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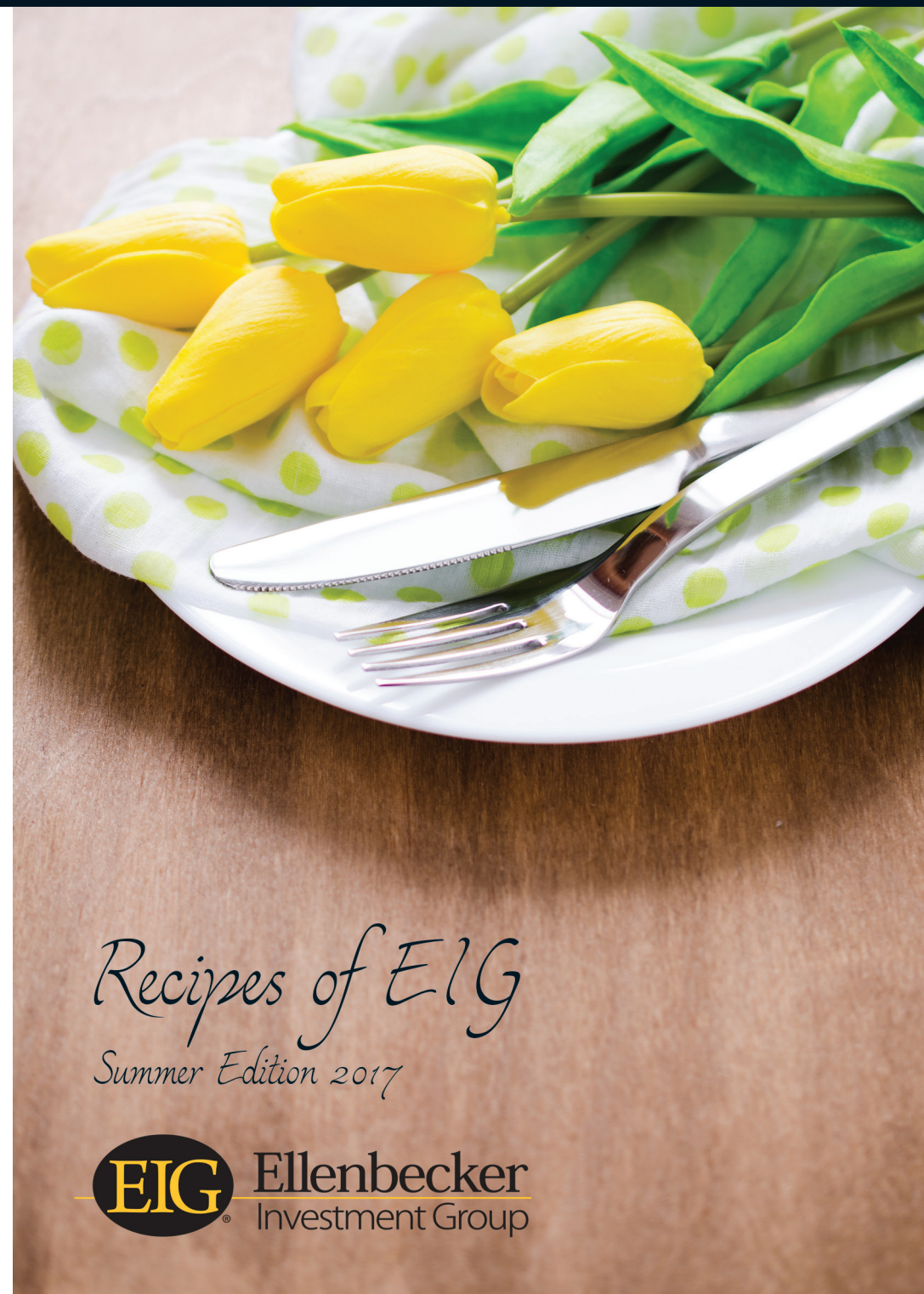
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## FoodSense with Chef Feker

### *Vegetarian Middle Eastern Lentil Soup*

1 lb. brown lentils, rinsed  
6 cups of vegetable stock  
4 Tbsp. extra virgin olive oil  
1 large yellow onion, chopped  
2 cloves of garlic, chopped  
2 tsp. ground cumin  
1 tsp. ground coriander  
1 tsp. ground cayenne  
1 Tbsp. of ground paprika  
1 Tbsp. of organic tomato paste  
2 Tbsp. of chopped flat leaf (Italian parsley)  
Salt & Pepper



### *About this cookbook...*

Each Thursday, we provide a special email treat called “The Weekly Dose” with a variety of themed recipes from a local chef. After all, food truly is the heart of a home. For the third year in a row, our team has gathered their own favorite recipes to share ... from our kitchen to yours!

To receive **The Weekly Dose**,  
please send your name and email to  
[info@ellenbecker.com](mailto:info@ellenbecker.com)

Heat a large sauce pan on medium heat.

