



QUARANTINE 2020 COOKBOOK

# LOVE FROM OUR TABLE TO YOURS

FLAVORFUL DISHES FROM THE  
ST. ANTHONY OF PADUA, ATLANTA  
CHURCH FAMILY

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## EDITOR'S NOTE

This cookbook was curated during the Quarantine of 2020. Each Sunday after online mass, members of St. Anthony of Padua Church, Atlanta, would participate in Zoom meetings. This was a wonderful opportunity to check on each other and chat. During these virtual meetings someone always seemed to ask, "Hey, what's everyone cooking?" Thus, the idea for this cookbook was formed.

Food has always been an integral part of our parish gatherings so, it was only natural that sharing our recipes would be a great way to stay connected while physically distant. Like a sending a little bit of love from one table to another.

Thanks to all who contributed recipes. May we find some comfort during these uncertain times by preparing these special dishes.

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*St. Anthony of Padua Church*

**Serving the West End of Atlanta since 1903**



# APPETIZERS

# BUFFALO CHICKEN DIP

## INGREDIENTS

- 2 cups shredded cooked chicken breast
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup hot sauce (I use Franks)
- 1/4 cup ranch dressing
- 1 cup Shredded colby or cheddar cheese

## PREPARATION

1. Combine chicken, cream cheese and hot sauce.
2. Add ranch dressing.
3. Pour the mixture into a 1 quart baking dish.
4. Top with shredded cheese and bake until melted.
5. Serve with tortilla chips.



**Cheesy buffalo chicken dip - great for game day, or anyday!**

ALICIA MCDANIEL



# WATERMELON GASPACHO

## INGREDIENTS

- 4 heaping cups of cubed seedless watermelon
- 1 cucumber, diced, reserve half
- 3 medium tomatoes, diced, reserve half
- 1 small red bell pepper, diced, reserve half
- 1/3 cup chopped green onions, diced, reserve half
- 1/4 cup red onion, diced
- 1 garlic clove
- small handful basil
- 3 to 4 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 to 2 teaspoons sea salt, or to taste
- 1/2 teaspoon freshly ground black pepper
- 1/2 jalapeno pepper, optional

## PREPARATION

1. Set aside the reserved half of the chopped cucumber, tomatoes, red pepper and green onions, and place the remaining half in a blender. Add the watermelon, red onion, garlic, basil, vinegar, olive oil, salt, pepper, and jalapeño pepper (if using). Blend until smooth. Taste and adjust seasonings.
2. Pour into a large bowl (or small individual glasses) and stir in the reserved chopped vegetables.
3. Chill for 3 to 4 hours or overnight
4. Serve and enjoy!

**"Very refreshing dish to enjoy for the summer."**

STEPHANIE WALDROP



# POLOTE FAMILY RECIPES

## EASY CRAB BISQUE

### INGREDIENTS

- 1 pound fresh lump crabmeat
- 1 (10 ¾ ounce) can cream of celery soup
- 1 (10 ¾ ounce) can cream of mushroom soup
- 4 ounces of mushrooms (canned or fresh)
- 1 soup can of whole milk
- ½ cup butter
- Salt and pepper to taste

### PREPARATION

1. Combine all ingredients in a heavy saucepan.
2. Cook over low heat, until mixture comes to a slow boil.
3. Make sure to stir occasionally.
4. Tip: Add a splash of sherry for additional flavor.

Serves 4-6

## BROCCOLI SALAD

### INGREDIENTS & PREPARATION

- 2 bunches of fresh broccoli
- ½ pound bacon, cooked and crumbled
- 1 small red onion, chopped
- ½ cup currants
- 1 cup Miracle Whip, or other commercial salad dressing or mayonnaise
- ½ cup sugar
- ¼ cup apple cider vinegar

### PREPARATION

1. Chop broccoli into small pieces, removing as much of the stem as possible.
2. Mix with bacon, onion and currants in a medium bowl.
3. Combine the Miracle Whip, sugar and vinegar in a small bowl.
4. Add dressing to the broccoli mixture and refrigerate until ready to serve. Do not add dressing too far in advance
5. Tip: Substitute currants with dried cranberries and/or add walnuts.

