

Student Parents on a Mission

Favorite Recipes



Monthly SPOM Meeting
Wednesday, March 22nd, 2006
Topic: Nutrition & Cooking

The Best Fettuccini Alfredo

Serves: 6

Prep time: 30 minutes

This dish is so easy! And here is a little secret about Alfredo sauce: stirring in one egg to the sauce before serving helps it to thicken and cling to the pasta better.

Ingredients:

2 packages refrigerated fettuccini
2 cups heavy or whipping cream
1 cup shredded parmesan cheese*
3 tablespoons butter
1 egg
½ cup fresh parsley, chopped**

*Do not use grated parmesan; you will end up with a grainy sauce. For best results purchase fresh parmesan cheese and shred it yourself with a fine shredder.

**Do not use dried parsley. Using the fresh stuff adds better flavor and a restaurant quality presentation to this dish.

1. Cook pasta according to directions.
2. In saucepan bring cream and butter just to a boil, turn off heat. Stir in parmesan cheese, then whisk in one egg.
3. Toss the pasta and the sauce together.
4. If you like, use a large serving bowl for a family style dinner. Put the pasta in first then pour the sauce all over. Sprinkle with lots of chopped parsley and bring to the table.

Submitted by: Katerina French

Cheesy Chicken Pot Biscuit Cups

Serves: 6 (two cups per person)

Prep time: 10 minutes + 15 minutes cooking

Ingredients:

1 tube of refrigerated homestyle or buttermilk biscuits
1 c. (5oz.) diced chicken breast (you may use canned chicken)
1 (10.5oz.) can healthy request cream of chicken soup
2/3 c. shredded reduced fat cheddar cheese
1 tsp. dried parsley flakes (garlic powder, oregano and basil seasoning works well too)
½ tsp. black pepper

1. Preheat oven to 400 degrees.
2. Separate biscuits and place each biscuit in a cup of an ungreased 12-hole muffin pan, pressing dough up sides to edge of cup.
3. In a medium bowl, combine chicken, chicken soup, cheddar cheese, parsley flakes, and black pepper. Mix well to combine.
4. Evenly spoon chicken mixture into prepared biscuit cups.
5. Bake for 12 to 15 minutes or until golden brown.
6. Remove from oven.
7. Place muffin pan on a wire rack and let set for 2-3 minutes.

Submitted by: Michelle Artibee, Family Resource Center

Deluxe Cheeseburger Melt

Serves: 8

Prep time: 1 hr.

Ingredients:

1 1/3 c. Original Bisquick mix
1/4 c. water
2 eggs
1 1/2 c. shredded cheddar cheese
1 lb. ground beef
1 can (10 3/4 oz.) condensed cream of mushroom soup
1 c. Green Giant frozen mixed vegetables

1. Heat oven to 400 degrees. Spray 13x9 inch pan with cooking spray. Stir Bisquick mix, water, eggs and 1 c. of the cheese in medium bowl, spread in pan.
2. Cook beef in 10 inch skillet over medium high heat 5-7 minutes, stirring occasionally, until brown; drain. Stir in soup and vegetables, heat until hot. Spread over batter in pan.
3. Bake 23-25 minutes or until edges are light golden brown. Sprinkle with remaining 1/2 c. cheese. Bake 1-3 minutes longer or until cheese is melted.

Vegetarian Black Bean Chili

Serves: 6-8

Prep time: 20 minutes

This chili is really fast and simple. I wanted to create a creamy texture and rich flavor. This can be achieved by adding a can of refried beans. You can also put ingredients into a crock-pot in the morning and let it cook all day, but make sure to sauté the onion and pepper first if opting for the all-day-crock-pot method.

