

2014 Food for Thought Campaign

A Recipe for Help



*Prepared with love and compassion by the
Rose Family and their friends*

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Our Story

Our mother, Donna Rose (“mom”), was diagnosed with Frontotemporal Degeneration (FTD) in October 2012. Mom was the anchor of our family growing up; She prepared meals, helped with homework, packed for vacations and planned family outings among other things. She did all this while also managing a career as a successful real estate broker.

As we grew older and started to deal with “real-world” problems, mom seemed to grow depressed. This was compounded by the fact that the financial crisis of 2008 had slowed her once thriving real estate business. We were able to rationalize her depression as “the Roses” are known to be emotional, but as our family reached some very positive milestones (i.e. Brian’s wife got pregnant, Sharon got engaged, etc), her depression did not improve.

It was the summer of 2012, a few years after we started noticing symptoms, when mom was diagnosed with early-onset Alzheimer’s disease. We were all shocked as what we thought was a treatable and relatively common disease (depression) had turned into a serious cognitive degeneration diagnosis. We also did not associate any of the symptoms of Alzheimer’s with her behavior (memory was intact). We started aggressively calling and visiting doctors for a second opinion, and after another 3-4 months of tests, mom was diagnosed with FTD.

Overall, this disease is not well known and not well understood; it is often misdiagnosed and its impact is devastating on both the patient and the caregiver(s). Further, there is no cure and no treatment for FTD.

We used the above sentence to educate friends and family about our story in our Food for Thought campaign. Four years elapsed between symptoms and proper diagnosis, with at least two interim misdiagnoses. Further, having a family member suffer from this disease is extremely difficult. Each day we see our mother at the best she will ever be, and at the same time, see my father struggling more and more to manage her care.

BUT that does not mean it is all bad. Since the diagnosis, Brian and his wife had their first child and Sharon got married. These moments brought big smiles to mom’s face. Further, our family gatherings are more frequent to ensure we make each day meaningful for mom.

We also are now aware of what is a very uncommon disease, and can join the fight to better understand, effectively diagnose, treat, cure and ultimately prevent FTD. As our impact with our own situation can only be so great, **we launched a "Food for Thought" campaign called "A Recipe for Help" with the goal of creating a Recipe Book for Caregivers.**

Caregivers like our father have to assume many new responsibilities when their loved one suffers from FTD. Whether it be cleaning the house, doing the laundry, paying the bills or preparing meals, basic tasks that used to be shared or handled by their partners are now solely the caregiver’s responsibility. We set out to give them a resource to make mealtime a bit easier by asking family and friends to send us one of their simplest, but of course tastiest recipes (*we aimed for them all be less than 5 steps and less than 5 ingredients, but this was not a mandatory rule*). The result follows, and if you are reading this, we hope you find its contents helpful (whether you are a caregiver or just someone looking to better manage demanding days).

We should also note that we aimed to raise \$5,000 to support the AFTD in their fight against this disease. **Through the support of 50 friends and family, we raise approximately \$13,000 to fund caregiver programs and FTD research. Thank you to all who participated in our campaign.** Your compassion and generosity will never be forgotten.

Our Family



Brian, Blake, Coby, Donna and Randy Rose (Mothers Day, 2014)



Donna and Coby Rose (Coby's 2nd Birthday, 2014)



Randy Rose, Prashanth Sreeramoju, Sharon Rose-Sreeramoju and Donna Rose (Winter, 2014)

Anytime (*Lunch, Dinner, Snack*)

FROM THE KITCHEN OF: Summer Holmes

RECIPE: Anything Goes Soup

INGREDIENTS:

- 1. Trader Joe's Tomato Soup in a Box (or soup of your choice)**
- 2. Boiled Raviolis, favorite pasta noodles or cooked Rice**
- 3. Vegetable(s) of your choosing (this is a good way to get rid of left over veggies or the veggies we forgot about in the fridge)**

DIRECTIONS:

- 1. If veggies are frozen, heat them in microwave or on stovetop first, then drain off water**
- 2. Place soup in a medium saucepan and heat up on medium heat**
- 3. Add boiled ravioli, pasta or rice and veggies to soup**
- 4. Serve warm with bread on the side**

SERVINGS: 4

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Betty and Jerry Small

RECIPE: Beefy Corn and Black Bean Chili

INGREDIENTS:

1. 1 pound ground round
2. 2 teaspoons salt-free chili powder blend (such as The Spice Hunter)
3. 1 (14-ounce) package frozen seasoned corn and black beans (such as Pictsweet)
4. 1 (14-ounce) can fat-free, less-sodium beef broth 1 (15-ounce) can seasoned tomato sauce for chili (such as Hunt's Family Favorites)
5. Reduced-fat sour cream and sliced green onions (optional)

