



CSL-TV

What We cooked during
Quarantine 2020

COOK
BOOK

Pat's Chili Dip

Contributed by Pat Clark

1 can prepared chili

1 brick cream cheese

1 package shredded cheese

Layer ingredients in microwave safe dish:

Cream cheese spread on the bottom

Chili

Top with cheese

Microwave for 2 minutes, or until cheese is melted.

Serve with crackers or tortilla chips

(Can also be prepared in a small crock pot)



Bisquick Peach Cobbler

Contributed by Pat Clark

- 1 cup Original Bisquick™ mix
- 1 cup milk
- 1/2 teaspoon ground nutmeg
- 1/2 cup butter, melted
- 1 cup sugar
- 1 can (29 ounces) sliced peaches, drained

1. Heat oven to 375°F.

2. Stir together Bisquick™ mix, milk and nutmeg in ungreased 8-inch square (2-quart) glass baking dish.

3. Stir in butter until blended. Stir together sugar and peaches; spoon over batter.

4. Bake 50 to 60 minutes or until golden.



Pat's Pulled Chicken

Contributed by Pat Clark

- Chicken Breast
- Seasoned Salt
- BBQ Sauce

Place chicken in an oven proof dish

Season to taste

Cover with water or broth

Cover dish with foil

Cook @ 300 until fork tender

Pull the chicken with a fork

Add sauce

Keep warm until served



Peg's Favorite Roasted Buffalo Cauliflower with Blue Cheese Sauce

Contributed by Peg McLaughlin



INGREDIENTS

For The Cauliflower:

- 1 large head of cauliflower
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon salt 1/2 teaspoon pepper
- 1 tablespoon finely chopped parsley, for garnish

For the Buffalo Sauce:

- 2 tablespoons unsalted butter, melted
- 1/4 cup Frank's Red Hot sauce
- 1 tablespoon freshly squeezed lemon juice

For the Blue Cheese Sauce:

- 5 ounces blue cheese (2 ounces for garnish)
- 1/2 cup 2% fat plain Greek yogurt
- 1 tablespoon almond milk (or whatever milk you prefer)

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Using a sharp knife, carefully break down the head of cauliflower into small florets.
3. In a large bowl, whisk together olive oil, garlic powder, salt & pepper, then add the florets. Stir and coat the cauliflower thoroughly.
4. Roast the cauliflower on a parchment-lined baking sheet for 15 minutes.
5. Meanwhile, for the buffalo sauce combine Frank's sauce, lemon juice, and butter.
6. For the blue cheese sauce, melt 2 ounces of blue cheese in a small bowl, then combine with Greek yogurt and mix thoroughly. Add lemon juice, salt, milk, and chopped parsley, then incorporate fully. Crumble in 1 additional ounce of blue cheese for texture, and gently mix this into the sauce so the crumbles remain intact. Salt and pepper to taste.

Peg's Cranberry Crumb Bars

Contributed by Peg McLaughlin



INGREDIENTS

Crust and Topping

- 2 1/2 cups Gold Medal™ all-purpose flour
- 1 cup sugar
- 1/2 cup ground slivered almonds
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup cold butter
- 1 egg
- 1/4 teaspoon ground cinnamon

Filling

- 4 cups fresh or frozen cranberries
- 1 cup sugar
- 1 tablespoon cornstarch
- 1 teaspoon vanilla

INSTRUCTIONS

- 1 Heat oven to 375°F. Grease 13x9-inch pan with butter or cooking spray.**
- 2 In large bowl, mix flour, 1 cup sugar, the almonds, baking powder and salt. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in egg. Press 2 1/2 cups of crumb mixture in bottom of pan. Stir cinnamon into remaining crumb mixture; set aside.**
- 3 In medium bowl, stir all filling ingredients. Spoon evenly over crust. Spoon reserved crumb mixture evenly over filling.**
- 4 Bake 45 to 55 minutes or until top is light golden brown. Cool completely. Refrigerate until chilled. Cut into 6 rows by 4 rows. Store tightly covered in refrigerator.**