Serves 12-16

# ALMOND FLOUR CHEDDAR BISCUITS

## INGREDIENTS

- 1 1/2 cup Almond Flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup shredded cheese (cheddar or mozzarella)
- 1/4 cup Heavy Cream
- 3 tbsp diced cold butter
- 1 egg



## A delicious recipe from Karen Burke



## PREPARATION

1. Preheat oven to 350 degrees. Whisk together dry ingredients. (Almond flour, salt, pepper, and baking powder).
2. Mash your butter into the almond flour until it's crumbly sandy mix. (Use a pastry cutter if you have one or a rubber spatula).
3. Dig a well in the center and add the cream and egg. Combine the almond flour into the wet ingredients being careful not to overwork it. Fold in cheese.
4. Form dough into 6 big balls and lay on parchment paper. Bake for 20 mins.
5. Nutrition Facts: 296 Calories; 27g Fat; 10g Protein; 7g Carbohydrate; 3g Dietary Fiber; 4 net carbs

# SOUTHWEST VEGGIE QUESADILLIA

## INGREDIENTS

- 1 tablespoon olive oil
- 1 cup bell pepper diced (colors of choice)
- 1 cup black beans canned, rinsed and drained
- 1/2 cup corn (canned, frozen or fresh)
- 1/2 cup onion diced
- 2 cloves garlic minced or crushed
- 1 teaspoon cumin
- 1 teaspoon chili powder
- salt and pepper to taste
- 1/4 cup chopped cilantro
- 4 medium flour tortillas
- 2 cups shredded cheese see note

For the sour-cream cilantro sauce:

- 1/2 cup sour cream
- 1/4 cup mayo or replace with sour-cream or Greek yogurt
- 1/4 cup cilantro minced
- Juice of 1/2 lime
- 1 tsp olive oil
- Salt and pepper to taste



**"We've been making a lot of veggie quesadillas"**

**CHRIS, CANDIS, AND CHRISTINE HUNTER**



## PREPARATION

1. Heat 1 tablespoon oil in a medium pan over medium-high heat. Add the oil, bell peppers, black beans, corn, onion, cumin, chili powder, salt, and pepper. Season with salt and pepper and cook for 3-4 minutes or until the bell peppers and onions are softened. Turn off heat and stir in the cilantro.
2. In a clean skillet over medium heat, add a flour tortilla. Top with cheese, cooked veggies mixture, and another layer of cheese. Place another tortilla on top and cook, flipping once, until golden on both sides, about 3 minutes per side. Repeat with remaining ingredients. Slice and Serve with sour-cream cilantro sauce.
3. To make the sour-cream cilantro sauce. Whisk all the ingredients in a medium bowl until combined.
4. For the cheese you have many options. You can use shredded mozzarella, a Mexican blend, pepper jack, Monterey jack, cheddar, or your favorite melting cheese.
5. Optional add-ins: cooked chicken, avocado, tomatoes, mushrooms.



# MAIN COURSES

# SHRIMP & AVACADO NACHOS

## INGREDIENTS

- 4 plum tomatoes, chopped
- 3 tomatillos, husked and chopped
- 4 jalapeno peppers, seeded and finely chopped
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1/4 cup minced fresh cilantro
- 3 tablespoons olive oil
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon lime juice
- 1-1/2 teaspoons sea salt
- 1/2 teaspoon dried oregano
- 1 pound peeled and deveined cooked shrimp (31-40 per pound), coarsely chopped

## TOPPING:

- 2 medium ripe avocados, peeled and pitted, divided
- 1/2 cup sour cream
- 2 tablespoons lime juice
- 8 cups tortilla chips
- 1 cup shredded lettuce



