

A Recipe for Community

Favorite recipes from Penn State Health
and Penn State College of Medicine employees

United Way



PennState Health

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Introduction

Welcome to Penn State Health and Penn State College of Medicine's first cookbook featuring some of our employees' favorite recipes.* From sweet treats to savory dishes, they range from quick and easy to a bit more involved. Each recipe has a special significance, celebrating our connection to family and community. As you make and share these dishes, we hope you feel the warmth and joy they have brought to those who contributed them.

* Penn State Health has not tested these recipes and cannot guarantee results.



Beverages



Aunt Eloise's Irish Cream

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 can sweetened condensed milk
- 3 eggs
- 2 cups half-and-half
- 1 Tbsp. chocolate extract
- 3 drops coconut extract
- 1 cup Irish whiskey

Instructions

1. In a bowl, beat eggs together lightly.
2. Add milk, half-and-half and extracts. Mix well.
3. Add whiskey, then strain into a wine bottle.
4. Store in refrigerator.

Breakfast



Baked French Toast

Submitted by Renée Strange
Penn State Health, Revenue Cycle

Ingredients

- 1 cup packed brown sugar
- 1 stick butter or margarine
- 2 Tbsp. dark corn syrup
- Loaf of good, crusty bread, cut into $\frac{3}{4}$ " to 1" slices
(French bread or brioche work well, but you can use your favorite type)
- 5 eggs
- 1 $\frac{1}{2}$ cups milk
- 1 tsp. vanilla
- Cinnamon (optional)
- Fresh raspberries or other fruit (optional)

Instructions

The day before serving:

1. In a small saucepan over medium heat, mix and melt butter, brown sugar and corn syrup.
2. Spray 9x13 ovenproof pan with cooking spray and pour the melted mixture in, spreading evenly on the bottom of the pan.
3. Arrange slices of bread on top of the sugar/butter mixture. Some slices may need to be cut in half to fill all the space.
4. Beat the eggs, milk and vanilla. Can add cinnamon to taste if you like. Once it is well-mixed, pour it over the bread pieces, making sure not to miss any spots. The extra will run off in the dish.
5. Cover and refrigerate overnight.

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The next day:

1. Heat oven to 350 degrees Fahrenheit.
2. Sprinkle the top of the casserole with more cinnamon, if desired. Cover with foil and bake for 15 minutes.
3. Remove foil and continue baking for another 15 to 20 minutes or until the top of the bread is nicely browned.
4. Serve with fresh raspberries or fruit of your choice. No extra maple syrup will be needed!

Blueberry Overnight French Toast

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

1 loaf white bread, cubed
1 (8 oz.) pkg. cream cheese, cubed
1 1/2 cups fresh or frozen blueberries
(drain if using frozen)
1/2 cup syrup
9 eggs
1 3/4 cups milk
1/2 tsp. cinnamon
2 tsp. vanilla

Streusel Topping:
1/2 cup flour
1/2 cup brown sugar
1/4 tsp. cinnamon
6 Tbsp. butter

Instructions

The day before serving:

1. In a greased 9x13 inch baking dish, layer half of the bread, all of the cream cheese and half of the berries.
2. Layer the rest of the bread.
3. Whisk together eggs, milk, syrup, cinnamon and vanilla. Pour over the bread and lightly press down.

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4. Mix the streusel dry ingredients and cut in the cold butter. Sprinkle over bread and egg mixture.
5. Top with remaining blueberries.
6. Cover with foil and refrigerate overnight.

The next day:

1. Heat the oven to 350 degrees Fahrenheit.
2. Bake for 30 minutes.
3. Remove foil and bake for an additional 20 to 30 minutes.

Brunch Casserole

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

6 eggs
2 cup milk
2 cup grated cheddar cheese
1 Tbsp. minced parsley
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dry mustard
1 lb. meat (sausage, ham or bacon)
4 slices bread, cubed

Instructions

The day before serving:

1. Fry the meat and drain any grease. Cut into bite-size pieces.
2. In a 9x9 square pan, add meat and bread cubes.
3. In a separate bowl, mix eggs, milk and seasonings.
4. Pour over bread and cover with cheese.
5. Refrigerate overnight.

The next day:

1. Heat oven to 375 degrees Fahrenheit.
2. Bake for 35 to 45 minutes.

Egg and Ham Casserole

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

- 16 slices white bread, torn into bite-size pieces
- 1 lb. sliced cheese (I use cheddar)
- 2 to 3 cups ham, cut into cubes
- 2 cups milk
- 6 large eggs
- 1 1/2 sticks of butter, melted

Instructions

The day before serving:

1. Grease the bottom of a 9x13 baking dish.
2. Add half of the bread.
3. Top with half of the ham and half of the cheese.
4. Layer the rest of bread, then the rest of the ham and cheese.
5. Mix together milk, eggs and butter, and pour over the top of the casserole.
6. Cover with foil and refrigerate overnight.

The next day:

1. Heat the oven to 350 degrees Fahrenheit.
2. Bake for 40 to 45 minutes, removing foil for the last 15 minutes.

Marge's Breakfast Casserole

Submitted by First Last
Entity, Department

Ingredients

1 cup milk
12 eggs
1 1/4 cup Bisquick
1 1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. oregano
Mushrooms, chopped
Tomatoes, chopped
1 pkg. sausage
1 small bag shredded mozzarella

Instructions

1. Preheat the oven to 375 degrees Fahrenheit.
2. Cook sausage.
3. Layer tomatoes and mushrooms on the bottom of a greased 9x13 casserole dish.
4. Mix milk, eggs, Bisquick, salt and pepper, and oregano. Pour over mixture.
5. Top with mozzarella.
6. Bake for 20 to 30 minutes or until eggs are set. I've generally had to bake it a little longer than 30 minutes. Also try adding other veggies – whatever is in your fridge!

Appetizers



Appetizer Meatballs

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

3 lb. bag of homestyle cocktail-size meatballs
2 jars (12 oz.) grape jelly
2 jars (12 oz.) chili sauce

Instructions

1. Place the meatballs in a crockpot.
2. Mix the grape jelly and chili sauce together and pour over meatballs.
3. Cook on high until heated, then turn to low and enjoy.

Apple Dip

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

1 cup peanut butter
1 (8 oz.) pkg. cream cheese
1 cup brown sugar
1/4 cup milk
Apples

Instructions

Mix all together and serve with sliced apples for dipping.

Artichoke Dip

Submitted by Tammy Shea
Penn State Health, Human Resources Administration

Ingredients

- 1 cup Parmesan cheese
- 1 cup mayonnaise
- 1 can chopped artichoke hearts, drained and chopped

A cup, a cup and a can! It's that simple. These three ingredients can be doubled for a larger group party.

Instructions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Combine 1 cup mayo, 1 cup Parmesan cheese and 1 can of drained, chopped artichoke hearts. Mix well.
3. Pour in a small, greased (I spray with Pam or vegetable spray) casserole dish, and bake until lightly brown and bubbly.
4. Serve with crackers or bread cubes.

BLT Deviled Eggs

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

8 hardboiled eggs
1/3 c. mayonnaise
2 Tbsp. ranch dressing
3 slices crumbled bacon
4 cherry tomatoes, chopped
2 Tbsp. shredded lettuce

Instructions

1. Cut eggs in half and remove yolks.
2. Mash yolks with a fork, then add mayo, dressing, bacon and tomatoes. Mix well.
3. Refill eggs and add shredded lettuce on top.

Cheese Party Ryes

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

3/4 cup mayonnaise
1/3 cup parmesan cheese
4 oz. grated mozzarella cheese
2 Tbsp. onion, finely chopped
Dash Worcestershire sauce
1 pkg. small party rye bread

Instructions

1. Mix all ingredients and refrigerate until ready to use. Will keep one week in refrigerator.
2. When ready, spread the mix on the party rye slices. Place on cookie sheet.
3. Place under the broiler until the cheese melts.
4. Serve while hot.