Add olive oil and heat gently.

Add onion and garlic, sauté until the garlic is lightly golden.

Add all the spices and sauté for another 2 minutes.

Add the tomato paste and sauté for another 2 minutes.

Increase heat to high.

Add the lentils and the stock and bring to a boil, reduce to a simmer.

Cook for 20 minutes covered. Remove the top and cook for another 10 minutes. Season with salt and pepper and serve, top with your parsley, more extra virgin olive oil and enjoy.

#### **About Chef Michael Feker**

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker and learn about his two restaurants, Zesti and Il Mito at [www.cheffeker.com](http://www.cheffeker.com).

To view other recent recipes from Chef Feker, please visit [ellenbecker.com](http://ellenbecker.com).



## FoodSense with Chef Feker

### Healthy Halibut Espanola

Serves: 6

6 (6-ounce) halibut, salmon, WI lake trout, tilapia or your favorite fish fillets  
 ¼ cup/2 oz of extra virgin olive oil aka EVOO  
 ½ medium-sized onion (red preferred), cut in half moons  
 3 clove garlic, diced fine  
 ½ teaspoon finely diced fresh rosemary leaves  
 1 teaspoon finely diced fresh thyme leaves  
 ½ cup of fresh Italian parsley chopped  
 ½ cup fresh basil, cut in strips  
 1 teaspoon of capers, finely diced  
 ¼ pound of pitted Kalamata or your favorite olives  
 1 cup dry white wine (Pinot Grigio, Sauvignon Blanc suggested)  
 1 (16-ounce) can crushed tomatoes  
 1 tablespoon of Spanish paprika  
 Sea salt and freshly ground black pepper to taste



Heat olive oil over medium heat in a saucepan. Sauté the onion and garlic until the onion turns translucent, and the garlic golden.

Stir in paprika, rosemary, capers and thyme. Cook for 1 minute, deglaze with white wine. Cook for another minute.

Add crushed tomatoes, the parsley, basil and olives. Cover and let simmer for 15 minutes.

Meanwhile, season the fish with salt and pepper.

Place fish over the sauce and partially cover the pan, allow to reduce for another 6 to 8 minutes.

Once the fish starts to flake (test with the back of the fork by pushing down on the flesh of the fish).

Arrange fish on a serving dish. Taste your sauce and season with more salt and pepper as it pleases your palate.

Spoon the sauce over the fish and enjoy

#### Chef's Note

*I would serve this with simple yet sophisticated well-seasoned boiled potatoes, tossed in a drizzle of extra virgin olive oil and chopped basil.*

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**Amy Schaubel**

## *Chocolate Zucchini Bread*

3 c grated zucchini  
1 c oil  
3 c sugar  
4 eggs  
3 c flour  
1 tsp baking soda  
1½ tsp baking powder  
1½ tsp salt  
½ c cocoa  
1½ tsp cinnamon  
1 tsp vanilla  
1 c chopped nuts (*optional*)  
2 tsp orange peel (*optional*)  
1 c chocolate chips



Preheat oven to 350°F. Mix all ingredients together in mixer. Fill two greased bread pans ¾ full. Bake about an hour. Cool about 15 minutes then wrap in saran wrap or foil. Also freezes well.

I don't add the chopped nuts or orange peel.

**Wendy Peperkorn**

## *Chocolate Chip Oatmeal Cookies Recipe*

Yield: about 7 dozen

1 c butter, softened  
¾ c sugar  
¾ c packed brown sugar  
2 large eggs  
1 tsp vanilla extract  
3 c quick-cooking oats  
1½ c all-purpose flour  
1 package (3.4 ounces) instant vanilla pudding mix  
1 tsp baking soda  
1 tsp salt  
2 c (12 oz) semisweet chocolate chips



In a large bowl, cream butter and sugars until light and fluffy. Beat in eggs and vanilla.

Combine the oats, flour, dry pudding mix, baking soda and salt; gradually add to creamed mixture and mix well. Stir in chocolate chips and nuts.

Drop by level tablespoonfuls 2 inches apart onto ungreased baking sheets.

Bake at 375°F for 10-12 minutes or until lightly browned. Remove to wire racks.

**Wendy Peperkorn**

## *Beans and Rice Recipe*

- 1 Tbsp canola oil
- 2 celery ribs, chopped
- 1 medium red pepper, chopped
- 1 small onion, chopped
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (16 oz) kidney beans, rinsed and drained
- 2 c cooked brown rice
- 2 tsp Worcestershire sauce
- 1½ tsp chili powder
- ¼ tsp pepper
- ¼ c shredded cheddar cheese
- ¼ c reduced-fat sour cream
- 2 green onions, chopped



In a large nonstick skillet, heat oil over medium-high heat. Add celery, green pepper and onion; cook and stir until tender.

Stir in tomatoes, beans, rice, Worcestershire sauce, chili powder and pepper; bring to a boil.

