



*Season's Greetings*  
*from*  
*Academy Dental*

## **Holiday Egg Nog**

2 cups double strength coffee

2 qts. Dairy eggnog

2 broken cinnamon sticks

1 tbs. Vanilla

6 whole cloves

1 cup whipping cream

6 allspice berries

1 qt. coffee ice cream

Combine coffee and spices in saucepan. Simmer for 15 minutes, then strain and chill. Combine eggnog, vanilla, and spiced coffee in a large bowl. Chill. Whip cream and fold in. Pour over ice cream in a punch bowl. Sprinkle with nutmeg.

**Anne Dicker**

### **Sausage & Cheese Dip**

16oz. Pkg. of Velveeta Cheese

1/2 roll of frozen sausage thawed.

Jar of Salsa

Cook sausage and drain. Add cheese and salsa and cook until cheese is completely melted. Serve with tortilla chips.

**Kristen Hoglund**

### **Chicken Wrapped in Bacon Appetizer**

3 Boneless Chicken Breasts

2/3 cup Brown Sugar

1 Tbsp. Chili powder

Maple favored Bacon

Cut chicken into bite size pieces. Combine brown sugar and chili powder, and roll chicken pieces in it to coat. Wrap each chicken piece with the meat part of bacon (very little fat) and secure with a wooden toothpick. Bake 25-30 mins. In 350 F oven

**Sue Sager**

### **Buffalo Chicken Dip**

2 blocks cream cheese (softened)

1 cup Texas Pete's Buffalo Sauce

1 cup Ranch Dressing

1 breast of shredded cooked chicken

1 cup Cheddar Cheese

Mix cream cheese, sauce, and dressing with mixer. Stir in chicken and pour into baking pan. Top with cheese. Bake 350 20-30 minutes until bubbly.

**Shelley Clark**

### **Artichoke & Spinach Dip**

4 teaspoons of minced garlic

1 (10 ounce) package frozen chopped spinach, thawed and drained

1 (14 ounce) can artichoke hearts, drained and chopped

1 (10 ounce) container Alfredo-style pasta sauce

1 cup shredded mozzarella cheese

1/3 cup grated Parmesan cheese

1/2 (8 ounce) package cream cheese, softened

Preheat oven to 350 degrees F (175 degrees C). In an 8x8 inch baking dish, mix the garlic, spinach, artichoke hearts, Alfredo-style pasta sauce, mozzarella cheese, Parmesan cheese and cream cheese. Cover and bake in the preheated oven 30 minutes, or until cheeses are melted and bubbly. Serve warm.

**Kristen Hoglund**

### **Mississippi Caviar**

1 (15oz) can black-eyed peas, drained and rinsed	½ bunch cilantro, chopped(about ½ cup)
1 (15oz) can black beans, drained and rinsed	1 jalapeño pepper, seeded and finely chopped
1 (15oz) can whole kernel corn, drained	1 to 2 tablespoons fresh lime juice
2 large tomatoes, seeded and diced	1 teaspoon Italian seasoning
1 medium onion, diced	1 (7oz) pkg dry Italian dressing mix
1 medium green bell pepper, diced	½ cup extra virgin olive oil
3 tablespoons minced garlic(about 8 cloves)	½ cup vinegar

Combine first 11 ingredients (peas through seasoning) in a large bowl. Combine dressing mix, oil and vinegar. Pour over pea mixture. Stir well. Chill at least 2 hours. Serve with tortilla chips. Makes about 8 cups.

**Cheryl Bossie**

### **Raspberry Jell-O Salad**

2 pkgs. raspberry jello (3oz size)  
1 quart frozen raspberries  
1 small can crushed pineapple  
1 8oz container of sour cream  
2 Tbls of sugar

Mix jello as directed with Hot water as directed on package. (2 cups). Stir until dissolved and stir in frozen raspberries. Add small can crushed pineapple. Refrigerate until set. Mix the sour cream and sugar and top the Jell-O then refrigerate until ready to serve.

**Patty Ericson**

### **Sticky Buns**

$\frac{3}{4}$  cup milk                       $\frac{1}{4}$  cup sugar                      2 pkgs. yeast                      2 eggs  
 $\frac{1}{2}$  cup oleo                      1 tsp salt                       $\frac{1}{2}$  cup warm water                      3  $\frac{1}{2}$  -4 cups flour  
Mix:    1  $\frac{1}{2}$  tsp cinnamon                      2 Tbls melted oleo                       $\frac{2}{3}$  cup sugar

Scald milk; pour over oleo, sugar and salt. Stir. Cool to lukewarm. In bowl, dissolve yeast. Beat eggs, whisk both together, add to milk. Add 2 cups flour, mix well. Add more flour. Knead dough. Put in greased bowl. Rise 1-1  $\frac{1}{2}$  hrs.

