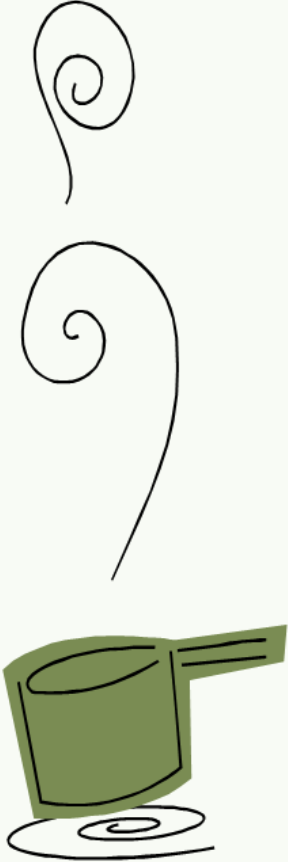




**Vanguard  
Family  
Cookbook**

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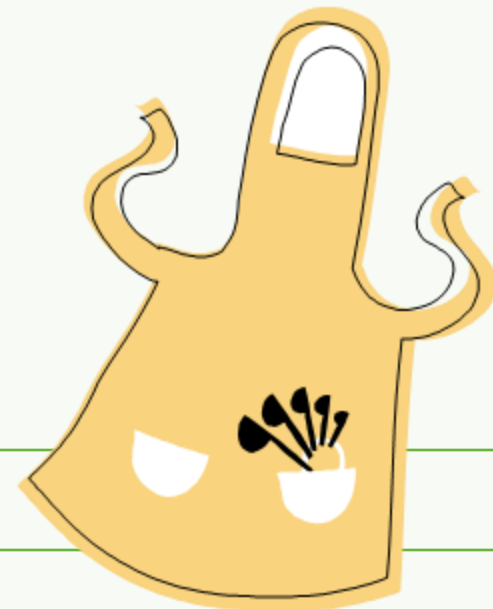


# Introduction

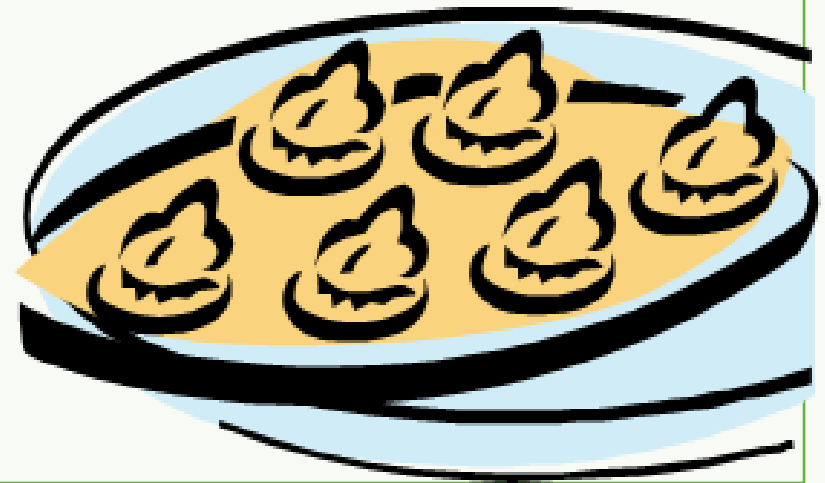
Thank you everyone who submitted a recipe for our first ever Vanguard Cookbook! We hope that throughout the years, this book will grow with recipes from future students and their families. This book showcases the different cultures and traditions of the families of Vanguard, and we are proud that we can compile these delicious recipes to share with you. We hope you enjoy this cookbook and enjoy the food you make with your family.

- Vanguard's Office of Family Relations

To submit a new recipe, [click here!](#)



# Side Dishes



# Taco Salad

Recipe by Kristi Gristchuk (VU Staff)

For a large party I use:

- 3 – 4 bags lettuce
- 2 to 3 large tomatoes (or 2 pkgs grape tomatoes, halved)
- 1 lg red onion
- 2 - 14 oz. cans kidney beans
- 2 – 3 cups shredded cheese
- 2 lbs. ground beef
- 1 bag Fritos
- 1 to 1 ½ bottles dressing

- Dice tomatoes and onions. Drain kidney beans and rinse well. Brown ground beef and season how you wish. With the meat still warm combine all ingredients. Toss all ingredients right before serving. Adjust quantities according to how many people you are serving.