Filled Tortillas

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 1 pkg. flour tortillas
- 2 (8 oz.) pkgs. cream cheese, softened
- 1 bunch green onions, sliced thin
- 1 pkg. ranch dressing dry mix
- 2 tsp. sour cream
- 1 diced red pepper

Instructions

1. Combine cream cheese, sour cream and ranch dressing mix with mixer.
2. Fold in red pepper and onion.
3. Spread on tortillas and roll.
4. Refrigerate.
5. Before serving, slice tortillas into bite-size pieces.

Happy Hour Almonds

Submitted by Robin McCabe
University Development

Ingredients

- 2 1/2 cups raw almonds
- 1 1/2 Tbsp. unsalted butter, melted
- 1 1/2 tsp. sugar
- 1 tsp. salt
- 1/2 tsp. cayenne pepper

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Spread raw almonds onto a baking sheet and toast until the nuts start to turn golden brown and become fragrant, about 10 minutes. Be careful not to burn.
3. Stir together the salt, sugar and cayenne pepper in a mixing bowl. Set aside.
4. Melt butter.
5. Place toasted almonds in a separate mixing bowl and stir in melted butter.
6. Stir in remaining ingredients.
7. Spread onto a baking sheet, in a single layer, and allow to cool to room temperature.
8. Serve immediately, or store in an airtight container.

Party Sandwiches

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 1 pkg. party rye bread
- 1 large cucumber, sliced thin
- Dill weed
- 1 (8 oz.) pkg. cream cheese, softened
- 1 pkg. Italian dressing dry mix

Instructions

1. Combine cream cheese and salad dressing mix.
2. Spread on party rye slices, top with thin cucumber slices and sprinkle with dill weed.
3. Refrigerate until ready to serve.

Pineapple Cheese Ball

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

2 (8 oz.) pkgs. cream cheese, softened
1 (20 oz). can crushed pineapple, drained well overnight
2 Tbsp. finely chopped onion
2 Tbsp. finely chopped green pepper
Sliced almonds
Maraschino cherry

Instructions

The day before serving:

1. Mix all together.
2. Refrigerate overnight.

The next day:

1. Form into a ball and roll in sliced almonds.
2. Top with a maraschino cherry and serve with crackers.

Ranch Crackers

Submitted by Brenda Thomas
Penn State College of Medicine, Office of Research Affairs

Ingredients

- 1 large box oyster crackers
- 1/2 cup oil (can use more)
- 1/2 tsp. garlic
- 1 tsp. dill
- 1/2 tsp. lemon pepper
- 1 pkg. Hidden Valley Ranch dry mix

Instructions

1. Mix all the ingredients together.
2. Let it set for 15 minutes (or overnight).
3. Preheat oven to 250 degrees.
4. Bake for 15 to 20 minutes, stirring halfway through cooking time.

Note: Can substitute butter-flavored pretzels for the oyster crackers.

Roasted Garlic and Tahini Hummus

Submitted by Peri Newman
Penn State College of Medicine, Department of Medicine

Ingredients

1 can chickpeas (drain and reserve about 1/4 cup of the liquid, called aquafaba)
3 cloves of garlic, peeled (or more based on preference)
Juice of 1 lemon
1/4 cup tahini (or more based on preference)
Pinch of salt
Olive oil (as needed)
Ice water (as needed)
Za'atar, fresh parsley or paprika (for garnish)

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Hull the chickpeas by pinching them between your pointer finger and thumb. Discard hulls.
3. On a sheet pan or small baking dish, coat garlic cloves with olive oil and wrap in aluminum foil.
4. Roast garlic cloves until fragrant (about 10 minutes).
5. Use a food processor or blender to whip lemon juice, tahini and aquafaba until it is a pale, airy consistency. Feel free to add more tahini here and whip again if you want more tahini flavor.
6. Add roasted garlic and salt to the whipped tahini/lemon until incorporated.
7. Add hulled chickpeas and blend.

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8. Add dashes of olive oil and ice water until the hummus is at your desired thickness.
9. Spoon hummus onto large plate or shallow bowl. Drizzle with olive oil and sprinkle za'atar, parsley or paprika on top.
10. Serve with veggies and/or pita.

Leftover hummus will last about a week in the fridge.

Veggie Pizza

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 2 (8-oz.) pkgs. crescent rolls
- 1 cup sour cream
- 1 (8 oz.) pkg. cream cheese, softened
- 1 tsp. dill weed
- 1/4 tsp. garlic salt
- 1 pkg. ranch dressing dry mix
- 1 red pepper
- 1 small head of broccoli
- Shredded carrots
- 1 bag broccoli slaw
- 1 bag shredded lettuce

Note: These are suggestions. Use the vegetables you like.

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Place each package of crescent roll dough on a cookie sheet or jelly roll pan. Press or roll out to fit the pan as much as possible, pinching the perforations to form a single piece. Pierce with a fork.
3. Bake for about 10 minutes, until dough is fully cooked and golden brown. Let cool.
4. Mix together sour cream, cream cheese, dill weed, garlic salt and ranch dressing mix.
5. Spread onto the cooled crescent roll dough. Top with shredded lettuce, broccoli slaw and all the veggies.
6. Slice into squares to serve.

Salads



Hoagie Salad

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

1/4 lb. sliced capicola ham
1/4 lb. sliced cooked salami
1/4 lb. sliced genoa salami
1/4 lb. sliced pepperoni
1/4 lb. sliced provolone cheese
1/4 lb. sliced American cheese
1 medium tomato, chopped
1/2 small onion, chopped
1/2 head lettuce, shredded
1 Italian baguette roll

Dressing:

1/4 cup salad oil
1/8 tsp. garlic powder
1 Tbsp. oregano
2 Tbsp. Italian seasoning
Salt and pepper to taste

Instructions

1. Chop the meats and cheeses into small bite-sized pieces.
2. Mix the lettuce, tomato, onion, meats and cheeses in large bowl.
3. In separate bowl, mix the dressing ingredients.
4. When ready to serve, pour dressing over salad and mix thoroughly.
5. Serve with Italian bread slices.

Mom's Macaroni Salad

Submitted by Brenda Thomas
Penn State College of Medicine, Office of Research Affairs

Ingredients

- 1 lb. elbow macaroni
- 3/4 cup mayonnaise
- 1 1/2 cup granulated sugar
- 1/2 cup vinegar
- 1 1/2 Tbsp. mustard
- 1 green pepper, diced (optional)
- 1 doz. hardboiled eggs, diced
- 1 can diced carrots, drained
- 1/4 cup water
- 1 small onion, cut fine (optional)
- 1 cup celery, diced (or celery seed)

Instructions

1. Cook macaroni as directed on package. Rinse with cold water and drain.
2. Mix mayonnaise, mustard and sugar.
3. Combine mayonnaise mixture with vinegar and water to make dressing. (If you like it more wet, double the dressing recipe.)
4. Mix cooked macaroni, carrots, green pepper, onion, celery and hardboiled eggs.
5. Pour dressing over macaroni mixture.
6. Let set overnight.

Nana's Taco Salad

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 1 medium onion, chopped
- 1 medium head of lettuce, chopped
- 1 (8 oz.) bottle French dressing
- 1 can dark red kidney beans, drained
- 4 tomatoes, diced
- 4 oz. shredded cheddar cheese
- 1 lb. ground beef
- 1/4 tsp. salt
- 1 bag Doritos chips, break up in bag

Instructions

1. Brown ground beef and onion.
2. Add kidney beans and salt. Simmer.
3. Let cool and add tomatoes, cheese and French dressing.
4. Before serving, add chopped lettuce and chips, and toss.

Orzo Salad

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 box orzo noodles
- 1 large can mandarin oranges
- 1 can crushed pineapple
- 1 egg
- 3/4 cup sugar
- 1/2 tsp. salt
- 2 Tbsp. flour
- 1 (9 oz.) container whipped topping

Instructions

The day before serving:

1. Cook orzo, drain and cool.
2. Drain the juice from the pineapple and oranges and set aside.
3. In a saucepan, beat egg and flour together, then slowly add in juices.
4. Add sugar and salt and bring to slow boil.
5. Pour over noodles and let sit overnight in refrigerator.