Peg's Paleo Buffalo Chicken Casserole

Contributed by Peg Mclaughlin



INGREDIENTS

- 1 large spaghetti squash, cooked and shredded
- 1 large onion, diced 1 cup diced carrots, about 2-3 medium size
- 2 pounds cooked chicken 1 cup hot sauce (like Frank's Red Hot)
- 1/4 cup ranch dressing 1 teaspoon garlic powder
- 1/4 teaspoon pepper salt to taste (about 1/4 teaspoon)
- 3 eggs

INSTRUCTIONS

1. Preheat oven to 400° and line a 13x9 pan with parchment paper and set aside.
2. While squash is cooking, sauté the onion and carrots for 5-7 minutes- until softened and mostly cooked through.
3. Shred squash with a fork and place in a large bowl. Use a clean towel and press the liquid out- it doesn't have to be super dry, but this helps make the casserole not too watery.
4. Add the onion mixture to the bowl along with the chicken, hot sauce, ranch, garlic powder, salt and pepper. Stir well.
5. Add the eggs, mix well, and pour mixture into the prepared pan.
6. Bake for 30-35 minutes. 7. Serve with additional ranch if desired.

Peg's Lemon Garlic Chicken Noodles

Contributed by Peg McLaughlin

Ingredients

- 6 zucchini 2 chicken breasts (about 15 oz / 425 gr), cut into 1-inch cubes
- 4 tablespoons fresh parsley, chopped
- 1 cup cherry tomatoes, quartered
- 1 clove garlic, minced
- 3 tablespoons olive oil, divided
- Juice of 1 lemon
- 1 teaspoon fine grain salt
- Ground black pepper to taste
- Grated parmesan cheese (optional)
- Pinch of red pepper flakes (optional)



Directions

Using a spiralizer create zucchini spaghetti. If you don't have a spiralizer use a regular vegetable peeler to vertically peel long, thin strips of the zucchini. This will form more of a wider "noodle" from the zucchini,

- Heat one tablespoon of olive oil in a large skillet over medium high heat. Once hot, add zucchini noodles and cook for about 2 to 3 minutes, until zucchini noodles are tender but still retain some crunch.
- Let the noodles rest for about 3 minutes so that they can release all of the moisture. Transfer noodles to a colander and drain the excess water from the pan. Wipe the pan and heat one tablespoon of olive oil, when sizzling add chicken cubes and cook until browned on all sides, about 8 minutes.
- Add tomatoes and parsley, lower to a simmer and cook for 5 minutes, or until tomatoes start to break down and release some of their juice. I
- In the meantime in a small bowl combine lemon juice, the remaining tablespoon of olive oil, garlic, salt, and pepper. Add noodles to the pan alongside the lemon juice mixture. Stir until everything is combined and heated through. Sprinkle with Parmesan cheese and red pepper flakes (if using) and serve!

Black Bean Brownies

Contributed by Pat Clark

INGREDIENTS

1 16 oz can of black beans

1 box of brownie mix

INSTRUCTIONS

Remove beans from can and rinse thoroughly

Put beans back into the can and add enough water to cover the beans

Puree bean and water mixture in a blender

Mix puree with brownie mix and bake according to directions on the box

Note: No need to add
cated on the box).



eggs or oil (as indi-

Cranberry Salsa

Contributed by Pat Clark

Ingredients

1 12-16 oz bag fresh cranberries

3 green onion stalks, finely chopped

2 jalapenos, seeded and finely chopped

1/4 cup cilantro, finely chopped

3 tbsp sugar

1 tsp fresh grated ginger

1 tsp salt (or more to taste)

Juice from 1 lime

Instructions

In a food processor, chop the cranberries.

In a medium sized bowl, combine the chopped cranberries and all other remaining ingredients.

Cover, and refrigerate overnight, or at least 3 hours.



Broccoli cheese soup

Contributed by Pat Clark

Ingredients

- 2 (10 1/2 ounce) cans chicken broth
- 2 (10 ounce) packages frozen broccoli
- 1 (10 ounce) can Rotel Tomatoes
- 8 ounces Velveeta reduced fat cheese product

Directions:

Add 2 cans chicken broth.

Add 1 can Rotel tomatoes.