Reduce heat; simmer, covered, 7-9 minutes or until heated through. Top with cheese, sour cream and green onions.

**Amy Schaubel**

## *Wontons*

- 1 package wonton skins
- ½ lbs Jimmy Dean original pork sausage - cooked
- 1 or 2 stalks of celery (to taste), finely chopped
- 1 or 2 stalks of green onions (to taste), finely chopped
- 1 c bean sprouts
- 1 c diced cooked shrimp
- 1 Tbsp soy sauce
- 1 tsp corn starch
- ½ c water
- 1 egg
- Cooking oil for frying



In a large bowl, add cooked meats, celery, green onion, bean sprouts, soy sauce and corn starch and mix well to combine.

In a small bowl, add water and egg whisking with a fork.

To assemble the wontons, place a wonton wrapper flat in the palm of your hand. If frying, add 1 teaspoon of mixture to the center of the wrapper. If boiling, add 1 tablespoon of the mixture.

Dip a finger in the egg wash, and paint all 4 edges with the wash. Fold the wonton in half, corner to opposite corner to make a triangle. Seal tightly all around. Make sure there are no air pockets or holes in the wonton. Fold the longer two triangle points together and seal to make the wonton shape.

Place folded wonton on a clean, dry plate or baking sheet and cover with plastic wrap to avoid drying out. When wontons are all folded, you can store or freeze.

To fry wontons, add 1 to 1 1/2 inches of cooking oil to a wok or pot. Heat the oil until it reaches 375°F. Add a few wontons to the oil to fry, turning occasionally until they are golden brown.

Remove them to a draining rack placed over a baking sheet so they can drain excess oil.

**Anne Mank**

## Artisan Bread

$\frac{3}{4}$  c sour dough starter

*Note: You can make your own by mixing 2 cups of flour, and one cup of water. Keep in a glass container with a loosely fitted lid, and leave on counter for 8-12 hours before use.*

1 $\frac{1}{4}$  c water

3 $\frac{1}{2}$  to 3 $\frac{3}{4}$  c of all purpose flour

1 $\frac{1}{2}$  tsp salt

1 $\frac{1}{2}$  Tbsp sugar, honey or molasses

*Tip: to add an Italian flavor, add 1 drop Oregano oil and two Tbsp of Italian seasoning.*



Preheat oven to 425°F. Add everything to a large bowl, then squish the mixture with your hands until it is absorbed.

*Note: The dough will look rough. Let the dough rest for 30 minutes to an hour, then knead again.*

Cover your bowl with a lid; leave for 3-12 hours or until it's double in size.

*Note: This will depend on the temperature in your home. Remove the dough from the bowl, and place on a lightly floured counter, folding in the sides until it forms a ball.*

Place a parchment liner in an enameled dutch oven, or any pot with a lid, and put the dough inside.

Let it rise for 1-2 hours more.

If desired, carefully slice the top to allow steam to release while baking. Bake for 20 minutes with lid, then remove lid and bake for 20-30 minutes more.

*Note: if you are using a regular pot, it will take up to 15 minutes longer to bake.*

**Wendy Bitter**

## Most Amazing Pork Chops

4 bone-in, thick-cut pork chops

1 can cream of chicken soup

1 packet onion soup mix

1 packet dry pork gravy mix

1 $\frac{1}{2}$  c chicken broth



Place the pork chops in the bottom of the slow-cooker. Mix the remaining four ingredients in a bowl, then pour over the top of the meat. Cover and cook on LOW for 6 to 8 hours.



**Wendy Bitter**

## *Slow-Cooker Fudge Brownies*

- 1 package original brownie mix
- $\frac{3}{4}$  c chocolate syrup
- 1 c boiling water
- 1 c chopped nuts
- $\frac{1}{2}$  c chocolate chips



Spray the slow-cooker with non-stick cooking spray. Prepare the brownie mix as directed on the box and pour into the slow-cooker.

Mix chocolate syrup with boiling water. Pour over the brownie mix. Sprinkle with chopped nuts and chocolate chips.

Cook on HIGH for 2  $\frac{1}{2}$  to 3 hours. Turn off slow-cooker, remove lid, and let brownies sit for 15 minutes. Serve with ice cream or whipped topping and strawberries, if desired.

**Anne Mank**

## *Chinese Coleslaw*

- 2 pkg. beef Raman noodle soup
- 2 bunches of green onions, chopped
- 1 c toasted almond slices
- 1 c sunflower seeds
- 3 or 4 c shredded cabbage

Break up raw noodles (do not cook), mix all above ingredients together in a large bowl.



### **Dressing:**

- 1 c vegetable oil
- $\frac{1}{3}$  c white vinegar
- Seasoning packets from the Raman noodles
- $\frac{1}{2}$  cup sugar

Whisk together ingredients and pour over the coleslaw toss well and chill.