**"A yummy recipe full of healthy veggies"**

**MARYAM INLAW**



## PREPARATION

1. In a large bowl, combine the first 11 ingredients. Cover and refrigerate until chilled, at least 30 minutes. Stir in shrimp.
2. For avocado cream, mash 1 avocado with sour cream and 1 tablespoon lime juice until smooth. Cube remaining avocado and toss with remaining lime juice.
3. To serve, arrange chips on a large platter. Top with shrimp mixture, cubed avocado, lettuce and avocado cream; serve immediately.
4. Note: Seasoned rice vinegar is different than regular rice vinegar. It has added sugar and salt.
5. Nutrition Facts: 1 serving: 264 calories, 16g fat (3g saturated fat), 72mg cholesterol, 542mg sodium, 20g carbohydrate (3g sugars, 3g fiber), 12g protein.

# ZUCCHINI PASTA

## INGREDIENTS

- Zucchini (Spiraled like noodles)
- Squash (Spiraled like noodles)
- Purple or Yellow Onion Sliced
- Red/Yellow/Orange Peppers Sliced
- Olive Oil
- Shrimp (Seasoned and Sautéed or cooked in air fryer) – Leave whole
- Turkey Sausage (pan fried in olive oil w/little crisp on ends) – diagonally sliced
- Chicken Breast Tenderloins (Optional) – Seasoned and Pan Fried in olive oil or cooked in air fryer
- Salt and Pepper



## A healthy pasta alternative from Annie Burt



## PREPARATION

1. Sauté Onions and Peppers in Olive Oil
2. Add Zucchini/Squash
3. Sauté evenly w/Onions and peppers about 5 to 7 minutes for noodles to remain slightly firm
4. Add salt and pepper to taste
5. Add cooked meat (shrimp, sausage, chicken)

Enjoy!!

# PORK CHOP MARSALA

## INGREDIENTS

- 4 thin-cut boneless pork chops (1/4" to 1/2" thick)
- kosher salt and freshly-ground black pepper
- 1/4 cup of all-purpose flour, plus 2 tbsp
- 1 tbsp of olive oil
- 2 tbsp of unsalted butter
- 8-10 oz of cremini mushrooms, cleaned, stems removed, and caps cut into 1/4" slices
- 1 large shallot, chopped (about 1/3 cup)
- 3/4 cup of dry Marsala wine
- 1/2 cup of chicken stock
- 1 tbsp of fresh thyme leaves, chopped
- 1 tsp of fresh rosemary, chopped
- 1/3 cup of heavy cream



**"This recipe is a great option for a busy week night or for serving to guests. The rich and flavorful sauce is done in no time!! "**

**KIM BRANNAN-SYKES**



## PREPARATION

1. Season pork chops on both sides with salt and pepper. Lightly dredge each chop (separately) in flour, shaking off excess. Transfer to a plate and set aside.
2. Heat butter and oil in a large skillet over medium-high heat until foaming subsides. Cook pork for 3-4 minutes per side, until browned and centers read 145 degrees F with a meat thermometer. (Very thin chops might need as little as 2 minutes per side.) Transfer back to the plate and tent with foil to keep warm.
3. Add shallots and mushrooms to pan with 1/2 teaspoon kosher salt and 1/4 teaspoon freshly-ground black pepper. Sauté until mushrooms are soft and beginning to brown, about 5 minutes.
4. Stir 2 tablespoons of flour into the mushroom mixture and cook for 1 minute. Add Marsala and cook for an additional 1-2 minutes, scraping any brown bits from the bottom of the pan. Add chicken stock and bring to a boil. Lower heat and simmer for 5-8 minutes, until sauce is slightly thickened.
5. Stir in thyme, rosemary, and heavy cream. Season to taste with salt and pepper.
6. Add pork back to the pan with any accumulated juices and simmer for 2 minutes.
7. Transfer pork chops to a platter and spoon sauce over the top. Garnish with chopped fresh herbs and if desired, a squeeze of lemon juice.
8. Serve over mashed potatoes or noodles.