Divide dough, spread with oleo, sugar and cinnamon. Roll-up and slice. Let rise 1 hr.

Topping:             $\frac{1}{2}$  cup oleo            1 cup sugar             $\frac{1}{4}$  cup molasses            1 Tbls water            Chopped nuts

Bring to boil, pour in pans and sprinkle with chopped nuts.

Bake 350 for 25-30 minutes.

**Karen Edgecomb**

### **Chocolate Banana Bread**

$\frac{1}{2}$  cup butter or margarine, softened                      2 cups all purpose flour  
1 cup sugar                       $\frac{1}{4}$  cup baking cocoa  
2 eggs                      1 tsp baking soda  
1 cup mashed ripe bananas (about 2 medium)                      1 tsp salt  
 $\frac{1}{4}$  cup milk                       $\frac{1}{2}$  cup chopped nuts (optional)  
1 tsp vanilla extract

In a mixing bowl, cream butter and sugar. Add eggs, bananas, milk and vanilla. Combine the flour, cocoa, baking soda and salt. Add to the banana mixture and mix until combined. Fold in nuts if desired. Spoon into a 9x5x3 in. loaf pan. Bake 350 for 60-65 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack.

**Mary DeLong**

### **Buttery Corn Bread**

2/3 cup butter or margarine, softened	2 1/3 cups all purpose flour
1 cup sugar	1 cup cornmeal
3 eggs	4 1/2 tsp baking powder
1 2/3 cup milk	1 tsp salt

In a mixing bowl, cream butter and sugar. Combine the eggs and milk. Combine flour, cornmeal, baking powder and salt. Add to creamed mixture alternating with egg mixture. Pour into greased 13x9x2 inch baking pan. Bake 400 for 22-27 minutes or until toothpick inserted near the center comes out clean. Cut into squares and serve warm.

**Mary Delong**

### **Monkey Bread**

3 cans of refrigerator biscuits  
1 stick of butter  
Cinnamon/sugar mix (1/2 cup of sugar and 4 tsp. of cinnamon)

Cut biscuits in quarters and roll each quarter in sugar/cinnamon mix. Grease Bundt pan lightly and layer prepared biscuit quarters into pan. Melt butter and mix into any remaining sugar mix, and then pour over biscuits. Bake at 350 degrees for 30 minutes, and then turn onto a plate and start picking!

**Anne Dicker**

### **Banana Bread**

½ cup Margarine-melted	2 tsp baking soda
4 eggs	½ salt
2c Sugar	1tsp vanilla
3c Flour	6 mashed bananas (over ripe work well)

Melt margarine. Combine eggs and sugar in a large mixing bowl. Add melted margarine. Stir until mixed.

In a separate bowl mix flour, soda and salt. Add to above mixture small amounts at a time. Stir well. Add bananas and vanilla. Pour into bread pans. Bake 1 hour at 350 - Makes 2 loaves.

### **Sandi Bouchard**

### **Spicy Potato Soup**

1 lb ground beef	4 cups water
4 cups cubed peeled potatoes (1/2 inch cubes)	2 tsp salt
1 small chopped onion	1 ½ tsp pepper
3 cans (8oz each) tomato sauce	½ to 1 tsp hot pepper sauce

In a Dutch oven or large kettle, brown the ground beef. Drain, Add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot pepper sauce. Bring to a boil. Reduce heat and simmer 1 hour or until the potatoes are tender and the soup has thickened.

### **Mary Delong**



### **Cheesy Vegetable Soup**

6 cups water

1 (30 ounce) package frozen shredded hash brown potatoes

1 (16 ounce) package frozen California blend vegetables

4 teaspoons chicken bouillon granules

1 pound process cheese (eg. Velveeta), cubed

2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted

1 cup milk

In a large kettle, bring water to a boil. Add hash browns, vegetables and bouillon. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Stir in the cheese, soup and milk; cook and stir until cheese is melted. Serve immediately, or cool and freeze for up to 3 months.

**Kristen Hoglund**

### **Chicken and Rice Soup**

4-6 Chicken Breasts

1 Can Tomatoes (stewed is good too)

1 cup Minute Rice

Water/tomato juice

Salt/pepper

Boil chicken until cooked. Reserve liquid. De-bone and cut chicken into bite sized pieces. Return chicken to liquid. Add tomatoes, rice and if desired salt/pepper to taste.

If soup becomes too thick, you can add additional water or tomato juice – the soup does thicken as it simmers.

Simmer for at least 1 hour.

