let it stand for five minutes. Add the eggs one at a time beating well after each addition beat until smooth.
2. Spread onto a greased 13 x 9 x 2 baking dish bake at 400° for 30 to 35 minutes or until puffed and golden brown.
3. Meanwhile beat the cream cheese milk and pudding mix until smooth spread over puff refrigerate for 20 minutes spread with whip cream then drizzle chocolate caramel and almonds.



PASTA WITH BASIL

Submitted by: Jessica Wallis

INGREDIENTS:

- 2 1/2 cups penne
- 1 small onion chopped
- 1-3 tablespoon olive oil
- 1-3 tablespoon dried basil or fresh
- 1 cup shredded mozzarella cheese

DIRECTIONS:

1. Cook pasta. Meanwhile in a skillet sauté onion and oil until tender. Add basil. Cook and stir for one minute. Add basil mixture to pasta. Stir in cheese just until it begins to melt.



BEEF STEW

Submitted by: Kristina Terrell

"This is a hearty meal and the entire family loves it."

INGREDIENTS:

- 1 pack beef stew tips (3-4 lbs.)
- 1 pack Campbell's beef stew slow cooker sauce (or 12oz. beef gravy)
- 1 pack of frozen mixed vegetables
- 1 chopped onion
- 1 Tbsp. seasonings (to taste, like Mrs. Dash)

DIRECTIONS:

1. Cook on high for 4 hours, or low for 6-7 hours.
2. Best served with mashed potatoes and cornbread or rolls.

WHITE CHICKEN CHILI

Submitted by: Kristina Terrell

"This makes me feel like a kid again when I make this! Cornbread goes well with this."

INGREDIENTS:

- 1-2 Lbs. diced chicken breast
- 1 can undrained great northern beans
- 1 package McCormick white chili mix

DIRECTIONS:

1. Brown chicken in skillet (using butter or chosen oil).
2. Add beans and seasonings and 1 cup of water. Bring to a boil. Reduce heat and simmer 10 minutes.
3. Best served over white rice and cornbread. (optional)

JOHNNY CAKES

Submitted by: Sangina Diaz-Garcia

"These tasty Caribbean Johnny Cakes are a local treat from my home country, the Virgin Islands. They are a must have and are one of the most beloved dishes made on the Islands. This yummy simple dish can be eaten for breakfast or lunch. They especially go well with some good old fried chicken."

INGREDIENTS:

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 2-4 tablespoons sugar
- 1 teaspoon salt
- 2 1/2 tablespoons room temperature butter
- 1 cup water
- 1 1/2 cups vegetable oil for frying

DIRECTIONS:

1. Mix dry ingredients in a large mixing bowl and work in the butter with your fingers.
2. Add 1 cup of water to the dry ingredients and mix until smooth.
3. Sprinkle some extra flour onto a flat surface and knead the dough until smooth and elastic. Feel free to sprinkle additional flour on the surface as needed.
4. Allow the dough to sit in a clean bowl covered with a towel for at least 30 minutes.
5. After dough has rested, heat the oil in frying pan over medium heat.
6. Create small balls of dough and roll out the dough into circles on a lightly-floured surface with a rolling pin or the palm of your hand. Be sure to not make them too thin.
7. Pierce each piece with a fork or sharp knife several times and then drop in hot oil.
8. Fry on each side until golden brown.
9. Allow to cool and drain on paper towel or brown paper bag.



GLUTEN



DAIRY

TWINKIE CAKE

Submitted by: Jessica Wallis

INGREDIENTS:

| | |
|---|-------------------------------------|
| One package (18 1/4oz) yellow cake mix | <i>For topping:</i> 5 tbsp flour |
| One package (3.4oz)in- stant vanilla pudding mix | 1 cup milk |
| 1/2 cup shortening | 1/2 cup butter, softened |
| 1 cup water | 1/2 cup shortening |
| 4 eggs | 1 cup sugar |
| | 1 tsp vanilla |
| | 1/2 tsp salt |

DIRECTIONS:

1. In a mixing bowl the cake mix pudding mix and shortening on low speed until crumbly. Add the water and eggs beat on medium for two minutes. Pour into a greased and floured 13 x 9 x 2 baking pan.
2. Bake at 350° for 30 to 35 minutes or until done. Cool for 10 minutes then on wire rack cool completely.
3. Meanwhile in a sauce pan combine flour and milk until smooth bring to a boil cook and stir for two minutes or until thickened. Cool completely!
4. In a mixing bowl cream the butter shortening sugar vanilla and salt be in the milk mixture until sugar is dissolved makes about five minutes split cake and spread icing.



Hill District

HILL DISTRICT

DID YOU KNOW?

- 1910 the Hill attracted migrants from all over the country, particularly from the rural south. This led to a vibrant and diverse social landscape.
- The Hill district was home to one of the most vibrant jazz scenes in the country.
- The Crawford Grill was a well known club for jazz musicians such as Art Blakey, Errol Garner and Dizzy Gillespie to perform.
- George Benson and August Wilson were born and raised in the Hill District.
- The Hill district was the setting for many of August Wilson's plays.

UGALI

Submitted by: Amina Zidi

"When you eat ugali, you are strong!
We eat ugali two or three times a week."

INGREDIENTS:

5-6 Cups water
3 Cups cornmeal

DIRECTIONS:

1. Boil water
2. Add cornmeal and wait until the water boils again.
3. Turn the heat down and stir.
4. When it thickens, it is done!

Ugali is eaten with meat or vegetables.

COCONUT FLAN

Submitted by: Yaris Alomar

"This is a dessert that my great-grandmother always made for family and Christmas celebrations; she passed away five years ago, so I always do it to honor the tradition."

INGREDIENTS:

5 eggs
1 can cream of coconut
1 can condensed milk
1 can coconut milk
For caramel: 1 Cup sugar

DIRECTIONS:

1. Preheat oven to 350 F.
2. Melt the sugar using a small pot with water. Drizzle the melted sugar (caramel) into bottom of a baking pan.
3. Using an electric mixer beat the milk and eggs. Pour over melted sugar.
4. Place the baking pan inside a large roasting pan. Fill roasting pan with enough water to come up half way of the baking pan. Cover with foil.
5. Bake until center jiggles slightly when pan is moved. Remove from oven and let cool for 30 minutes.
6. Refrigerate for 3 hours.



ROASTED SWEET POTATO ROUNDS

Submitted by: Sarah Blair

"I really like making this because my twins love it."

INGREDIENTS:

2 large sweet potatoes, peeled and cut into ½ inch rounds
2 Tbsp Olive oil
2 Tbsp honey
½ tsp ground cinnamon

DIRECTIONS:

1. Preheat oven to 450. In large resealable plastic bag, add all the ingredients.
2. Shake until combined and the rounds are evenly coated.
3. Place rounds on non-stick baking sheet. Bake for 15 minutes.
4. Remove from oven, turn over rounds and bake an additional 10 minutes.

GRANDMA'S DIP

Submitted by: Brooks Family

"It's always been a dish at every event. I have to make an extra dip for the kids so they don't eat all of it."

INGREDIENTS:

- 1 Cup sour cream
- 1 Cup cream cheese
- Garlic salt
- Original potato chips and/or pretzels

DIRECTIONS:

1. Empty sour cream and cream cheese into a mixing bowl and stir until you have a smooth texture. Add garlic salt to your taste.



"JAPANESE PIE"

Submitted by: Heather & Jones Family

"This was my late grandmother's recipe she would bake Japanese pie every holiday."

INGREDIENTS:

- 1 stick of butter, melted
- 1 Cup sugar
- 2 Eggs
- 1 tsp vanilla
- 1 tsp vinegar
- ½ Cup raisins
- ½ Cup pecans
- ½ Cup coconut
- 2 unbaked pie shells

DIRECTIONS:

1. Preheat oven to 350°F.
2. First melt butter and mix in sugar, stir until sugar dissolves. Pour in a bowl and add vinegar, beaten eggs, raisins, pecans, coconut. Put in pie shell, filling it halfway. If extra filling, use second pie shell for remaining mixture.
3. Bake in oven for 50 minutes.



VEGGIE CHILI

Submitted by: Taneisha Freeman

"It is a family tradition,
we like to have it when we are all together."

INGREDIENTS:

- 1 lb. ground beef
- 2 12-oz cans vegetarian beans
- 1/3 cup maple syrup
- 1/3 cup sugar
- 1 package chili seasoning
- 1/2 onion, chopped
- 1/4 cup green peppers, chopped

DIRECTIONS:

1. First brown the ground beef. Then put all of the ingredients in the crock-pot.
2. Set crock-pot to medium for about an hour to an hour and half.