**Brett Engelking**

## *Roasted Olives*

2 c mixed olives with pits – blue cheese or garlic stuffed olives are great as well

3 small sprigs of fresh rosemary

2 cloves minced garlic

2 tsp orange zest, freshly grated

½ tsp red pepper flakes (more or less to taste)

⅓ c extra virgin olive oil

2 Tbsp fresh orange juice



Combine all ingredients in glass, oven-safe dish and cover with foil.

Set oven or smoker grill at 300°F. Roast for 45 minutes stirring once or twice.

Serve warm in an attractive bowl.

**Sandy Miller**

## *Italian Beef Sandwiches*

4 lbs beef tip sirloin roast (can be smaller)

1 can beef broth

1 c water

1 can beer (12 oz)

¼ c cider vinegar

1 envelope onion soup mix

Italian herb and parsley

1 clove garlic

1½ tsp dried oregano

1 tsp dried basil

10 sandwich rolls



Place roast in 5 quart slow cooker. Cut in half if needed. Do not brown meat.

Mix all other ingredients together and pour over roast. Cover and cook for 7-8 hours.

When tender, pull apart the roast. Heat through for another 30 minutes.

Use slotted spoon to serve beef on rolls. Have juice on the side for dipping.



**Sandy Miller**

## *Crab Rangoon Dip*

2 c crab meat  
16 oz cream cheese  
½ c sour cream  
4 green onions, chopped  
1½ tsp worcestershire sauce  
2 Tbsp powdered sugar  
½ tsp garlic powder  
½ tsp lemon juice



Combine all ingredients in a slow cooker. Heat and serve.

**Courtney Hull**

## *Grandma's Mashed Potatoes*

5 lb potatoes, peeled, cut up  
2-3 oz packages cream  
cheese softened  
1 c sour cream  
¼ c butter  
2 tsp onion salt  
1 tsp salt  
¼ tsp pepper



Cook potatoes in boiling, salted water until tender. Drain and mash.

Add remaining ingredients, beat until light & fluffy. Place potato mixture in greased casserole and dot with butter on top.

Bake at 350°F until heated through.

**Courtney Hull**

## *Popeye Pancakes*

6 beaten eggs  
1 c milk  
1 c flour  
¼ tsp salt  
6 Tbsp melted butter  
(save 2 to swirl around  
pan bottom and sides)



Spray bottom and sides of pan with PAM and swirl 2 tablespoons butter around pan bottom.

Beat above ingredients in order and pour into 9x13 pan.

Bake at 400°F for 20 minutes.

Remove from oven and sprinkle with powdered sugar. Serve with warm maple syrup or any toppings you like.

**Pam Peterson**

## *Chocolate Crispsies*

2 squares baking chocolate  
½ c butter or margarine  
1 c sugar  
2 eggs  
½ c flour (sifted)  
⅛ tsp salt  
½ tsp vanilla extract  
½ c nuts (very finely chopped)



Preheat oven to 375°F.

Melt chocolate and butter or margarine together in a pan over low heat. Remove from heat. Add sugar and mix with spoon until smooth. Add eggs, one at a time, beating well after each addition. Stir in sifted flour and salt and blend until smooth. Stir in vanilla extract.

Spread mixture in a greased 8x8" baking pan. Sprinkle with finely chopped nuts. Bake for 12 to 15 minutes or until toothpick inserted in center of pan comes out clean. Cool completely before cutting into squares.

**Pam Peterson**

## *Breakfast Egg Casserole*

- ¼ c butter (at room temperature)
- 8 slices white bread (crusts removed)
- 1 lb cooked ground sausage  
-or- diced ham -or- crumbled bacon
- 2 c shredded sharp cheddar cheese
- 6 eggs (beaten)
- 2 c half-and-half



Spread butter on the bread slices and place bread slices, buttered side down, in a 13x9" casserole dish. Spread meat of choice over the bread slices. Sprinkle Cheddar cheese over the meat. In a bowl, beat eggs and half-and-half together. Pour mixture over cheese.

Cover dish and refrigerate overnight. When ready to bake, preheat oven to 350°F. Bake, uncovered, about 45 minutes or until set. Let rest 10 minutes before serving.

**Diane Byrne**

## *Creamy Chicken Enchiladas*

- 2 lbs boneless, skinless chicken breasts
- 12 oz cream cheese
- 1 small can chopped green chilies
- 2 pkgs taco seasoning
- 20 flour or corn tortillas
- Shredded cheddar and monterey jack cheese
- 16 oz whipping cream or half & half



Rinse chicken and coat with taco seasoning. Grill chicken then cut into cubes.

Mix cooked chicken, cream cheese (cut into small pieces) and green chilies.

Soften tortillas in microwave and place scoop of chicken mixture in each. Place rolled up enchiladas in two 9" x 13" baking pans, sprayed with cooking spray.

Pour 8 oz. cream over top of each pan. Top with shredded cheese.