The next day:

1. When ready to serve, add oranges, pineapple and whipped topping.

Salad of Love

Submitted by Mary Celauro Henry
Penn State University, Development

Ingredients

Salad:

- 2 bags lettuce (butter leaf and leaf lettuce)
- 2 small boxes raisins
- 1 small bag shelled walnuts
- 1 block Asiago cheese, grated
- 2 (16 oz.) cans mandarin oranges, reserve juice

Dressing:

- 1 to 1 1/2 cups mayonnaise (to taste)
- 1 1/2 cans reserved mandarin orange juice
- 1 can frozen orange juice concentrate
- Cinnamon

Instructions

Mix all salad ingredients together in large bowl, except reserved mandarin orange juice.

To make the dressing:

1. Add reserved mandarin orange juice to the mayonnaise.
2. Defrost orange juice and add ¼ cup to the mayonnaise. You may need to add more.
3. Coat mixture with cinnamon and mix.
4. Coat mixture a second time with cinnamon and mix again.
5. Add additional cinnamon, if desired.
6. Pour dressing over salad and toss immediately before serving.

Summer Layered Salad

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

1 head lettuce, chopped
1/2 cup celery, chopped
1/2 onion, chopped
2 cans water chestnuts, sliced
2 pkg. thawed frozen peas
2 cups mayonnaise
2 tsp. sugar
3/4 cup Parmesan cheese
6 hardboiled eggs, chopped
6 slices bacon, crumbled

Instructions

1. Mix mayonnaise and sugar together and set aside.
2. In a deep pan, layer lettuce, celery, onion, water chestnuts and peas.
3. Coat with the mayonnaise mixture and top with Parmesan cheese.
4. Refrigerate for about 30 minutes.
5. When ready to serve, add chopped eggs and crumbled bacon on top.

Wacky August Salad

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 pkg. pistachio pudding
- 1 cup milk
- 1 (9 oz.) container whipped topping
- 3 cups mini marshmallows
- 1 (20 oz.) can crushed pineapple (with juice)
- 1/2 cup walnuts, chopped (optional)

Instructions

Mix all ingredients together and refrigerate.

Soups



Crabby Corn Chowder

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

- 6 Tbsp. butter
- ½ cup flour
- 3 cups milk
- 2 (14.5 oz.) cans chicken broth
- 2 (15 oz.) cans cream-style corn
- 2 cups cooked crabmeat (or imitation crab, 10 to 12 oz.)
- 2 cups shredded Monterey jack cheese

Instructions

1. Melt butter in a 4-quart saucepan or Dutch oven.
 2. Stir in flour until blended.
 3. Stir in milk and chicken broth all at once.
 4. Add corn.
 5. Cook and stir over medium heat until mixture comes to a boil and slightly thickens.
 6. Boil one more minute.
 7. Add crabmeat and cheese.
 8. Cook and stir over low heat until cheese is melted.
 9. Serve with crackers or tortilla chips.
- Soup can also be placed in a crockpot on low to serve later.

Quickest and Easiest Black Bean Soup Ever

Submitted by Nancy E. Adams
Penn State College of Medicine Library

Ingredients

- 2 cans black beans (do not drain)
- 1 can chicken or vegetable broth
- 1/2 cup salsa, any kind
- 1 Tbsp. chili powder

Instructions

1. Put black beans into a pot, including the liquids from the can.
2. Heat the beans on medium while mashing them to the chunkiness of your choice. You might want to leave some of the beans whole.
3. Add broth, salsa and chili powder.
4. Heat to boiling, then reduce heat and simmer about 5 minutes, stirring occasionally.

This soup can easily be doubled or tripled, etc., and customized in many different ways. Here are some ideas for additions and toppings: fresh or frozen spinach, corn, chopped hardboiled eggs, grated cheese, cooked rice, chopped onions, sliced green onions, chopped peppers, chopped bacon, cooked ground beef or turkey, sour cream or plain yogurt.

Vegetable Cabbage Soup

Submitted by Linda Casey
Milton S. Hershey Medical Center, Medicine Suite

Ingredients

1/4 cup water or 1 Tbsp. olive oil
1 medium onion, diced
2 garlic cloves, minced (optional)
2 large carrots, peeled and sliced
2 celery sticks, sliced
2 Tbsp. Italian seasoning
1 can (28 oz.) diced tomatoes with juices
1 medium potato or 6 baby potatoes (about 1 cup),
diced
1 1/2 cups green beans, sliced into 1-inch pieces
1 head (2 lbs.) green cabbage (about 8 to 10 cups),
cored and chopped
5 to 6 cups low-sodium vegetable broth
Salt and pepper, to taste
Splash of balsamic or white wine vinegar (or juice of
small lemon)
Optional to serve: chopped parsley, lemon wedges,
crusty bread

Instructions

1. In a large 5-quart Dutch oven or pot, heat water/olive oil over medium heat.
2. Add carrots, celery, onions and garlic.
3. Sauté for 4 minutes.
4. Add the herbs and sauté until fragrant, about 1 minute.

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5. Add the green beans, tomatoes, potatoes, cabbage and liquids. Cover and bring to a boil.
 6. Remove the lid. The cabbage should be starting to shrink enough that you can give it a good stir.
 7. Cover, turn heat to low and simmer for 20 to 30 minutes, stirring occasionally.
 8. Add more water, if needed, and season with salt and pepper to taste.
 9. Add a splash of vinegar or lemon juice for a punch of flavor.
 10. Ladle into soup bowls and top with chopped parsley.
- Pairs great with cornbread, naan or artisan bread.
Serves 4 to 6.

Entrées



Acini de Pepe With Fennel

Submitted by Mary Celauro Henry
Penn State University, Development

Ingredients

1 box of Acini de Pepe pasta (brand preference – De Cecco)
1 head of fennel – remove stalks and julienne the bulb
1/2 container cherry tomatoes, quartered
1/2 container mushrooms, julienned
2 cloves of garlic, thinly sliced
1/4 sweet onion, chopped small
1/4 cup chopped fresh parsley
1/8 cup chopped fresh rosemary
1/4 cup fresh basil
Zest of half of a lemon
1/4 cup dry white wine
3 Tbsp.(ish) olive oil
1/2 stick of butter + 1 pat
Salt
Pepper
1/2 tsp. of sugar
Parmesan or Asiago cheese (optional)

Instructions

1. Cover the bottom of large sauté pan with olive oil and heat on medium high.
2. When the oil starts smoking, add fennel and onions

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and reduce heat to low.

3. Add a giant pinch of salt to the pan contents and stir.

4. When the contents start softening, add sugar, stir, and then add mushrooms.

5. In the meantime, get a large pot of water ($\frac{3}{4}$ full) on the stove to boil. Once boiling add a nice pinch of salt. Add pasta and cook around 9 minutes.

6. Once the mushrooms start browning and the fennel-onion mixture starts to caramelize, increase the heat to medium. Add white wine and $\frac{1}{4}$ cup of the starchy pasta water.

7. When it is reduced by half, stir in the garlic and lemon zest, and then add the tomatoes, all the fresh herbs and 1 pat of butter.

8. Incorporate everything and remove from the heat to rest. Add salt and pepper to taste.

9. Drain the pasta and return to the pot with half a stick of butter. Stir until the butter is melted.

10. Add the pasta to the sauté pan and combine with the fennel mixture.

11. Serve as is or with Parmesan cheese.

Cavatini

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 cup macaroni noodles
- 1 cup shell noodles
- 1 cup rotini noodles
- 1 jar (16 oz.) spaghetti sauce
- 1/2 lb. cooked sausage OR 1/2 lb. sliced pepperoni
- 1 (8 oz.) pkg. shredded mozzarella

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cook pasta together, drain.
3. In a large bowl, mix pasta, spaghetti sauce, 6 oz. of shredded mozzarella and meat choice.
4. Mix well, then add to 9x13 greased pan.
5. Top with remainder of the mozzarella (can also reserve some pepperoni to do the same).
6. Bake until cheese melts, approximately 35 for 45 minutes.