**Sandi Bouchard**

### **Cream of Fiddlehead Soup**

¾ c. chopped green onions

2 c. fiddleheads

¼ c. butter or margarine

½ t. salt

3 c. chicken stock

¼ t. pepper

1 ½ c. peeled, cubed potatoes

1 ½ c. milk

In a skillet sauté the green onions in the butter for about 5 minutes. Do not allow the onions to brown. Stir in the chicken stock, potatoes, fiddleheads, and seasonings. Cover and simmer until the potatoes are tender, about 30 minutes. Puree this mixture in a blender until smooth or put through a food mill or in a food processor. Stir in the milk. Reheat if it has cooled too much, and you want a hot soup, or chill and serve cold. Garnish with a dollop of sour cream and bacon bits if desired. Makes 8 servings.

**Norma Desjardins**

### **Chicken Alfredo (crock pot)**

2 jars Alfredo Sauce

1 can cream of chicken soup

1 lb. Penne Pasta

2 lg. Chicken Breasts

Cube chicken and brown in frying pan. Mix Alfredo sauce, cream of chicken soup. Cook on low in crock pot about 3 hrs. Cook pasta and add to sauce, 30 minutes before serving.

**Shelley Clark**

### **Barbequed Spare Ribs**

2 lbs Spare Ribs	¼ tsp red pepper
1 onion, sliced	¼ tsp black pepper
1 Tbs vinegar	1 tsp chili powder
1 Tbs Worcestershire	1/3 cup catsup
2 tsp salt	1/3 cup water
½ tsp paprika	

Mix, Pour over Ribs, Cover. Bake 350 for 1 ½ hrs. Baste occasionally, turn twice. Remove cover last 15 minutes.

**Donna Green**

### **Andrea's Rice**

2 Cups Uncle Ben's Converted Rice	1 Pkg Lipton Onion Soup Mix
1/4 Cup Brown Sugar	Small can of sliced mushrooms
1/2 Cup VH Dried Garlic Sauce (can be found at Star City IGA)	1/2 cup Cooking Oil
3 Tablespoon Soy Sauce	1 Tablespoon Margarine
3-1/4 Cup Water	

Combine and bake at 350 degrees for 1 and 1/4 hour-stir occasionally

**Margaret McPherson**

### **Sweet Potato Casserole**

3 cups mashed Sweet Potatoes                      1 tsp. Vanilla

1 cup Sugar    ½ cup Butter

2 eggs

Mix well and pour in buttered casserole dish.

Topping:              1 cup Brown Sugar              1/3 cup Butter              1 cup chopped nuts

Mix and sprinkle on top. Bake uncovered for 30 minutes/350 F oven

### **Sue Sager**

### **Sweet & Sour Cabbage**

2 lbs lean ground beef                                      1 tsp garlic powder                                      1/2 cup brown sugar

1 chopped onion    3 c. chopped cabbage                                      sauce salt and pepper to taste

1 chopped green bell pepper                              1 (15 oz) can tomato

1/2 c. tablespoons quick cooking oats              1/4 c. apple cider vinegar

Place a large skillet over medium heat; cook the ground beef, onion, and green bell pepper in the hot skillet until the beef is completely browned, 7 to 10 minutes. Sprinkle the oats, salt, pepper and garlic powder, tomato sauce, cider vinegar, and brown sugar into the beef mixture.

Cook 5-10min. Stir chopped cabbage into the beef mixture. Place a cover on the skillet and simmer until the cabbage is tender, about 20-30 minutes. Serve over rice or as a stuffing in cooked rolls (for this place a few tablespoons of cabbage mixture into your favorite dough for rolls fold the dough over the filling and bake until cooked.)

**Kristen Hoglund**



### **Raspberry Coffee Cake**

1 ½ cup flour	½ tsp salt	½ cup cold butter
½ cup sugar	½ tsp ground cinnamon	1 egg
1 ½ tsp baking powder	1/8 tsp ground	½ cup milk

Combine flour, sugar baking powder, salt and cinnamon. Cut in butter until mixture resembles coarse crumbs. Whisk egg, milk and vanilla, stir into crumb mixture just until moistened. Spoon into greased loaf pan.

Filling: ½ cup sugar    2 Tbls cornstarch    6 Tbls water    1 cup fresh raspberries    1½ tsp lemon juice

In small sauce pan, combine sugar and corn starch, stir in water until smooth. Add raspberries and lemon juice. Bring to boil, cook and stir for 1-2 minutes or until thickened. Pour over batter, cut through with a knife to swirl.

Topping: 1/3 cup flour    3 Tbls sugar    4½ Tbls cold butter    3 Tbls chopped nuts

Combine flour and sugar. Cut in butter until crumbly. Sprinkle over batter. Top with nuts. Bake 350 for 35-40 minutes.