# VEGAN ROASTED BROCCOLI SALAD WITH TAHINI DRESSING

## INGREDIENTS

### Salad:

- 2 Heads of broccoli cut into florets with a bit of stalk on
- 2 tbsp of extra virgin olive oil
- Generous pinch of both salt and pepper
- 6 cups of cabbage finely shredded
- 3 shallots finely diced

### Dressing:

- 1/3 cup of tahini
- 1/3 cup of 100% Florida orange juice
- 2 tbsp of apple cider vinegar
- 1 tsp of maple syrup or to taste
- Salt and pepper to taste

### Toppings:

- ¼ cup of golden raisins
- 1 cup of crispy roasted chickpeas
- ¼ cup of toasted pine nuts
- ¼ tsp of za'atar
- ¼ cup of vegan feta
- ½ cup of pomegranate arils
- 1/3 cup of kalamata olives



**"Meatless Monday Meal Ideas: Salads don't have to include lettuce, be boring, nor eaten cold. Salads can be simply beautiful and delicious!"**

**KIM BRANNAN-SYKES**

## PREPARATION

1. Preheat oven to 450 F. Using a large bowl, toss the broccoli with olive oil and salt and pepper.
2. Line a baking sheet (or 2) with parchment paper. Spread the broccoli onto the baking sheet(s) so that they're not touching. Roast for about 20 minutes or until golden brown. Allow to cool to room temperature.
3. Meanwhile, in a food processor or blender, puree together the tahini, Florida orange juice, apple cider vinegar, maple syrup, and a pinch of salt and pepper. Set aside.
4. Once the broccoli is room temperature, using a large plate, arrange the broccoli, cabbage, shallots, raisins, chickpeas, pine nuts, za'atar, feta, pomegranate, olives and drizzle generously with the dressing.

Enjoy!

# CAJUN SHRIMP PASTA

## INGREDIENTS

- 12 oz of uncooked pasta, any shape
- 2 tbsp of olive oil
- 1 lb of large raw shrimp\*, peeled and deveined
- 2 medium bell peppers, cored and thinly sliced
- 1 small red onion, peeled and thinly sliced
- 1 batch of Creamy Cajun Alfredo Sauce (see below)
- 1 large handful of baby spinach
- Optional toppings: thinly-sliced green onions, extra freshly-grated Parmesan cheese

## CREAMY CAJUN ALFREDO SAUCE INGREDIENTS:

- 2 tbsp of olive oil or butter
- 4 large cloves of garlic, minced or pressed
- 1/3 cup of all-purpose flour
- 1 cup of chicken or vegetable stock
- 3 cups milk
- 1 (15 oz) can of fire-roasted diced tomatoes, drained
- 1 cup of freshly-grated Parmesan cheese
- 2 tbsp of Cajun seasoning, homemade or store-bought
- salt and freshly-cracked black pepper, to taste

**"Be creative, have fun & enjoy!"**

**KIM BRANNAN-SYKES**



## PREPARATION

1. Cook pasta al dente according to package instructions in a large stockpot of generously-salted water and drain. For optimal timing, I recommend saving this step until the end of the recipe so that your pasta is nice and hot.
2. Heat oil in a large sauté pan over medium-high heat. Add shrimp, onions and bell peppers and sauté for 4-5 minutes, stirring occasionally, until the shrimp are pink and opaque and cooked-through. The veggies should be softened but not soggy.
3. Meanwhile, in a separate saucepan (or you can opt to re-use the sauté pan, after the shrimp and veggies have been cooked), make the sauce.
4. Heat oil or butter over medium-high heat. Add garlic and sauté for 1-2 minutes, stirring occasionally, until fragrant. Whisk in the flour until completely combined, then cook for 1 more minute, stirring occasionally. Whisk in the stock until the mixture is completely smooth. Then whisk in the milk, drained diced tomatoes, Parmesan and Cajun seasoning until combined. Continue cooking the sauce until it nearly reaches a simmer and thickens. Taste, season with salt and pepper (and extra Cajun seasoning, if needed) to taste.
5. Stir together the cooked pasta, veggies, shrimp, sauce and baby spinach until combined.
6. Serve warm, garnished with thinly-sliced green onions and extra Parmesan, if desired.