DIRECTIONS:

1. Combine beef and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until beef is browned, stirring to crumble. Drain and return to pan
2. Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally
3. Ladle chili into bowls. Top each serving with sour cream and onions, if desired

SERVINGS: 6

TIME TO PREPARE: 30 Minutes

FROM THE KITCHEN OF: Cat and Chi Lee

RECIPE: Burrata Bruschetta

INGREDIENTS:

1. 1 loaf of Italian bread
2. 1 container of Burrata
3. Honey
4. Crushed hazelnuts
5. Extra virgin olive oil

DIRECTIONS:

1. Slice bread into 1/2 inch thick slices
2. Brush both sides of bread with olive oil and put into the oven at 350 degrees
3. Flip accordingly until toasted
4. Add burrata onto toast and put into oven until cheese is melted
5. Drizzle honey over the toast and finish with sprinkling crushed hazelnuts over the toast. Serve immediately

SERVINGS: 4-6

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Karen Prince

RECIPE: Challah French Toast

INGREDIENTS:

Day 1:

1. 4 eggs, slightly beaten
2. 1 challah bread
3. 1 cup milk
4. 1 cup half-&-half
5. 1 tsp. vanilla
6. 1/3 tsp. cinnamon

Day 2:

1. 1 stick butter
2. 1 cup light brown sugar
3. 1 cup pecans, chopped
4. 2 tbsp. maple syrup

DIRECTIONS:

1. Slice challah into $\frac{1}{2}$ inch slices & lay slices in 2 layers on bottom of pan.
2. Combine eggs, milk, half-&-half, vanilla and cinnamon.
3. Pour mixture over each layer of challah slices and refrigerate overnight.
4. Next day: blend butter with brown sugar, maple syrup, and pecans.
5. Pour mixture over challah slices.
6. Cover with foil.
7. Bake covered at 350°F for 30 mins & then uncovered for another 10 mins.
Remove once puffy & golden.

SERVINGS: 5

TIME TO PREPARE: 60-75 Minutes

FROM THE KITCHEN OF: Jay and Sylvia Ladenheim

RECIPE: Chicken and Vegetable stew

INGREDIENTS:

1. 32 oz. chicken or vegetable stock
2. Potatoes - Cut approximately 1" cubes
3. Carrots - Cut approximately 1" length; may have to cut thicker portion further into halves
4. 1 uncooked boneless chicken breast - cut into 1" pieces
5. Pack of fresh spinach and/or other greens (chopped swiss chard, bok choy, etc); green beans cut into 1"

DIRECTIONS:

1. Boil chicken/vegetable stock in a covered pot.
2. Add potatoes and carrots into broth and boil (med-hi heat) covered for 20 minutes; if using green beans add at this point and stir.
3. Add cut up chicken breasts and boil (med heat) for 5 minutes. Check if chicken is cooked (don't overcook, can be slightly undercooked).
4. Once chicken is cooked, remove pot from heat and set aside with pot lid slightly open
5. When ready to eat, warm up, add greens and stir until greens are slightly wilted

SERVINGS: 2 people

TIME TO PREPARE: 45 Minutes

FROM THE KITCHEN OF: Rachel and Michael Birns

RECIPE: Chicken in the Soup

INGREDIENTS:

1. 1 can Campbell's Tomato Bisque Soup
2. 1 green and 1 red pepper
3. 1 small onion
4. 1 lemon
5. 2 chicken breasts

DIRECTIONS:

1. Cut the chicken into bite-size pieces. Brown in a large frying pan with olive oil over medium heat for about 2 minutes on each side
2. While the chicken cooks, chop the onion and peppers into 1" pieces
3. Add the remaining ingredients to the pan: can of soup, juice from the lemon, and chopped peppers and onions. Lower the flame to low heat, cover, and simmer for about 15 minutes, stirring occasionally
4. Cut a piece of chicken in half to make sure it is cooked through (no longer pink inside)
5. Tastes great served over rice

SERVINGS: 2

TIME TO PREPARE: 25 Minutes

FROM THE KITCHEN OF: Ella Robinson

RECIPE: Chicky Legs

INGREDIENTS:

1. 4-6 chicken drum sticks (skin on)
2. Lawrys season salt
3. Pepper
4. Any variety of dried herbs and spices (sage, bails, organo, cumin and or tumeric

DIRECTIONS:

1. Preheat oven to 445 degrees F. Coat a baking sheet with foil
2. Place chicken legs on baking sheet. Sprinkle the chicken legs with the season salt, peppr and blend of herbs
3. Bake at 425 degrees F for 45 minutes or until a meat theromemeter reaches 180 degrees
4. Remove skin and serve

SERVINGS: 2-3

TIME TO PREPARE: 10 minutes to prepare, 45 minutes to cook

FROM THE KITCHEN OF: Summer Holmes

RECIPE: French Bread Pizza

INGREDIENTS:

1. Loaf of french bread
2. Pasta sauce
3. Shredded mozzarella
4. Your favorite chopped veggie toppings (or meat - should cook first before placing on pizza)

DIRECTIONS:

1. Heat oven to 325 degrees
2. Cut split bread loaf and cut each side in four pieces so you'll have 8 in all.
Place bread on cookie sheet.
3. Top each piece with pasta sauce then top with mozzarella cheese.
4. Add your veggies and meats.
5. Place in oven for 10-15 minutes.

SERVINGS: 2

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Blake, Brian and Coby Rose

RECIPE: Gourmet Pigs-in-a-Blanket

INGREDIENTS:

1. Package of cooked Chicken Sausage (Trader Joe's)
2. Pillsbury Crescent Rolls Dough
3. Sesame Seeds (optional)

DIRECTIONS:

1. Wrap each Chicken Sausage in a Crescent Roll
2. Spray baking sheet and place rolled Chicken Sausages on it (leave one inch between each sausage)
3. Sprinkle with sesame seeds
4. Bake in oven for 30 mins or until crescent roll turns slightly brown

SERVINGS: 3-4 people

TIME TO PREPARE: 40 Minutes

FROM THE KITCHEN OF: Cat and Chi Lee

RECIPE: Huevos Rancheros

INGREDIENTS:

1. 4 Eggs
2. 4oz Shredded Cheddar Cheese
3. Jar of Salsa (your favorite brand)
4. 1 Avocado
5. Tortilla Chips

DIRECTIONS:

1. Slice Avocado in half (so you have two, pear shaped halves). Remove pit
2. Crack eggs, mix and scramble in frying pan
3. Add shredded cheese 1 minute before taking eggs out of pan
4. Put eggs on plate and top with salsa (as much as you would like) and avocado scooped from skin
5. Crumble tortilla chips on top and enjoy

SERVINGS: 2 people

TIME TO PREPARE: 15 Minutes

FROM THE KITCHEN OF: Alyssa Wachtler

RECIPE: Leftover Veggies Frittata

INGREDIENTS:

1. 4 eggs
2. 1 cup leftover vegetables cut into small pieces
3. 2 tablespoons grated parmesan cheese
4. Salt and pepper

DIRECTIONS:

1. Spray cooking spray in a 10 inch skillet on medium heat
2. Add vegetables and sautee 1-2 minutes
3. While vegetables are cooking, whisk eggs and season with salt and pepper
4. Lower heat to medium low, add eggs and cover. Cook 2 minutes or until eggs begin to set. Sprinkle cheese over eggs, recover, raise heat to medium-high, and cook an additional 5 minutes or until eggs are fully cooked and golden
5. Cut into wedges, serve and enjoy!

SERVINGS: 2-3

TIME TO PREPARE: 10 Minutes

FROM THE KITCHEN OF: Alaina Levine

RECIPE: Mini Frittatas with Spinach and Cheddar

INGREDIENTS:

1. 4 large eggs
2. 2 handfuls baby spinach, chopped (or frozen spinach defrosted and dried)
3. 3 tbsp. sharp cheddar, grated
4. 2 tbsp. whole milk
5. salt & pepper

DIRECTIONS:

1. Pre-heat the oven to 375 degrees, and grease a mini-muffin tin
2. In a medium bowl, beat 4 eggs. Add milk, and whisk until combined
3. Add spinach and half of the cheddar. Season with salt & pepper (if desired), and stir together
4. Add a small pinch of cheddar into the bottom of each muffin compartment (this makes a nice little crust). Spoon about a tbsp. of the egg mixture into each, and sprinkle the tops with the remaining grated cheddar.
5. Bake in the oven for about 12-14 minutes, until eggs are firm and tops are turning golden. Enjoy straight out of the oven, or wrap in tin foil and save them for busy mornings. This recipe makes a dozen, but you could easily double the recipe to make enough for the entire week

SERVINGS: 20 Minutes

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Rob Susman

RECIPE: Salad Nicoise

INGREDIENTS:

1. Lettuce (romaine or iceberg)
2. Tuna fish in water (can or resealable pouch)
3. Canned french green beans
4. Hard boiled egg (boil egg for 8 min and take off shell or buy pre cooked)
5. Croutons (I like pepperidge farm)

DIRECTIONS:

1. Wash and cut up lettuce. Easiest to buy pre washed and chopped in a bag
2. Add tuna (drained of water on paper towel)
3. Add green beans (drained)
4. Cut up and add egg
5. Add croutons.
6. Add favorite bottled salad dressing. I recommend Italian or lite Caesar
7. Mix and serve!