Add 2 packages frozen broccoli.

Cook together 8 minute and then stir in 8 oz. Velveeta (light) cheese

Servings: 8



Cheddar Sausage Biscuits

Contributed by Pat Clark

INGREDIENTS

1 pound cooked breakfast sausage, crumbled

2 cups cheddar cheese

3 cups Bisquick

1 1/2 cups milk

INSTRUCTIONS

Preheat oven to 450°F

Cover a cookie sheet with parchment paper.

Mix all the ingredients together until well blended.

Drop tablespoonfuls onto the parchment paper and cook for 8-12 minutes until they start to brown.

If freezing, let cool completely then freeze them on a cookie sheet and then put in freezer bag after they are completely frozen.



Cranberry Nut Bars

Contributed by Pat Clark

INGREDIENTS

2 eggs

1cup flour

1 cup sugar

1/3 cup melted butter

1-1/2 cups fresh cranberries

1/3 cup chopped walnuts

INSTRUCTIONS

Beat eggs

Add sugar- beat until thoroughly mixed

Add flour and butter- mix well

Stir in cranberries and nuts

Spread into greased 8x12 pan and bake.

350 degrees 40-45 minutes.



Baked Turkey Croquettes

Contributed by Pat Clark

Ingredients

- 12 oz cooked turkey breast (chopped fine (a food processor or chopper is great for this))
- 3 medium potatoes (peeled, cooked and mashed)
- 3/4 cup chicken broth
- 2 teaspoons olive oil
- 3 cloves garlic
- 1 medium onion (chopped)
- 1/2 cup parsley (chopped)
- salt and fresh pepper
- 1/2 cup seasoned whole wheat bread crumbs
- 1 egg (whisked)
- olive oil spray
- leftover turkey gravy for serving (optional)



Instructions

- In a large bowl, mash potatoes with 1/4 cup broth, salt and pepper. Set aside.
- Saute garlic, and onions in oil over low heat. Add parsley, salt and pepper and cook until soft, about 2-3 minutes.
- Add turkey, and remaining broth, mix well and shut heat off.
- Add turkey to mashed potatoes and using your clean hands mix well. Taste for salt and adjust if needed.
- Preheat oven to 450°F.
- Measure 1/4 cup of mixture then form into croquettes. Place on waxed paper. Repeat with remaining mixture.
- Dip each croquette in egg mixture, then breadcrumbs and place on a parchment lined cookie sheet for easy cleanup. Spray generously with olive oil (about 1 tbsp worth). Bake in the oven about 15 minutes, or until golden.
- Optional, serve with leftover turkey gravy. Dip in melted butter. Bake. Lemmon juice.

Joe's Crab Shack Crab Cakes

Contributed by Pat Clark

Ingredients

- 2/3 cup mayonnaise
- 5 egg yolks
- 2 teaspoons lemon juice
- 2 tablespoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon blackening seasoning
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup crushed, chopped parsley
- 2 1/2 cups breadcrumbs
- 2 pounds crabmeat



Directions

- Mix all ingredients together.
- Make into 4 oz. patties
- Coat with flour and fry in 1 inch of oil until golden brown.

Spice Cake Banana Bread

Contributed by Pat Clark

INGREDIENTS

1 (18 ounce) box spice cake mix

3 large ripe bananas, mashed

3 eggs

(Just bananas and eggs. No other ingredients needed)

INSTRUCTIONS

Mix ingredients together until smooth.

Pour into two greased loaf pans. (Can also use muffin pans)

Bake at 350°F for 30 minutes



Susan's Funky Enchilada Casserole

Contributed by Susan Hurst

1 Tb olive oil

1 lb boneless, skinless chx breast, cubed (or use pre-cooked shredded chx)

1 Tb cumin

1 Tb dry Mexican or taco seasoning

1 pinch cayenne pepper

1 med onion – chopped

2-3 med red & yellow tomatoes – seeded & chopped

3-5 cloves garlic – chopped

1 red, orange & yellow bell peppers seeded & chopped

1 (15 oz) cans of black, kidney & white beans rinsed & drained (3 total cans)

1 10 oz jar of chunky mild salsa

1 10 oz package of frozen Mexicorn w/beans & peppers (hard to find ... Winco???)

