

# 30 Minute Food

f a i t h  
uncommon shoreline umc uncommon  
uncommon church  
m i s s i o n

Recipes from 2019 workshops  
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# Foreword

*30 Minute Food* grew out of a cooking workshop offered by Shoreline United Methodist Church in Shoreline, Washington.

Shoreline UMC counts nine nationalities among our members, not to mention individuals from most areas of the United States. But when the youngest member of our Hospitality Committee remarked, "There is nothing in this church to attract people like me," we realized that she was right. Could we come up with a project that might appeal to young (18-32) people who were finished with school, no longer lived at home, and working at a variety of jobs?

We agreed on two points:

- Everybody has to eat
- When you get home after a full day on the job, you are hungry as well as tired

Fast food outlets are one solution, but they are expensive and you get tired of them. Since most of Shoreline's members like to cook, we decided to offer a series of cooking workshops to people in the neighborhood and in the larger Shoreline/Seattle community. The workshops would be geared to the age group mentioned, but anyone interested was welcome. The sessions would last about 90 minutes, would be held in the evenings, and would be independent of each other. Participants would receive a packet of recipes related to the subject being demonstrated that night (main dishes, side dishes, appetizers, etc). They would watch one dish being prepared, and then all would have a chance to try the dish and discuss the cooking techniques. No dish would take longer than 30 minutes to prepare and cook.

When the members of the committee and the demonstrators arrived for the first class, we found people other than the 18-32 group. As the workshops progressed, we counted four who matched the target, one recent widow who was suddenly cooking for one, and two participants who were 'empty nesters'

and who needed smaller recipes. Other groups who expressed interest were single mothers with young children and a couple of recently divorced people.

The recipes in this booklet have been tested by the Hospitality Committee. We have inserted comments in some recipes that relate how they came to be in the booklet. We hope you enjoy the recipes.





Rey prepares Filipino-style pancit

## *Entrees*

# *Notes*

## Filipino Style Pancit (Noodles with Chicken and Vegetables)

To make this recipe take only 30 minutes,  
use pre-shredded, minced, or chopped ingredients.

### Ingredients:

¼ pack “Sotanghon” (transparent bean thread noodles)  
1 small carrot, shredded  
2 Tbs vegetable oil  
6 cloves garlic, minced  
2 small onions: 1 minced; 1 chopped  
¼ head of cabbage, shredded as for cole slaw  
Chicken broth, amount varies; maximum around 2 cups  
½ cup minced, cooked chicken breast, bacon, sausage or pork.  
2 tsp fish sauce (amount to taste)  
Soy sauce (optional)  
Serve with lemon and lime wedges (optional)

### Directions:

1. Cover noodles with cold water and soak until tender – about 5 minutes. Drain.
2. Blanch shredded carrot by placing in a colander and pouring boiling water over it. Drain and set aside.
3. Place 2 Tbs oil in large fry pan. Sauté garlic until soft. Add onion and sauté slowly, stirring until onion is glazed and begins to turn transparent. Add cabbage and sauté until the cabbage begins to turn color.
4. Add water/bullion or chicken broth to cover. Boil gently until vegetables are tender and the moisture is slightly reduced.
5. Add noodles. (They will soak up most of the remaining liquid.)
6. Add chopped meat of your choice and stir.
7. Add fish sauce to taste.
8. Add soy sauce to taste (optional).
9. Add shredded carrots and stir to mix. Heat through and enjoy.

# *Notes*

## Basic Pancakes

Good for breakfast, lunch, or any time.

### Ingredients:

1 ¼ cups sifted flour  
1 Tbs baking soda  
1 Tbs sugar  
1 Tbs cinnamon (optional)  
1 tsp salt  
1 egg (beaten)  
1 cup milk  
2 Tbs salad oil or soft shortening  
1 Tbs vanilla extract

### Directions:

1. Sift together all dry ingredients (flour, baking soda, sugar, cinnamon, and salt).
2. Combine beaten egg, milk, salad oil or shortening, and vanilla extract.
3. Add egg mixture to dry mixture, stirring just till moistened.
4. Bake on hot griddle or frying pan. (Turn when bubbles appear on the top side.)