OVERNIGHT OATS

Submitted by: Jessica

"I love this breakfast because I can prepare a week's worth on Sunday, then I just grab and go in the mornings when I don't have a lot of time."

INGREDIENTS:

- 1/2 Cup oats
- 1 Tablespoon chia seeds
- 1/2 Cups of almond milk
- 1 teaspoon maple syrup
- Almonds
- Blueberries
- Pumpkin seeds
- Sunflower seed

DIRECTIONS:

1. In a container add the oats, chia seeds, almond milk, and maple syrup. Stir, then cover and put mixture into the fridge overnight.
2. In the morning, add almonds, blueberries, pumpkin seeds, and sunflower seeds to the mixtures and your overnight oats are ready to eat!



KING RANCH CHICKEN DIP

Submitted by: Jessica

"This dish is a hit at every family gathering, and because it is so simple to make we have it often."

INGREDIENTS:

| | |
|--|-------------------------------|
| 4 boneless chicken breast | 1 small onion |
| 1 can Rotel diced tomatoes/green chili | 1 Tablespoon of minced garlic |
| 16-oz. Velveeta cheese | 1 teaspoon salt |
| 1 can cream of chicken | 1 teaspoon pepper |
| | 1 bag of tortilla chips |

DIRECTIONS:

1. In a pot, bring chicken, salt, pepper, onion, and garlic to a boil. Once the chicken is cooked all the way through, shred or chop chicken into small pieces (you want it small enough to eat with a chip).
2. In a slow cooker, add the Rotel, cream of chicken, Velveeta cheese, and shredded chicken. Set heat to medium.
3. Stir occasionally, until Velveeta cheese has completely melted. Then turn the slow cooker to warm and enjoy!
4. If dip is too thick, add milk or a little water to thin it out.



RICE AND CHICKEN (WALI-NA-KUKU)

Submitted by: Shekha Hussein

"My family's mouths water because of the flavor this food has!"

INGREDIENTS:

1 cup rice
½ teaspoon garlic
½ teaspoon vegeta seasoning
½ Cup chopped onion
½ Cup chopped celery
10 pieces of chicken
Oil

DIRECTIONS:

1. Cut onion, garlic and celery. Then add spices these ingredients in a pot with oil over medium heat.
2. Add rice and hot water into the pot. Stir
3. Cover the pot, but not completely. When water starts to boil and the water level goes down, reduce heat and cook slowly.
4. When the water is gone, the rice is ready.
5. While rice is cooking, add vegeta seasoning to chicken and bake. Other meats can be substituted.

DEEP FRIED ZUCCHINI

Submitted by: Nakisha Powe

"My mom has a thing about our family not eating enough veggies."

INGREDIENTS:

2 fresh zucchini
2 mozzarella cheese sticks
1 egg, beaten
1 Cup bread crumbs
Oil

DIRECTIONS:

1. Cut the zucchini in half.
2. Take a utensil and gut out the middle of the zucchini big enough to add the cheese stick.
3. Cut the zucchini in circle form
4. Dip in the egg and then in the bread crumbs
5. Fry them in hot oil until they are golden brown



BAKED MACARONI & CHEESE

Submitted by: Chris Dunkerley, Office of Child Development

"My mom makes the best mac & cheese in the world!
The key is to let it brown on top."

INGREDIENTS:

| | |
|-----------------------|-----------------------|
| 16 oz. Elbow Macaroni | 1 teaspoon salt |
| 2 tablespoons butter | 1/8 teaspoon pepper |
| 2 tablespoons flour | 8 oz. Velveeta cheese |
| 2 Cups milk | (cubed) |

DIRECTIONS:

1. Cook and drain macaroni. Pour into a 9" x 13" buttered casserole dish. Set aside.
2. In a saucepan melt butter. Whisk in flour and slowly adding milk, continue to whisk until it start to thicken. Add salt and pepper. Mix well.
3. Add cubed Velveeta cheese and whisk until completely melted.
4. Pour cheese sauce over macaroni and stir until completely coated.
5. Bake at 350°F for 35-45 minutes. Serves 6.



LIMA BEAN SOUP

Submitted by: Yvette Fuller, Early Head Start Region 3

"Lima Bean Soup was one of the staples in my family growing up as a child. We always knew my grandmother would have a pot of soup waiting whenever the weather was cold and/or rainy. There were so many family conversations around this special bowl of soup.

Although my grandmother is no longer with us, I still carry on the tradition with my children, family and friends; each bowl always reminds me of her. Enjoy!"

INGREDIENTS:

- 1 (1-pound) package of Lima Beans
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 2 bay leaves (optional, please discard from soup before serving)
- 1 clove of garlic, chopped
- 1 pound of smoked meat (your choice of meat and cut)
- 2-3 cups of water
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS:

1. Sort beans and rise
2. Soak beans overnight in water
3. Put all of the ingredients in the slow cooker and stir well. Beans and meat should be fully covered by liquid; add more water while cooking if necessary or to desired thickness.
4. Cover and cook on low for 8-10 hours (or on high for 4-6 hours)
5. Add salt and pepper to taste

**Note: This dish goes well with rice and/or cornbread!*

EASTER RICE PIE

Submitted by: Denise Casino, Office of Child Development

"Grandma (Nona's) recipe from Italy. She yelled when we ate the raw dough saying it would grow in our stomach and make us sick!"

INGREDIENTS:

| | |
|--------------------------------|---|
| ¾ Cup powdered sugar | <i>For crust, if not opting for store bought pie crust:</i> |
| 3 Large eggs | |
| 2 Tablespoons vanilla | |
| 1 Tablespoon orange zest | 1 ¼ Cup flour |
| 15 oz. Ricotta cheese | ½ Cup shortening |
| ½ Cup short grain, cooked rice | 3 Tablespoons cold water |

DIRECTIONS:

1. For crust: Blend flour and shortening – don't overmix. Add cold water a little at a time. Mix with hands, roll into ball and refrigerate at least 30 minutes.
2. For filling: Mix all but rice in blender or with a mixer. Stir in rice. Pour into raw pie shell.
3. Bake at 375°F for 35-40 minutes.



SWEET POTATO PIE

Submitted by: Annette Sabatini, Office of Child Development

"I didn't include the pie crust recipe because you can buy the pie shells! As a young child 8-9 years old, I would watch my Auntie make sweet potato pies. When I was older I asked for the recipe and she would say you feel the dough until it's right – I wanted to know the measurements and she said you have to taste it as you go!"

INGREDIENTS:

| | |
|-------------------|------------------------------|
| 6 yams | Can milk |
| 2-3 eggs | 1 tablespoon flour |
| Vanilla pudding | ½ tablespoon vanilla extract |
| 5 shakes cinnamon | |
| 4 shakes nutmeg | ¼ teaspoon lemon juice |
| | Sugar to taste |

DIRECTIONS:

1. Cook yams until soft, add spices and flavor to yams. Add lemon juice, mix until smooth. Add milk and pudding. Add 1 egg at a time, continuing to mix, add vanilla extract. Then add flour until the mixture is consistency of pudding. Add sugar until the mix is sweet.
2. Place mixture in pie shells – yield 2-3 8" pies.
3. Bake at 350°F for 90 minutes or until crust is golden brown – pie filling should be bright orange.



PIZZA STEAK

Submitted by: Ann Bisceglia, Office of Child Development

"This was my son's favorite meal when growing up. He still asks me to make it for him on his birthday."

INGREDIENTS:

16-20 oz. of round beef steak at least 1 inch thick
½ Cup flour
14.5-oz jar pizza sauce
1/3 Cup grated parmesan cheese
1 Cup shredded mozzarella cheese
Italian seasoning

DIRECTIONS:

1. Dip the steak in flour. Place in crockpot. Cover with pizza sauce. Sprinkle with Italian seasoning.
2. Cook for 6-8 hours.
3. Top with cheeses just prior to serving. Cover until cheeses are melted.
4. Serve with pasta.



BAKED OATMEAL

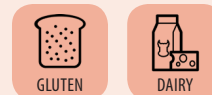
Submitted by: Delilah Miller

INGREDIENTS:

½ Cup butter
1 Cup maple syrup
2 eggs, beaten
3 Cups oats
2 teaspoons baking powder
1 teaspoon salt
1 Cup milk

DIRECTIONS:

1. Cream together first three ingredients (butter, maple syrup, eggs). Add rest to creamed mixture.
2. Bake in 10" x 10" pan at 350°F for 20-30 minutes.