Bake at 350°F for 45-50 minutes.

Serve with shredded lettuce, chopped tomatoes, black olives, salsa and/or sour cream.



**Diane Byrne**

## *Easy Margaritas*

1 12-oz can frozen limeade concentrate

12 oz tequila

6 oz triple sec or other orange liqueur

12 oz beer

Pour all ingredients into a pitcher. Stir until well-blended. Fill pitcher with ice and garnish with limes.



**Lauren Evans**

## *Oreo Red Velvet Cupcakes*

Red Velvet cake:

1 box red velvet cake mix

3 eggs

½ c oil

1 c sour cream

½ c Buttermilk or milk

1 tsp Vanilla extract

24 oreos

Oreo buttercream:

10 oreos, twist and scrape off (or eat) the cream filling

½ c butter, softened

8 oz cream cheese

2 tsp Vanilla extract

3-4 c powdered sugar

Extra oreos for decoration

For Red Velvet cake:

Preheat oven to 350°F and line pans with cupcake liners. Sift cake mix in a small bowl and set aside.

In a large bowl, combine eggs, oil, sour cream, buttermilk and vanilla extract until smooth. Stir in cake mix.

Take your oreos and place one at the bottom of each cupcake liner (if you are afraid your oven will get too hot on the bottom, you can always chop them up and fold them in to the batter!).

Scoop batter over each oreo to fill the liners about ¾ full. Bake for 15-20 minutes or until an inserted knife comes out clean. Let cool.

For oreo frosting:

Take your oreo cookies (just the chocolate pieces and not the filling) and crush in a plastic bag using a rolling pin. If you have a food processor that works best! Sift your finely crushed oreos to remove any lumps, because if you use a piping bag, any big pieces will clog it.

In a stand mixer, beat butter and cream cheese. Add vanilla extract and slowly add powdered sugar until you reach your desired consistency. Fold in crushed oreos. Don't stir too much or the frosting will turn a grey color.

Pipe onto cooled cupcakes and top with extra oreos.



**Lauren Evans**

## *Baked Salmon and Asparagus in Foil*

- 4 (6 oz) skinless salmon fillets
- 1 lb asparagus, tough ends trimmed
- 2½ Tbsp olive oil
- 2 cloves garlic, minced
- Salt and freshly ground black pepper
- 1 lemon thinly sliced
- Fresh dill sprigs, or chopped fresh thyme, rosemary or parsley



Preheat oven to 400°F. Cut four sheets of aluminum foil about 14-inch long.

Divide asparagus into 4 equal portions (about 8 spears per foil packet) and layer in center of each length of foil. In a small bowl stir together oil with garlic. Drizzle 1 tsp of the oil over portion of asparagus then sprinkle with salt and pepper.

Rinse salmon and allow excess water to run off, then season bottom of each fillet with salt and pepper. Layer fillets over asparagus. Drizzle top of each salmon fillet with 1 tsp of the olive oil mixture and season top with salt and pepper to taste.

Top each with about 2 sprigs dill and 2 lemon slices (if using fresh thyme or rosemary use about ¾ tsp per each if using parsley use 1½ tsp).

Wrap sides of foil inward over salmon then fold in top and bottom of foil to enclose.

Place foil pouches in a single layer on a baking sheet. Bake in preheated oven until salmon is cooked through, about 25 - 30 minutes. Unwrap and serve warm.

**Diane Gastrow**

## *Caramelized Pear and Blue Cheese Quiche*

Makes 10 Servings

- 1 Deep Dish Pastry Shell – Baked in springform pan, lined with a double thickness of foil
- 3 Firm Medium Pears
- 2 Tbsp unsalted butter
- 1 Tbsp sugar
- ½ c crumbled blue cheese (2 oz.)
- 6 eggs
- 2 c plain fat-free greek yogurt
- 1 c milk
- ½ tsp salt
- ¼ tsp white pepper
- ⅛ tsp ground nutmeg



Preheat oven to 325°F. Cut two of the pears into ½ to ¾ inch cubes. Thinly slice remaining pear. In a large skillet melt 1 Tbsp of the butter over medium-high heat. Add cubed pears and sugar; cook 7 to 8 minutes or until light brown, stirring occasionally. Spoon into pastry shell. Melt remaining 1 Tbsp. butter in skillet; add sliced pears. Cook 3 to 4 minutes or just until softened, stirring occasionally.

In a blender combine next seven ingredients (through nutmeg). Cover and blend until frothy. Pour into pastry shell. Top with pear slices. Carefully place springform pan in a shallow baking pan.

Bake 80 to 90 minutes or until top is light brown and filling is just set in center (165°F). Cool in pan on a wire rack 40 minutes. Carefully remove side of pan. Sprinkle with additional cheese and, if desired, sage leaves.