Makes 8 four-inch pancakes.

Note: If buttermilk or sour cream is substituted for sweet milk, add ½ teaspoon baking soda and reduce baking powder to 2 teaspoons.

# *Notes*

## Corned Beef Sandwiches

### Ingredients:

1 can corned beef, 12 oz.

1 cup sour cream

½ envelope dry onion soup mix

4 - 6 hamburger buns

### Directions:

1. Mix corned beef, sour cream and onion soup mix in a medium size bowl.
2. Place desired amount of the corned beef mixture inside each bun.
3. Wrap each bun in aluminum foil. Bake at 375 degrees for 15 to 20 minutes.

# *Notes*



## Easy Chicken Pot Pie

Pre-heat oven for a 30 minute meal.

### Ingredients:

- 1 can (10 ½ oz) condensed cream of chicken soup
- 1 cup milk, divided
- 2 ¼ cups thawed frozen mixed vegetables (carrots, green beans, corn, peas)
- 1 cup cubed cooked chicken or turkey
- 1 egg
- 1 cup biscuit mix

### Directions:

1. Heat oven to 400 degrees. Stir soup, ½ cup milk, vegetables, and chicken in 9-inch pie pan.
2. Combine remaining milk, egg, and biscuit mix. Spread over chicken mixture.
3. Bake 20 minutes or until golden brown.

# *Notes*

## Hot Tuna Sandwiches

You will never want a tuna melt again.

### Ingredients:

Hamburger buns, 4  
1 5-oz can tuna in water  
½ cup medium cheddar cheese, grated  
3 hardboiled eggs, chopped fine  
2 Tbs olives, chopped fine  
1 green onion, white part, chopped fine  
2 Tbs pickle relish  
½ cup mayonnaise  
Pepper to taste

### Directions:

1. Preheat oven to 375 degrees.
2. Mix together all ingredients except buns.
3. Divide and spread between buns.
4. Wrap in aluminum foil and put in oven on 375 degrees for 15-20 minutes.

# *Notes*

## Lemon Chicken

Good with rice.

### Ingredients:

1 boneless, skinless chicken breast per serving

1 Tbs soft butter

½ fresh lemon

### Directions:

1. Slice chicken breast(s) into thin slices.
2. Melt butter in medium skillet and add chicken strips.
3. Sauté until slices are white on both sides.
4. Turn off heat and add juice of ½ lemon. Stir.
5. Serve with rice or noodles.

# *Notes*

## Old-Fashioned Hash

Great way to use left-over roast.

### Ingredients:

- 1 ½ cups diced cooked beef
- 1 ½ cups diced cooked potatoes
- 1 small onion, chopped
- ¼ cup leftover gravy or canned cream soup
- ½ tsp salt
- ⅛ tsp pepper
- 1 Tbs catsup
- ¼ tsp prepared mustard
- 1 Tbs vegetable oil

### Directions:

1. In large bowl, combine all ingredients except oil.
2. In large fry pan, heat oil; add the all mixed ingredients. (Spray pan with non-stick-spray if you are not using non-stick fry pan.)
3. Cook over medium heat until well browned, about 10 minutes.
4. Turn and brown other side.

Makes 2 to 3 servings.

Notes: I use frozen hash browns or O'Brien potatoes. No need to pre-cook.

# *Notes*



## Onion Scrambled Eggs

Contributed by Taiwanese student attending school in Pullman, WA.