# Hard Noodles (Spaetzle)

Recipe by Emilie Sarringhaus (student; 2024)

- 1 cup flour
- 1 egg
- 1 tbsp water (a bit more if needed)
- 6 cups chicken or turkey broth (my grandma's recipe just says "a generous amount of broth")

- Stir flour, egg and water together until you have a sticky dough. You may need to add more water to get the sticky consistency. Drop into a generous amount of simmering broth off the tip of a spoon (we use a soup spoon). Drop very small amounts of the dough. They expand a lot in the broth. It helps to get the spoon wet in the broth before cutting off a small bit of dough with the edge of the spoon against the side of the bowl. Cook 5-8 minutes and drain well.

# Italian Veggie Skillet

Recipe by Cynthia Vitwar (parent; 2023)

- 1 bunch chopped green onions
- 2 tbsp. grated parmesan cheese
- 2 medium yellow summer squash; cut into 1/4 slices
- 1 cup sliced mushrooms
- 2 cups cherry tomatoes; halved
- 2 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. minced garlic
- 1 tsp. crushed dried rosemary
- 1 tsp. dried thyme
- 3 tbsp. fresh minced basil; divided

- In a large skillet, sauté the squash and mushrooms in olive oil for 4-5 minutes or until tender. Add the tomatoes, salt and garlic. Reduce heat, simmer uncovered for 6-8 minutes. Stir in the rosemary, thyme, 1 1/2 tsp. basil, and green onions. Cook 1-2 minutes. Remove from heat. Sprinkle with remaining basil and parmesan cheese. Lightly toss.
- Goes well with Bruschetta Chicken (pg. 14)

# Janet's Potato Salad

Recipe by Kristi Gristchuk (VU Staff)

- 5 lbs. russet potatoes
  - 1 dozen eggs – hardboiled
  - 1 jar Claussen dill pickles – finely chopped (save the juice)
  - 1 to 2 cups mayo
  - 1 to 2 cups sour cream
  - ¼ cup yellow mustard
  - Pickle juice to taste
  - Salt and pepper to taste
- Boil potatoes with skins on until fork tender. Cool, peel and cut into ½ inch chunks and place in very large bowl. Peel and chop eggs and add to bowl with potatoes - reserve some egg slices for top. Add remaining ingredients and fold until well combined, adding more or less of each condiment until the taste is right. Put potato salad in bowl, smooth out top, place egg slices on top and sprinkle with paprika.



# Condiments/Sauces



# Texas Queso

Recipe by Brooke Morrissy (VU Staff)

**"Being from Texas, queso is a huge part of our culture. It is often used as an appetizer at social gatherings and paired with chips."- B.M.**

- 8 oz Velveeta cheese
- 4 oz evaporated milk
- 2 oz canned green chilis
- 1 tablespoon minced white onion
- 1 tablespoon minced cilantro
- Guacamole (optional)
  
- "If you're feeling crazy you can brisket or ground beef!" -B.M.

- Combine Velveeta, evaporated milk and green chiles in a microwave-safe bowl. Microwave on half power, one minute at a time, stirring frequently until completely melted and combined. You can also make this on the stovetop, heating on medium heat and stirring until cheese is melted. Transfer into a bowl. Garnish with onion and cilantro. If adding guacamole, drop it in from the top and then garnish afterward.

# Maple Glaze

Recipe by Kristi Gristchuk (VU Staff)

**"This frosting is a great way to liven up homemade or store-bought cinnamon rolls with maple flavor in place of standard glaze." -K.G.**

- 1 box powdered sugar
- 1 teaspoon maple flavoring
- ¼ cup milk
- ½ stick melted butter
- 1/8 cup strong brewed coffee
- Pinch of salt

- In a large bowl, whisk together the powdered sugar, milk, butter, coffee, and salt. Splash in the maple flavoring. Whisk until very smooth. Taste and add in more maple, sugar, butter, or other ingredients as needed until the icing reaches the desired consistency & flavor. The icing should be somewhat thick but still very pourable. Pour over hot cinnamon rolls right out of the oven.