SWEET CINNAMON BISCUITS

Submitted by: Donna Sarneso, Office of Child Development

"I began making these biscuits over 20 years ago for my family. They are easy and delicious! My nieces and nephews love them and whenever we are together they expect that I will make them and I do!!"

INGREDIENTS:

2 Cups flour
1 Tablespoon baking powder
1 teaspoon salt
¼ Cup vegetable oil
¾ Cup buttermilk
6 Tablespoons butter, softened
½ Cup sugar
1 teaspoon cinnamon

DIRECTIONS:

1. Preheat oven to 400°F. Grease an 8 or 9 inch round pan with 1 Tablespoon butter (or cooking spray).
2. Combine flour, baking powder, salt, and baking soda. Mix, then stir in vegetable oil. Add buttermilk and stir until blended and dough forms.
3. Gently knead dough on a lightly floured surface until smooth. Roll dough into a 15" x 8" rectangle. Spread remaining butter over dough.
4. Combine sugar and cinnamon in small bowl. Sprinkle over the buttered dough. Press sugar mixture lightly into dough. Roll up the rectangle – starting from the long side.
5. Pinch seams to seal the dough. Cut rolls into 1 ½ inch slices. Arrange slices, cut side up, in the greased pan.
6. Bake until lightly browned, 15-20 minutes. Serve warm or at room temperature.



KIMCHI STEW

Submitted by: John Kim, Office of Child Development

"My mother worked many jobs cleaning homes and offices so this slow cooker meal allowed my sister and I to enjoy a nice Korean meal when we got home. She brought this recipe over from Seoul when we immigrated to the U.S. when I was five years old."

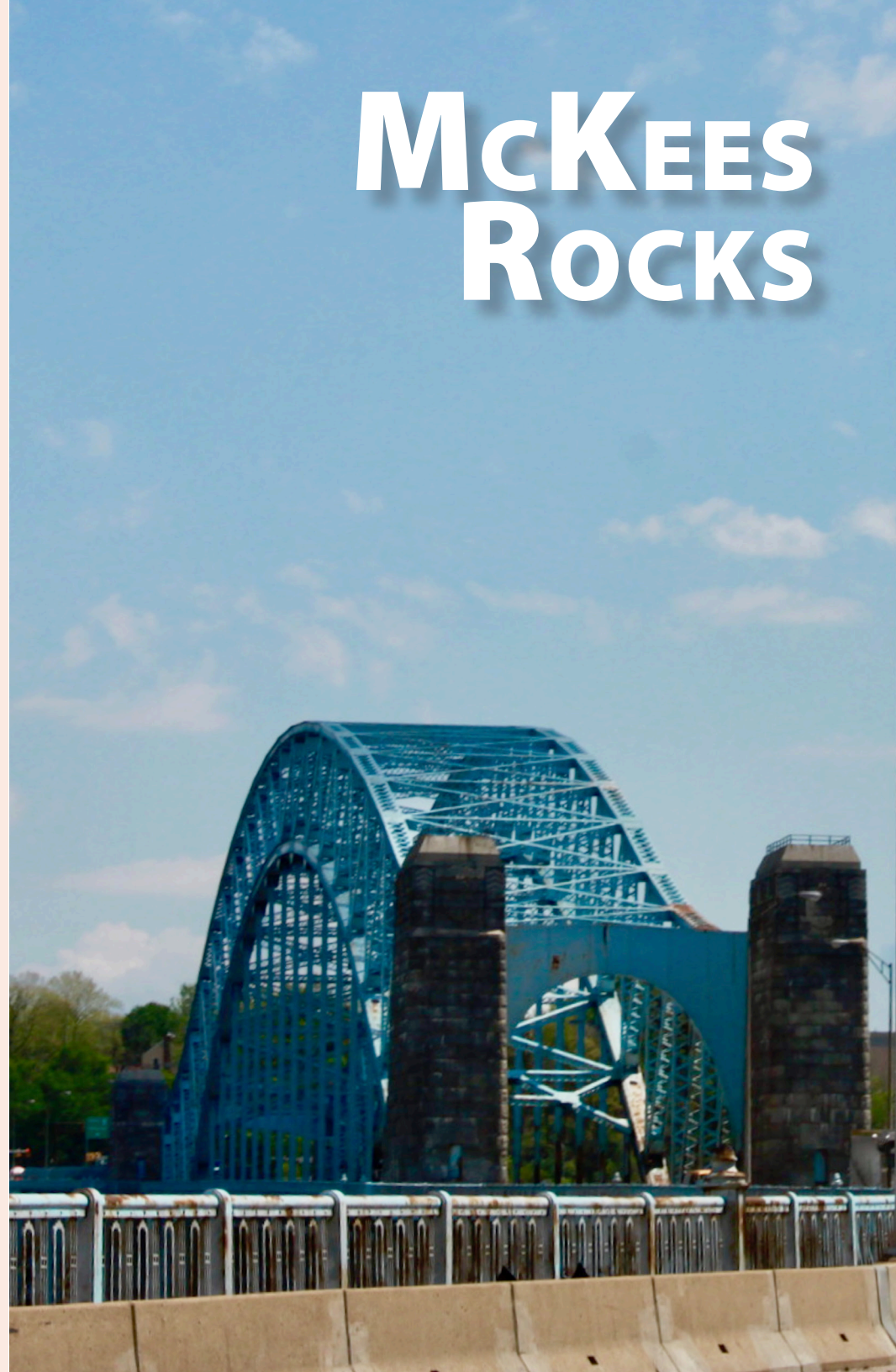
INGREDIENTS:

| | |
|---------------------------------|--|
| ¼ lb. pork bacon or hot dogs | 2 Tablespoons gochujang (Korean red chili paste) |
| 1 teaspoon sesame oil or butter | 4 cups chicken stock |
| 1 teaspoon soy sauce | 4-5 cups kimchi |
| 1 pack of extra firm tofu | 2-3 cloves garlic |
| Green onions chopped | 2-3 Tablespoons red pepper for additional spice |

DIRECTIONS:

1. Place meat in slow cooker with oil or butter
2. Add kimchi, garlic, gochujang, soy sauce.
3. Cover and cook on low for 6-8 hours.
4. Add green onions and tofu. Add more spices to increase spice level.
5. Cook for another hour. Enjoy over rice!

McKEES ROCKS



McKEES ROCKS

DID YOU KNOW?

- Also known as “The Rocks”.
- Known for railroad machine shops that were manufacturers of locomotives, freight and passenger cars.
- The Pittsburgh, Allegheny and McKees Rocks Railroad is located along the river in the “Bottoms”.
- The McKees Rocks bridge is the longest bridge in Allegheny County (7,293 feet or 2.22 miles).
- The borough derives its name from trader Alexander McKee, who also served as an Indian agent. He was given a 1,300-acre tract of land in 1764 for his services during the French and Indian War.

CHICKEN AND POTATOES

Submitted by: Sabha Moussa

“It’s an easy and delicious recipe and my kids love it!”

INGREDIENTS:

- 3-5 lb. potatoes
- 2 whole chickens (cut up)
- 1 Tbsp. salt
- 1 Tbsp. pepper
- 1 Tbsp. garlic
- 1 Tbsp. cumin
- 1 Tbsp. coriander
- ½ Tbsp. cayenne pepper
- ½ cup olive oil

DIRECTIONS:

1. Heat oven to 350 degrees.
2. Put all spices and olive oil in a bowl and mix it.
3. Slice the potatoes in round slices. Rub potatoes with spice mixture then place in a large roasting pan.
4. Lastly, rub the chicken with the remainder of spice mixture and put cut up chicken pieces on top of potatoes.
5. Cook for 1 hour then check chicken temperature.

RICE PUDDING

Submitted by: M. Guring

"Children and adults like this after meals!"

INGREDIENTS:

- 1 quart milk
- 1 cup rice
- 1 cup sugar
- ½ cup shredded coconut
- ¼ tsp. cloves
- 1 Bay leaf
- 1/8 tsp. black pepper
- ½ cup raisins
- 2 Tbsp. unsalted butter
- ½ cup cashews

DIRECTIONS:

1. Boil milk for 5 minutes. Add rice and cook for 30 minutes.
2. Add coconut, cloves, bay leaf, black pepper, raisins and cashews and let cook for an additional 10 minutes.
3. Add butter and sugar. Cover and let sit for 15 minutes then remove bay leaf.
4. Serve warm, room temperature or chilled.