SERVINGS: 2

TIME TO PREPARE: 15 Minutes

FROM THE KITCHEN OF: Jessica, Eric, and Jake Wolfish

RECIPE: Spinach Salsa

INGREDIENTS:

1. 1 pkg. chopped spinach, thawed and dried out (get water out)
2. 8 oz. cream cheese
3. 12 oz. jar salsa (medium hot)
4. 1/4 cup milk
5. 2 cups Monterey jack shredded cheese

DIRECTIONS:

1. Mix it all up
2. Put in the oven
3. Bake for 40 mins at 350 degrees
4. Enjoy with any chips of your liking!!!

SERVINGS: 6-8

TIME TO PREPARE: 1 hour

FROM THE KITCHEN OF: Jill Leiderman and Jonathan Klein

RECIPE: Three-Bean Turkey Chili

INGREDIENTS:

1. 1 pound ground turkey
2. 1 small onion, chopped
3. 28 ounces diced tomatoes, undrained (1 large can)
4. 15 ounces garbanzo beans, rinsed and drained (1 can)
5. 15 ounces kidney beans, rinsed and drained (1 can)
6. 15 ounces black beans, rinsed and drained (1 can)
7. 8 ounces tomato sauce (1 can)
8. 4 ounces mild green chilies, chopped (1 can)
9. 1 to 2 tablespoons chili powder

DIRECTIONS:

1. Cook turkey and onion in medium skillet over medium-high heat, stirring to break up meat, until turkey is no longer pink
2. Drain; place turkey mixture into the slow cooker
3. Add tomatoes with juice, beans, sauce, chilies & chili powder; mix well
4. Cover; cook on Low 6-8 hours or High 3-4 hours

SERVINGS: 6-8

TIME TO PREPARE: 4-8 hours

FROM THE KITCHEN OF: Summer Holmes

RECIPE: Tuna Meatballs

INGREDIENTS:

1. 2 large cans of tuna
2. 1 can of tomato paste
3. 1 egg
4. Breadcrumbs
5. 1/2 onion chopped
6. 1 tbsp Minced garlic
7. You can add seasonings such as onion powder or Italian seasoning or chopped celery as you like also

DIRECTIONS:

1. Heat oven to 375
2. Drain tuna. Place tuna in large bowl
3. Add minced garlic, tomato paste, eggs and breadcrumbs. Mix with hands.
4. When well mixed, make meatballs (about 2-3 inches wide) and place on cookie sheet

SERVINGS: 4

TIME TO PREPARE: 40 Minutes

FROM THE KITCHEN OF: The Rauch Family

RECIPE: Turkey Chili

INGREDIENTS:

1. 1lb Ground Turkey
2. 1 28 oz can Crushed Tomatoes
3. 1/4 cup of Chili Powder
4. 1 large jar Mild Salsa
5. 3 15oz cans of cannellini beans, pinto beans or favorite beans

DIRECTIONS:

1. Add oil to a large heavy bottom pot or dutch oven over medium heat on stove top. Cook ground turkey until no longer pink and cooked through, breaking up large pieces with spatula or spoon
2. Add Chili Powder and cook for 1 minute
3. Add can of crushed tomatoes and jar of mild salsa. Fill empty 28 oz can of crushed tomatoes halfway full with water and add water to pot
4. Turn stove to low and simmer for 25 minutes
5. Add beans and simmer for 10 minutes. Salt and pepper to taste. Eat within 2-3 days or freeze for 2-3 months.