# CREAM CHICKEN ON TOAST

## PREPARATION

1. Preferably Multi-grain Bread
2. Leftovers chicken (never tried it with Fried chicken).....Baked/Roasted/Grilled & Oven Roasted) \*\*\*use whatever you have your favorite spices on\*\*\*
3. Sauté your finely diced onions, (optional) canned mushrooms quarter cup to half cup if you like mushrooms in real unsalted butter. SET ASIDE to combine later with Chicken.
4. Add Sea Salt to taste, black pepper, Ground Marjoram, Ground All Spice and onion powder teaspoonful of Basil flakes. (I DON'T MEASURE - IT'S FEEL AND TASTE)\*
5. Take a half cup of flour, add cold water to make a paste and break up lumps in flour.
6. Heat up your chicken (sliced and shredded) in butter (2-3 TABLESPOON & 2 Tablespoon of Olive oil) 1.5 to 2 cups of chicken. It depends on how much you like, and use for BRUNCH ANOTHER DAY.
7. Remove Chicken. Heat skillet to high, then combine (ROUX) Flour until it bubbles. Reduce heat add 1/2 to 3/4 cup of heavy whipping cream. Continue to whisk flour and water to a creamy consistency.
8. COMBINE 4. AND 6. REDUCE TO A SIMMER, UNTIL YOU GET A SMOOTH AND CREAMY CONSISTENCY.
9. TOAST BREAD AND BUTTER IT. PLACE CREAM CHICKEN ON TOAST. Add a little more Black Pepper and Sea Salt if needed.

ENJOY!

**A RECIPE FROM THE CLIPPER FAMILY**

# SPAGHETTI AGLIO E OLIO WITH LOTS OF KALE

## INGREDIENTS

- Kosher salt
- 3 large or 4 smaller bunches kale, any type (about 1½ pounds)
- 5 garlic cloves
- ¼ cup olive oil, plus more for drizzling
- Freshly ground black pepper
- 12 ounces spaghetti, thick spaghetti, bucatini, or other long strand pasta
- Parmesan and crushed red pepper flakes (for serving)
- Flaky sea salt



**"This recipe has been a staple in our household during the past few weeks: You can use spinach or carrots, or any vegetable, really, instead of kale, but kale really is best!"**

**ANIKA, ERIC AND OLAMINA PALM**



## PREPARATION

1. Bring a large pot of salted water to a boil. Meanwhile, strip kale leaves from ribs and stems, then tear leaves crosswise into 2"-3" pieces. Cook kale in boiling water until bright green and slightly softened, about 2 minutes. Using tongs, transfer kale to a colander and rinse under cold water, tossing; squeeze out excess liquid from leaves. Keep water at a boil (you'll use it for the pasta).
2. Whack garlic with the side of a chef's knife to crush; peel off skins. Heat ¼ cup oil in a large heavy pot over medium. Cook garlic, stirring occasionally, until sizzling, about 3 minutes. Season very generously with black pepper and cook, smashing with a wooden spoon, until cloves break into rough pieces, soften, and look golden. Add kale to pot and cook, stirring often, until darkened in color and very tender, about 8 minutes (garlic will break into even smaller pieces). Season with kosher salt and pepper.
3. Meanwhile, cook pasta, stirring occasionally, until very al dente (2-3 minutes less than package directions). Using tongs, add pasta to kale; splash in about 1 cup pasta cooking liquid. Cook, tossing and adding more pasta cooking liquid as needed, until sauce lightly coats pasta, about 2 minutes. Serve pasta topped with Parmesan, red pepper flakes, sea salt, and more black pepper.