CHOW MEIN

Submitted by: Budha Gurung

INGREDIENTS:

- | | |
|-------------------------------|--------------------------|
| ½ box spaghetti | ½ bunch cilantro |
| 1 onion | 1 Tbsp. soy sauce |
| ½ cup oil | 5 or 6 green chili (hot) |
| 1 cabbage, cut in thin strips | 1 tsp. chili powder |
| 1 cup chickpeas | 2 tomatoes, diced |
| meat (optional) | salt to taste |

DIRECTIONS:

1. Boil spaghetti then drain. Add oil to spaghetti.
2. In a frying pan cook chickpeas, tomato and cabbage. Add spaghetti to fried vegetables.
3. Add seasonings.
4. Chop chili peppers into small pieces and then add to mixture.
5. Add chili powder and soy sauce. Cook together for 5 minutes.
6. Serve with chopped onion, a squeeze of lemon and cilantro.



Note: If you add meat fry with vegetable mixture.

BANANA SUSHI

Submitted by: Theresa Gordon

"Easy to make with kids of all ages!"

INGREDIENTS:

- 2 or 3 bananas
- 1 box rice krispies cereal
- 1 jar peanut butter (can substitute a nut free spread)

DIRECTIONS:

1. Slice bananas.
2. Cover sides of bananas with peanut butter.
3. Roll into Rice Krispies cereal.

BAKED BEANS

Submitted by: Latasia Walker

"This is a great side dish for a cook out, and easy to make!"

INGREDIENTS:

- 3 cans brown sugar baked beans
- ¼ cup maple syrup
- ¼ cup white sugar
- Hot dogs, optional

DIRECTIONS:

1. Mix everything together in an oven proof baking dish.
2. Bake at 300 degrees until brown and bubbly on top.



HONEY GLAZED SALMON

Submitted by: Jenea Green

"I like to make this because our family has a shellfish allergy but love fish. So I found something I could cook and not have a reaction."

INGREDIENTS:

½ cup honey
half of lemon
lemon pepper seasoning
salt
½ stick butter
2 lb. skinless salmon, thawed

DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Wash salmon set in a piece of foil (big enough to fold over).
3. Place the butter around the salmon and pour ¼ cup honey evenly across salmon.
4. Squeeze lemon on salmon and add salt and lemon pepper.
5. Cook 20 minutes flip over and add more honey and cook additional 20 minutes.



CRAB MUFFINS

Submitted by: Budha Darjee

"Easy to make with kids of all ages!"

INGREDIENTS:

2 cans crabmeat
1 ½ tsp. mayonnaise
1 ½ tsp. garlic
1 jar old English spread
1 package softened cream cheese
English muffins, split

DIRECTIONS:

1. Mix all ingredients. Spread on muffin then freeze 12 hours.
2. Then cut into quarters and freeze again 12 hours.
3. When ready to serve remove from freezer and heat on cookie sheet at 350 degrees.



BROWNIES

Submitted by: Demia Horsley

"[I like to] add nuts, m&m's or candies for a unique brownie experience!"

INGREDIENTS:

- 2 eggs
- ½ cup all purpose flour
- ¼ tsp baking powder
- 1/3 cup cocoa powder, unsweetened
- ¼ tsp salt
- 1 tsp vanilla
- 1 cup white sugar
- ½ cup butter

DIRECTIONS:

1. Sift all dry ingredients in medium bowl.
2. Melt butter and set aside to cool slightly.
3. In another medium bowl beat two eggs and vanilla.
4. Add in and gently stir dry ingredients.
5. Pour the melted butter into brownie mixture and mix until just incorporated.
6. Spread batter into 8 inch square pan. Bake for 20-22 minutes at 350 degrees.



CREAMY BROCCOLI APPLE SALAD

Submitted by: Shawn Duquette

"This broccoli apple salad recipe is easy to make with plenty of crunch. You can add bacon or not it tastes great either way. It uses a lower in fat dressing by including yogurt for part of the mayonnaise. I used a whole head of broccoli when making this and added up the other ingredients accordingly. It doesn't take a whole lot of dressing. Can make ahead of time just add nuts and bacon one hour prior to serving."

INGREDIENTS:

- | | |
|-------------------------------|--|
| 2 large apples, diced | ½ cup mayonnaise |
| 4 cups fresh broccoli, cut up | ½ cup greek yogurt |
| ½ cup dried Cranberries | 1/8 tsp. pepper |
| ¼ cup red onion, diced | ¼ tsp salt |
| ½ cup carrots, peeled and cut | 1 Tbsp sugar |
| 2 Tbsp. lemon juice | ½ cup pecans, almonds, pistachios or sunflower seeds |

DIRECTIONS:

1. Prepare the produce in a large bowl and sprinkle with lemon juice.
2. Spoon blend the spices and mayo and greek yogurt.



BANANA PUDDING

Submitted by: Marease Robinson

"This banana pudding is special to me because my grandma who raised me introduced it to me. The first time I tasted it I fell in love. Every holiday she was expected to make it, until I learned from watching her. We had to cook the pudding before, and now we make the instant pudding and its fun and easy to make with the kids."

INGREDIENTS:

Bananas
Banana instant pudding
Whip cream
Vanilla wafers

DIRECTIONS:

1. Made pudding by following directions on pudding box.
2. Layer pan with vanilla wafers and sliced bananas.
3. Pour pudding over top and repeat until you get to the top of the pan.
4. Spread whip cream across to and refrigerate for 20 minutes then serve.



Momo

Submitted by: Muna Dhungana

INGREDIENTS:

Ready made wrappers
1 head cabbage
3 small red onions
2 Tbsp. of oil
Salt
Momo masala (spice mixture)

DIRECTIONS:

1. Chop cabbage in small pieces and then squeeze out any water.
2. Grind onion in blender or food processor.
3. Mix all ingredients together then wrap in wrappers.
4. Steam for about ten minutes.



STRAWBERRY PRETZEL SALAD

Submitted by: Marchelle Haygood

INGREDIENTS:

2 cups of crushed pretzels
¾ cup melted butter
3 Tbsp. and ¾ cup sugar
1 8oz. package of cream cheese
1 8oz. container of cool whip
2 3oz. packages of strawberry gelatin
2 cups of boiling water
2 10oz. packages frozen strawberries
1 8oz. can of crushed pineapple
whipped topping for garnish (optional)

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. For the crust, mix the pretzels, butter and 3 Tbsp. of sugar. Press mixture into a 9x13 pan and bake for 7 minutes. Set aside and let cool.
3. In a mixing bowl, beat together cream cheese and ¾ cup sugar. Fold in whipped topping and spread over cooled crust. Refrigerate until well chilled.
4. In another bowl, dissolve the gelatin in boiling water and allow to cool slightly. Add the strawberries and pineapple, and pour over cream cheese mixture. Refrigerate until serving time.
5. To serve, cut slices and serve with a dollop of whipped topping.



CHATPATA

Submitted by: Bimala Hamal and Tila Chhetri

“Favorite Nepali dish. It’s quick to make and very convenient.”

INGREDIENTS:

1 onion
1 tomato
1 chili pepper
½ bag fried rice
Salt to taste
Lemon juice (fresh squeezed lemon)

DIRECTIONS:

1. Cut chili pepper, onion and tomato into small pieces together. Mix all together.

DEVEILED EGGS

Submitted by: Sue Stiffler

“When our boys were young I tried to make nutritious and delicious snacks. I also wanted them to be simple enough so the kids could help. This is one of our favorites.”

INGREDIENTS:

6 hard-boiled eggs
1 tsp. Worcestershire sauce
¾ tsp. yellow mustard
½ tsp. salt
1/8 tsp. pepper
1 Tbsp. mayonnaise
1 Tbsp. butter, softened
2 tsp. vinegar

DIRECTIONS:

1. Cut hardboiled eggs in half lengthwise.
2. Scoop out yolks, place in bowl and mash with a fork.
3. Add remaining ingredients and mix well.
4. Spoon yolk mixture into egg whites.
5. Put on a plate or tray and sprinkle with paprika if desired.

ROTI

Submitted by: Mon Monger

INGREDIENTS:

1 cup sooji flour
2 cups white flour
2 cups durum wheat flour
1 tsp. baking soda
½ cup sugar
1-2 bananas
1 ½ - 2 cups milk, more if needed
oil for pan
sweetened condensed milk to pour over when ready to eat.