Chicken Casserole

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 2 large chicken breasts, cooked and diced
- 1 1/2 cups chopped celery
- 1 can sliced water chestnuts
- 1 can mushrooms
- 1 can cream of mushroom (or chicken) soup
- 3/4 cup mayonnaise
- 1 pkg. Pepperidge Farms Stuffing mix
- 1 cup melted butter

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium bowl, toss the stuffing mix with the butter and set aside.
3. In a large bowl, mix the rest of the ingredients together until well-covered, then add to a 9x13 lightly greased baking dish.
4. Sprinkle with the breadcrumbs.
5. Bake for 30 minutes or until hot and lightly browned.

Chicken Diablo

Submitted by andi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

6 deboned chicken thighs
4 Tbsp. butter
1/2 cup honey
1/4 cup prepared mustard
1 tsp. salt
1 tsp. curry powder

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Wash chicken and pat dry.
3. Melt butter in a 9x13 pan, then stir in remaining ingredients.
4. Arrange chicken, meaty side up, in a single layer.
5. Use a brush to cover both sides of the chicken with the sauce (I just flip them over a few times to cover them).
6. Cover with foil. Bake for 40 minutes.
7. Remove foil and cook an additional 10 minutes.

You can also use breast cutlets, but cooking time is only about 30 minutes.

Gnocchi

Submitted by Jenn Menchey
Penn State Health, Patient Financial Services

Ingredients

2 loaves bread
1/2 lb. bacon
1/2 lb. salami
6 eggs
4 beef bouillon cubes
1 cup flour
Salt, pepper and parsley to taste
1 onion
Milk
Baking powder

Instructions

1. Fill a pot halfway with water, add the beef bouillon cubes and bring to a boil as you complete the following steps.
2. Cook bacon and onion until three-quarters done.
3. In a large bowl, mix bread, bacon, salami and parsley
4. In another bowl, mix eggs, milk (enough to wet the bread), salt, pepper and a small bit of baking powder (measure with your heart).
5. Pour egg mixture, bit by bit, into the bread mix.
6. Roll into loose balls and roll the balls in flour.
7. Add one piece of gnocchi to the pot of boiling water and beef bouillon cubes to test. If it falls apart, add more flour onto the balls.
8. Cook about one hour.

Italian Skillet

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

- 1 lb. ground beef
- 1 can (28 oz.) diced tomatoes, undrained
- 2 cups water
- 1 envelope onion soup mix
- 1 tsp. Italian seasoning
- 2 cups uncooked elbow macaroni noodles or any other pasta you have on hand
- 1/2 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese

Instructions

1. Cook beef over medium heat in Dutch oven or electric skillet until no longer pink.
2. Add tomatoes, water, soup mix and seasoning.
3. Bring to a boil.
4. Stir in pasta.
5. Reduce heat, cover and simmer for 8 to 9 minutes, stirring occasionally.
6. Remove from heat.
7. Stir in Parmesan cheese.
8. Sprinkle with mozzarella cheese.

Nanny's Carbonara

Submitted by Mary Celauro Henry
Penn State University, Development

Ingredients

4 egg yolks at room temperature
2 large eggs at room temperature
3/4 cup freshly grated Parmigiano-Reggiano, from Parma if possible
1 tsp. salt
1/4 tsp. freshly ground black pepper
1/8 tsp. fresh ground nutmeg
6 oz. pancetta, diced
1 lb. pasta

Instructions

1. Whisk together egg yolks, whole eggs, Parmigiano-Reggiano, salt and pepper.
 2. Cook pasta in salted water for 2 minutes less than package directions.
 3. Drain well but reserve the pasta water.
 4. Cook pancetta over medium-high heat until golden and crispy.
 5. Remove to drain on paper towels. There should be around 1/4 cup of bacon fat left in the pan, no more or less – add olive oil if not.
 6. Add the cooked pasta directly to the pan along with 1/4 cup of the reserved pasta water and toss to coat. Turn off the heat under pan.
 7. Slowly add 1/2 cup of the hot pasta water into the egg mixture while whisking vigorously to temper the eggs and avoid cooking them. Do not directly cook the eggs.
- Continued...

8. Slowly pour the entire egg mixture into the pan with the pasta. Toss it quickly with a wooden spoon to coat the pasta until the mixture becomes creamy.
9. Add pancetta and toss to combine.

Pork Chops Indonesian

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

6 pork chops
2 cans sliced peaches
2 Tbsp. brown sugar
1 Tbsp. minced onion
2 Tbsp. soy sauce
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. ginger
1/8 tsp. dry mustard
1/4 tsp. garlic powder
1 green pepper, sliced
2 Tbsp. oil

Instructions

1. In large pan, brown the pork chops in the oil.
2. Combine juice from the peaches and remaining ingredients, reserving the peach slices and green pepper. Pour the juice mixture over the chops.
3. Cover and simmer for 30 minutes.
4. Add pepper slices and peaches.
5. Cover and simmer 5 more minutes.
6. Serve over rice.

Prosciutto-Stuffed Pork Tenderloin with Mushroom Sauce

Submitted by Amy Nissley
Milton S. Hershey Medical Center, Therapy Services

Ingredients

- 2 (1 lb.) pork tenderloins
- 8 thin slices prosciutto
- ½ cup fresh breadcrumbs/cubes from crustless French bread
- 2 tsp. fresh rosemary, chopped
- 2 tsp. fresh thyme, chopped
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1 tsp. ground pepper
- ¾ lbs. mushrooms sliced
- 1 garlic clove, minced.
- 1 cup dry white wine
- 1 cup low-fat chicken broth

Instructions

1. Arrange tenderloins side by side with thick end of one next to the thin end of the other.
2. Slightly overlap prosciutto strips crosswise down length of the pork (it's OK to hang over sides of pork).
3. Mix breadcrumbs, 1 tsp. rosemary and 1 tsp. thyme in small bowl and toss with olive oil to blend. Sprinkle crumb mix over prosciutto on one tenderloin.

Continued...

Fold prosciutto to cover crumbs.

4. Roll the second tenderloin over the prosciutto and stuffing on the first. Using kitchen string, tie tenderloins and stuffing together in 4 or 5 places to make a cylinder-shaped roast.

5. Mix salt, pepper, 1 tsp. rosemary and 1 tsp. thyme in small bowl. Rub herb mixture over outside of roast. Let stand 30 min.

6. Preheat over 350 degrees Fahrenheit.

7. Heat olive oil in heavy large ovenproof skillet over medium-high heat. Add roast and sauté until brown on all sides.

8. Place skillet with roast in oven. Roast for 30 to 35 minutes.

9. Transfer roast to platter. Tent with foil to keep warm.

10. Place the same skillet over medium heat. Add mushrooms and garlic. Sauté until mushrooms begin to brown, about 6 minutes.

11. Add wine and broth. Boil until sauce thickens enough to coat spoon, scraping up browned bits, about 12 minutes. Season with salt and pepper.

13. Cut roast crosswise into 1/2-inch thick slices.

14. Serve with mushroom sauce.

Roasted Chicken and Vegetables

Submitted by Tammy Shea
Penn State Health, Human Resources Administration

Ingredients

24 oz. baby potatoes (red or assorted)

2 to 3 carrots

1 red onion

3 to 4 cloves garlic

1/4 cup olive oil

2 tsp. dried basil

1 tsp. dried thyme

1 tsp. dried rosemary

1/2 tsp. garlic powder

1/4 tsp. paprika

1/2 tsp. black pepper

1 tsp. salt (Kosher or a favorite)

Fresh chopped parsley (I like to use fresh basil, too, or I also add dried or fresh dill if on hand)

About 2 lbs. chicken thighs, bone-in, skin on for best result with this recipe

If you use more chicken, just increase the ratio of veggies, spice and oil.

Note: Use the vegetables you have on hand. I like to include parsnips, Brussels sprouts or sweet potatoes – this is a flexible recipe.

Continued...