**Diane Gastrow**

## *Lemon Marinated Chuck Roast*

Serves 6-8

- 1 4-lb beef chuck pot roast, cut 1 ½ inches thick
- 1 tsp grated lemon peel
- ½ c lemon juice
- ½ c cooking oil
- 2 Tbsp Sliced green onion with tops
- 4 tsp sugar
- 1½ tsp salt
- 1 tsp Worcestershire sauce
- 1 tsp prepared mustard
- ½ tsp pepper



Score fat edges of roast. Place meat in shallow baking dish.

Combine lemon peel and juice, cooking oil, green onion, sugar, salt, Worcestershire, mustard and pepper. Pour over roast. Cover; let stand 3 hours at room temperature or overnight in the refrigerator, turning roast several times.

Remove roast from marinade, reserving marinade. Pat excess moisture from roast with paper toweling.

Grill the roast over medium coals for 10 to 12 minutes. Turn; cook 10 to 12 minutes more for rare to medium-rare. Heat reserved marinade on grill.

Remove roast to serving platter. Carve across the grain into thin slices. Spoon marinade over.

**Lauren Alles**

## *No Bean Turkey and Sweet Potato Chili*

- 20 oz 93% lean ground turkey
- Kosher salt, to taste
- ½ c onion, chopped
- 3 cloves garlic, crushed
- 10 oz can Rotel mild tomatoes with green chilies
- 8 oz can tomato sauce
- ¾ c water
- ½ tsp cumin, or to taste
- ¼ tsp chili powder
- ¼ tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into ½-inch cubes
- Fresh cilantro, for garnish



In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin.

When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.

Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.

Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally. Add 1/4 cup more water if needed. Remove bay leaf and serve.



**Lauren Alles**

## *Philly Cheese Steak Stuffed Peppers*

8 oz thinly sliced roast beef  
8 slices provolone cheese  
2 large green bell peppers  
1 medium sweet onion  
1 (6 oz) package sliced baby bella mushrooms  
2 Tbsp butter  
2 Tbsp olive oil  
1 Tbsp garlic, minced



Slice the bell peppers in half and remove the membranes. Preheat the oven to 400°F.

In a medium sized skillet on medium heat add the butter, oil, minced garlic, and salt and pepper. Saute until the onions and mushrooms are caramelized about 5-10 minutes.

Slice the roast beef into thin strips and add them to the onion mixture. Cook for an additional 5 minutes until it is heated throughout.

Line the bottom of each pepper with a slice of provolone cheese. Fill the pepper until it is nice and overflowing. Add another slice of cheese on top.

Bake for 15-20 minutes or until the cheese is nice and bubbly and the pepper starts to soften.

**Gabby Urquiza**

## *Easy Lemony Shrimp Scampi Pasta*

4 Servings

4-5 garlic cloves, minced or grated  
2 lemons, zested and juiced  
5 Tbsp olive oil  
1 tsp red pepper flakes (or to taste)  
Kosher salt and freshly ground black pepper  
¾ lb medium shrimp (21 to 25),  
peeled, deveined and butterflied  
(Set aside shrimp shells for stock.)  
¼ onion (whole, no need to dice)  
¾ lb thin linguini  
2 Tbsp butter  
1 small bunch parsley, leaves chopped



In a bowl, combine the garlic, zest and juice of 1 lemon, olive oil, red pepper flakes, salt and pepper, to taste, and the shrimp. Set aside to marinate.

Meanwhile make a quick shrimp stock: In a small pot, over medium heat, add the shrimp shells and onion. Cover with water and bring to a boil. Reduce the heat and simmer for 20 minutes. Strain into a bowl and discard the shells and the onion.

Bring a large pot of water to a boil over high heat and add a generous amount of salt. Add the linguini and cook until just tender, 2 minutes less than instructed on the package. Drain and reserve 1/2 cup of cooking water.

Heat a skillet over high heat. Add the shrimp and cook until they turn pink and start to caramelize, about 3 minutes. Remove the shrimp from the pan to a plate and add the remaining marinade. Let cook a few minutes then add about 1 cup of shrimp stock and about 1/2 cup pasta water. Continue to cook until sauce reduces by half. Add the zest and juice of the remaining lemon, the butter and the parsley and stir to combine. Adjust seasoning with salt and pepper, to taste. Add in the shrimp and pasta and toss to combine with the sauce. Turn out into a serving bowl and serve immediately.

**Gabby Urquiza**

## *Potato, Poblano and Chorizo Omelet*

8 servings

- ½ lb Mexican chorizo
- 1 small Vidalia onion, chopped
- ¾ lb red potatoes, cooked, chopped into small cubes
- 2 poblano chile peppers, roasted, peeled, seeded and chopped
- 1 c shredded mozzarella cheese, divided
- 6 whole eggs
- 4 egg whites
- ½ c sour cream



Heat oven to 350°F.

Cook chorizo and onions in medium ovenproof skillet on medium heat 8 min. or until chorizo is done, stirring frequently.

Add cooked potatoes and roasted chiles; cook 2 min., stirring occasionally.