DIRECTIONS:

1. Mix dry ingredients in a bowl. Add banana. Add milk until pancake like consistency.
2. Heat Oil in skillet (just enough to cover bottom).
3. Using big spoon or cup, pour mixture in swirling motion to about size of a big waffle.
4. Fry until brown then flip and fry the other side. Serve immediately with sweetened condensed milk.
5. Enjoy with potato curry, greens or Nepali tea.



TABBOULEH LETTUCE SALAD

Submitted by: Aisha Al Mohammad

INGREDIENTS:

| | |
|---------------------------|---|
| ½ cup bulgur | 4 chopped tomatoes |
| 1 ¼ cup water | 2 heads romaine, chopped |
| 2 lemons (juiced) | ½ head red cabbage, chopped fine |
| 1 tsp. salt | 2 cucumbers, chopped |
| ½ tsp lemon salt | 3 peppers (red, yellow or orange) chopped fine |
| ½ tsp. cayenne pepper | 2 bunches parsley, chopped |
| ½ tsp. cumin | |
| 2-3 garlic cloves, minced | |
| 4 Tbsp. mint, chopped | |
| ½ cup olive oil | |

DIRECTIONS:

1. Bring water to boil and pour in bulgur, stir and cover. Turn off heat and let stand 20-25 minutes or until most liquid is absorbed and bulgur is fluffy and tender. Pour off remaining water.
2. Mix the next 8 ingredients together in small bowl and then add to cooked bulgur.
3. Combine vegetables then add to bulgur mixture and enjoy.

DUMP CAKE

Submitted by: Tamika and DeVante

"Easy and delicious for busy families."

INGREDIENTS:

- 1 can crushed pineapples
- 1 box yellow cake mix
- 2 sticks butter
- 1 can pie filling (cherry or strawberry)

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Grease pan. Dump pineapples in pan.
3. Dump in pie filling.
4. Sprinkle cake mix evenly over mixture.
5. Melt butter and pour over cake mix.
6. Bake 50 minutes or until brown.



HONEY GLAZED PORK CHOPS

Submitted by: Stennetta

INGREDIENTS:

- 3-4 boneless pork chops
- 1 Tbsp. Olive oil
- ¼ Tbsp. seasoning salt
- ¼ Tbsp. garlic
- salt and pepper to taste
- 2 Tbsp. Honey

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Add olive oil, garlic, seasoning salt and stir to mix.
3. Add the trimmed pork chops to the mixture and turn to coat.
4. Add remaining seasoning mix and honey to top of pork chops.
5. Bake for 25-30 minutes.

SAMOSA

Submitted by: Dypia Nepal

"It is tasty!"

INGREDIENTS:

4-5 potatoes
1 bag green beans
1 onion
4 Tbsp. curry powder
1 clove garlic, diced
1 Tbsp. ginger, smashed (or ginger paste)
Chili, to taste
Garam masala, to taste
Salt, to taste
1 pkg. roti wrappers
oil

DIRECTIONS:

1. Cut potatoes in chunks. Boil potatoes and green beans together for 15 minutes.
2. Cut onion and chili. Cook with potatoes and beans in curry, garlic, onion, masala, salt for about 5 minutes.
3. Assemble wrappers and fill with mixture and close and seal.
4. Deep fry until light golden brown.



FRIED RICE

Submitted by: Geeta Siwa

"My family likes this because it tastes good and is healthy.
And it smells good when its cooking."

INGREDIENTS:

3 cup rice
½ tsp black pepper
1 tsp cloves
2 Tbsp. butter
2-3 bay leaves
2 oz. cashews
1 oz. coconut
1 oz. raisins

DIRECTIONS:

1. Cook rice.
2. Heat up butter in pan.
3. Add the all of the ingredients to hot pan and fry 5-10 minutes.
4. Add rice and fry an additional 5-10 minutes.



BUFFALO CHICKEN LASAGNA

Submitted by: Roxie Ritenour

"Found this on pinterest and made it.
The kids didn't like it but the adults loved it."

INGREDIENTS:

10 lasagna noodles
2 cups cooked, shredded chicken
4 oz. cream cheese
1 ½ cup shredded cheddar jack cheese
¼ cup blue cheese crumbles
1/3 cup Buffalo sauce
1 tsp. garlic powder
1 tsp. onion powder
1 cup milk
salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Add lasagna noodles to a large pot of boiling water. Cook to al dente. Drain and set aside.
3. In a large sauce pan over medium heat add in cream cheese, blue cheese and milk. Whisk until smooth. Sprinkle in the garlic and onion powder.
4. In a large bowl, combine chicken, half of the shredded cheese and buffalo sauce. Stir and set aside.
5. To assemble, put a spoonful of sauce on each lasagna noodle. Next, spread the chicken mixture evenly and roll up.
6. Put some of the sauce on bottom of casserole dish. Place each lasagna roll up on to the sauce.
7. Pour the remaining sauce on the lasagna roll-ups. Sprinkle with remaining shredded cheese and buffalo sauce. Top with blue cheese crumbles.
8. Cover and bake 20-25 minutes. Uncover and bake 5 more minutes. Let stand 5 minutes.



MAGLOOBA

Submitted by: Iman Alali

"A popular Syrian dish
for a family gathering."

INGREDIENTS:

½ lb. potatoes
½ lb. cauliflower
½ lb. eggplant
1 lb. rice
1 Tbsp. salt
1 Tbsp. pepper
2 lb. chicken
1 cup oil
7 bay leaves
4 cardomom

DIRECTIONS:

1. Boil chicken with all the seasonings. When cooked take out and strain the broth.
2. Fry all the vegetables and chicken separately.
3. Make layers of vegetable then put rice on top of the vegetables.
4. Take the broth and put it on top of the vegetables and rice.
5. Let it cook for 30 minutes on low heat.

CREAMY CHEESY CHICKEN

Submitted by: Carrie Tobin

INGREDIENTS:

Cream of chicken soup, family sized can
4 Chicken breasts, thawed
16 oz. bag of frozen broccoli, cauliflower and carrots
2 ½ cups of shredded cheddar cheese
seasoning of choice

DIRECTIONS:

1. Mix everything in slow cooker.
2. Cook on low for 4-6 hours.



BAKED CHICKEN AND POTATOES

Submitted by: Kendra Bracey

"Can serve with green beans, corn or rice."

INGREDIENTS:

4 Chicken breasts, thawed
7 potatoes, cut in chunks
4 Tbsp. butter
Mrs. Dash Garlic and Herb seasoning

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Season chicken on both sides and place in deep dish pan.
3. Cook for 1- 1 ½ hours then add cut potatoes and butter.
4. Cook an additional 30 minutes.