12 tortillas (4" street taco size)

½ bunch of cilantro; chopped

2 C shredded pepper jack cheese

1 small package of Fritos chili cheese chips

Preheat oven to 350'

Heat the olive oil in a large skillet over med heat. Cook the chicken, cumin, Mexican (taco) seasoning & cayenne pepper. Add onion & garlic. Cook til chicken is browned; about 5 minutes. Add the peppers. Cook for another 5 minutes; add the beans & Mexicorn mixture. Stir & cook til thoroughly heated; another 5 minutes. Remove from the heat.

Spray a 9" X 11" casserole dish w/non-stick spray. Line the bottom & sides of the casserole dish w/the corn tortillas. Spoon in ½ the skillet mixture, topped with ½ the cilantro, ½ the shredded pepper jack cheese & several spoonful of the chunky salsa & the Fritos. Make another layer ending with the cheese & Fritos.

Bake for 25-30 minutes, until the cheese starts to brown on top. Let stand for 10 minutes; serve w/sour cream, guacamole or other Mexican toppings.



Susan's Chocolate Chip Cookie Bars

Contributed by Peg McLaughlin

Ingredients

2 1/2 cups almond flour
1 tsp baking soda
1/2 tsp salt
2 tsp vanilla
2 large eggs
1 tb almond milk
1/4 cup melted coconut oil
1/3 cup maple syrup
1/2 cup chocolate chips

Instructions

Preheat oven to 350 degrees.

In a large bowl, mix together the flour, baking soda and salt.

In a separate bowl, mix together the vanilla, eggs, almond milk, oil, and syrup. Then add to the dry ingredients and stir well with a hand mixer.

Fold in the chocolate chips with a spatula.

Pour mixture into greased 8x8 baking pan, smoothing out to even. Bake for approximately 20 minutes or until the top is golden brown.

Makes about 8-10 squares – double if you want a larger batch!!

swiped from Paleo Grubs <http://paleogrubs.com/>



The Domestic Geek's Taco Stuffed Peppers

Contributed by Peg McLaughlin

Ingredients

3 bell peppers, cut in half, seeds removed (leave green stems on)

1 tbsp oil

1 lb ground chicken (ground beef, turkey or pork work too)

1 yellow onion, finely diced

3 garlic cloves, minced

1 cup cooked rice (quinoa or cauliflower rice are great swaps)

1 15-oz can black beans, drained and rinsed (or tri-beans)

1 cup corn kernels, fresh or frozen

1 19-oz can diced tomatoes (or prepared salsa)

2 tbsp taco seasoning (cumin & chili powder will do the trick – you can add other spices to your taste)

1/2 cup shredded sharp cheddar cheese or any melting cheese ...

Salt and pepper to taste



Directions

Preheat the oven to 375°F.

Bring a large pot of water to a boil. Blanch pepper halves in boiling water for about 5 minutes.

In a large skillet, heat oil over medium-high heat. Add ground chicken, turkey, ground beef or shredded pork, breaking it up with the side of your spoon, until it is no longer pink.

Add onion and cook for another 3 minutes.

Add garlic and rice and cook for another minute.

Add beans, corn, tomatoes (or salsa) and taco seasoning.

Allow mixture to reduce and thicken slightly.

Stuff each pepper half with filling and arrange on a well-greased baking dish.

Top each with cheese & bake uncovered for 15 to 20 minutes.

Garnish with taco toppings of choice such as sour cream, cilantro and green onions.

Serve w/ guacamole & corn tortillas

Mint Chocolate Chip Rice Krispie Treats

Contributed by Peg Mclaughlin

Ingredients

- 6 cups Rice Krispies
- 1 bag Marshmallows
- 4 tbsp Butter
- 1/4 tsp Peppermint Extract
- 10 drops Green Food Coloring
- 1/2 cup Mini Chocolate Chips + 2 tbsp for topping
- Pam Cooking Spray



Instructions

In a large sauce pan melt the butter. Remove the butter off the burner once melted and add in the green food dye and peppermint extract.