Remove from heat. Stir in 1/2 cup cheese; spread to evenly cover bottom of skillet.

Whisk whole eggs, egg whites and sour cream until blended; pour over chorizo mixture. Top with remaining cheese.

Bake 25 min. or until center is set. Allow to rest for 10-15 minutes and serve.

**Kristen Cantrell**

## *Pumpkin Cheese Bread*

- 2½ c white sugar
- 1 (8 oz) package cream cheese
- ½ c margarine, softened
- 4 eggs
- 1 (15 oz) can canned pumpkin puree
- 3½ c all-purpose flour
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- ½ tsp baking powder
- ¼ tsp ground cloves
- 1 c chopped nuts (optional)



Preheat oven to 350°F (175°C). Grease two 9x5 inch loaf pans. Or six mini loaf pans.

In a large mixing bowl, cream together sugar, cream cheese and margarine. Add the eggs, one at a time, mixing well after each addition. Blend in pumpkin; mixing until completely incorporated. Combine the flour, baking soda, salt, cinnamon, baking powder and cloves. Mix the dry ingredients into the pumpkin mixture; stirring just until moistened. Fold in the walnuts. Divide the batter evenly between the two pans.

Bake at 350°F for 60 minutes (325°F for 45 minutes for the mini pans), or until a toothpick inserted into the center of a loaf comes out clean. Let cool in the pans for 5 minutes then remove from pans to cool completely on a wire rack.

**Kristen Cantrell**

## *Dulce de Leche Thumbprint Cookies*

4 dozen cookies

4 sticks of unsalted butter, at room temperature (1 lb)

1½ c of sugar

1¼ tsp vanilla

½ tsp salt

4½ c all-purpose flour

13 oz can Nestle La Lechera,  
Dulce de Leche (caramel)

1 small jar Nutella

Course sea salt for sprinkling



Preheat the oven to 350°F. With an electric mixer, cream the butter, sugar, vanilla, and salt until smooth. Scrape the bowl with a spatula. Turn the mixer on low and add the flour a little at a time, until it is just combined.

Line your cookie sheets with parchment paper. Roll the dough into 1 oz. balls—about 1 ½ tablespoons. Place them on the cookie sheets and make a deep indentation in each cookie, with your thumb. Press any cracks back into place.

Bake for approximately 20 minutes. It will look like the craters have disappeared, but when the cookies cool, they'll be back!

Scoop the Dulce de Leche into a quart-size freezer bag. Microwave it for 30-60 seconds until thin, like melted peanut butter. The bag may be hot, so wrap it in a small towel. Snip a hole in the corner of the bag and squeeze about 1 ½ tsp. of caramel into the centers of 24 cookies. Tap the cookies gently to help the caramel fill in the entire indentation.

While the caramel is still a little tacky, sprinkle each cookie with course sea salt. Repeat this process with melted Nutella and the remaining 24 cookies.

Allow the Dulce de Leche and Nutella to cool for a little while before serving, so the centers can set. \*You could put them in the refrigerator to speed this up!

**Heather Deaton**

## *Award-Winning Applesauce Bread*

¾ c vegetable oil

4 eggs, beaten slightly

2 c sugar

1 Tbsp double-strength vanilla

3¼ c whole-wheat flour

2 tsp baking soda

2 tsp salt

1½ tsp freshly grated cinnamon

2 c raw chunky applesauce

2 Tbsp ground dried apple peel

Topping:

¾ c whole-wheat flour

¼ c sugar

1½ tsp freshly ground cinnamon

2 Tbsp ground dried apple peel

¼ c butter



Mix together oil, eggs, sugar and vanilla. Stir in flour, baking soda, salt, cinnamon, applesauce and dried apple peel. Pour batter into 2 greased and floured loaf pans.

Make topping: Combine flour, sugar, cinnamon and dried apple peel. Cut in butter with pastry blender or fork until mixture is crumbly. Sprinkle on top of batter.

Bake at 350°F for 55-60 minutes. Makes 2 loaves.



**Heather Deaton**

## *Roasted Red Pepper Feta Dip*

- 1/3 c olive oil
- 1 clove garlic, minced  
(I use 2 cloves)
- 7 oz jar roasted red peppers, drained
- 7 oz feta cheese crumbled
- 1 tsp cayenne pepper  
(I use about 1½ tsp)



Heat oil in heavy medium saucepan over medium heat. When oil is hot, remove from heat, stir in garlic.

Blend peppers, feta and cayenne in food processor until combined. With machine running, add garlic oil. Blend until smooth. Season to taste with freshly ground pepper and salt.

Transfer to bowl, cover and chill until thickened (2 hours). Bring to room temp and stir before serving.