CHATPATA

Submitted by: Rebika Ranpheli

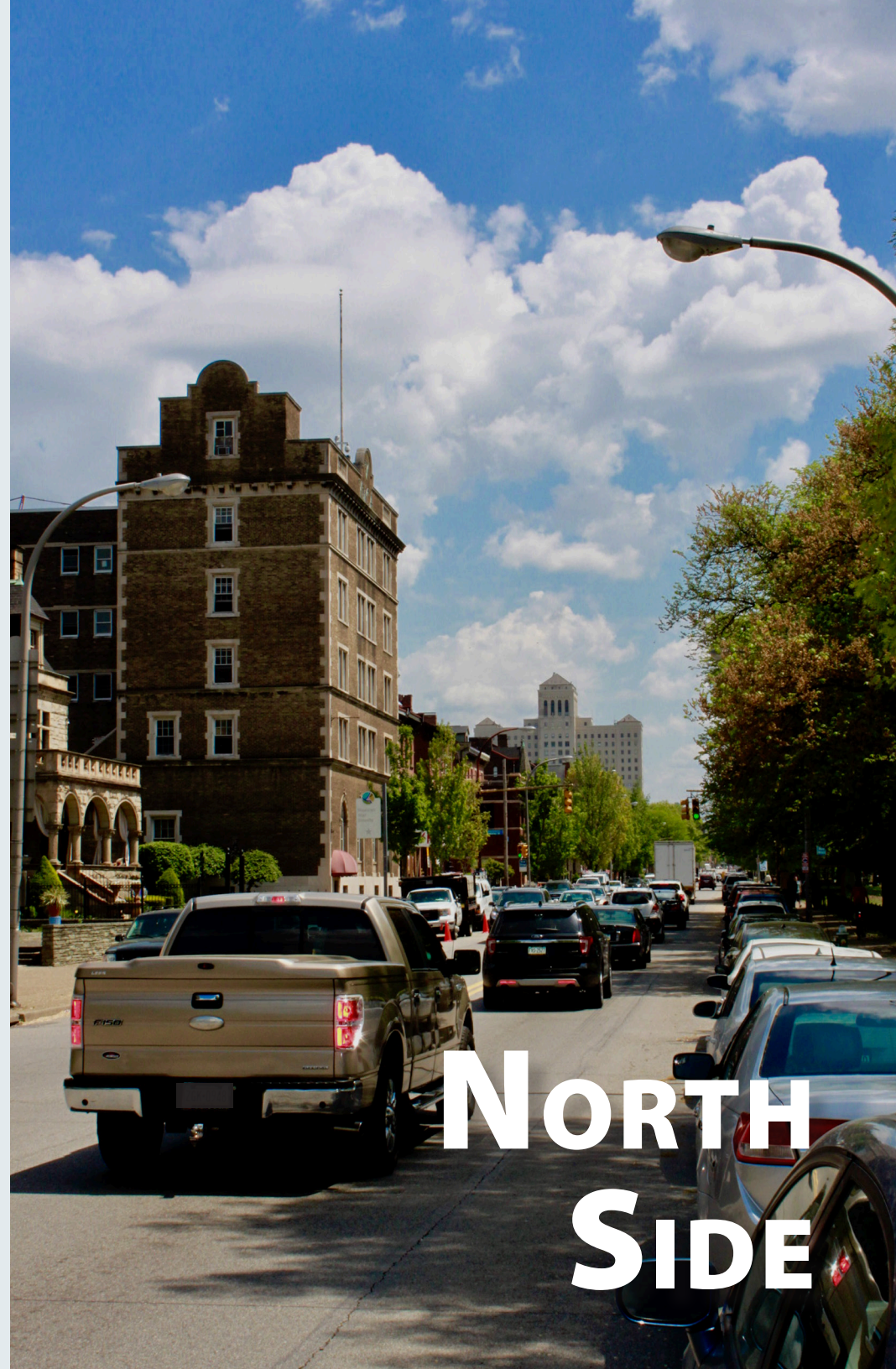
"It is occasionally good to eat for refreshment if you're feeling bored, sleepy or lazy. It will refresh.
Eat like a snack during day time."

INGREDIENTS:

| | |
|----------------------|----------------------|
| 2 bags puffed rice | 1 Tbsp. white radish |
| 4 oz. dried peas | (mula) |
| 4 oz. fresh peas | 1 dalmut |
| 4 oz. Gram (Lentils) | 1 bunch of cilantro |
| 1 chili pepper | salt, to taste |
| 1 onion | Mustard seed |
| 1 tomato | lemon, to taste |
| 1 cucumber | |

DIRECTIONS:

1. Fry mustard seed in hot pan for a few seconds (will make a popping sound). Grind the seeds.
2. Chop onion, radish, cucumber and cilantro.
3. Mix all ingredients.



NORTH SIDE

DID YOU KNOW?

- Northside is made up of 19 contiguous neighborhoods.
- Allegheny Pennsylvania was the original name for the North side region. It became the City of Allegheny in 1880. In 1907 was annexed by Pittsburgh.
- George Washington Gale Ferris Jr. lived on Arch Street when he created the Ferris wheel.
- The first World Series was played at Exposition Park by the Pittsburgh Pirates and the Boston Americans (now the Boston Red Socks) in 1903.
- The Rooney family (Owners of the Pittsburgh Steelers) made their home on the Northside.

5 CUP SALAD

Submitted by: Katie Joyce

"This is something my mom always made easy for parties & extra dessert."

INGREDIENTS:

- 1 11oz. can mandarin oranges, drained
- 1 8oz. can crushed pineapple, drained
- 1-2 cups miniature marshmallows
- 1 cup flaked coconut
- 1 tub of Cool Whip

DIRECTIONS:

1. Mix all ingredients together.
2. Refrigerate until chilled.
3. Enjoy!



SEA SHELL MACARONI

Submitted by: Christina

"My mom always made me this dish when I was little. It's a cheap and quick meal that feeds a lot of people and it's healthy, too!"

INGREDIENTS:

1 onion, medium, chopped
2 green peppers, chopped
1 ½ lbs. ground beef
20 oz. can diced tomatoes
46 oz. can V8 juice
1 large box of large pasta shells
Salt & pepper

DIRECTIONS:

1. Brown ground beef and cook onions in a skillet.
2. Add beef and onions to a large sauce pan or crock-pot. Add all other ingredients, except pasta. Simmer on low.
3. Cook pasta as directed. Add pasta to crockpot and cook a few more minutes.



SPA WATER

Submitted by: Genevieve McDade

INGREDIENTS:

½ orange, sliced
½ cucumber, sliced
½ lemon, sliced
½ lime, sliced
2-3 sprigs of mint
64-oz. water

DIRECTIONS:

1. Place all ingredients in a pitcher and stir. Cover and chill in the fridge for 2-4 hours before serving.
- Try different combinations of your favorite fruit and herbs!

FRENCH TOAST BAKE

Submitted by: Katie Joyce

"We started this as a family tradition about 9 years ago when our first child was born. We did this on Christmas, Easter, Thanksgiving mornings, and any other special days. Or when we have company!"

INGREDIENTS:

| | |
|---------------------------------|----------------------|
| 2 cans Pillsbury cinnamon rolls | ½ Cup milk |
| Butter | 2 teaspoons cinnamon |
| 6 eggs | 2 teaspoons vanilla |
| | 1 Cup maple syrup |

DIRECTIONS:

1. Preheat oven to 375°F.
2. In glass casserole dish, put melted butter on the bottom of dish. Take 2 cans of cinnamon rolls and cube them, set icing aside. Put cubes in casserole dish.
3. In mixing bowl, mix together the eggs, milk, cinnamon, and vanilla. Beat them with whisk. Pour over cinnamon rolls.
4. Take maple syrup and pour over cinnamon rolls and mixture.
5. Bake in oven at 375°F for 25 minutes.



My MOMMA'S

SPECIAL CAKE

Submitted by: Northside Family

INGREDIENTS:

Box cake (yellow/chocolate)
1 container Cool Whip
1 can sweetened condense milk
1 bag candy pieces (chocolate chips, heath bars, or M&Ms)

DIRECTIONS:

1. Bake cake as directed. Use utensil to poke holes all throughout cake. Pour sweetened condensed milk along the edge of cake and into all the holes.
2. Allow milk to soak into cake. Let cake cool.
3. Spread cool whip over the top of cake evenly. Top with candy pieces and refrigerate.



TUNA SALAD

Submitted by: Shawna Brown

"I went to a cookout and found out that they use cream cheese in the tuna and it was so good!"

INGREDIENTS:

4 cans tuna
1 cream cheese
1 cup Miracle Whip
16oz of noodles

DIRECTIONS:

1. Mix tuna and cream cheese.
2. Mix cooked noodles with tuna mixture and miracle whip altogether. Season to your liking.



CHICKEN AND GRAVY RICE

AND BISCUITS

Submitted by: Desaya Evans

INGREDIENTS:

8 pieces of chicken thighs
1 packet of gravy
1 cup rice
1 roll of biscuits
Butter
Onions

DIRECTIONS:

1. Preheat oven to 450°F. Season raw chicken with season salt, garlic, and pepper, and chopped onions. Lay in baking pan and place in oven until cooked.
2. Boil 2 cups of water for rice, put rice in hot water and cover with lid. Turn heat to low or off when cooking.
3. Boil 1 cup of water for gravy, stir until it thickens.
4. Pop biscuits in oven for the last 15 minutes and plate it up. Dinner is done!



BROCCOLI CHEESE SOUP

Submitted by: Northside Family

INGREDIENTS:

- 2 lbs. frozen broccoli
- 32 oz. fat-free chicken broth
- 1 can tomatoes
- 1 can green chilies
- 10 oz. light cheese products, such as Velveeta cheese

DIRECTIONS:

1. Combine broccoli, broth, and tomatoes. Simmer for 1 hour on stove.
2. Take off heat and add Velveeta cheese cut into chunks. Stir until melted.
3. If you like a smooth consistency, puree in a blender.



DAIRY

GARLIC LIME SHRIMP

Submitted by: Northside Family

INGREDIENTS:

- 1 lb. uncooked large shrimp
- 5 cloves garlic, minced
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 2 Tablespoon butter
- 3 Tablespoon lime juice
- 1 Tablespoon fresh parsley, minced
- 3 cups cooked pasta

DIRECTIONS:

1. In a large skillet, sauté shrimp, garlic, salt, and cayenne pepper in the butter until the shrimp turns pink – about 5 minutes.
2. Stir in lime juice and parsley. Serve on top of the pasta.