# The Best Marinara Sauce

Recipe by Jeff Davis (parent; 2021)

**"It's the best tasting marinara sauce I've ever eaten."-J.D.**

- 1 28-ounce can whole tomatoes (San Marzano if possible)
- 1/4 cup extra virgin olive oil
- 7 garlic gloves, peeled and slivered
- Pinch of red pepper flakes
- 1 tsp kosher salt
- 1 large fresh basil sprig, or 1/4 tsp of dried oregano. (I use both)

**Goes well with Eggplant Parmesan Boats (pg. 15)**

- Pour tomatoes into a large bowl and crush with your hands. Pour 1 cup water into the can, slosh it around to get the tomato juices and reserve. In a large skillet (don't use a deep pot) over medium heat, heat the oil. Then it's hot, add the garlic. As soon as garlic is sizzling (don't let it brown) add the tomatoes, then the reserved tomato water. Add the pepper flakes, oregano and salt. Stir. Place basil sprig, including the stem, on the surface. Let it wilt, then submerge in sauce. Simmer sauce until thickened and oil on surface is a deep orange, about 15-20 minutes. Discard basil. Serve over pasta, or meatballs or add to vegetable dishes

# Vegan Parmesan Cheese

Recipe by Jeff Davis (parent; 2021)

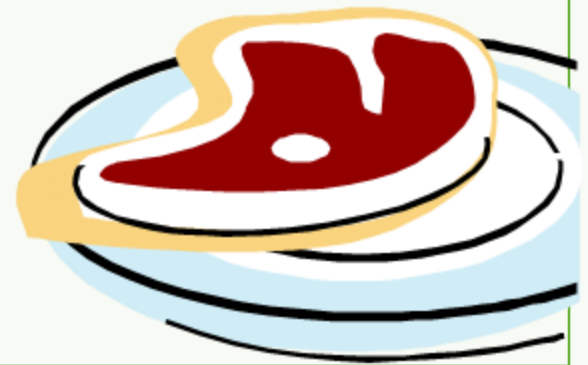
- 3/4 cup raw cashews
- 3 Tbsp nutritional yeast
- 3/4 tsp sea salt
- 1/4 tsp garlic powder

**Goes well with Eggplant Parmesan Boats (pg. 15)**

- Add all the ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks.

3/9/2021

# Entrees



# Kristi's Overnight Breakfast Casserole

Recipe by Kristi Gristchuk (VU Staff)

- 2 cans Pillsbury crescent rolls
- 12 eggs
- 1 cup milk (whole milk works best)
- 2 T ground mustard or 3T country style whole –grain prepared mustard
- 1 lb. ground sausage, cooked & drained (I use ½ spicy & ½ mild – turkey or pork)
- 16 oz. bag shredded cheese (I prefer Sargento's Mexican blend or cheddar)
- 1 sm. Can diced Ortega green chilies (optional)
- ½ tsp. salt
- 1 tsp. pepper

- Spray 9 x 13 baking dish with Pam. Unroll crescent roll dough and lay in pan to cover bottom, pinching seams together (you will not need all the second can). Bake for about 12 minutes or until dough is puffy and lightly browned. Set aside and allow to cool. Brown sausage and drain well while dough is cooking and cooling. Whisk together eggs, milk, mustard, salt & pepper. Spread cheese over top of cooled crescent dough. Layer cooked sausage over the cheese. Pour egg mixture over sausage/cheese layers. Cover with foil and refrigerate overnight. Bake at 375 for about 45 to 50 minutes until center is set.

# Hotdog Boats

Recipe by Jeff Davis (parent; 2021)

**"Whatever kind of day I was having perked up immediately when I walked in the house and smelled the hotdogs boiling." - J.D.**

- 8 hotdogs
- 4 russet potatoes
- Half a yellow onion (diced)
- Half cup of milk
- 4 Tbs butter or margarine
- Yellow mustard
- Parmesan cheese

- Set oven for 400 degrees Boil the hotdogs in pot for 10 minutes. Remove to a plate and let cool. Halve each hotdog the long way but not all the way through. Fan out the hotdogs and place them on a baking sheet. Spread yellow mustard on each hotdog. Meanwhile, pare the skin off the potatoes and cube each one. Put in a large pot, run cold water over them and drain (do this 3 times) to remove starch. Fill pot to cover potatoes and bring to low boil and cook until fork tender. Remove potatoes and drain. In a separate bowl, mash the potatoes adding butter. Add onions and milk and mix with blender until smooth. Spoon a mound of mashed potatoes to cover each hotdog. Sprinkle Parmesan cheese on top of the hotdogs. Place baking sheet in oven for 15-20 minutes or until the tops of the potatoes begin to brown. Remove from oven and enjoy!