# TOASTED RAVIOLI

## INGREDIENTS

- 1 1/2 pound bag of beef ravioli, fresh or frozen\*
- 1 cup buttermilk
- 2 eggs
- 2 cups Italian bread crumbs
- 1 teaspoon salt
- 1 teaspoon black pepper
- Vegetable oil
- Parmesan cheese, freshly grated
- Marinara sauce

## PREPARATION

1. In a bowl, mix buttermilk and eggs together.
2. In another bowl, mix bread crumbs, salt, and pepper together.
3. Dip each ravioli in the milk mixture and then press into the bread crumbs, coating both sides of the ravioli well. Place on a large baking sheet.
4. Place the breaded ravioli in the freezer for about 30 minutes or until firm. Meanwhile, fill a deep pot with 2 inches of oil and heat to 350 degrees F.
5. Working in batches, place several ravioli in the oil. Cook for 4-5 minutes, flipping halfway, until golden. Remove from the oil and place on a paper towel lined plate or pan. Sprinkle with Parmesan cheese. Serve warm along with marinara sauce for dipping.



## St. Louis inspired recipes from Pam Tennell



# FRITTATA

## INGREDIENTS

- Bacon
- Fresh spinach
- Grape tomatoes
- Eggs
- Half and half
- Onion powder and garlic powder
- Salt and pepper
- Swiss cheese

## PREPARATION

1. Preheat oven to 350 degrees. Butter a 9-10 inch deep pie dish, set aside.
2. Place bacon in a 12-inch non-stick skillet and cook over medium-high heat, tossing frequently, until browned and crisp, about 6-10 minutes.
3. Transfer bacon to a plate lined with several layers of paper towels to drain, leave 1 Tbsp rendered bacon fat in a skillet drain and reserve or discard excess.
4. Return skillet to medium-high heat, add spinach and sauté just briefly until it has wilted, about 15 seconds, transfer spinach to plate with bacon.
5. In a large mixing bowl whisk together eggs, half and half, onion powder, garlic powder until well combined.
6. Season with salt and pepper to taste (season lightly with salt as the bacon and cheese will add salt. I only needed about 1/4 tsp salt).
7. Add cooked bacon, spinach and Swiss and toss mixture to distribute ingredients. Pour into prepared pie dish.
8. Bake in preheated oven until just set, about 30-35 minutes. Cut into wedges and serve warm.

# OLD-FASHIONED MEATLOAF

## INGREDIENTS

- 1 lb ground beef
- 1 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 lightly beaten egg
- 8 oz canned without juice diced tomatoes
- 1/2 cup quick-cooking oats
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon mustard



## Adeleye Family Recipe



## PREPARATION

1. Preheat oven to 375 °F.
2. Mix ground beef, salt, pepper, onion, bell pepper, egg, tomatoes and oats together well and place in a baking dish.
3. Shape into a loaf.
4. For the Topping: Mix ketchup, brown sugar, and mustard and spread on loaf.
5. Bake for 1 hour.

# CHICKEN SPAGHETTI SAUCE

## INGREDIENTS

- 1 pound ground chicken or turkey
- 1 sliced onion
- 3 diced garlic cloves
- 1 diced green pepper
- paprika
- 1 tablespoon flour
- 2 large cans crushed tomatoes
- 1 tall can tomato sauce
- spaghetti seasonings
- 3 chicken bouillon cubes
- pepper



**"This was one of my father's (Charles A. Mention II) recipes that was passed down"**

**JUANITA MENTION SMITH**



## PREPARATION

1. Put vegetables in 1 cup of water in large saucepan and boil until onions are tender.
2. Add ground chicken or turkey and stir constantly until meat is cooked.
3. When meat has changed color, remove from heat, drain, and save liquid.
4. Sprinkle meat with paprika and flour ( or 1 packet spaghetti sauce mix).
5. Add cans of tomatoes and tomato sauce, spaghetti seasoning, bouillon cubes, pepper and saved liquid.
6. Return to heat and cook until thickened. Reduce heat and simmer.