**Karen Ellenbecker**

## *Crustless Quiche Muffins*

- 1½ c Egg Beaters refrigerated egg
- 2 whole eggs, beaten
- 1 c skim milk
- 2 c Bisquick Heart-Smart baking mix  
(or the regular kind, if you'd prefer)
- 1 7-oz package reduced-fat sharp cheddar cheese
- 1 c reduced-fat grated parmesan cheese
- 1½ c chopped onion
- 1 16-oz package frozen spinach
- 2 tsp salt, or to taste
- ½ tsp ground nutmeg
- ¼ tsp black pepper
- ¼ tsp crushed red pepper flakes, optional



Preheat oven to 350°F. Thaw spinach by emptying bag into a colander and running lukewarm water over it until soaked; allow to drain. In a medium mixing bowl, combine all other ingredients and stir. Squeeze out the drained spinach in the colander, pressing it to remove as much water as possible. Add the spinach to the egg mixture, stirring to make sure all the spinach gets un-clumped.

Take two regular muffin pans and spray them thoroughly with non-stick spray.

Fill the muffin cups all the way full - they will pouf up a bit into the traditional domed muffin shape - and you will get a yield of about 21 muffins. If you fill them slightly less full, your muffins will be appreciably smaller, but you can get a full two dozen out of your quiche mixture.

Bake muffins for 35-40 minutes, until set and a toothpick inserted in a center muffin comes out clean. Allow muffins to cool completely before removing from pan. You may need to gently go around each one with a knife to loosen them. Store in the fridge.

**Julie Ellenbecker-Lipsky**

## *Grandma Janet's Apple Crisp*

16 apples, peeled and sliced

Add cinnamon to taste

1 cup of sugar

Topping:

2 cups of flour

1 cup of sugar

½ lb of butter



Toss apples with cinnamon and sugar; pour into 13x9 glass dish. Mix flour, sugar and butter in pastry blender; add topping to apples and bake at 350°F for 1.25 hours.

**Jean Range**

## *Instant Pot Chipotle Chicken Bowls with Cilantro Lime Quinoa*

For the chipotle chicken:

½ tsp kosher salt

½ tsp ground cumin

Black pepper, to taste

1 Tbsp chipotle paste

1 c prepared mild salsa

1 lb boneless, skinless chicken thighs

2 ears corn, husks removed

For the quinoa:

¾ c uncooked quinoa,  
rinsed and drained

1 c plus 2 tablespoons water

¼ tsp kosher salt

1 lime, juiced

½ Tbsp olive oil

2 Tbsp chopped cilantro

For the bowls:

1 c halved cherry tomatoes

4 oz (1 small) haas avocado, sliced

4 lime wedges

2 Tbsp chopped cilantro

In a medium bowl combine the salt, cumin black pepper, chipotle, and salsa.

Place the chicken in the pressure cooker and pour the salsa over chicken. Cook on high pressure 20 minutes. Quick or natural release, add the corn and cook high pressure 2 minutes.

Meanwhile, add the quinoa, water and salt to a saucepan and cook over high heat, bring it to a boil. Once boiling, reduce the heat to low and cover the pot. Cook for about 18 to 22 minutes, or until all the liquid is absorbed. Fluff with a fork and remove from heat. Stir in the lime juice, olive oil, and 1/4 cup cilantro.

When chicken is cooked, remove corn and set aside on a dish.

Remove the chicken and place in a bowl, shred and add 1/2 cup of the sauce. Using a knife cut the corn off the husk.

Place 2/3 cup quinoa in each bowl, with 1/2 cup shredded chicken topped with more sauce, 1/3 cup corn, 1/4 cup tomatoes and 1 ounce avocado.

Top with remaining cilantro and serve with lime wedges.



**Jean Range**

## *Chocolate Chip Cookies*

- 1 c butter
- ½ c powdered sugar
- 1 tsp vanilla
- 2 c flour
- ¾ c finely chopped nuts (optional)
- 2 c semi sweet chocolate chips



Cream butter and sugar. Add vanilla, flour, nuts and chips.

Bake 350°F for 10 min or until bottom is light golden brown.

Enjoy!

**Julie Ellenbecker-Lipsky**

## *Packer Sunday Hot Ham and Cheese Hawaiian Sandwiches*

- 24 Hawaiian sweet rolls
- Onion and Chive cream cheese
- 1 lb deli ham, sliced
- 2 6-oz pkg. shredded or sliced Swiss cheese
- 1 tsp poppy seed
- ½ c butter, melted
- 1½ tsp Dijon mustard
- 2 Tbsp dried, minced onion
- 1½ tsp Worcestershire sauce



Cut rolls in half; set tops aside. Place bottoms in a lightly greased 13"x9" baking pan; they should just fit nice and snug. Spread a thin layer of onion and chive cream cheese on each bottom.

Layer ham and cheese on top. Place the tops back on the sandwiches.

In a bowl, melt the butter and combine remaining ingredients. Pour the butter mix over top.

Bake, covered with aluminum foil, at 350°F for 15 to 20 minutes. Cut into squares.

Serve warm.