# Simple Crockpot Tortilla Soup

Recipe by Bridget Pope (parent; 2023)

- 1 can hominy
- 1 can corn
- 1 can black beans
- 1 can diced green chiles
- 1 jar salsa
- 1 box of chicken broth
- 1 rotisserie chicken

- Cook in crockpot on low all day
- Sides to go with it:
  - Chips
  - Cheese
  - Cilantro
  - Sour cream
  - avocado

**"It's the perfect easy recipe on a cold evening to warm up your family."  
-B.P.**

# Kristi's French Toast Bake

Recipe by Kristi Gristchuk (VU Staff)

- 8 to 10 slices bread – cubed (Shepherd's bread works best)
- 1 – 8oz block cream cheese – cut up in small pieces
- 2 lg. granny smith apples – peeled, cored & diced
- 10 to 12 eggs
- 2 C. low-fat or whole milk (non-fat doesn't work well)
- ½ C. maple syrup
- cinnamon
- sugar – granulated & powdered

- Toss diced apples with cinnamon and sugar to coat. Wisk together eggs, milk and syrup. Place bread cubes in buttered 9x13 baking dish. Top with cream cheese pieces and apples. Pour egg mixture over top and sprinkle with additional cinnamon to taste. Refrigerate overnight. Bake at 375 for 45 minutes or until center is set and tips of bread and/or cheese pieces are slightly browned. Sprinkle with powdered sugar before serving. Serves 9 to 12.

# Bacon-wrapped Meatloaf

Recipe by Jeff Davis (parent; 2021)

- 2 lbs lean ground beef
  - 1 cup onion, diced
  - 1/2 cup green bell pepper, diced
  - 2 cloves garlic, minced
  - 1 TBS Worcestershire sauce
  - 2 large eggs
  - 1/2 cup rolled oats (or panko bread crumbs)
  - 1 tsp kosher salt
  - 1 tsp black pepper
  - 12 strips of uncooked bacon
- Ketchup Glaze:
- 1/3 cup ketchup
  - 2 TBS brown sugar
  - 1 tsp paprika

- Preheat oven to 350 degrees F. Line a 9 x 5 inch loaf pan with slightly overlapping pieces of the bacon. In a medium-sized bowl, mash together beef, onions, bell pepper, garlic, Worcestershire sauce, eggs, oats (panko), salt and pepper. Press the meatloaf mixture into the pan. Fold the overhanging bacon over the top of the loaf pan. Flip the loaf onto a baking sheet lined with foil or parchment paper. Carefully wrap the ends of the meatloaf with bacon as well, tucking the strips into the other pieces of bacon so it's tight. Spread 2 TBS of ketchup glaze over the top of the loaf. Bake the meatloaf for 50 minutes. Remove and brush all over with the rest of the ketchup glaze and return to oven for another 15-20 minutes. Finished meatloaf should have crispy edges. Let meatloaf rest for 10 minutes before slicing and serving.

# French Dip Sandwich

Recipe by Faith Beales

**This dish is a Christmas Eve tradition in the Beales household and has been since 1979.**

ENTREES

- 1 Beef Brisket (3 +/- pounds)
- 2 Cans French Onion Soup
- 1 8 oz Can Beer (any kind, it tenderizes the meat)
- Sub Rolls
- Sour Cream
- Horseradish Cream/Horseradish

- Trim extra fat off Brisket. Place meat, soup & beer in the crockpot. Cook on HIGH for 4 hours. Turn to low for 3 - 4 hours. Remove meat from liquid & shred. Serve on Sub Rolls with sour cream, horseradish cream.... Ladle some au jus (broth) into a ramekin for dipping.
- NOTE: Recipe can be increased based on the size of your crockpot. Increase soup/beer to mostly cover meat.