### Ingredients:

1 small onion  
2 green onions  
2 Tbs canola oil  
2 eggs  
4 Tbs chicken stock/mushroom stock/vegetable stock  
1 Tbs Mirin (sweet rice wine)  
1 pinch sea salt (two rounds of grinder)  
Black pepper (optional)

### Directions:

1. Slice onion.
2. Wash green onion. (Take out any wilted or damaged top and root.)
3. Lightly beat eggs.
4. In a 12" non-stick fry pan, cook the onion in oil over medium high heat until the onion is soft.
5. Add the eggs. Cook until soft, coating with onion.
6. Add chicken stock, Mirin, and salt, stirring about 1 minute on medium heat.
7. Toss with black pepper and green onion, stirred for a few seconds.

Note: Sea salt can be replaced with soy sauce, dashi sauce, or ketchup.

Add different ingredients: mushrooms, kale, diced bell peppers, tomatoes are all optional.

# *Notes*

## Pineapple Sausage Skewers

Easy company dinner!

### Ingredients:

- 5 sweet Italian sausage links, sliced 1/2 inch thick
- 1 cup barbecue sauce, your choice
- 8 bamboo skewers, soaked in water for 1 hour or use metal skewers
- 1 whole pineapple, peeled, cored, and cut into 1-inch chunks

### Directions:

1. Preheat grill to medium.
2. Thread sausage slices and pineapple chunks on skewers, alternating sausage and pineapple. (Reserve leftover pineapple for another use.)
3. Brush skewers generously with barbecue sauce.
4. Grill over indirect medium heat for 10 to 15 minutes, turning occasionally, until sausage is cooked through and internal temperature is 165 degrees F. Remove from grill.
5. Serve skewers over rice or with a mixed green salad.

Note: These can be broiled in the oven or cooked on aluminum foil on the grill.

Fresh pineapple chunks are more expensive but definitely easier.

# *Notes*

## Pizzaburger Sandwiches

Pizza substitute for kids.

### Ingredients:

1 loaf French bread  
1lb ground beef, cooked  
¼ cup onion, chopped  
2 cloves garlic, chopped  
¾ cup pizza sauce  
½ -1 tsp oregano  
⅓ cup grated Parmesan cheese  
¼ cup sliced ripe olives  
1 tsp salt  
Dash of pepper  
Optional: sliced tomatoes, mozzarella cheese

### Directions:

1. Cut loaf in half lengthwise. Set aside.
2. Brown beef with onions and garlic in skillet.
3. Add pizza sauce and all other ingredients. Stir to combine.
4. Spread beef mixture on both halves of bread.
5. Place on cookie sheet.
6. Broil about 5 inches from the heat for about 5 minutes.
7. If desired, top with tomato and cheese slices and broil just until cheese begins to melt.

# *Notes*

## Savory Porridge with Takeout Rice

Another recipe from Taiwan via Pullman, WA

### Ingredients:

1 carton leftover rice (about 2 cups)

1 cup water

1 cup chicken or vegetable stock

⅓ cup frozen peas

⅓ cup frozen corn

6 mushrooms, diced (optional)

Proteins: Ham, grilled chicken strips, tofu (dry, fried or extra firm). Shred or slice protein as needed.

Kale, as needed

4 Tbs Mirin

4 Tbs Dashi soy sauce

2 green onions, sliced (optional)

2 tsp white pepper (optional)

### Directions:

1. Prepare and shred kale.
2. In small saucepan, add water and stock; bring to a boil.
3. Add frozen peas, corn, and mushrooms; bring to a boil.
4. Add your choice of protein; bring to a boil.
5. Add leftover rice and more water as needed; bring to a boil.
6. Add kale, Mirin, and dashi soy sauce; bring to a boil.
7. Add green onion and white pepper. Stir 3 seconds.

Note: Kale can be replaced with shredded green leafy vegetables such as cabbage, Napa cabbage, Bok Choy, or Spinach.

Dashi soy sauce or Dashi packets or powder can be replaced with just salt or soy sauce.

Any Kamaboko (Japanese Fish Cake) can be used for protein.

Fish sauce also can be added here for more exotic flavor.