Ingredients:

1 package Morning Star veggie crumbles (ground beef substitute)
1 28oz. can petite diced tomatoes
1 can vegetarian refried beans
1 can black beans, rinsed
1 can vegetarian vegetable broth
1/2 cup frozen corn
1 medium onion, chopped
1/2 green pepper, chopped
3 tablespoons olive oil
2 tablespoons chili powder
1 tablespoon sugar
salt to taste

1. In a large pot sauté onion, green pepper, and salt in the olive oil. When softened, stir in the veggie crumbles, and cook for 1 minute more to let the flavor soak in.
2. Add tomatoes, refried beans, black beans, corn, vegetable broth, chili powder, and sugar. Bring back to a boil and simmer for 10-15 minutes. Add more salt to taste.

Serving suggestion:

This goes great with cheesy cornbread. Prepare corn bread muffins from a mix. In each muffin put a small piece of cheese before baking.

Submitted by: Katerina French

Chicken Parmesan Risotto

Serves: 4

Prep time: 20 minutes

Ingredients:

2 boneless skinless chicken breasts cut in chunks
1 large tomato chopped
1 can 98% fat free cream of chicken
1 2/3 c. skim milk
½ c. grated Parmesan cheese
½ tsp. Italian seasoning
2 c. uncooked Minute Rice

1. Brown chicken - add soup, milk, cheese and seasoning.
2. Bring to a boil, stir in rice & tomato.
3. Cover and cook on low 5- 10 minutes, until rice is tender and most of the liquid is now creamy.

Submitted by: Michelle Artibee, Family Resource Center

Enchilada Casserole

Serves: 8

Prep time: 1 hr. 15 min. (includes cooking and setting time)

Ingredients:

1 ½ lb. lean ground turkey
1 onion, chopped
Taco seasoning
9 small tortillas
1 can 98% fat free cream of mushroom soup
1 can 98% fat free cream of chicken soup
1 can hot enchilada sauce
2/3 c. milk
1 can mushrooms
1 can chopped green chiles
Small amount of sliced black olives
½ c. fat free cheddar cheese
½ c. 2% cheddar cheese

1. Brown meat with onion.
2. Then add taco seasoning and follow directions on the package.
3. Mix all of the rest of ingredients, except tortillas, cheese & olives, with meat mixture.

You will be making 3 layers of the ingredients in a 9X13 pan - kind of like lasagna. First layer is the 3 of the tortillas - It would be best to cut one in half to fit along the one side. Then spread on 1/3 of meat mixture, sprinkle with 1/3 of the cheese and a few black olives. Repeat for two more layers.

Bake at 350* uncovered for 40 minutes. Its best to let it stand for 15 minutes when done cooking. You can serve it with ff sour cream and chopped green olives & jalapeños.

Submitted by: Michelle Artibee, Family Resource Center

Mushroom Ceviche Appetizer

Serves: 6-10

Prep time: 20 minutes, marinate overnight

Ceviche is typically made with cubed raw fish. In a restaurant I visited in the Yucatan Peninsula, they offered this twist on this colorful Mexican appetizer.

Ingredients:

1 cup chopped mushrooms
3 Roma tomatoes, seeded and cubed
½ cucumber, seeded and cubed
3 radishes, chopped small
¼ cup red onion, chopped small
2 tablespoons lime juice
¼ cup chopped cilantro
salt to taste

Mix all ingredients in a bowl and marinate overnight. Serve with tortilla chips. This could also be served as a side salad, or in a wrap sandwich. To make it spicy, add a green chile, seeded and chopped small.

Submitted by: Katerina French

Warm Crab Parmesan Dip

Serves: 40

Prep time: 1 hour

This dip is a huge hit at all potlucks and parties. Serve with any kind of cracker or sturdy snack breads. Very rich and sinful! Reheats well.