# Bruschetta Chicken

Recipe by Cynthia Vitwar (parent; 2023)

- 1/2 cup flour
- 1/2 cup egg
- 1/4 tsp. Pepper
- 1 tbsp. olive oil
- 1/2 tsp. salt
- 4 boneless skinless chicken breast
- 1/4 cup grated parmesan cheese
- 2 garlic cloves; minced

- 1/4 cup dry breadcrumbs or Ritz crackers; crushed
- 1 tbsp. melted butter
- 2 large tomatoes; seeded and chopped
- 3 tbsp. minced fresh basil

- Place flour and egg in separate shallow bowls. Dip chicken in flour, then eggs and place in a greased 13x9 baking dish. Combine the cheese, breadcrumbs or Ritz, and butter; sprinkle over chicken. Loosely cover baking dish with foil. Bake at 375 degrees for 20 minutes. Uncover and bake 5-10 minutes longer. The meat thermometer should read 170 degrees for chicken to be cooked completely. While the chicken is baking, combine all remaining ingredients to make the Bruschetta (tomatoes, basil, pepper, salt, olive oil, garlic) in a small bowl. When chicken is done, spoon this mixture over the top of chicken and cook 3-5 minutes more to heat through.

# Eggplant Parmesan Boats

Recipe by Jeff Davis (parent; 2021)

- One medium to large globe eggplant
- 2 TBS olive oil
- 1/2 tsp Italian seasoning
- 1/2 tsp kosher salt
- Freshly ground pepper
- 1/4 tsp garlic powder
- 1/2 cup jarred marinara sauce
- 1 cup shredded mozzarella (can use vegan mozzarella)
- 1/4 cup grated Parmesan (can use vegan Parmesan)

- Preheat oven to 425 degrees F. Line a baking sheet with parchment paper. Halve the eggplant the long way. Use a paring knife to cut vertical and horizontal slits into the flesh about 3/4 of an inch apart, creating crosshatches across the whole surface, without piercing the skin on the other side. Place the halves on the lined baking sheet flesh side up. Spread a tablespoon of olive oil over each of the halves, then sprinkle both with the Italian seasoning, salt, pepper and garlic powder. Roast until the eggplant is softened and golden brown on top (15-20 minutes). Remove the eggplant from the oven and spread 1/4 cup marinara on each half, then top with the cheeses. Return to the oven and bake until the cheese is golden and bubbling, another 8-10 minutes. Allow to cool slightly before serving.

# Chicken Chalupas

Recipe by Kristi Gristchuk (VU Staff)

- 1 dozen flour tortillas
- 4 to 6 large chicken breasts – cooked and shredded
- 2 cans cream of chicken soup
- 2 cups sour cream
- ¼ lb. jack cheese, grated
- 4 to 6 green onions, chopped including tops
- ½ can sliced black olives (optional)
- 1 small can diced green chilies
- ¾ lb. cheddar cheese, grated
- ½ cup chicken broth

- In large bowl mix soup, sour cream, chilies, green onions and olives (reserve some olives for top). Add cheddar cheese. Remove 2 cups and add chicken broth to these 2 cups – set aside. Add chicken pieces to first mixture (mixture will be thick). Put chicken mixture into tortillas and roll up. Place in 9x13 baking dish. Pour reserved 2 cups completely over top and cover with jack cheese. Dot with remaining olives. Bake at 350 for 35 to 40 minutes or until cheese is melted and slightly browned. Serve with sour cream and guacamole.

# Easy Peasy Tortellini Soup

Recipe by Ward Nickless (parent; 2023)

- 2 32 oz Chicken Broth tetra packs
- 2 Chicken bouillon cubes
- 2 Store bought chicken breast roughly chopped
- 3 Carrots roughly chopped
- 3 Stalks of Celery roughly chopped
- 3 Stalks of Green Onion diced
- 10 oz Frozen Tortellini
- 1 cup. Frozen Peas

- Bring chicken stock to boil, add bouillon cubes, chopped chicken, carrots and celery, slow boil for 10 minutes, add green onion, Tortellini and frozen peas, slow boil for another 7 minutes...serve immediately and garnish (if you want) with parsley and a tablespoon of parmesan cheese. Serves 4
- Optional garnishes: Chopped parsley Parmesan Cheese



# The Scoop Behind the Soup

"My mother while training to be a nurse in Sydney Australia in the late 1940's lived with 2 other nursing students who had to make ends meet on a very small budget. They would get a fresh chicken, roast it and make as many meals as they could, then by the end of the week would make stock from the remaining bones, and take off the remaining meat to add to this hearty broth. There was a little Italian restaurant near the hospital that took pity on the nursing students, and they would give them left over vegetables, and day-old Tortellini...so my mother created this dish." - Ward Nickless



# Linda's Lasagna

Recipe by Kristi Gristchuk (VU Staff)