# *Notes*



## Spinach Bird's Nest

Contributor's mother served this because father thought he didn't like spinach.

### Ingredients:

2 eggs

2 slices bread (whole grain or French preferred)

5 oz package fresh spinach (Fresh Express Baby Spinach is good.)

Soft butter

### Directions:

1. Place eggs in a small pan and cover with cold water. Bring water to a boil, turn off heat and cover pan with lid. Allow to stand for 10-15 minutes for hard-cooked eggs. Peel and quarter eggs.
2. Toast bread and butter lightly.
3. Wash spinach in large bowl or in sink. Shake off water and pack into medium pan.
4. Add 1 tablespoon soft butter to pan. Cover pan tightly.
5. Cook spinach on high heat for 2 minutes, or until wilted. The spinach will cook down to about  $\frac{1}{4}$  its volume. Drain liquid.
6. Use a sharp knife and a fork to cut cooked spinach. Usually, 4 horizontal cuts and 4 vertical cuts are best.
7. Place half the spinach on each piece of toast. Top with 4 egg quarters and serve.
8. Salt and pepper to taste.





Hayley Wright demonstrates  
Stove Top Tuna Casserole

*Pasta*

# *Notes*

## Stove Top Tuna Casserole

Kids love this enough to make it themselves.

### Ingredients:

- 1 box Kraft Macaroni & Cheese
- 1 5 oz. can of light chunk tuna, water packed
- 1 10.5 oz. can of cream of mushroom soup
- ¼ cup chopped onion
- 1 clove garlic, minced
- 2 Tbs butter
- 1 egg, slightly beaten

### Directions:

1. In a large saucepan, cook macaroni according to the package directions.
2. Drain macaroni well in a colander.
3. While macaroni is draining, place butter and cheese packet into the large saucepan off the stove. Mix until well combined. Add the macaroni and stir to combine.
4. Continue stirring while adding the soup, onion, and garlic.
5. Add the drained tuna and the egg. Mix until well combined.
6. Return saucepan to stove on low heat. Cook for 5 to 7 minutes.

# *Notes*

## Easy Parmesan Pasta

Using a micro-plane grater is the trick to make this recipe easy.

### Ingredients:

4 ounces fettuccine or another long-strand pasta  
1 ½ tsp salt  
½ cup finely grated Parmesan cheese, plus extra for serving  
1 Tbs. butter  
Pepper to taste

### Directions:

1. In a large saucepan, bring 2 quarts of water to boil. Add the salt to the water.
2. Carefully and slowly add pasta to boiling water. (Water should continue to boil as you add the pasta.) Cook stirring frequently, until pasta is tender-chewy. This will take 10 to 12 minutes.
3. While pasta cooks, grate the parmesan cheese with a micro-plane grater unless you already purchased pre-grated cheese.
4. Turn off heat. Set aside ½ cup of the cooking water. Set colander in sink and drain pasta in the colander. Return the drained pasta to the empty saucepan.
5. Sprinkle the pasta with finely grated cheese. Add butter and 2 Tbs reserved cooking water to the pan, stirring constantly to combine. Return the saucepan to the stove burner on low heat. If sauce is too thick, thin with the remaining cooking water....a little at a time.
6. Transfer pasta to a serving bowl and sprinkle with extra cheese and pepper. Say Yum.

# *Notes*



## Farfalle Pasta with Basil

Salad for 2.

### Ingredients:

- 2 cups farfalle pasta
- ½ tsp salt
- ⅓ cup pesto
- ¼ cup chopped sun dried tomatoes
- 1 avocado, cut to desired size
- 1 to 2 Tbs olive oil, if needed
- ¼ cup grated parmesan cheese
- Optional: ¼ cup blue cheese or feta cheese crumbles

### Directions:

1. In a large saucepan, bring 2 quarts of water to boil. Add salt.
2. Carefully and slowly add pasta and salt to boiling water. (Water should continue to boil as you add the pasta.) Cook stirring frequently, until pasta is tender-chewy. This will take 9 to 11 minutes.
3. Drain and cool pasta in a colander. (Running cold water over the pasta shortens the time for cooling.)
4. Place cooled pasta in bowl and add the remaining ingredients: pesto, sun-dried tomatoes, avocado, olive oil, parmesan cheese. Stir to mix ingredients until well blended.
5. Add blue or feta cheese crumbles on top.
6. Enjoy.