# ENCHILADA CASSER-OLE!

## INGREDIENTS

- 1 pound lean ground beef (90% lean)
- 1 large onion, chopped
- 2 cups salsa
- 1 can (15 ounces) black beans, rinsed and drained
- 1/4 cup reduced-fat Italian salad dressing
- 2 tablespoons reduced-sodium taco seasoning
- 1/4 teaspoon ground cumin
- 6 flour tortillas (8 inches)
- 3/4 cup reduced-fat sour cream
- 1 cup shredded reduced-fat Mexican cheese blend
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1/4 cup minced fresh cilantro



**"We tried these recently and they were delicious!"**

**PATRICE JUKES**



## PREPARATION

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin.
2. Place 3 tortillas in an 11x7-in. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.
3. Cover and bake at 400° for 25 minutes. Uncover; bake until heated through, 5-10 minutes longer. Let stand for 5 minutes; top with lettuce, tomato and cilantro.
4. Nutrition Facts: 1 piece: 357 calories, 12g fat (5g saturated fat), 45mg cholesterol, 864mg sodium, 37g carbohydrate (6g sugars, 3g fiber), 23g protein.



**DESSERTS**

# BLONDIES

## INGREDIENTS

- 1 cup unsalted butter melted and cooled
- 1 1/2 cups light brown sugar\*
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups + 2 tablespoons all-purpose flour
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1 1/2 cups chocolate chips or whatever mix-ins you like



## A dessert recipe from the Jukes Family



## PREPARATION

1. Preheat the oven to 350F degrees. Line a 9x13 inch pan with parchment paper, or aluminum foil and lightly grease.
2. In a large bowl, whisk together the melted butter and sugar (or beat with an electric mixer).
3. Whisk in the eggs and vanilla extract. You don't want the butter to look like it's melting out at this point.
4. Stir in the flour, cornstarch and salt, ensuring that there are no flour clumps.
5. Fold in the chocolate chips/ mix-ins.
6. Spoon the batter into the prepared pan and smooth the top.
7. Bake in the preheated oven for 24-28 minutes, or until the top looks set and shiny and an inserted toothpick comes out clean or with a few damp crumbs.\*
8. Cool fully before slicing.
9. \*If you don't have light brown sugar, use 3/4 cup dark brown sugar and 3/4 cup white sugar. Baking in a glass or ceramic pan will likely take 3-5 more minutes.

# ALMOND BUTTER CHOCOLATE CHIP COOKIES

## INGREDIENTS

- 1 large egg
- 1 cup almond butter
- 1/2 cup coconut sugar (or brown sugar)
- 1 teaspoon baking soda
- 1/2 teaspoon vanilla extract (optional)
- 1 cup chocolate chips

## PREPARATION

1. Preheat oven to 350. Line a baking sheet with parchment paper or silicone baking mats.
2. In a bowl whisk the egg until beaten then mix in almond butter, sugar, baking soda, and vanilla. Fold in chocolate chips until combined.
3. Scoop 1.5 tablespoons of dough onto baking sheet and gently press down with the back of the spoon (if they are a little oily, blot with a paper towel). Add a few chocolate chips to the top.
4. Bake for 10-12 minutes, allow to cool for 10 minutes of the baking sheet before transferring to a wire rack to cool completely.



**A Delicious Recipe from  
Karen Burke**



**"One of my favorite  
holiday treats"**

**EMMALINE INLAW**

# PECAN PRETZEL DELIGHTS

## INGREDIENTS

- 54 pretzels
- 54 Rolo candies (about 11 ounces)
- 54 pecan halves

## PREPARATION

1. Preheat oven to 250°. Place pretzels 1 in. apart on foil-lined baking sheets. Top each with a Rolo candy.
2. Bake 3-4 minutes or until candies are softened. (Rolos will still retain their shape.)
3. Immediately top with pecans, pressing to spread candy into pretzel. Let stand until set.
4. Nutrition Facts 1 piece has 44 calories, 2g fat (1g saturated fat), 1mg cholesterol, 24mg sodium, 6g carbohydrate (4g sugars, 0 fiber), 1g protein.