Instructions

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and cut baby potatoes in half. If using larger potatoes, cut into 1-inch pieces.
3. Peel, wash and slice carrots into 1-inch pieces.
4. Peel and cut red onion into wedges.
5. Peel garlic cloves but leave whole.
6. Add the olive oil and spices to a bowl and stir until well combined.
7. Place the prepared vegetables into a large bowl. Drizzle half the seasoning over top and toss the vegetables until fully coated in oil/herbs. Transfer to larger casserole dish. (Note: I spray with Pam or another vegetable spray beforehand.)
8. Place chicken thighs into the same bowl and pour the remaining oil/spice mixture over top. Toss until fully coated.
9. Put the chicken on the vegetables, pressing down. Make sure the chicken is NOT covered with vegetables.
10. Roast the chicken and vegetables for 40 minutes.
11. Remove from the oven. Stir the vegetables and spoon some of the liquid from the bottom of the dish over the top.
12. Return to the oven and roast for an additional 20 minutes, or until the chicken skin is golden brown and crispy. Serve hot.

Recipe credit: Budget Byte\$

Stuffed Peppers

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 4 medium green peppers
- 1 1/2 lbs. ground beef
- 1/2 cup chopped onion
- 1 (10.75 oz.) can condensed tomato soup
- 1 cup rice, uncooked
- 1 small can diced tomatoes
- 2 tsp. Worcestershire sauce
- 1/2 tsp. salt
- Dash of pepper
- 2 slices cheese of choice, cut in strips (optional)

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Remove tops and seeds from peppers. If you prefer soft peppers, cook in salted, boiling water for about 5 minutes, then drain. Use uncooked peppers if you like a little crunch.
3. Place peppers in a casserole dish.
4. In a skillet, brown beef and cook onion and rice until tender.
5. Stir in 1 cup of soup, diced tomatoes and seasonings.
6. Spoon meat mixture into peppers and remaining mixture in the bottom of the casserole dish.
7. Bake for 25 minutes.
8. Top with remaining soup and cheese.
9. Bake 5 minutes more.

Tater Tot Casserole

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

1 lb. ground beef
1 onion, chopped
1 can green beans
1 can cream of mushroom soup
1 bag frozen bite-sized potato tots
Seasonings

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Brown ground beef with onion.
3. Season as you like.
4. Put beef in bottom of greased casserole dish.
5. Layer with green beans, then cream of mushroom soup.
6. Top with the potato tots.
7. Bake for 45 to 60 minutes.

Zucchini Boats

Submitted by Mary Celauro Henry
Penn State University, Development

Ingredients

3 large zucchinis
1 lb. Italian sausage links, casings removed
2 medium tomatoes, seeded and chopped
1 cup Italian breadcrumbs
1 large garlic clove
1/3 cup grated Parmesan or Asiago cheese
1/3 cup minced fresh parsley
2 Tbsp. minced fresh oregano or 2 tsp. dried oregano
2 Tbsp. minced fresh basil or 2 tsp. dried basil
1/4 tsp. pepper
3/4 cup shredded mozzarella cheese
Olive oil
Additional minced fresh parsley, optional

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut each zucchini lengthwise in half. Scoop out pulp and discard.
3. Scrape out some of the zucchini so you have a 1/4 shell of each half remaining. Chop pulp and put to side.
4. Place zucchini shells in a large microwave-safe dish. Oil and salt each piece and microwave covered, in batches, on high 2 to 3 minutes or until crisp-tender.
5. In a large skillet, cook sausage and zucchini pulp over medium heat 6 to 8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain.

Continued...

6. Stir in garlic, tomatoes, breadcrumbs, Parmesan cheese, herbs and pepper. Spoon into zucchini shells.
7. Place in two ungreased 13x9-in. baking dishes. Bake, covered, 15 to 20 minutes or until zucchini is tender.
8. Sprinkle with mozzarella cheese.
9. Bake, uncovered, 5 to 8 minutes longer or until cheese is melted.
10. If desired, sprinkle with additional minced parsley.

UP Stromboli

Submitted by Janice Foltz
Penn State Health Medical Group, Care Management

Ingredients

1 pizza dough
6 slices beef bologna
6 slices cotto salami
6 slices American cheese slices
1/4 cup mild sausage, cooked and crumbled
Mustard
8 slices deli ham
2 cups shredded mozzarella cheese
Olive oil
Italian seasoning
Pizza or spaghetti sauce

Instructions

1. Preheat oven to 325 degrees Fahrenheit.
2. Roll/stretch out the dough into a large oblong shape.
3. Place layers of bologna, salami and cheese along the length of the dough.
4. Spread crumbled sausage on top of meat and cheese.
5. Squeeze one thin layer of mustard on top.
6. Add the layer of ham.
7. Pile mozzarella cheese on top lengthwise.
8. Seal the stromboli sides and ends (you can google how to wrap a stromboli for video instructions).
9. Brush the top of the stromboli with olive oil and sprinkle on Italian seasoning.

Continued...

10. Place on a baking sheet and bake at for approximately 20 minutes, until dough is baked but soft enough to slice through.

Use sauce to dip if you like.

Side Dishes



Hash Brown Potato Casserole

Submitted by Deb Lerchen
University Fitness Center

Ingredients

32 oz. bag diced hash brown potatoes (thawed)
1 stick butter (melted)
1 tsp. salt
1/2 tsp. pepper
1 can cream of chicken soup
1 can cheddar cheese soup
1 pint sour cream
1/2 lb. grated cheddar cheese
1 large container French fried onions, divided in to two
Parsley flakes
Paprika

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. Mix the first 8 ingredients together, plus half of the onions, in a large bowl.
 3. Spread into a 9x13 greased glass dish or pan.
 4. Sprinkle parsley, paprika and rest of the onions on top.
- Bake 1 hour. If the top seems like it is drying out, cover with foil for the last 15 minutes.
- Continued...

Options:

- Replace the salt and pepper with an all-purpose seasoning, such as Mrs. Dash, or Everything but the Bagel seasoning.
 - Sprinkle crushed potato chips, Doritos or corn flakes on top in place of or in addition to the fried onions.
 - Switch out the cheese for cheddar jack, nacho or whatever you like!
- If you like peppers

Krusty Korn

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

- 1 stick butter
- 2 cans corn, one cream-style and one whole kernel (this one drained)
- 1 box Jiffy Corn Muffin mix
- 8 oz. sour cream

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Melt the butter in the oven in a 9x13 baking dish.
3. Mix together the remaining 4 ingredients and pour it over the butter.
4. Return to the oven to bake for 45 minutes

Parmesan Crusted Potatoes

Submitted by Amanda Crum
Holy Spirit Medical Center, Surgical Services

Ingredients

1 1/2-lb. bag small potatoes (you can use half of the bag or the whole bag)
Olive oil – approx. 3 Tbsp. for half of the bag; 5 to 6 Tbsp. for the whole bag
Shredded Parmesan cheese (as much as you desire)
Salt to taste
Whatever other seasonings you'd like

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut the potatoes in half.
3. Toss the potatoes in a bowl with olive oil (enough to coat the potatoes)
4. Add salt and whatever other seasonings you would like into the bowl of potatoes and mix until well combined.
5. Prepare your baking sheet by greasing the bottom of the pan with olive oil.
6. Evenly spread the shredded Parmesan cheese all over the greased pan.
7. Lay your potatoes flat side down on top of the cheese.
8. Bake for about 20 to 23 minutes or until golden brown.
9. Serve as a side dish or eat as a snack!

Pineapple Filling

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

4 eggs
1 can crushed pineapple, drained
1/2 cup butter, softened
3/4 cup sugar
10 slices bread, cubed

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Beat together butter and sugar.
3. Add eggs and beat well – will be slightly frothy.
4. Add pineapple and mix by hand.
5. Add bread cubes and mix by hand.
6. Pour into greased one-quart baking dish.
7. Bake for 45 to 50 minutes.

Goes great with ham!

Spaghetti Salad

Submitted by Janice Foltz
Penn State Health Medical Group, Care Management

Ingredients

- 1 box vermicelli noodles, cooked and drained
- 1 bottle Italian dressing
- 1 bottle McCormick Salad Supreme seasoning
- Bunch of green onions, chopped
- 1 head fresh broccoli, chopped
- 1 large tomato, chopped
- 1 can black olives
- 1 (16 oz.) block cheddar cheese, cut into small cubes

*Other veggies optional, such as cauliflower, frozen peas, shredded carrots, etc.