- Makes 2 deep 9x 13 pans
- 4 lbs ground beef
- 2 lbs Italian sausage (1 lb hot & 1 lb sweet)
- 2 medium onions, chopped
- 1 – 67oz jar Prego with mushrooms
- 4 lbs mozzarella cheese, grated
- 2 lbs jack cheese, grated
- 2 – 16 oz cartons of ricotta cheese
- 2 eggs, beaten
- 2 cups grated parmesan
- 2 lbs lasagna noodles
- 2 tsp garlic powder - divided
- 2 tsp dried oregano - divided
- 2 tsp dried basil - divided
- Garlic salt & pepper to taste

- Boil lasagna noodles according to package directions until barely al dente. Drain and layer noodles on a sheet pan with a little olive oil between layers to prevent sticking. Brown meat along with onion, season with garlic salt & pepper. Drain well then add Prego sauce, and 1 tsp each of seasoning. In a separate bowl combine ricotta, beaten egg, 1 tsp of each seasoning, and garlic salt & pepper. Stir until thoroughly mixed. Spray 2 deep 9x 13 casserole dishes with Pam or use a paper towel to coat pans with olive oil. Begin layering in the following order: Sauce, Noodles, Ricotta mixture (smear over noodles), Sauce, Mozzarella & jack cheese, Parmesan, repeat layers two or three more times depending on how deep your pan is, ending with a sprinkle of parmesan. Bake uncovered at 350\* for 45 minutes or until casserole is heated through and top is lightly browned. Let stand 15 minutes before cutting.

# Tamale Pie

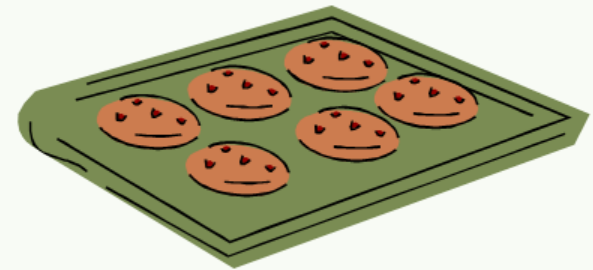
Recipe by Eric Vitwar (parent; 2023)

**"This recipe belonged to my great grandmother and has been passed down to my grandmother to my mother and to me." -E.V.**

- 1 large can whole tomatoes; undrained
- 1 can cream style corn
- 2 cans olives; sliced
- 2 med onions; chopped
- 1 green bell pepper
- 2 cloves garlic
- 2 tbsp. chili; 3 to make extra spicy
- 1 cube butter
- 1/2 cup milk
- 2 tsp. salt
- 1 1/2 cups cornmeal
- 1 pound ground beef

- In a large pan, mix tomatoes, including their juice, corn, milk, cornmeal, 1/2 of the butter, and 1 tsp. salt. Cook for 20 to 30 minutes. In a frying pan, sauté' onions, green peppers, and garlic with the remaining 1/2 cube of butter. Add to cornmeal mixture. Brown the ground beef. Add the chili powder, 1 tsp. salt, and olives to the browned meat. Pour into a 9X13 baking dish and bake at 350 degrees for 1 hour.

# Desserts



# Paula Deen's Banana Split Cake

Recipe by Denise Khaw (VU staff)

- 1 (20 oz) can drained crushed pineapple
- 2 (or 3), sliced bananas
- 1 (16 oz) box confectioner's sugar
- 2 eggs
- 3 sticks butter
- 4 cups crushed graham crackers (or Nilla Wafers)
- 1 (12 oz) container whipped topping
- Garnish nuts

- Preheat oven to 350 °F. For crust, mix crushed graham crackers and 1 stick of butter. Line bottom and sides of a 13 x 9-inch pan with mixture. Bake crust for 5 to 8 minutes. Beat until fluffy; eggs, 2 sticks butter, and the confectioner's sugar. Spread mixture on cooled crust. Add layer of crushed pineapple and layer of sliced bananas. Cover with whipped topping and sprinkle with nuts or graham crackers. Refrigerate for 1 hour.

# Resurrection Rolls

Recipe by **Kristi Gristchuk (VU Staff)**

- Crescent rolls
- Melted butter
- Large marshmallows
- Cinnamon
- Sugar

- See next page for instructions and story.