SERVINGS: 8-10

TIME TO PREPARE: 45 Minutes

Entrees

FROM THE KITCHEN OF: Bobby and Louise Rose

RECIPE: Bogus Penne ala Vodka with Chicken

INGREDIENTS:

1. 1/2 box of penne
2. One chicken breast
3. 1/2 Cup of spaghetti sauce (Ragu or the likes)
4. 1/2 Cup of milk (skim or cream are ok too)
5. 4 TBSP Grated Cheese

DIRECTIONS:

1. Cook Penne according to box instructions, and strain. Return to pot
2. Cook Chicken in a non-stick fry-pan, let cool. Either cut with kitchen scissors or knife, toss into Penne pot
3. Add Milk, Spaghetti Sauce & Grated Cheese into Penne pot, Cover and simmer for a few minutes to heat
4. Serve with additional grated cheese
5. Optional: Take Italian Bread slice and place in toaster to soak up bogus sauce

SERVINGS: 4

TIME TO PREPARE: 15 Minutes

FROM THE KITCHEN OF: Bradley Epstein

RECIPE: Brad's Famous Chicken

INGREDIENTS:

1. 8 Minute Rice
2. 1 package of thin chicken breast
3. 4 Tablespoons of Soy Vey Veri Veri Teriyaki Sauce
4. 1 Cup of Bread Crumbs
5. Extra Virgin Olive Oil

DIRECTIONS:

1. Generously coat a large pan with EVOO and turn on medium heat
2. Fill a shallow bowl with Soy Vey Veri Veri Teriyaki Sauce
3. Evenly distribute Bread Crumbs on to a plate
4. Cut chicken breast into cubes or strips (depending on preference)
5. Coat each chicken piece in teriyaki, then coat with bread crumbs on both sides, and place onto pan
6. After 5 minutes, begin to flip the chicken pieces one by one with a fork until the golden brown side of all strips are facing up
7. Once all pieces are golden brown on both sides, chicken is ready to be served over rice

SERVINGS: 2

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Ellen Baher

RECIPE: Chicken Cacciatore

INGREDIENTS:

1. 1 whole chicken cut up
2. Olive oil and butter for browning chicken
3. Oregano
4. Minced onion (fresh or dried)
5. Garlic powder
6. Three small cans of tomato sauce

DIRECTIONS:

1. Melt the butter and olive oil together
2. Brown chicken, sprinkle with salt, lots of minced onions, garlic powder and oregano. Brown both sides of chicken
3. Add 3 small cans of tomato sauce and a little water. Cover and steam until chicken is cooked

SERVINGS: 4

TIME TO PREPARE: 30-40 minutes depending on size of chicken pieces

FROM THE KITCHEN OF: Jay and Sylvia Ladenheim

RECIPE: Chicken in Foil Pack

INGREDIENTS:

- 1. 1 large boneless chicken breast (or 2 small ones) cut into 1" cubes (about 2 cups of cubed chicken breasts)**
- 2. 1 onion sliced (4 cloves of garlic, sliced (optional))**
- 3. 4 small potatoes or 1 large potato, cut into 1/2" cubes**
- 4. 2 Tbsp olive oil; juice of a quarter lemon, 1 tbsp soy sauce - optional**
- 5. Additional veggies (use one or as many as you like): 1 cup mushrooms (quartered), 1/2 -1 cup broccoli florets, carrots or bell peppers (sliced or cut into 1/2 pieces)**

DIRECTIONS:

- 1. In a bowl or large zip-top bag, combine the chicken, onion, all vegetables, and garlic (if using). Pour in the olive oil and lemon juice (if using)**
- 2. Preheat oven to 350F**
- 3. On a baking sheet, put a tin foil large enough to hold chicken/vegetable mixture with about 1" extra on all sides.**
- 4. Top tin foil sheet with another sheet of foil and roll up edges tightly to make a closed foil pack.**
- 5. Bake until chicken is opaque and potatoes are tender, around 40 minutes. Add salt and pepper to taste if you like.**

SERVINGS: 2 people

TIME TO PREPARE: 40 Minutes

FROM THE KITCHEN OF: Vicki Longo

RECIPE: Chicken in Wine

INGREDIENTS:

1. One chicken in pieces
2. One glove of garlic sliced thin
3. 1/3 c. olive oil
4. $\frac{1}{4}$ c. vinegar
5. $\frac{1}{2}$ c. Marsala wine

DIRECTIONS:

1. Mix all the above ingredients adding salt and peper to taste
2. Marinate the chicken in the mixture over night
3. Broil the chicken pieces until brown w/o the mixture
4. Bake at 350 degrees for about 20 minutes with about half of the mixture than another 25 minutes with the remainder of it

SERVINGS: 4 - 6

TIME TO PREPARE: 15 - 20 Minutes

FROM THE KITCHEN OF: Susan Zelnick

RECIPE: Delicious Brisket

INGREDIENTS:

1. 8lbs Brisket
2. Thinly sliced onions
3. 1 can of Hunt's tomato sauce (24 ozs)
4. 1 packet of Lipton onion soup
5. 3/4 cup of loosely packed brown sugar

DIRECTIONS:

1. Preheat oven to 350
2. Slice onions, mix with sauce and sugar
3. Sear meat, then put onions under and around meat
4. Pour liquid on top
5. Cover with foil and bake for about 4 hours

SERVINGS: 10

TIME TO PREPARE: Prep time is about 15 minutes, bake for about 4 hours

FROM THE KITCHEN OF: Al and Helene Karo

RECIPE: Dijon and Dill Chicken (or Salmon or Tilapia)

INGREDIENTS:

1. $\frac{1}{2}$ lb of meat/fish of choice
2. 1 tablespoon of mayonnaise
3. 1 teaspoon Dijon mustard (or to taste)
4. Half teaspoon dried dill (optional)
5. Plain or flavored breadcrumbs

DIRECTIONS:

1. Preheat oven to 350 degrees and lightly spray a cookie sheet with vegetable spray
2. Mix the first three ingredients in a bowl and smear on meat or fish
3. Roll the meat or fish in the breadcrumbs making sure it is completely covered by pressing the crumbs in
4. Place in cookie sheet and bake for 25 minutes. Depending of the thickness of the meat or fish the timing could vary a couple of minutes either way. The breadcrumbs will toast up when it is done

SERVINGS: 2

TIME TO PREPARE: Total prep is 10 minutes, cooking time 25 minutes

FROM THE KITCHEN OF: Gadi Vered

RECIPE: Easy Jewish Brisket

INGREDIENTS:

- 1. Brisket (approx 4-6 lbs with fat on topside)**
- 2. 1 pkg dry onion soup mix**
- 3. 1 small can of tomato paste**
- 4. 1 can whole cranberry sauce**
- 5. Salt and pepper to taste (onion soup mix is salty)**

DIRECTIONS:

- 1. Mix all ingredients and pour over the meat in a pyrex pan covered tightly with aluminum foil**
- 2. Bake in a 450 degree oven for $\frac{1}{2}$ hour and then lower the heat to 300 degrees and continue for 3 hours**
- 3. Turn the meat twice and cover with sauce through the braising process**
- 4. If there isnt enough liquid, add some water. Brisket should be fork tender when ready**
- 5. Let the meat rest for 30 minutes in the sauce and slice against the grain (you can determine the grain direction by looking at the non-fat side)**

SERVINGS: 6

TIME TO PREPARE: 4 hours (set it and forget it mode)

FROM THE KITCHEN OF: Stephanie Shubach

RECIPE: Easy Turkey Meatloaf

INGREDIENTS:

1. 1 lb of ground turkey meat
2. 1 egg
3. $\frac{3}{4}$ cup of italian bread crumbs
4. $\frac{1}{2}$ cup of ketchup

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Mix the turkey meat, bread crumbs, egg and ketchup together
3. Spray a 13" x 9" glass rectangular baking dish with Pam or oil
4. Spread the meatloaf mixture evenly (thin) so it coats the whole bottom of the dish and forms almost a football flat shape
5. Coat the top with a thin layer of ketchup and bake for 55 minutes

SERVINGS: 4

TIME TO PREPARE: About 1 hour

FROM THE KITCHEN OF: Jessica Garvey and Matt Ritter

RECIPE: Garvey's Mustard Chicken

INGREDIENTS:

1. 1 lb boneless chicken breasts
2. Two garlic cloves minced
3. 2 TBSP Olive Oil
4. 2 teaspoons Mustard Powder
5. 1 Teaspoon smoked paprika
6. 1/2 tsp Salt and 1/2 tsp pepper to taste

DIRECTIONS:

1. Marinade chicken with ingredients in a ziplock bag for 15 min
2. Cook Chicken in a non-stick fry-pan, in olive oil
3. Serve with veggies

SERVINGS: 2

TIME TO PREPARE: 25 Minutes

FROM THE KITCHEN OF: Robyn Leventhal

RECIPE: Low Fat Chicken Picatta

INGREDIENTS:

1. 4 Chicken 1/2 breasts boneless, skinless
2. 1/2 cup Bread Crumbs
3. 1 tbsp. Paprika
4. Salt and Pepper, to taste
5. 4 tbsp. Olive Oil
6. 3 tbsp Lemon Juice
7. 1/4 cup Chicken Broth
8. 1/4 cup White Wine
9. 2 tsp. Capers
10. 3 tbsp. Parsley, chopped

DIRECTIONS:

1. Pound the chicken breasts flat, between 2 sheets of waxed pape.
2. Combine the bread crumbs, paprika, and some salt and pepper. Sprinkle both sides of the chicken breasts with the crumb mixture
3. Heat up a non-stick skillet over medium heat, add 2 tbsp. of olive oil
4. Fry the chicken breasts in two batches adding the second 2 tbsp. of oil between batches. Remove chicken to a platter and keep warm. Pour out any remaining oil
5. Pour in the white wine and deglaze the pan. Turn heat to medium, add the broth and reduce by half.
6. Add lemon juice and boil for 2 minutes
7. Put chicken back in the skillet, add the capers and spoon the sauce over the chicken
8. Serve chicken with the sauce poured over it. Sprinkle with the parsley.