Add the marshmallows to the pot and stir until the marshmallows have dissolved completely.

Carefully, begin stirring in half the Rice Krispie treats, and 1/4 cup of the mini chocolate chips.

Once well incorporated repeat until the Rice Krispies and mini chocolate chips are all incorporated into the marshmallow batter.

Spray a 9×12 pan with pam cooking spray and begin spreading the Rice Krispie treats out on the pan.

Once completely spread out on pan sprinkle two tablespoons mini chocolate chips on top. Let cool in refrigerator for 1 hour, slice, and serve.

Pam's Stuffed Chicken Breasts

Contributed by Pam Migliozi

INGREDIENTS

- 4 boneless chicken breasts.
- 1 package Stove Top Stuffing for chicken.
- 1 can cream of mushroom soup.
- 1/3 cup milk or sour cream.

INSTRUCTIONS

- Mix contents of stuffing mix and 1-2/3 cups water. set aside.
- Place chicken in 13 x 9 inch baking dish or 2-quart casserole. (Mix soup and milk (or) sour cream and pour over chicken.
- Spoon stuffing evenly over top.
- Bake at 375 degrees for 35 minutes or until chicken is cooked through.



Rev. Katherine's Quarantine Limoncello

Contributed by Rev. Katherine Economou

- 10 lemons
- 1 (750 ml) bottle vodka
- 3-1/2 cups water
- 2 1/2 cups sugar



Using a vegetable peeler, remove the peel from the lemons in long strips (reserve the lemons for another use). Using a small sharp knife, trim away the white pith from the lemon peels; discard the pith. Place the lemon peels in a 2-quart pitcher. Pour the vodka over the peels and cover with plastic wrap. Steep the lemon peels in the vodka for 6-7 days at room temperature.

Stir the water and sugar in a large saucepan over medium heat until the sugar dissolves, about 5 minutes. Cool completely. Pour the sugar syrup over the vodka mixture. Cover and let stand at room temperature overnight. Strain the limoncello through a mesh strainer. Discard the peels. Transfer the limoncello to bottles. Seal the bottles and refrigerate until cold, at least 4 hours and up to 1 month.

Enjoy straight, over ice or mixed with lemonade and some muddled basil!

Please drink responsibly!

Katherine's Delicious Spring Strawberry Shortcake Cake

Contributed by Rev. Katherine Economou

Cake Ingredients

- 2 cups cake flour*
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk (whole or 2%)
- 4 tablespoons unsalted butter cut into pieces
- 1 tablespoon vanilla extract
- 1/2 teaspoon almond extract optional, but highly recommended
- 4 large eggs
- 1 2/3 cups granulated sugar
- Filling and Topping:
 - 8 ounces cream cheese softened
 - 3/4 cup powdered sugar
 - 3/4 teaspoon vanilla extract
 - 2 1/4 cups heavy whipping cream chilled
 - 3 cups sliced or diced strawberries divided
 - 2 tablespoons strawberry jam
 - additional fresh strawberries for garnish (optional)



Cake Instructions

- Preheat oven to 350°F.
- In a large bowl, whisk the flour, baking powder and salt together.
- In a small saucepan, bring the milk and butter to a boil. Once boiling, immediately remove from the heat and add the vanilla extract and almond extract.

(continued...)

Strawberry Shortcake Continued

- In a separate bowl, using a hand mixer or stand mixer, beat the eggs and sugar on medium-high speed until pale yellow, fluffy, and doubled in volume. This takes about 5 minutes - do not skip this step, this helps to make the cake fluffy. While still beating, slowly drizzle in the hot milk mixture. Beat in the flour mixture.
- Line the bottoms of three 8-inch** round cake pans with a circle of parchment paper, and spray the pans with nonstick spray. Divide the batter between the prepared pans (I use a generous 2 cups of batter per pan**). Bake for 14-18 minutes, or until the edges are light golden, the center springs back when lightly pressed, and a cake tester comes out clean. Rotate the baking pans at least once during cook time. Set the pans on a rack to cool. Run the tip of a sharp knife around the edges of the cakes to loosen them, and turn them out of the pans (the layers will be fairly thin, about 1-inch high).

