TASTE OF UB
Festive Potluck Luncheon
Held December 4, 2012

COOKBOOK

Presented by the Professional Staff Senate
Diversity Committee
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ROASTED RED PEPPER & OLIVE TAPENADE

Submitted by Megan and Chris Bragdon

Ingredients

Tapenade:
2 cloves garlic
1 tsp. lemon juice
2 tbsp. fresh parsley
4-5 fresh basil leaves
1 tsp. balsamic vinegar
1 jar of roasted red pepper, well drained
1 cup Kalamata olives, pitted
½ - ¾ cup parmesan cheese

Crostini:
2 baguettes
Olive Oil

Directions

Tapenade:
Combine first 5 ingredients in food processor. Add the roasted red peppers and Kalamata olives; process so peppers are coarsely chopped. Add parmesan cheese and pulse to blend.

Crostini:
Slice bread into very thin slices and place on cookie sheets. Broil until lightly toasted. Turn slices over, brush lightly with olive oil and broil until lightly toasted.

Notes:
You can replace the parmesan and basil leaves with feta cheese and fresh mint leaves.
TACO DIP

Submitted by Unknown

Round stone or pan-bottom layer of fat free Ortega refried beans. Mix ½ container of sour cream (light) with ½ brick reduced fat Philadelphia cream cheese and packet of hot taco seasoning. Smooth mixture out over refried beans, top with shredded taco cheese.

Microwave for 3-4 minutes until heated through or bake at 350 for about 15 minutes.

Dip is done when cheese on top is melted.

Serve with lime tortilla chips.
CORN SALAD

Submitted by Sharon Nolan-Weiss

Ingredients

2 (16 ounce) packages frozen corn kernels, thawed
2 small zucchini, diced
¼ cup red pepper
½ cup chopped red onion
1 (4 ounce) can chopped green Chile peppers, drained
2/3 cup olive oil
¼ cup fresh lime juice
2 tablespoons cider vinegar
2 teaspoons ground cumin
1 ½ teaspoons salt
1 teaspoon ground black pepper
½ teaspoon garlic salt

Directions

1. In a large bowl, toss together the corn, zucchini, red pepper, red onion, and green Chile peppers.
2. In a jar with a lid, mix the olive oil, lime juice, cider vinegar, cumin, salt, pepper, and garlic salt. Seal, and shake well.
3. Pour the oil mixture over the corn mixture, and gently stir to coat all ingredients. Cover, and chill at least 3 hours in the refrigerator before serving.
FALL QUINOA (KEEN-wah) SALAD
Vegan, Dairy, Soy & Gluten Free

Submitted by Crystal Kazmarek-Bogner

Ingredients

1 cup dry whole grain quinoa
2 cup vegetable broth
1 ½ cups cooked chickpeas (if using canned, drain & rinse)
½ cup dried cranberries
¼ cup sliced almonds
2 scallions, thinly sliced

Dressing:
1 ½ tablespoon extra-virgin olive oil
juice of ½ lemon
1 tsp. Dijon mustard
½ tsp. pure maple syrup
salt & pepper to taste

Directions

Rinse quinoa in small gauge colander under running water (the seeds are coated with saponins, naturally-occurring plant chemicals that can cause a bitter taste if not rinsed). Place broth and quinoa in saucepan and bring to a boil. Reduce heat to a simmer, cover and cook until broth is absorbed (~15 minutes).

Combine cooked quinoa, chickpeas, cranberries, & scallions in large bowl. In a small bowl, whisk to combine olive oil, lemon juice, mustard, and maple syrup. Pour dressing over salad and mix well. Add almonds just before serving.
TURKEY AND FRUIT SALAD

Submitted by Robinette Kelley

Ingredients

3 cups of cooked turkey breast
½ to 1 cup of seedless grapes
½ cup pineapple chunks
¼ cup chopped celery
½ cup of pecan halves
1 tablespoon sugar (optional)
1 cup of Mayonnaise
dash of pepper

Mix all ingredients together in a bowl. Chill and serve.
CHILI

Submitted by Kimberly Krzemien

Ingredients

2 cans crushed tomatoes
1 lb. of hamburger
1 large onion
1 can kidney beans
1 can chili beans
1 can black beans
3 teaspoons chili powder
1 teaspoon crushed red pepper flakes
¼ teaspoon salt
½ teaspoon pepper

Directions

Dice onion and brown in a skillet with hamburger until brown. Drain grease.

While burger is cooking, put crushed tomatoes, drained beans in crock pot. Add hamburger, chili powder, crushed red pepper and salt and pepper to taste.