SERVINGS: 4

TIME TO PREPARE: 30 Minutes

FROM THE KITCHEN OF: Laurie and Jay Allen

RECIPE: Rosemary Roasted Salmon

INGREDIENTS:

1. 2 large bunches fresh rosemary
2. 1 large red onion, thinly sliced
3. 1 2 lb center cut salmon fillet with skin
4. 2 large lemons, thinly sliced
5. Olive oil or olive oil spray

DIRECTIONS:

1. Preheat oven to 450 degrees, or start grill
2. Place salmon skin side down on foil or pan. Salt and pepper the fish.
3. Arrange rosemary branches or needles on fish.
4. Layer red onion slices over rosemary, then top with lemon slices. Salt and pepper again. Spray or drizzle with olive oil
5. Roast salmon until just cooked through, about 20 minutes
6. Portion the salmon and transfer to plates, leaving the skin behind on the foil. Serve with roasted onion and lemon slices, if desired

SERVINGS: 4

TIME TO PREPARE: About 30-40 Minutes

FROM THE KITCHEN OF: Alyssa Wachtler

RECIPE: Teriyaki Salmon

INGREDIENTS:

1. 2 salmon fillets
2. Seasoning, such as salt, pepper, garlic
3. $\frac{1}{2}$ cup teriyaki sauce or more to taste (recommend any of the Soy Vay varieties)

DIRECTIONS:

1. Preheat oven to 350
2. Line a baking sheet with foil and brush with olive oil or spray with cooking spray
3. Season salmon with salt, pepper and garlic. Pour sauce over fish and bake approx. 20 minutes, or until fish flakes with a fork
4. Serve with a salad, rice or steamed vegetables

SERVINGS: 2

TIME TO PREPARE: 25 Minutes

Sides

FROM THE KITCHEN OF: Sue Ushkow

RECIPE: Chinese Cole Slaw

INGREDIENTS:

1. 1 (16 oz.) pkg. cole slaw mix
2. 5 green onions chopped
3. 2 pkgs. Chicken Ramen noodles broken into small pieces
4. $\frac{1}{2}$ c. sugar
5. $\frac{1}{4}$ c. oil
6. $\frac{1}{3}$ c. apple cider vinegar
7. 2 pkgs. Chicken Ramen seasoning mix
8. Sunflower seeds

DIRECTIONS:

1. Mix cole slaw mix, green onions and broken Ramen noodles, set aside.
2. Mix together sugar, oil, apple cider vinegar and chicken Ramen seasoning.
3. Add to cole slaw.
4. Top with sunflower seeds.

SERVINGS: 8

TIME TO PREPARE: 15 Minutes

FROM THE KITCHEN OF: The Davidson Family

RECIPE: Easy, Delicious Bean Recipe

INGREDIENTS:

- 1. 1 can of chick peas**
- 2. Lemon juice**
- 3. Onion**
- 4. Grape tomatoes**
- 5. Any beans you like (red, black, cannellini)**

DIRECTIONS:

- 1. Open cans of whatever types of beans you like. Place in large bowl**
- 2. Add grape tomatoes**
- 3. Cut up onions into small pieces and add to bowl**
- 4. Add a teaspoon of lemon juice**
- 5. Mix and serve!**

SERVINGS: The more beans the more people

TIME TO PREPARE: 5 minutes and tastes delicious!

FROM THE KITCHEN OF: Robyn Costanzo

RECIPE: Garlic Mashed Potatoes

INGREDIENTS:

- 1. Potatoes (1 Bag)**
- 2. Garlic (1 HEAD)**
- 3. Butter (1/2 STICK)**
- 4. EVOO**
- 5. Milk and Heavy Cream (1 PINT)**

DIRECTIONS:

- 1. Cut Tips Off Head Of Garlic, Remove Outer Layer, Drizzle With EVOO, Wrap Loosely In Foil, Bake 35 Min @ 350 Degrees**
- 2. Boil Potatoes, Add Butter, Mash Once Butter Is Melted, Add Milk Or Heavy Cream To Thickness Of Your Preference, Salt To Taste**
- 3. When Garlic Is Soft Let Cool, Remove Skin From Each Clove**
- 4. Add Garlic To Potato Mixture, Whip With Hand Mixer Until Smooth**
- 5. Enjoy!**