# *Notes*

## Quick Pasta Salad

Thank God for bottled Italian dressing.

### Ingredients:

¼ of a 1 lb. pkg spaghetti

1 cup mixed peas and diced carrots, frozen

Zesty Italian dressing

Other additions: ½ cup to 1 cup of chicken, ham, cheese

### Directions:

1. In a large saucepan, bring 2 quarts of water to boil.
2. Carefully and slowly add pasta and salt to boiling water. (Water should continue to boil as you add the pasta.) Cook stirring frequently, until pasta is tender-chewy. This will take 10 to 12 minutes.
3. Drain and rinse in cold water.
4. Add mixed vegetables and other optional ingredients.
5. Add Zesty Italian Dressing to taste. Mix well.

# *Notes*

## Spaghetti Pasta Salad

Party size.

### Ingredients:

12 oz. thin spaghetti or shell pasta or other pasta of choice  
1 cup shredded part-skim mozzarella cheese or other cheese  
½ cup diced pepperoni  
½ cup chopped green pepper  
½ cup diced tomato  
½ cup chopped onion  
½ cup chopped cucumber  
¼ cup sliced ripe olives  
1 avocado, peeled and diced (optional)  
1 8-oz bottle Italian salad dressing

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### Directions:

1. In a large saucepan, cook spaghetti according to package directions. Meanwhile in a large salad bowl, add the cheese, pepperoni, ham, green pepper, tomato, onion, cucumber and olives. Add avocado if desired.
2. Rinse pasta with cold water; drain well. Place on top of salad ingredients. Drizzle with salad dressing: toss lightly to coat.
3. Chill before serving.





Melenia demonstrates Fijian Shrimp in Rourou

## *Side Dishes*

# *Notes*



## Shrimp in Rourou

One traditional Fijian dish.

Each island has an unique method for preparing the leaves of the Taro plant.

### Ingredients:

- ½ bunch taro leaves
- ½ tsp baking soda (softens leaves)
- ¼ onion chopped
- ½ 13.5 oz can coconut cream
- ½ 13.5 oz can coconut milk
- ¼ pound cooked shrimp, small to medium size

### Directions:

10. Combine baking soda, onion, coconut cream, and coconut milk in a sauce pan. Boil to reduce liquid while preparing taro leaves. (Coconut cream and milk will not burn on high heat.)
11. Wash and trim stem from taro leaves. Discard stems.
12. Place 2 taro leaves together, one on top of the other. Place 4-5 shrimp in the middle of stacked leaves. Make a package with shrimp inside the leaves by folding sides of leaves over the shrimp. (Should be a tight package about 1½ - 2 inch round ball.)
13. Place the shrimp stuffed taro leaf package on the bottom of a second saucepan, seam side down. Continue making the shrimp stuffed packages, placing them tightly together on the bottom of the saucepan until bottom is covered with the packages. They should fit tightly together.
14. Pour the reduced coconut cream/milk/onion mixture over the shrimp packages.
15. Microwave on medium 5-7 minutes, then cook on low for 10 minutes OR cook on low for 45 minutes.
16. Add salt to taste.

# *Notes*

## Avocado Tofu Salad

Side or main dish.

- 1 12.3 oz package silken or firm tofu
- 1 avocado
- 3 Tbs soy sauce
- 1 Tbs agave or sugar syrup or pure maple syrup
- 1 tsp sesame seeds (optional)

### Directions:

1. Cut tofu and avocado into bite size cubes.
2. Mix soy sauce and agave.
3. Pour soy sauce dressing over the tofu and avocado.
4. Place on plate and garnish with sesame seeds on top.