GLUTEN



DAIRY

EASY SUGAR COOKIES

Submitted by: Northside Family

INGREDIENTS:

2 ¾ cups of all-purpose flour
1 teaspoon baking soda
1 cup butter, softened
1 1/3 cups white sugar
1 egg
1 teaspoon vanilla extract

DIRECTIONS:

1. Preheat oven to 375°F. In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients.
3. Roll round teaspoonful of dough into balls and place onto ungreased cookie sheet.
4. Bake 8 to 10 minutes in the preheated oven or until golden. Let stand on cookie sheet for a few minutes before removing to cool on wire rack.



CREAMY CHICKEN

Submitted by: Emily Sacco

INGREDIENTS:

4 boneless chicken breast
1 can cream of chicken
8 oz. cream cheese
½ cup chicken broth
1 packet Hidden Valley Ranch dressing mix
1 packet dry Italian dressing mix
Rice or noodles to serve over

DIRECTIONS:

1. Throw everything into a crockpot for 4-8 hours.
2. Shred chicken.
3. Serve over noodles or rice.



SLOW COOKER LASAGNA

Submitted by: Shawna Brown

"I never knew you could cook lasagna in a crock-pot!"

INGREDIENTS:

| | |
|---------------------------|---------------------------|
| 1 lb. lean ground beef | oregano |
| 1 onion chopped | 1 (12 ounce) pkg. lasagna |
| 2 teaspoons minced | noodles |
| garlic | 12 ounces cottage |
| 1 (29 oz) can tomato | cheese |
| sauce | ½ cup grated Parmesan |
| 1 (6 oz) can tomato paste | cheese |
| 1 ½ teaspoons salt | 16 ounces shredded |
| 1 teaspoon dried | mozzarella cheese |

DIRECTIONS:

1. In a large skillet over medium heat, cook the ground beef, onion and garlic until browned.
2. Add the tomato sauce, tomato paste, salt and oregano until well incorporated.
3. Cook until heated through.
4. In a large bowl mix together the cottage cheese, grated Parmesan cheese and the shredded mozzarella cheese.
5. Layer in crock-pot and cook for 2 hours.



THANKSGIVING

POTATO STUFFING

Submitted by: Liz Castelli, Parent Engagement Specialist

"This recipe was handed down 4 generations from my Grandma Miller, to my mom, to her children and now we are passing it onto our children. No one really knows if my grandmother made it up herself or got it from someone, but we love it. There are never any leftovers and it's also so sad!"

INGREDIENTS:

5 lbs. red potatoes
5-7 celery ribs (from stalk)
5 small yellow onions
12 slices bread (can be stale)
Chicken stock
Salt & pepper to taste

DIRECTIONS:

1. Peel, cut, and boil potatoes until tender (approx. 35 minutes).
2. Chop onions and celery. Sauté in butter until tender.
3. Mash potatoes in large mixing bowl by hand with a hand-held masher.
4. Add chicken broth to desired consistency (it should be thicker than mashed potatoes).
5. Chop bread into cubes (or used packaged bread cubes).
6. Add celery, onion, and bread to potatoes, and stir to incorporate. Add chicken broth until you reach the desired consistency. Add salt & pepper to taste.
7. Place potato stuffing into a large casserole dish and bake in oven at 325°F for 30 minutes.
8. Serve for Thanksgiving dinner in place of bread stuffing!



EASTER RICE PIE

Submitted by: Barbara Stolarz, Office of Child Development

"My grandmother would devote the day before Easter (Holy Saturday) for baking. It was difficult for me to wait until the pie would cook enough for me to enjoy this annual treat. You may consider this pie only as a dessert, but it is wonderful any time of day, warm or cold. This recipe has been reconstructed from my memory. Enjoy! Buona Pasqua!"

INGREDIENTS:

3 Cups uncooked rice
9 eggs
1 Cup sugar
1 8-oz. mozzarella cheese
2 teaspoons vanilla extract
1 lemon (juiced)
Lemon rind (from 1 lemon)
Orange rind (from ½ orange)
1 32-oz. ricotta cheese
½ Cup shortening
1 Cup evaporated milk
3 pastry shelled – 9 inch

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cook rice and set aside while cooking.
3. Prepare and cook 3 pastry shells until lightly browned, about 10 minutes.
4. In a very large mixing bowl, add eggs, whisk until well blended. Add sugar, grated mozzarella cheese, vanilla extract, juice, and rind of 1 lemon, rind of half an orange, ricotta cheese, shortening, and evaporated milk. Add cooked rice. Mix until well blended.
5. Pour mixture into cooked pastry shells.
6. Bake at 350°F for 1 hour, or until filling has and is a light golden brown on top.
7. While still warm, sprinkle sugar on top.



TATER TOT CASSEROLE

Submitted by: Christina

INGREDIENTS:

- 1 bag tater tots
- 1 lb. ground beef/turkey
- 1 big can of mixed vegetables
- 1 big can of cream of mushroom soup
- Milk
- Salt and Pepper

DIRECTIONS:

1. Brown the meat then mix all ingredients together, except tater tots, in a casserole dish.
2. Spread the frozen tater tots on top of the mixture and bake at 350°F for 1 hour.



TRIBORO

TRIBORO

DID YOU KNOW?

- Braddock is named for British General Edward Braddock who led the Battle of the Monongahela a key event in the beginning of the French and Indian War.
- George Washington visited Braddock in 1753.
- Andrew Carnegie built the Edgar Thomson Steel Works in 1873.
- Braddock is the location of the first of Andrew Carnegie's 1,679 public libraries in the US.
- During the early 1900's many immigrants from Croatia, Slovenia and Hungary settled in Braddock.
- A&P's first supermarket opened in Braddock in 1936.

CHICKEN TACOS

Submitted by: Sharon Ritenour

"Slow cookers make dinner easy after a long day at work. Plus it blends our love for chicken with tacos!"

INGREDIENTS:

1 package chicken breast
1 package taco seasoning
Taco sauce or salsa (1/2 bottle)
Tortilla shells
Taco toppings: cheese, sour cream, lettuce, tomatoes, etc.

DIRECTIONS:

1. Clean chicken. Place in slow cooker with taco seasoning packet and sauce. Cook on high for 4 hours or low for 6 hours. When done, shred the chicken.
2. Use shredded chicken on tortilla shell and top with desired toppings.



CHICKEN AND SHRIMP ALFREDO

Submitted by: Nicole Thomas

INGREDIENTS:

- 1 lb. Boneless chicken breast
- ½ lbs. peeled and deveined shrimp
- 2 jars Alfredo sauce
- 1 stalk fresh broccoli
- 1 box fettuccine noodles
- 3 cloves garlic

DIRECTIONS:

1. Coat pan with olive oil. Cut chicken, shrimp, broccoli, and slice garlic. Place chicken and shrimp in pot to cook.
2. In another pot, boil noodles, drain, add to noodles and mix in sauce.
3. Cook broccoli.
4. Add cooked broccoli to chicken and shrimp, then mix well.



CHICKEN NOODLE SOUP

Submitted by: Triboro Family

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves of garlic, finely chopped
- 2 medium carrots, chopped
- 8 medium green onions, sliced
- 2 cups cubed, cooked chicken
- 2 cups uncooked egg noodles
- 1 tablespoon fresh parsley
- ¼ teaspoon pepper
- 1 dried bay leaf (optional)
- 5 ¼ cups chicken broth

DIRECTIONS:

1. In 3 quart saucepan, heat oil over medium heat.
2. Add garlic, onions, carrots cooking for about 4 minutes, stirring occasionally.
3. Stir in remaining ingredients.
4. Heat to boiling and reduce heat.
5. Cover and simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender.
6. Remove bay leaf and serve.



EASY STUFF PEPPERS

Submitted by: Triboro Family

INGREDIENTS:

4 green peppers
1 bag of frozen meatballs
1 jar of spaghetti sauce
Cheese of your choice for topping

DIRECTIONS:

1. Cut seeds from peppers and wash them out.
2. Put meatballs inside peppers and place in a slow cooker. Add sauce on top and around sides of peppers. Can add extra meatballs to sides if desired.
3. Cook on low for 4 hours, add cheese (if desired) and serve warm.