Ingredients:

1 (6oz) can crabmeat, drained and flaked OR 1 package imitation crabmeat from the Seafood department
1 (8oz) package cream cheese, softened
1 c. mayonnaise
1 ½ c. grated parmesan cheese
1 c. sour cream
4 cloves garlic, peeled and crushed

1. Preheat oven to 350 degrees
2. In a small baking dish, mix all ingredients
3. Bake uncovered in the preheated oven 45 minutes or until bubbly and lightly browned

Submitted by: Michelle Artibee, Family Resource Center

Strawberry Cookie Cake

Serves: 20

Prep time: 1 hour (includes baking and cooling time)

If the strawberries are not very sweet there is no need to add sugar; there is enough sugar in the cookie and the cool whip. The cookie crust for this dessert ends up having a similar texture to a brownie.

Ingredients:

1 package sugar cookie mix (prepare according to directions)

1 tub of strawberries (about 15 strawberries)

1 tub of lite cool whip

1. Prepare sugar cookie dough according to package. Spread into 12 inch round baking sheet with edges (or a 9 x 13 inch baking pan). Bake at 350° for 16 minutes or until edges are slightly golden (time might have to be adjusted since ovens vary).
2. Let cookie cool for at least 30 minutes. While cooling, slice strawberries sideways into ¼ inch thick slices.
3. Spread cool whip generously over cookie. Arrange strawberry slices decoratively, overlapping them and covering the entire cookie pie. To serve, cut into pie slices or squares.

Submitted by: Katerina French

Breakfast Cookies

Serves: 4

Prep time: 10 minutes + 20 minutes oven time

A basic breakfast cookie that can be made ahead of time. They freeze well, and you can alter the recipe to make what you would like! I've tried this with a variety of cereals (Special K, Corn Flakes, etc.) and with a variety of fruits, adding chopped dried apricots, extra raisins, etc., and it always turns out well! Very good for on the go families and also very filling as they are large cookies! Recipe doubles easily.

Ingredients:

¾ c. Raisin Bran

¾ c. Oatmeal

2/3 c. dry milk

½ c. natural applesauce

1 medium banana, mashed

1 tsp. vanilla

½ tsp. cinnamon

Mix all ingredients by hand.

Bake on sprayed cookie sheet at 350 degrees for 20 minutes.

The whole batch is 12 points, so you can make 4 cookies, 3 pts. each, or any other size you like!!! Enjoy!

Submitted by: Michelle Artibee, Family Resource Center

Caramel Cake

Serves: a party of 25

Prep time: 25-30 minutes

This cake was often a part of our family's birthday and holiday celebrations due to its bakery-like look. It also makes everyone think they are getting 2 deserts, cake and candy! What a treat.

Ingredients:

2 sticks butter (at room temp)
2 cups sugar
4 eggs
3 cups flour (cake flour can be substituted)
2½ tsp. baking soda
½ tsp. salt
1 cup milk
1½ tsp. artificial vanilla flavoring
2 cans Eagle brand sweetened condensed milk

1. In a large pot, put the 2 cans of unopened canned milk in water that is COMPLETELY COVERING them. This is important. Boil on med heat for 3½ hours, making sure that every 30 mins the cans are turned on a different side and then top & bottom. At that time, also add more water. It is easier if you set the timer each time for 30 mins.
2. 2½ hours later... Preheat oven to 350 degrees.
3. In a large mixing bowl, mix butter and sugar with a spoon until smooth.
4. Put all dry ingredients in a separate bowl: flour, baking soda, and salt.
5. Using a mixer, add eggs, 1 at a time.
6. Pour in parts of the dry mixture and then milk, alternating each. Add flavor.
7. Bake in 2 or 3 round or square pans depending on the size of the pan.
8. Bake 25 mins. at 350 degrees.
9. Insert toothpicks to check for doneness. Let cool on wire racks before icing.
10. At the same time the cans should have completed their boiling, pour off water and let cool in sink for 15 mins. Open with a can opener and stir to the bottom. It can be put on each layer of the cake after it has cooled about 5 more minutes.

Submitted by: Suzette Phillips

(in loving memory of her older sister, Denise, who introduced this cake into our family)