# *Notes*

## Boiled Rice

From a Chinese cooking class in 1968.

### Ingredients:

1 cup uncooked white rice  
2 cups water  
1 tsp butter or oil

### Directions:

1. Combine rice, water, and butter in a medium-sized heavy saucepan.
2. Bring to a boil over high heat.
3. Boil until water is gone from the top of the rice, and holes appear in the rice surface.
4. Turn off heat, cover tightly, and let stand 10-15 minutes while you prepare the rest of the food.
5. Turn out of pan into dish and serve.

# *Notes*

## Cucumber, Avocado, and Basil Un-Salad

Serves 2 generously

### Ingredients:

½ shallot minced

¼ tsp sugar

¼ tsp salt, plus more for seasoning

1 Tbs lemon juice

½ Tbs white wine vinegar

2 Tbs extra virgin olive oil

3 plum tomatoes, chopped

1 medium cucumber, peeled and chopped

1 ripe avocado, peeled, cored, and chopped

2 Tbs chopped fresh basil, plus more for garnish

Pepper for seasoning

### Directions:

1. In a large mixing bowl, combine the shallot, sugar, and salt. Let stand 5 minutes. Add the lemon juice, white wine vinegar, and olive oil. Whisk well to combine.
2. Add the tomatoes, cucumber, and avocado and toss to coat with the dressing. Add 2 Tbs basil, and stir gently to combine. Season to taste with additional salt and freshly ground pepper, if desired. Garnish with basil and serve immediately. Refrigerate any leftovers.

# *Notes*



## Fried Green Beans with Garlic

Still under 30 minutes even if you trim the beans.

### Ingredients:

1 tsp olive oil

1 lb green beans, trimmed

Salt and pepper to taste, a couple of shakes of each from a shaker

¼ cup water

1 Tbs butter

3 garlic cloves, minced

Dash of soy sauce

Salt and pepper to taste

### Directions:

1. Trim green beans if not purchased pre-trimmed.
2. Heat oil over medium-high heat for about 1 minute in a large fry pan.
3. Add green beans, salt, and pepper. Cook, stirring occasionally with a rubber spatula. Beans will get brown spots in about 4 to 6 minutes.
4. Add water carefully and have the lid handy. The hot oil will make the water splatter. Cover and cook 2 minutes.
5. Remove the lid and continue cooking until water evaporates. (About 1 minute)
6. Stir in butter and garlic. Continue stirring for another 2-4 minutes or until beans are tender-crisp.
7. Add a dash of soy sauce to taste.

Serve and enjoy.

# *Notes*

## Fried Rice

Use leftovers in a non-boring way.

### Ingredients:

3 Tbs sesame seed oil, divided  
1 egg  
½ to ¾ cup shredded, cooked chicken or pork  
2 green onions, sliced with portion of green part  
¼ cup frozen peas (or use leftover)  
¼ cup frozen corn (or use leftover)  
1-2 Tbs shredded carrot  
1-1 ½ cups of cold, cooked, white rice  
3 Tbs soy sauce  
3 Tbs water  
Shake of ground white pepper

### Directions:

1. Spray medium skillet with nonstick spray. Add 1 Tbs sesame oil.
2. Break egg into cup and stir. Pour into skillet and allow to cook over medium heat until firm. Turn to cook both sides. Remove from pan and chop coarsely. Place in a plate or bowl with the chopped meat.
3. Add 2 Tbs sesame oil to skillet and sauté chopped onions and mushrooms for 1 minute. Add the other chopped vegetables and cook another minute.
4. Add chicken and egg. Stir until heated.
5. Add cold rice and stir until thoroughly mixed. Add soy sauce, water and a dash of white pepper to taste. Stir while heating through.
6. Place in bowl and serve.