Cook on low in crock pot for 6-7 hours. Serve with crackers or corn bread.
ITALIAN STYLE MEATBALLS

Submitted by Catherine Donnelly

Rosina Italian Style frozen meatballs with Three Cheese Marinara sauce cooked in a crockpot for four hours on high.

Not really a family recipe but an easy appetizer for a crowd.
MEATBALL CURRY & COCONUT RICE

Submitted by Emily Quackenbush

Ingredients for Meatballs

1 lb. beef (ground sirloin or chuck) or turkey
2 small red onions
2 medium tomatoes
½ tsp garlic powder
½ tsp cumin
½ tsp ground ginger
¼ tsp cayenne pepper
2 tsp coriander powder
¼ tsp thyme (dried)
2 tablespoons vegetable oil
2 tsp salt
1 tsp pepper
¼ tsp turmeric
½ tsp garam masala
¼ cup grinded (in blender) peanuts
handful chopped fresh cilantro/coriander
mix by hand and let sit for a bit

Chop 2 small onions (red preferred). In a big pot heat about 2 T vegetable oil. Add whole garam masala (a cinnamon stick, bay leaf, 3 whole cloves, 3 green cardamom pods). Let them cook for a min in oil. Then add the chopped onions and stir. Add 1T ginger garlic paste, one or two chopped green chilies depending on how spicy you want dish – for mild do one green chili. Add about a 1 T salt and 3 curry leaves. Stir and let onions get golden brown. Heat should be on medium.

Chop two medium tomatoes or one large one and add to pot. Stir and cook for a few minutes. Once you can’t smell the tomatoes add 2 t coriander powder and 2 t garam masala. Stir and cook to a paste.

Roll meat and make small/golf ball sized meatballs. Add 3 or so cups of water to pot and add meatballs in a circle starting on the outer rink of pot. Make sure meatballs are for the most part submerged. Simmer on low-med heat for 30 min. Then lower heat and add a half can coconut milk for 5 min. Then remove from heat.

Continued on next page
**Coconut rice** – start this once the meatballs have been added to the pot!

For 2 cups rice fill rice cooker with around 1 ½ cups water, and half can of coconut milk. Make sure liquid goes up to the “2” line. If you are making 3 cups, go to the “3” line. Add a cinnamon stick, 1tsp turmeric, 3 cardamom pods crushed and 2 bay leaves and 1-2 tsp salt. Turn rice cooker on, stir occasionally watch out for steam! Rice cooker will cook rice. If it is too dry add some more water, if too liquid-like, start rice cooker again and watch rice.

Serve with meatballs and gravy. Gravy will thicken once it sits in the fridge overnight.
APPLY CRISP

Submitted by Carol Adler

Ingredients

10 apples, peeled and cut into 8ths

Topping:
1 cup flour
½ cup brown sugar
½ cup granulated sugar
1 stick butter, softened
½ teaspoon cinnamon

Mix topping together and sprinkle over apples. Bake at 350 for 45 mins-1 hour.
APPLE PIE

Submitted by Michelle Chasse’

Ingredients

Prepared pie crusts (from refrigerator section)
variety of apples for texture and taste
flour
sugar
nutmeg to taste
cinnamon to taste
butter

Mix apples with ingredients and fill pie crust. Brush top with an egg white. Bake until golden brown.
Peanut Butter Corn Energy Balls (No Bake)

Submitted by Unknown
Servings: 36

Ingredients

1 ½ cup quick oats
1 cup corn flour
1 tsp. salt
1 tsp. cinnamon
2 tsp. vanilla
½ cup coconut flakes
½ cup assorted dry fruit
½ cup mixed nuts
1 cup peanut butter
½ cup applesauce
1/ cup honey
1/4 cup maple syrup
1/3 cup water

Combine oats, flour, salt, and cinnamon together

In a separate bowl, combine peanut butter, applesauce, honey, maple syrup, and water together.

Combine wet and dry ingredients together. Fold in coconut flakes, mixed fruit and mixed nuts.

Let set for one hour in the refrigerator

Roll the batter into 1 inch balls.

Store in the refrigerator.
Spiced Pumpkin Cupcakes/Muffins

Submitted by Adrienne Colantuoni

**Ingredients**

1 package yellow cake mix
1 pkg vanilla instant pudding mix
1 cup canned pumpkin
1/2 cup each of oil and water
3 eggs
1 ½ tsp. cinnamon
1 tsp. ground cloves
1 tsp. vanilla extract

Beat all ingredients. Spoon batter into lined cupcake tins. Bake at 350 for 20 minutes.

You can frost with cream cheese frosting if desired.