HALUSKI

Submitted by: Triboro Family

INGREDIENTS:

1 pack kielbasa
1 head of cabbage
1 stick of butter
¼ cup water
1 bag no yolk noodles
Salt and pepper to taste

DIRECTIONS:

1. Wash cabbage. Boil on high for about 15 minutes until soft. Cut cooled cabbage into pieces. Put cabbage in slow cooker.
2. Cut kielbasa into bite sized pieces. Add cut kielbasa with cabbage. Add water, butter, salt, and pepper to taste.
3. Cook on high for 4 hours. One hour before ready to serve, boil noodles. Add noodles to slow cooker for 20 minutes. Serve warm.



PEPPERED BEEF TIPS

Submitted by: Triboro Family

INGREDIENTS:

1 lb. beef round tip roast OR rounded steak, cut into 1 to 2 inch cubes
2 cloves garlic, minced
Black pepper
1 can condensed French onion soup
1 can condensed cream of mushroom soup
Hot cooked rice or noodles

DIRECTIONS:

1. Place beef in slow cooker. Season beef with garlic and pepper. Pour soups over beef. Cover.
2. Cook on low for 8 to 10 hours. Serve over rice or noodles.



HOMEMADE PIZZA DOUGH

Submitted by: Samantha Reckner

INGREDIENTS:

500 grams (1 lb.) bread flour
1 teaspoon salt
1 packet of dry yeast
1 cup water

DIRECTIONS:

1. In a medium bowl, dissolve 1 packet of yeast with 1 cup of warm water and let sit (see dry yeast packet for instructions).
2. In a separate bowl, sift flour and 1 teaspoon salt. In a standard mixer, combine all ingredients and knead for at least 7 minutes. Roll dough out onto counter. Roll dough into a log shape, and then divide dough into 4 with a knife.
3. Roll divided dough into round balls and let dough rise for 2 hours.



HOMEMADE WAFFLES

Submitted by: Samantha Reckner

INGREDIENTS:

- 1 cup flour
- 1 Tablespoon sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons melted butter or vegetable oil

DIRECTIONS:

1. In a medium bowl, sift flour, sugar, baking powder, and salt. Whisk egg, milk, and melted butter in a separate bowl. Add the wet ingredients to the dry and mix.
2. Grease waffle maker with butter or coat with cooking spray. Pour ¼ cup batter into waffle iron. Cook until golden brown.



BUFFALO CHICKEN DIP

Submitted by: Ashley Lloyd

INGREDIENTS:

- 2 cups shredded, cooked chicken
- 1 8-oz package of cream cheese, softened
- ½ cup Frank's Red Hot Sauce
- ½ cup ranch
- ½ cup crumbled blue cheese or your favorite shredded cheese

DIRECTIONS:

1. Preheat oven to 350°F.
2. Combine all ingredients and spoon into shallow quart baking dish.
3. Bake 20 minutes or until mixture is heated through. Stir.
4. Garnish with chopped green onions if desired. Serve with crackers, chips, pretzels, or veggies.



ZUCCHINI PIZZAS

Submitted by: Sharon Ritenour

INGREDIENTS:

Zucchini – round slices
Pizza sauce
Shredded mozzarella cheese

DIRECTIONS:

1. Slice zucchini into circles
2. Add sauce to each slice, then cheese.
3. Microwave on high for 2-4 minutes, depending on how soft you like the zucchini.
4. Enjoy!



GARLIC POTATO CASSEROLE

Submitted by: Cheryl Johnson

INGREDIENTS:

5 lbs. of red potatoes
3 Tablespoons of garlic seasoning (without salt)
3 Tablespoons of butter
8 oz. 5 cheese Italian blend
Bacon
2 lb. chicken breast

DIRECTIONS:

1. Preheat oven to 450 degrees
2. Cube the potatoes and season with garlic seasoning
3. Mix together with butter
4. Cut up chicken into cubes and season with preferred seasonings.
5. Sauté the chicken until done and add to potatoes
6. Fry some bacon until crispy and then cut into small pieces
7. Add to the potatoes and chicken.
8. Put into a casserole dish and bake until the potatoes are soft.



APPLE CARROT SALAD

Submitted by: Triboro Family

"Great as a side dish or dessert!"

INGREDIENTS:

3 granny smith apples
4 carrots

DIRECTIONS:

1. Grate apples with skin on.
2. Grate carrots.
3. Mix together.

CHILI CHEESE DOGS!

Submitted by: Latorva Campbell & Cheryl Johnson

INGREDIENTS:

All beef hot dogs
Chili w/ no beans
Cheese sauce
Potato hot dog buns

DIRECTIONS:

1. Cook chili on low in pan and add cheese sauce
2. Sauté hot dogs to cook off grease
3. Toast buns in oven
4. Put hot dog on bun and chili & cheese mix



GLUTEN



DAIRY

CORN SOUFFLÉ

Submitted by: Brittany Perry

INGREDIENTS:

- 1 can cream corn
- 1 can whole corn, drained
- 1 8-oz sour cream
- 1 stick of butter or margarine (softened)
- 1 box jiffy corn mix
- 2 eggs

DIRECTIONS:

1. Preheat oven to 375°F.
2. Grease or spray 9" x 13" pan.
3. Mix all ingredients in a bowl and dump into pan. Bake until golden brown. Enjoy!



GREEN BEANS, CHICKEN, AND POTATOES (ONE PAN DINNER)

Submitted by: Shavon

INGREDIENTS:

- 3 medium Yukon or gold potatoes, diced
- 2 cups green beans, cut into 1 inch pieces
- 1 lb. chicken breast
- 1 7-oz package Italian dressing mix

DIRECTIONS:

1. Cut green beans up. Line one side of the pan with green beans.
2. Cut potatoes up. Line opposite side of pan with potatoes.
3. Line the chicken breasts down the middle of baking dish.
4. Cut butter up and layer over the green beans, potatoes, and chicken with foil.
5. Bake at 350°F for 1 hour.

BOBALKY

Submitted by: Mandy Slavich

"This recipe is a tradition in my family for our Christmas Eve dinner. We are Russian Orthodox and on Christmas Eve we fast from meat and dairy products. We serve a meal called "Holy Supper". This recipe is a favorite of mine due to the memories it holds for me. Ever since I was in elementary school, every Christmas Eve I would spend with my Aunt Patti preparing this meal. My grandfather would sit in the kitchen with us and smile. He smiled because we all loved spending time together and because he was proud of us carrying on his family's traditions that meant so much to him and now to my own family!"

INGREDIENTS:

1 large potato

Flour

Vegetable oil

1 teaspoon baking soda

Honey

Prunes, optional

Tools: Cheese grate and rolling pin

DIRECTIONS:

1. Peel the 1 large, uncooked potato. Using a cheese grater, run the peeled, uncooked potato back and forth along any side of the grater. You will create a "saucy mush" from the potato.



2. Once the potato is grated fully, remove grater. Begin to slowly add baking soda and flour to the potato mush. Start kneading the mixture together to form a dough ball.

3. Once you created the dough use a little flour and oil on the rolling pin and begin to roll out the dough. Once the dough is rolled out to any size you desire, cut dough into large squares about 4 inches x 4 inches.

4. Some of the squares you roll into small balls and then quickly roll them back and forth between your hands and table so the dough begins to elongate (kind of like a worm). This is a great opportunity for the kids to step in and help "roll" out the dough balls.

5. With some of the other squares you can add prunes to the dough square. Place prune in center of dough square and fold over one end of the dough to the other side and press together with your fingers so prune is fully covered.

6. Once done making both bobalky forms, start a large pot of water to a low boil while adding a tablespoon of oil to water to prevent dough from sticking. Once water is at a low boil, slowly place dough pieces you created into the water. They will sink to the bottom. The bobalky will float to the top of the pot when finished.

7. Removed bobalky from pot and place in bowl. Drizzle honey over top of bobalky while hot. Can serve when warm!

SPAGHETTI

Submitted by: Cheryl Johnson

INGREDIENTS:

- 2 boxes of spaghetti
- 1 package of sweet Italian sausage
- 8 oz. tomato chunks
- 2 jars spaghetti sauce
- 2lbs. ground turkey
- 1 cup bell peppers diced
- 1 cup of mushrooms sliced
- Small onion chopped

DIRECTIONS:

1. Brown the ground turkey with seasonings you desire. Set aside
2. Sauté onions, peppers and mushrooms, add to ground turkey
3. Add the ground turkey and veggie to the jars of sauce. Add the tomato chunks.
4. Sauté the sausage and add to the sauce.
5. Add the cheese and cook all together until hot
6. Pour over cooked spaghetti



We would like to thank all of the families and staff of the Early Head Start program for sharing their recipes and stories to help create this cookbook.

We hope that you are inspired by the recipes to try new foods and maybe find a new favorite!

ENJOY!