# *Notes*

## Japanese Sautéed Mushrooms

Another recipe from Taiwan via Pullman, WA.

### Ingredients:

- 1 lb button mushrooms
- 2 Tbs canola oil
- 2 Tbs butter
- 2 Tbs soy sauce
- 2 Tbs Mirin (sweet rice wine)
- 2 tsp wasabi
- 3 Tbs chicken stock or mushroom stock

### Directions:

1. Dice, cube, or slice button mushrooms.
2. Heat canola oil and butter in saucepan over medium heat.
3. Add mushrooms to the saucepan and stir.
4. Add the soy sauce, mirin, stock, and wasabi. Cook about 5 minutes.

Reduce heat to low and simmer until mushrooms are tender.

# *Notes*

## Parmesan Pull-A-Parts

Savory rather than sweet.

### Ingredients:

¼ cup butter or margarine  
1 tsp dried parsley flakes  
¼ tsp celery salt  
1 tsp instant onion flakes  
1 Tbs Parmesan cheese  
1 pkg refrigerator biscuits

### Directions:

1. Pre-heat oven to 425 degrees.
2. Melt butter in an 8-inch round aluminum cake pan on the top of the stove on lowest heat. Remove from heat.
3. Add parsley, celery salt, and onion flakes, and spread evenly over bottom of pan.
4. Cut each biscuit into halves or quarters. Scissors make this easy to do.
5. Place biscuit pieces over mixture in pan to cover bottom. Sprinkle with Parmesan cheese.
6. Bake 10 to 12 minutes.
7. Turn biscuits out, upside down on platter.

Makes 5 servings.

# *Notes*



## Puffy Potato Boats

Granddad made this for the grandchildren.

### Ingredients:

Medium-sized potatoes (Yukon gold or red work best); 1 potato per person, depending on the size of the potatoes

Butter

Salt and Pepper to taste (other seasonings such as garlic powder are optional)

### Directions:

1. Scrub medium-sized potatoes.
2. Cut in quarters (do NOT peel).
3. Place quarters upright about an inch apart on a baking sheet.
4. Brush with melted butter. Season with salt and pepper or other seasonings.
5. Put in cold oven. Turn oven temperature to very hot (450 degrees).
6. Bake 30 minutes or until soft when tested with a fork.
7. Serve immediately.

# *Notes*

## Rou Rou

(This is the general recipe. In it, spinach substitutes for Taro leaves)

### Ingredients:

1 pkg of fresh baby spinach or 10 oz pkg. of frozen spinach, drained  
½ tsp baking soda  
1 ½ cup chopped onions, divided  
1 Tbs canola oil  
5 chopped garlic cloves  
1 inch piece grated ginger  
7 oz or ½ can coconut cream  
Salt to taste  
Chopped tomato (optional)

### Directions:

1. On high heat in a medium pan, bring 1 inch water and soda to boiling.
2. Add fresh spinach leaves and ½ cup onion. Cook 2 minutes. (If using frozen spinach, cook according to package directions with ½ cup onions.)
3. Drain in colander. Then return spinach to pan and cut with two knives for smaller pieces. Set aside while cooking other ingredients.
4. Heat canola oil in fry pan. Add remaining 1 cup onions and sauté for a couple of minutes until translucent.
5. Add chopped garlic, ginger and tomato to the onions. Sauté until fragrant.
6. Add the spinach to the onion mixture in the fry pan.
7. Add chopped tomato, if desired.
8. Add ½ can coconut cream. Salt to taste. Heat through.

Good with barbecue.