Filling and topping:

- Combine the strawberries and jam and set aside (these will be used for the filling and topping).
- Note: I sliced the strawberries for the filling (about 2 1/2 cups), and I diced the strawberries for the top of the cake (about 1/2 cup). Do both, or one or the other - your choice. You'll need about 3 cups total.
- For the whipped cream frosting: Combine the cream cheese, powdered sugar, and vanilla extract in a large mixing bowl or the bowl of a stand mixer. Fit the mixer with the whisk attachment and mix on medium speed until smooth. While the mixture is still whipping, slowly pour in the heavy cream down the side of the bowl. Stop and scrape the bottom and sides of the bowl periodically. Increase the speed and continue whipping until the cream can hold a stiff peak.
- Assembly: Place one layer of cake on a platter. Top with whipped cream frosting, then top with about 1 1/4 cups of sliced/diced strawberries. Place another layer of cake on top and repeat. For the third/top of layer of cake, top with whipped cream frosting, then place the remaining diced/sliced strawberries in the center. Decorate the outside with whole strawberries, if desired. I like to store this cake in the fridge to keep the frosting stable.



Rev. K's favorite easy Homemade No-knead Bread

Contributed by Rev. Katherine Economou

(makes 3 loaves)

This recipe came from my brother-in-law and my family loves it! I love it because it is a no knead recipe and makes enough for three loaves. I make the dough and bake a loaf on Monday and then another on Wednesday and Friday. I highly recommend it as a beginning bread making recipe.

- 6 cups warm water
- 3 Tbsp. (3 packets) Active Dry Yeast
- 3 Tbsp salt
- 1 Tbsp Olive Oil
- 13 Cups All Purpose Flour

Mix 3 packets of Active Dry Yeast into 6 cups of warm water and let it sit for 5 minutes. Add salt and olive oil.

Add 13 cups of flour and mix until flour disappears.

Cover and put in refrigerator for 4 hours (at least.)

Cut dough into thirds. Put in loaf pan. Brush top with olive oil.

Bake at 350 degrees for 75 minutes.

Enjoy!



Thelma's Pralines

Contributed by Thelma Rusack

- 1 pkg honey or cinnamon graham cracker (1 out of box of 3)
- 1 cup butter or vegan butter
- 1 cup packed brown sugar
- 1 cup walnuts

Heat oven to 350 degrees.

Place graham crackers in deep cookie sheet. One package will cover the pan.

Melt butter and brown sugar in a pan. Bring to a boil, stirring occasionally.

Let it boil for 3 minutes

exactly! Add nuts to mixture. Spoon or pour mixture over crackers.

Bake at 350 for 10 minutes. Remove from cookie pan using a spatula and place on cookie rack to cool.



Basic Polenta

Contributed by Pat Clark

INGREDIENTS

- 6 Cups water
- 2 teaspoons salt
- 1 3/4 cups yellow cornmeal
- 3 tablespoons butter

DIRECTIONS

- Bring 6 cups of water to boil in a heavy, large saucepan.
- Add salt
- Gradually, whisk in cornmeal
- Reduce heat to low and cook until the mixture thickens
- Stir often. About 15 minutes
- Turn off heat and stir in butter



Pat's Pumpkin Cookies

Contributed by Pat Clark

INGREDIENTS

- 1 15 OZ can pumpkin
- 2 tsp pumpkin pie spice
- 1 box cake mix

INSTRUCTIONS

- Preheat oven to 350
- Mix all ingredients together
- Spray cookie sheet with non-stick spray
- Drop spoonfuls (or use ice cream scoop) onto cookie sheet
- Bake for 10-12 minutes, or until firm
- Can add nuts, choc. chips, raisins, etc.