**Donna Green**

### **Double Chocolate Crumble Bars**

Cream ¼ cup butter and ¾ cup sugar

Add 2 eggs and 1 tsp vanilla

Add ¾ cup flour, 2 Tbls cocoa, ½ tsp baking powder (sift together)

Add ¼ cup walnuts, chopped fine.

Drop by dessert spoonfuls around lightly greased 9x13 pan for easier spreading. Bake 15 minutes 350(or 20 minutes 325). Do not over bake. Immediately spread 1 ½ cup miniature marshmallows over cake. Set back in oven for 3 minutes. Cool on rack while melting part 3.

In double boiler, heat until melted: 1 cup chocolate bits & 1 cup creamy peanut butter

Remove from hot water and add 1 ½ cup Rice Krispies. Spread over batter. Cool in Refrigerator. Cut.

**Lisa McPherson**

### **Raspberry Oatmeal Bars**

1 pkg yellow cake mix

¾ cup oleo

2 ½ cups oatmeal

1 cup raspberry or strawberry jam

1 Tbls water

Melt butter. Mix dry cake mix and oats with butter. Press half in greased 13X9 pan.

Mix jam and water. Spoon over mixture in pan. Cover with remaining crumb mixture.

Bake 375 for 20 minutes.

**Lisa McPherson**

### **Whoopie Pies**

1 C Crisco

1 C Buttermilk

2 tsp Baking Soda

1 C Cocoa

2 C Sugar

1 C Hot Water

1 tsp Baking Powder

¼ tsp Salt

2 Eggs

1 tsp Vanilla

4 C Flour

Cream Sugar and Crisco; Add eggs. Cream well. Add buttermilk and vanilla. Sift flour, cocoa, salt, and baking powder; add dry ingredients to cream mixture. Dissolve baking soda in the hot water; add to the mixture. Drop on greased cookie sheet by the teaspoonful. Bake 8-10 minutes in 350 degree oven. When cool put filling between two cookies. Wrap in plastic wrap.

Filling:

2 Egg Whites, beaten stiff

4 TB Milk

1 C Crisco

1 tsp Vanilla

4 TB Flour

4 C Powdered Sugar

Add vanilla to the beaten egg whites. Add flour, milk, and 1/2 powdered sugar. Beat until creamy. Add remaining powdered sugar and the Crisco. Beat until smooth and fluffy. Filling should be 1/2 inch thick.

**Margaret McPherson**





### **Mom's Coffee Cake**

2 c. brown sugar	3 c. flour
1 c. coffee (warm)	1 t. soda
2 eggs well beaten	1 pinch salt
1 c. vegetable oil	1 t. vanilla

Mix well, pour into 9X13 pan. Top with chopped walnuts and butterscotch morsels.

Bake at 350 for 40 minutes.

### **Norma Desjardins**

### **Carrot Cake**

1¼ cup oil	2 cups flour	1 tsp vanilla	1 cup coconut
2 cups sugar	2 tsp cinnamon	1 tsp salt	2 cups grated carrots
3 eggs	2 tsp baking soda	1 cup nuts	1 (8 ½ oz) crushed pineapple

Combine all ingredients in large bowl and stir until thoroughly blended. Grease 9X13 cake pan or 2 or 3-9inch round cake pans for layer cake. Bake at 350 for 45 minutes.

Frosting:

1 (3oz) pkg. cream cheese	1 tsp vanilla	½ cup chopped nuts
1 Tbsp. butter	2 cups powdered sugar	

Mix well. Spread on cooled cake.

### **Cheryl Bossie**

### **Coconut Cranberry Bars**

1 ½ cups graham cracker crumbs

½ cup melted butter or margarine

1 ½ cups white chocolate chips

1 ½ cups dried cranberries

1 can (14oz) sweetened condensed milk

1 cup flaked coconut

1 cup pecans

Combine cracker crumbs and butter. Press into a greased 9 X 13 baking pan. Combine the remaining ingredients, mix well. Gently spread over the graham cracker crust. Bake at 350 for 25-28 minutes or until edges are golden brown. Cool. Cut into bars. Yield 3 dozen.

**Cheryl Bossie**

### **Oatmeal Cranberry White Chocolate Chunk Cookies**

2/3 cup butter or margarine, softened

1 tsp. baking soda

2/3 cup brown sugar

1/2 tsp. salt

2 large eggs

1 (6 oz) pkg. Craisins Original Sweetened Dried Cranberries

1½ cups old-fashioned oats

2/3 cup white chocolate chunks or chips

1½ cups flour

Preheat Oven to 375 F. Beat butter or margarine and sugar until light and fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in sweetened dried cranberries and white chocolate chunks. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Cool on wire rack. Makes approximately 2 ½ dozen cookies.

**Cheryl Bossie**