Instructions

1. In a large bowl or container, pour Italian dressing and work gently into cooked noodles.
2. Add remaining ingredients, working into the noodles.
3. You can adjust amount of Salad Supreme seasoning to your liking.
4. Refrigerate for at least an hour.

This can be made the day before and will last several days in the fridge.

Sweet Potato Casserole

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

3 cups sweet potatoes, mashed (about 2½ lbs.)
1 cup granulated sugar
2 well-beaten eggs
1 tsp. vanilla
1/2 cup butter, softened

Topping:

1 cup brown sugar
1/3 cup butter
1/3 cup flour
1 cup chopped pecans (optional)

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Mash and mix together the first 5 ingredients.
3. Place in a greased 9x13 baking dish.
4. Blend topping ingredients as you would a pie crust and sprinkle over top of the potato mixture.
5. Bake for 20 to 25 minutes.

Desserts



Banana Oatmeal Muffins

Submitted by Amanda Crum
Holy Spirit Medical Center, Surgical Services

Ingredients

- 1 banana
- 1 egg
- 3/4 cup of oats
- 1/3 cup peanut butter (or any nut or seed butter you'd like)
- 1/2 tsp. baking soda
- 1/2 tsp. vanilla extract
- 1/2 to 3/4 tsp. cinnamon powder
- 1/2 Tbsp. honey

Instructions

This recipe makes about 4 to 5 muffins. Double or triple the recipe to yield more.

1. Preheat oven to 350 degrees Fahrenheit.
2. Mash the banana, then mix in the vanilla, baking soda and egg until thoroughly combined.
3. Add in the peanut butter and honey. Mix well.
4. Add the oats and cinnamon. Mix until the oats are fully coated in the mixture and the batter is smooth.
5. Place cupcake papers into the muffin pan, then fill about three-quarters of the way with the batter.
6. Bake for 20 to 23 minutes, or until golden brown and toothpick comes out clean.

Continued...

You can add whatever toppings you like. I like to melt some more peanut butter, put that on top of the warm muffins and then sprinkle some granola on top with a drizzle of honey.

Bourbon Marshmallows

Submitted by Mary Celauro Henry
Penn State University, Development

Ingredients

Vegetable oil for brushing your parchment paper
1/4 cup bourbon
4 envelopes Knox original unflavored gelatin – 3 Tbsp.
plus 1 1/2 tsp.
3 cups granulated sugar
1 1/4 cups light corn syrup
1/4 tsp. salt
Seeds scraped from 1 vanilla bean
1 Tbsp. pure vanilla extract
Confectioners' sugar for dusting

You will need a candy thermometer.

Instructions

1. Line a 9x13 baking pan with parchment paper, leaving overhanging paper on the ends so you can easily lift out the marshmallows after they've firmed up. Brush the paper LIGHTLY with oil so the marshmallows won't stick.
2. In the bowl of a stand mixer fitted with the whisk attachment, put 1/2 cup water and 1/4 cup bourbon. Sprinkle the gelatin over it and let it sit. Add the vanilla bean seeds on top.
3. In a medium saucepan, add the sugar, corn syrup and salt, stirring to dissolve the sugar. Then, stop stirring and let the sugar syrup come up to 238 degrees

Continued...

Fahrenheit on a candy thermometer, which is the soft ball stage in candy making. It will boil for a while before it gets there.

4. Turn the mixer on low, and let it blend the gelatin for a few seconds, then slowly pour the hot syrup into the gelatin. When it's all in, gradually increase the speed until it is on high. Be careful because the mixture is very hot, and you don't want to get splattered.

5. Beat on high for 12 minutes until the mixture is stiff. Beat in the vanilla extract.

6. Scrape the mixture into the prepared dish, smoothing it out evenly with an offset spatula.

7. Let sit, uncovered, for 4 hours (or overnight).

8. Turn out the marshmallow block onto a surface coated with confectioner's sugar. Peel off the paper and dust the whole top surface with more confectioner's sugar. Use a strainer to sift the sugar down on the marshmallow.

9. Slice the marshmallows into squares using a sharp, oiled knife or pizza cutter. As you cut each strip, turn it to coat the cut ends with sugar, and as you cut each individual marshmallow, do the same. All the sides should be well coated and not sticky.

Store marshmallows at room temperature in an airtight container or pack in cellophane bags for giving. They will last about a month.

Brownies

Submitted by Denise Snader
Penn State Health, Revenue Cycle

Ingredients

3/4 c. flour
1/4 tsp. baking soda
1/4 tsp. salt
1/3 cup butter
3/4 cup sugar
2 Tbsp. water
1 tsp. vanilla
2 eggs
1 (12 oz.) package semisweet morsels

Instructions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a small bowl, combine flour, baking soda and salt and set aside.
3. In small saucepan, combine butter, sugar and water. Bring just to a boil, then remove from heat.
4. Add 1 cup of morsels and vanilla. Stir until morsels are melted and mixture is smooth.
5. Transfer to a larger bowl. Add eggs one at a time, beating well.
6. Gradually blend in flour mixture.
7. Stir in remaining morsels.
8. Spread into a 9-inch greased pan.
9. Bake for 30 to 35 minutes.
10. Cool completely.

Cinnamon Cheesecake Bars

Submitted by Kathy Espenshade
Penn State Health Medical Group, Care Management

Ingredients

2 pkgs. crescent rolls

Filling:

2 (8 oz.) pkgs. cream cheese

1 cup sugar

1 tsp. vanilla

Topping:

1 stick of butter

1 1/2 tsp. cinnamon

1/4 cup sugar

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Press one pack of crescent rolls on the bottom of a 9x13 pan.
3. Mix the filling and spread on top of the crescent rolls.
4. Top with the second pack of crescent rolls, sealing the seams.
5. Melt butter and pour evenly over the crescent rolls.
6. Sprinkle with the mixed cinnamon and sugar.
7. Bake for 25 to 30 minutes.

Flourless Chocolate Torte

Submitted by Brenda Thomas
Penn State College of Medicine, Office of Research Affairs

Ingredients

5 large eggs, separated
12 oz. semi-sweet chocolate, chopped
3/4 cup butter, cubed
1/4 tsp. cream of tartar
1/2 cup sugar
Confectioners' sugar, optional

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. Place egg whites in a large bowl. Let stand at room temperature 30 minutes.
 3. In top of a double boiler or a metal bowl over barely simmering water, melt chocolate and butter. Stir until smooth. Remove from heat. Cool slightly.
 4. In another large bowl, beat egg yolks until thick and lemon-colored.
 5. Beat in chocolate mixture.
 6. In another bowl, with clean beaters, beat egg whites and cream of tartar on medium speed until foamy.
 7. Gradually add sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff glossy peaks form.
 8. Fold a fourth of the egg whites into chocolate mixture, then fold in remaining whites.
 9. Transfer to a greased 9-inch springform pan. Bake until a toothpick inserted in center comes out with
- Continued...

moist crumbs, 40 to 45 minutes (do not overbake).

10. Cool completely on a wire rack.

Loosen sides from pan with a knife. Remove rim from pan. If desired, dust with confectioners' sugar.

Fruit Pizza

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 1 box sugar cookie mix
- 1 egg
- 1/4 cup water
- 1 (8 oz.) pkg. cream cheese
- 3 Tbsp. sugar
- 1 can crushed pineapple, drained and save juice
- Sliced banana, soaked in pineapple juice to keep from browning
- Mandarin oranges
- Maraschino cherries, sliced in half
- Strawberries, sliced
- Blueberries
- Any other fruit you prefer

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine sugar cookie mix, egg and water.
3. Spread onto a pizza pan.
4. Bake for 10 minutes.
5. Chill for 30 minutes.
6. Mix together cream cheese and sugar, spread on chilled crust and chill another 30 minutes.
7. Spread crushed pineapples onto chilled pizza, then layer the other fruit.
8. Slice and enjoy!