**"I was given this recipe when my children were very small and it has become a yearly tradition to make these rolls after Easter dinner. Although my children are now grown, they still want me to read what each step represents as they make their rolls. It has become a treasured part of our Easter celebration." -K.G.**

# Resurrection Rolls Story

- Preheat oven to 350 degrees. Give each child a triangle of crescent rolls. The crescent roll represents the cloth that Jesus was wrapped in. Give each child a marshmallow. This represents Jesus and His purity. Have child dip the marshmallow in melted butter. This represents the oils of embalming. Dip the buttered marshmallow in the cinnamon and sugar. This represents the spices used to anoint the body of Jesus. Wrap the coated marshmallow tightly in the crescent roll (not like a typical crescent roll up but bring the sides up and seal the marshmallow inside) This represents the wrapping of Jesus' body after death. Place in a 350-degree oven for 10 to 12 minutes. The oven represents the tomb (pretend like it was 3 days and nights!) When the rolls have cooled slightly, the children can open their rolls (cloths) and discover that Jesus is no longer there, HE IS RISEN! The marshmallow melts and the crescent roll is puffed up, but like the tomb - IT IS EMPTY!

# Lefse

Recipe by Kristin Avina (parent; 2024)

- 3 cups cooked and mashed Yukon Gold potatoes, cooled (secret, our family uses the leftover mashed potatoes from the holiday meal, and we make lefse the next day)
- 3 cups unbleached, all-purpose flour
- 1 tsp. salt
- 1 tbsp. sugar
- 2 tbsp. butter, cold and cut into 1/4-in. cubes
- 2 tbsp half and half or heavy cream

- In a bowl, combine flour, salt and sugar. Add in cooled mashed potatoes, butter and cream and combine thoroughly. Heavily flour a countertop. Using about a golf ball-size piece of dough at a time, place ball on floured countertop, press to flatten with your hand and flour the top of the dough. Using a floured rolling pin to avoid the dough sticking, roll out the piece of dough until very, very thin (about as thin as a tortilla). Carefully use a wide spatula to carefully drop into a pre-heated pan. Cook each side of the lefse until you see it bubble and see light brown spots form, about 1-2 minutes each side. Place on a plate and cover with a piece of parchment paper (lefse cannot touch each other or they'll stick together, so make sure you put a piece of parchment paper between each layer). Repeat steps with the rest of the remaining dough. Add in soft served butter and spread on one side of the lefse and take a spoon and lightly sprinkle with white sugar. Roll up into a mini burrito shape. Serve warm. You can use other fillings such as your favorite jam, chocolate sauce, any filling of your choice.



# The Lefse Story

"Lefse is a traditional Norwegian flatbread that's looks like a tortilla but is instead mildly sweet and potato flavored - very delicious. It is usually served during the December holidays. My son, who is a freshman at Vanguard, has family from both Mexico and Norway and our family likes to cook recipes from both countries. This dish called Lefse is like a tortilla and served in the shape of a mini burrito. Mexico and Norway both celebrate family and traditional recipes to bring families together, especially during the holidays. His great grandmother, Syliva Hjelle, would make lefse during Thanksgiving and Christmas every year - it was a tradition. His great grandmother passed the recipe down to keep the tradition alive and well. It takes about 30 minutes to prepare and over a 1 hour to cook up and add in the fillings - it is worth it to bring smiles to the entire family." -Kristin Avina

# Blueberry Kuchen

Recipe by Kristi Gristschuk (VU Staff)

- 2 C Flour, 1 stick butter – softened, 1 C Sugar, 2 tsp. Baking Powder, 1 tsp. Cinnamon
- Mix together with pastry blender or fork to crumble-consistency – reserve 1 cup for topping.
- With wooden spoon mix into remaining crumble mixture: 2 eggs, ½ C milk (2% or whole), 1 tsp vanilla \*batter will be thick

- Spread batter in a greased glass 9 x 13 pan. Top with: 1 pkg frozen blueberries, 1 can Comstock blueberry pie filling, Sprinkle reserved cup of crumble mixture over top. Bake at 350 for 50 – 60 minutes or until you can see crust start to brown through glass pan.
- Alternate fruit: 2 – 3 small apples, cored, peeled & sliced – layer on top of batter 1 can Comstock apple pie filling – spread over apples, top w/crumbs 1 pkg frozen mixed berries (Trader Joe's) 1 can Comstock blueberry pie filling cherries, peaches, blackberries, etc.