Pat's Taco Soup

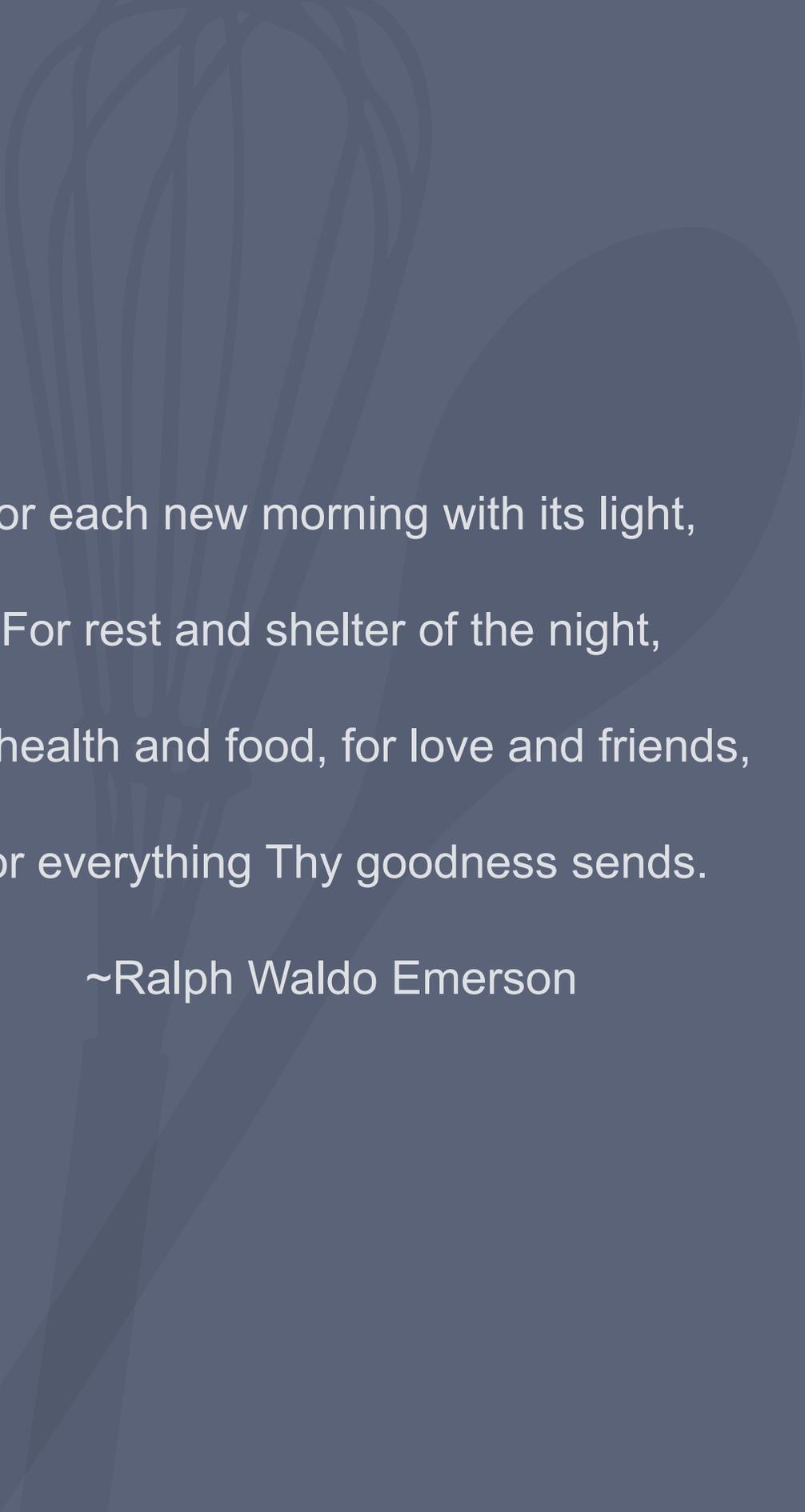
Contributed by Pat Clark

- 1 large onion, chopped (or 1 package chopped frozen onions)
- 1 package taco seasoning
- 2 cups whole kernel corn
- 1 can chicken broth
- 1 can black beans
- 1 can great northern beans
- 1 can refried beans
- 1 can diced tomatoes
- (optional) cooked ground turkey



Sauté onion. Add remaining ingredients and simmer
30-40 minutes.

Top with shredded cheese, sour cream and chopped green onions



For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

~Ralph Waldo Emerson