SERVINGS: 4

TIME TO PREPARE: 45 Minutes

FROM THE KITCHEN OF: Arlyne & Fred Skolnik

RECIPE: Quick & Easy Broccoli & Cheese Pasta

INGREDIENTS:

1. 16 oz. pasta
2. 16 oz. shredded mozzarella cheese
3. 16 oz frozen broccoli
4. 1 cup marinara sauce
5. Salt and pepper to taste

DIRECTIONS:

1. Cook pasta according to directions and drain.
2. Microwave broccoli and drain.
3. Combine pasta, broccoli, salt, pepper and marinara sauce. Mix well.
4. Sprinkle mozzarella cheese on top of pasta and melt cheese in microwave.
5. ENJOY!!

SERVINGS: 3 hungry people

TIME TO PREPARE: 15 Minutes

FROM THE KITCHEN OF: Blake, Brian and Coby Rose

RECIPE: Roasted Cauliflower (or Broccoli, Asparagus, Brussel Sprouts)

INGREDIENTS:

1. Vegetable of your choice (1 head of cauliflower or broccoli, 1lb of asparagus or brussel sprouts)
2. Garlic Salt

DIRECTIONS:

1. Cut cauliflower into bit size pieces (starting at the stem, cut cauliflower in half, then in half again and then cut away inside stem)
 - Broccoli: Cut into bite size pieces as well
 - Brussel Sprouts: Cut the bottom $\frac{1}{4}$ inch off and then slice in half
 - Asparagus: Hold bunch in two hands and snap in two (which snap exactly where it is supposed to)
2. Spray baking sheet with PAM spray and spread vegetable on sheet
3. Sprinkle with garlic salt (or regular salt) and pepper
4. Roast in oven for 45 mins -1 hour at 350 degrees until cauliflower is a little brown and soft
 - Broccoli and Brussel Sprouts (20-30 mins), Asparagus (15 mins)

SERVINGS: 20 Minutes

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Meg Cass

RECIPE: Salsa

INGREDIENTS:

1. 1 Can Del Monte diced tomatoes with Zesty Jalapenos
2. 1 Can sweet corn
3. 1 Can black beans
4. 1 Avocado
5. Fresh Cilantro
6. 1 Lime

DIRECTIONS:

1. Drain tomatoes and corn. Rinse beans. Combine all together in a large bowl
2. Dice avocado into cubes and add to mixture
3. Tear cilantro leaves into small pieces and add
4. Squeeze the juice of one lime over the mixture
5. Mix all together and let sit in fridge for at least 1 hour

* Fresh onions and jalapenos can be added as well to add some extra kick.

SERVINGS: 6

TIME TO PREPARE: 20 Minutes

FROM THE KITCHEN OF: Vicki Longo

RECIPE: Spinach Pie

INGREDIENTS:

- 1. 2 packages frozen spinach**
- 2. 6 eggs**
- 3. Two 8 oz. packages mozzarella cheese - shredded**
- 4. 2/3 cup ricotta cheese**
- 5. 1 or 2 thick sausage links**
- 6. Pillsbury pie crust - top and bottom**

DIRECTIONS:

- 1. Defrost spinach and drain water**
- 2. Cook sausage until brown, cut into small pieces set aside**
- 3. Mix together spinach, eggs, both cheeses, sausage, small amount salt and peper**
- 4. Roll out bottom crust and place in glass pie plate, add mixture, roll out top and bend sides of pie, prick with fork**
- 5. Bake at 375 degrees for one hour and fifteen minutes**

SERVINGS: 8

TIME TO PREPARE: 20 Minutes

Desserts

FROM THE KITCHEN OF: Sharon and Prashanth

RECIPE: No Bake Bars

INGREDIENTS:

1. 1 cup butter (melted)
2. 2 cups graham crackers, crumbled
3. 2 cups powdered sugar
4. 1 cup peanut butter
5. 1.5 cups chocolate chips
6. 1.5 cups caramel chips

DIRECTIONS:

1. In a medium bowl, mix together the melted butter, graham cracker crumbs, powdered sugar, and peanut butter until well blended
2. Press evenly into the bottom of an ungreased 9×13 inch or 9×9 inch pan
3. Melt the chocolate chips with the caramel chips stirring occasionally until melted smooth
4. Spread over the peanut butter layer in the pan
5. Refrigerate for at least one hour before cutting into squares

SERVINGS: 16

TIME TO PREPARE: 15 mins prep and 1+ hours refrigeration