# Lemon Berry No Bake Pie

Recipe by Cynthia Vitwar (parent; 2023)

- 4 oz. softened cream cheese
- 1 pint strawberries; hulled and halved
- 1 tbsp. milk
- 2 cups milk
- 1 tbsp. sugar
- 1 large package vanilla instant pudding
- 2 tbsp. grated lemon peel
- 8 oz. Cool Whip
- 1 tbsp. lemon juice

- Beat cream cheese, milk, and sugar with a wire whisk. Stir in lemon peel and juice. Stir in 1 1/2 cups whipped topping. Spread mixture evenly in the bottom of the graham cracker crust. Press strawberries into cream cheese layer; saving some of them for the garnish. Pour 2 cups milk in a large bowl. Add the pudding mix. Beat with wire whisk for 1 minute. Let stand until thick. Gently stir in 1 cup of Cool Whip. Spoon over strawberries in crust. Refrigerate 4 hours. Garnish with the rest of the Cool Whip and strawberries.

# Sugar Cookies

Recipe by Emilie Sarringhaus (student; 2024)

**"This is not your average sugar cookie recipe. The cookie melts in your mouth and the orange flavor makes it extra special." -E.S.**

## Dough

- 1 1/2 cups butter softened (3 sticks)
- 2 cups sugar
- 4 large eggs
- 1-2 tsp orange oil
- 5 cups flour
- 2 tsp baking powder
- 1 1/2 tsp salt

## Frosting

- 2 cups icing sugar
- 1 cup butter (2 sticks)
- 1 tsp orange oil
- 1/4 - 1/2 c milk
- pinch of salt

To make dough, thoroughly mix butter, sugar, eggs and orange oil. Blend in flour, baking powder and salt. Wrap in plastic wrap and chill for one hour. Set oven to 375 degrees. Roll dough out to 1/4" thickness on a lightly floured board. Cut out desired cookie shapes. Place on an ungreased baking sheet and bake for 8 minutes. Remove when barely beginning to brown.

Then make frosting by combining all ingredients and frost the cookies.

# Apple Crisp

Recipe by Kyle Kinney (VU staff)

**"This recipe started with my great grandma and has been passed down to my mother. This dish is a staple at family gatherings and is usually made with fresh rhubarb from the garden." -K.K.**

- 1 cup flour
- 1 cup oats
- 1 cup brown sugar
- ½ cup melted butter
- 1 tsp. cinnamon
- 1 cup sugar
- 2 tbsp. cornstarch
- 1 cup water
- 1 tsp. vanilla extract
- 4 medium apples or 4-5 cups of your favorite fruit (rhubarb goes well with this recipe)

- Add 1 cup of flour, 1 Cup of oats, 1 cup brown sugar, 1/2 cup melted butter, 1 tsp of cinnamon into a bowl and mix well. In a saucepan heat up 1 cup of sugar, 2 tablespoons of cornstarch, 1 cup of water, and 1 tsp of vanilla extract. Place over medium heat and stir until the mixture becomes thick and clear (can skip this step if using sweet fruit). Add 4 apples, peeled and cut into thin slices or add 4 to 5 cups of fruit. Grease a 9x13 inch backing dish (butter is recommended). Layer half of the granola mixture on the bottom of the dish. Add your fruit filling evenly, and then pour your glaze over the apples. Then spread the rest of your granola mixture on top and bake at 350 degrees for 1 hour.

# Samsondoodle Cookies

**Straight from the Caf (actual recipe)**

- 1 lb. softened butter
- 3 cups sugar
- 4 large eggs
- 4 oz. half and half
- 2 tsp. real vanilla extract
- 6 cups all-purpose flour

- 1 tbsp. cream of tartar
- 2 tsp. baking soda
- 1 tsp. salt

## Topping

- 4 tbsp. sugar
- 4 tbsp. cinnamon

- Sift dry ingredients together. Cream butter and sugar until light and fluffy. Add eggs a few at a time and scrape down the bowl between additions. Combine half and half and vanilla extract, then add the wet mixture to incorporate. Add dry ingredients to wet ingredients and mix until blended. Roll into logs about 1 in. in diameter and wrap in plastic. Chill dough for at least one hour. Slice about ½ in. thick and dip one side in cinnamon sugar topping. Bake for 8-10 min. at 325 degrees or until the edges are golden brown.