Gob Cake

Submitted by Rick Shaffer
Penn State College of Medicine, Orthopaedics and Rehabilitation

Ingredients

Cake:

- 1 chocolate cake mix
- 1/4 cup of oil
- 4 eggs
- 1 small box of instant chocolate pudding
- 1 1/2 cups of milk

Icing:

- 1 stick margarine
- 1 cup Crisco
- 1 1/2 cups of white sugar
- 5 Tbsp. of flour
- 1 cup milk, room temperature
- 1 tsp. vanilla extract

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all the cake ingredients together.
3. Grease two pans. Put wax paper in one pan. Split the batter between the two pans.
4. Bake for 20 minutes.

To make the icing:

1. Beat margarine, Crisco and white sugar together really, really well.
2. Mix in 5 tablespoons of flour, mixing/beating after each tablespoon is added.

Continued...

3. Mix in milk a little at a time.
4. Mix in vanilla extract.
5. Put a layer of icing in between the two cakes. Use the remaining icing to cover the top of the cake.

Gram's Quick Peanut Butter Fudge

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 box confectioner's sugar
- 1 jar (7 oz.) marshmallow creme
- 1/2 cup milk
- 1 (12 oz.) small jar peanut butter

Instructions

1. Bring sugar and milk to a good rolling boil.
2. Remove from heat and add marshmallow cream and peanut butter. Stir until fully melted. Pour into 9x9 pan. Fudge will be creamy.
3. Let sit for 30 to 60 minutes in refrigerator.
4. Cut and serve!

Hawaiian Wedding Cake

Submitted by Brenda Thomas
Penn State College of Medicine, Office of Research Affairs

Ingredients

- 1 box Duncan Hines Yellow Cake mix
- 1 large pkg. vanilla instant pudding
- 3 cups milk
- 1 (8 oz.) pkg. cream cheese, softened
- 2 regular size cans crushed pineapple, drained
- 1 large container Cool Whip, room temperature

Toppings: maraschino cherries, chopped nuts, candied fruit or coconut

Instructions

1. In a jelly roll pan, bake cake mix per instructions on box. Cool.
2. Mix vanilla pudding with 2½ cups of milk.
3. In a separate bowl, mix ½ cup of milk with cream cheese. Combine and spread over cake.
4. Spread crushed pineapple over the pudding mixture.
5. Spread Cool Whip over the pineapple.
6. Top with chopped maraschino cherries and nuts.

Optional: candied fruit and coconut

Jiffy Pineapple Cake

Submitted by Tracy Bossler
St. Joseph Medical Center, Hematology

Ingredients

- 1 box white cake mix
- 1 (8 oz.) cream cheese, softened
- 1 (3.5 oz.) box instant vanilla pudding
- 1 can crushed pineapple, drained
- 1 big container Cool Whip
- 2 cups milk

Instructions

1. Bake cake following directions on box.
2. Blend 2 cups of milk and the pudding mix.
3. Beat the cream cheese and add the pudding mix. Let stand until thick.
4. Spread the mixture on top of the cooled cake, spread pineapple next and top with Cool Whip.

Maple-Glazed Apple Blondies

Submitted by Heather Grundon
Milton S. Hershey Medical Center, Therapy Services

Ingredients

Blondies:

- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 cup butter softened
- 1/4 cup sugar
- 2 large eggs
- 1 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon

Apple Filling:

- 2 large apples, chopped finely
- 2 Tbsp. brown sugar
- 1 Tbsp. butter
- 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon

Maple Glaze:

- 2 Tbsp. butter
- 1/4 cup pure maple syrup
- 1/2 cup powdered sugar
- 1/4 tsp. vanilla extract
- 1/8 tsp ground cinnamon

Instructions

Preheat oven to 350 degrees Fahrenheit.

Continued...

Line an 11x7 pan with aluminum foil (or spray pan with cooking spray).

To make the apple filling:

1. On medium-low heat, cook the apple filling mixture for 3 to 4 minutes.
2. Remove from heat and allow to cool

To make the blondies:

1. Cream the butter until light and fluffy.
2. Add brown sugar and granulated sugar. Mix until well-combined.
3. Add the eggs, one at a time, beating well after each addition.
4. Add the salt and vanilla extract. Mix until combined.
5. In a separate bowl, mix flour, baking powder and cinnamon together. Add to the wet ingredients and stir until combined.
6. In the bottom of the pan, spread half the blondie batter evenly.
7. Spread the apple filling all over the batter layer.
8. Top with the remaining blondie batter and spread evenly
9. Bake for 25 to 30 minutes or until the top is golden brown and a cake tester comes out clean.

To make the maple glaze:

1. Melt the butter with the maple syrup, vanilla extract and cinnamon over low heat.
2. Once melted and combined, remove from the heat. Sift in powdered sugar and whisk until fully combined.
3. Allow to cool for 8 to 10 minutes so the glaze can thicken.
4. Allow bars to cool for about 10 minutes, then pour the glaze over the bars and allow to set.
5. Slice into squares.

Recipe yields about 9 to 12 bars depending on how they are sliced.

Oven Caramel Corn

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

3 3/4 quarts popped corn (about 15 cups)
1/2 cup butter
1/4 cup light corn syrup
1 cup brown sugar
1/2 tsp. salt
1/2 tsp. baking soda

Instructions

1. Preheat oven to 200 degrees Fahrenheit.
- 2 Place the popped corn in a large roasting pan – you will need room to stir.
3. In a saucepan, heat sugar, butter, corn syrup and salt, stirring constantly until bubbly around the edges. Continue cooking over medium heat for 5 minutes.
4. Remove from heat and stir in baking soda until foamy.
5. Pour over the popped corn and stir until well covered.
6. Bake one hour, stirring every 15 minutes.

Quickie Coconut Macaroon

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 box vanilla pudding (4 servings)
- 2 2/3 cups flaked coconut
- 2/3 cup sweetened condensed milk
- 1/2 tsp. almond extract

Instructions

1. Preheat oven to 325 degrees Fahrenheit.
2. Mix all ingredients in a bowl.
3. Line a baking sheet with parchment paper.
4. Drop mix onto pan with a small spoon about 2 inches apart.
5. Bake for 12 to 15 minutes until edges are golden brown.
6. Use a wet spatula to remove from baking sheet and allow to cool before storing.

Makes about 2 1/2 dozen.

Special K Bars

Submitted by Mary Brinson
Holy Spirit Medical Center, Endoscopy Center

Ingredients

- 4 cups Special K cereal
- 1 cup sugar
- 1 cup white karo syrup
- 1 1/2 cups peanut butter (I prefer chunky)
- 2 cups butterscotch chips
- 1 cup chocolate chips

Instructions

1. Bring 1 cup Karo and 1 cup sugar to a boil. Don't let it boil long or it will be rock hard.
2. Remove from heat and stir in 1 1/2 cups of peanut butter.
3. Fold in Special K cereal.
4. Pour in to buttered 9x13 pan and spread out evenly.
5. Melt chocolate chips and butterscotch chips, then pour over mixture in pan.
6. Refrigerate at least 4 hours.

Tandy Cake

Submitted by Crystal Barna
Penn State College of Medicine, Office of Research Affairs

Ingredients

Cake:

- 2 cups sugar
- 2 cups flour
- 2 tsp. baking powder
- pinch of salt
- 2 tsp. butter
- 1 cup milk
- 4 eggs
- 1 tsp. vanilla

Topping:

- 1 (8 oz.) Hershey bar (or more to your liking)
- 2 cups peanut butter (or more to your liking)

Instructions

1. Preheat oven to 355 degrees Fahrenheit.
2. Put all the cake ingredients in a large bowl. Beat until mixture is thin.
3. Pour onto greased cookie sheet.
4. Bake for 12 to 15 minutes.
5. While hot, spread with peanut butter, then cool.
6. Melt Hershey bar(s) and spread on peanut butter.
7. Cut into squares after chocolate is firm.

Turtle Cake

Submitted by Sandi Brettler
Milton S. Hershey Medical Center, Neurosurgery Administration

Ingredients

- 1 box German chocolate cake mix
- 1 (14 oz.) bag caramels
- 1 (5 oz.) can evaporated milk
- 2 Tbsp. butter
- 1 (12 oz.) bag chocolate chips
- 1 cup pecans, chopped

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Prepare cake mix per box instructions.
3. Pour half of the batter in a greased 9x13 pan. Bake for 15 minutes.
4. While cake is baking, melt caramels with milk and butter in a double boiler.
5. Slowly pour over cake and spread evenly.
6. Sprinkle chocolate chips and pecans over cake, reserving about 2 Tbsp. pecans.
7. Pour the remaining cake batter on top, then sprinkle with the rest of the pecans.
8. Bake 30 more minutes.

Gluten Free



Gluten-Free Chicken Cordon Bleu

Submitted by eather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

6 boneless, skinless chicken breasts
1 Tbsp. butter
2 cups gluten-free Rice Chex cereal
1 Tsp. garlic salt
2 Tsp. dried basil leaves
1 egg
1/2 cup milk
6 slices cooked ham
6 slices Provolone cheese
1/2 cup gluten-free Bisquick Mix

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
 2. Grease 13x9 inch (3 quart) glass baking dish with butter.
 3. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down. Gently pound with flat side of meat mallet or rolling pin until about 1/4- to 1/2-inch thick.
 4. Place gluten-free cereal, garlic salt and basil in a food processor. Cover, process until finely ground and set aside.
 5. In small bowl, beat egg and milk; set aside.
 6. Layer 1 piece of ham and 1 piece of cheese on each
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chicken breast. Roll up and secure each with a toothpick so that the cheese and ham are enclosed within the chicken.

7. Coat each rolled chicken breast with gluten-free Bisquick Mix, then egg mixture and then cereal mixture. Place in baking dish.

8. Bake 35 to 45 minutes.

Gluten-Free Diabetic Key Lime Pie

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

1 cup gluten-free graham crackers (make into crumbs)
3 Tbsp. melted margarine
1/2 cup plus 2 Tbsp. sugar substitute, such as stevia
1 envelope (1/4 oz.) unflavored gelatin
1 3/4 cup skim milk
1 (8 oz.) pkg. reduced-fat cream cheese, softened
1/3 to 1/2 cup fresh Key lime juice
Lime slices
Mint sprigs

Instructions

1. Combine gluten-free graham cracker crumbs, margarine and 2 Tbsp. sugar substitute into the bottom of a 7-inch springform pan. Pat evenly on sides and 1/2 inch up the side of the pan.
2. Sprinkle gelatin over 1/2 cup of milk in a small saucepan. Let stand 2 to 3 minutes. Cook over low heat, stirring constantly, until gelatin is dissolved.
3. Beat cream cheese until fluffy in small bowl. Beat in remaining 1 1/4 cup milk and the gelatin mixture.
4. Mix in lime juice and 1/2 cup sugar substitute.
5. Refrigerate pie until set, about 2 hours.
6. To serve, loosen the side of the pie from the pan until a small spatula can pass and then remove the side of pan.

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7. Place the pie on a serving plate and garnish with slices and mint.

Makes about 8 servings.

Gluten-Free Easy Baked Eggplant Parmesan

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

- 1 large eggplant, sliced lengthwise into ½-inch thick pieces (about 8)
- 2 eggs, beaten with a fork
- 1 1/2 cup gluten-free panko breadcrumbs
- 2 Tbsp. extra-virgin olive oil
- 1 (25 oz.) jar gluten-free pasta sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded parmesan cheese

Instructions

1. Preheat oven to 375 degrees Fahrenheit with a baking sheet inside.
 2. Coat the eggplant slices with beaten egg, then bread with gluten-free panko breadcrumbs.
 3. Spread oil on the hot baking sheet and place the eggplant slices on it in a single layer.
 4. Bake 15 minutes, flip and bake another 10 minutes.
 5. Increase oven temperature to 475 degrees Fahrenheit.
 6. In an 8x10-inch ovenproof dish, layer pasta sauce, then eggplant and top with cheeses.
 7. Repeat, finishing with cheese.
- Bake until the cheese melts and turns golden in spots, about 15 minutes.

Serves 4

Gluten-Free Impossibly Easy Chicken 'N Broccoli Pie

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

1 bag (12 oz.) chopped broccoli, thawed and drained
1½ cups (6 oz.) shredded cheddar cheese
1 cup cut-up cooked chicken or chicken in a can,
drained
1 medium onion (½ cup), chopped or 1 Tbsp. minced
onion
2 eggs
1 cup milk
½ cup gluten-free Bisquick Mix
½ tsp. salt
¼ tsp. pepper

Instructions

1. Preheat oven to 400 degrees Fahrenheit. Grease a 9-inch glass pie plate with shortening or cooking spray.
2. In a large bowl, mix broccoli, 1 cup of cheese, the chicken and the onion. Spoon into the pie plate.
3. Stir eggs, milk, gluten-free Bisquick Mix, salt and pepper until blended. Pour over the mixture in the pie plate.
4. Bake 30 to 35 minutes or until knife inserted in center comes out clean.

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5. Sprinkle with remaining 1/2 cup cheese.
6. Bake 1 to 2 minutes longer or just until cheese is melted.
7. Cool 5 minutes before serving.

Makes 8 servings.

Gluten-Free Greek Rice

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

- 1 1/2 cups uncooked rice
- 3 cups water
- 2 Tbsp. butter
- 3 tsp. chicken bouillon granules
- 3 tsp. minced fresh mint or 3/4 tsp. dried mint
- 3 tsp. lemon juice
- 1/2 tsp. garlic powder

Instructions

1. Put all the ingredients in a rice cooker.
2. Cook according to rice cooker instructions.

Makes 2 3/4-cup servings.

Gluten-Free Watergate Salad

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

- 1 (3.4 oz.) pkg. instant pistachio pudding mix
- 1 (20 oz.) can crushed pineapple, drained
- 1 1/2 cups miniature marshmallows
- 1 (12 oz.) container frozen whipped topping, thawed
- 1/2 cup flaked coconut
- 1/2 cup maraschino cherries, drained

Instructions

1. In a large bowl, combine pudding mix and pineapple. Mix well.
2. Add marshmallows and three-quarters of the container of whipped topping (add more to get a creamier consistency).
3. Toss in the coconut. Mix well.
4. Transfer to a serving dish and top with halved cherries and any extra coconut.
5. Chill for at least an hour before serving.
Will be good the next day.

Servings: 8

Sara Nussbaum's Gluten-Free Matzo

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

1 cup potato starch
1/2 cup sweet rice flour
1/2 cup almond meal
1/2 cup ground flaxseed meal
4 Tbsp. olive oil
Pinch of: salt, garlic powder and onion powder
6 to 12 Tbsp. water

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix all ingredients in a bowl. The texture should be like playdough. If too dry, add small amount of extra water.
3. Knead into a ball and divide into 6 pieces.
4. Take 1 piece and roll between 1 sheet of parchment paper (on bottom) and Ziploc bag (on top). Roll as thinly as possible. Be patient; the dough will tear easily if it does pinch together.
5. Prick dough all over with a fork. Score with knife if you want to break it into squares after baking.
6. Bake at for 12 to 15 minutes or until lightly browned.

Makes about 5 7-inch matzos. You can easily double the recipe. The thickness determines the crispness.

Sara Nussbaum's Gluten-Free Matzo Balls

Submitted by Heather Beth Kelley
Milton S. Hershey Medical Center, Hematology Oncology

Ingredients

4 Tbsp. rendered chicken fat
4 eggs
1 tsp. salt
1/2 cup gluten-free matzo meal or almond meal
3/4 cup dried potato flakes

Instructions

1. Blend eggs and chicken fat with fork or food processor. Add dry ingredients and mix.
2. Cover and let sit in the refrigerator at least 30 minutes.
3. Boil water briskly. Roll 1½-inch balls from mixture using wet hands and drop in the boiling water. When all balls are in the water, use a long spoon to make sure none of the balls are stuck to the bottom of the pot.
4. Cover pot with the lid and cook over medium heat for 35 minutes.
5. Using slotted spoon, transfer balls directly into chicken soup or broth, or freeze for use later.
6. If freezing, transfer to wax paper-lined cookie sheet and freeze until hard, then transfer to Ziploc freezer bags.

Makes about 11 matzo balls. Recipe can easily be doubled or halved.