# *Notes*

## Sweet Potatoes Fijian Style

### Ingredients:

- 1 medium sweet potato (Dark orange color is best; Beauregard is good.)
- 1 Tbs olive oil
- ½ tsp sea salt

### Directions:

1. Pre-heat oven to 375 degrees.
2. Scrub potato and cut off both ends.
3. Slice sweet potato into 1 inch slices. Halve or quarter them to make 1 inch pieces.
4. Place in a single layer in glass or ceramic pan.
5. Drizzle with olive oil and sprinkle with salt. Stir to coat evenly.
6. Cover with plastic wrap. Microwave 5 minutes, or until toothpick can be inserted easily.
7. Remove plastic and place in oven for 6 minutes or until soft and browned.
8. Serve and enjoy.





Sandre demonstrates varied appetizers

## *Appetizers and Sweets*

# *Notes*



## Cowboy Caviar

The contributor is a Texan.

### Ingredients:

1 cup cooked blackeyed peas (Canned is fine, provided you drain.)

1 cup sweet corn (Brown in 2 tsp oil in a very hot pan.)

2 large tomatoes or a handful of grape tomatoes, diced

¼ cup diced red, white, or yellow onion

½ tsp garlic powder

1 tsp chili powder

1 to 2 tsp of cumin

Salt to taste. (Be aware, canned beans are often heavily salted.)

1 glug of olive oil

Other additions possible. See below.

### Directions:

1. Drain canned beans. Place in medium size bowl.
2. Brown corn in 2 tsp vegetable oil in a very hot pan. Add to the beans.
3. Add remaining ingredients and mix.
4. Serve with tortilla chips, or in warmed tortillas spread with butter, or over seared chicken breasts, or over greens as a salad.
5. Other additions follow for the adventuresome: Diced red or yellow bell pepper; bits of cured or smoked meat you might have lying around; bacon adds a certain something, but grilled chicken is not to be scorned; cucumber, provided you intend to serve this cold; crumbles of cotija cheese; chiffonades of spinach, bitter greens, or basil; diced roasted poblano peppers; several shakes of cayenne pepper. Also great with 1 part sour cream and 2 parts lime juice plopped on top for a tortilla dip.
6. Thank God for good food!

# *Notes*

## Little Links in Oriental Sauce

Party recipe.

### Ingredients:

⅓ cup packed brown sugar

4 tsp all-purpose flour

1 tsp dry mustard

½ cup unsweetened pineapple juice

¼ cup cider vinegar

1 tsp soy sauce

Two pounds meat: either 2 pounds cocktail wieners, 2 pounds reduced-fat smoked cocktail sausages, or a mixture of both

### Directions:

1. In a medium saucepan, stir together brown sugar, flour, and mustard. Then stir in the pineapple juice, vinegar, and soy sauce. Bring to a boil. Reduce heat. Gently boil and stir for 1 minute.
2. Add the wieners and sausages. Stir until coated.
3. Cook uncovered over medium-low heat about 5 minutes or until heated through, stirring occasionally.

Note: These can be served immediately or put into a slow cooker to keep warm for a party.

# *Notes*

## Marinated Mushrooms

Simplest appetizer recipe in this collection.

### Ingredients:

6-8 whole fresh mushrooms, small or jumbo

1 Tbs butter

Your favorite bottled Italian salad dressing

### Directions:

1. Rinse and pat dry whole fresh mushrooms on paper towel.
2. Trim stems. Cut large mushrooms in half, if preferred.
3. Stir fry the mushrooms in the butter until they turn color.
4. Drain excess butter and liquid from mushrooms and place in a bowl.
5. Pour enough dressing to cover mushrooms. Set aside at room temperature for 15-20 minutes.
6. Drain and enjoy as is, or use as a garnish on cream cheese topped crackers or cocktail bread.

# *Notes*

## Pico de Gallo and Tortilla Chips

Delicious with or without chopped chilis.

### Ingredients:

6 Roma tomatoes, chopped  
½ white onion, chopped  
1 bunch cilantro, chopped  
1 juice of lime, squeezed  
Garlic salt to taste

### Directions:

17. In a bowl, mix the rinsed and chopped tomatoes, onion, and cilantro.
18. Add the lime juice and mix.
19. Add the garlic salt to taste.
20. Transfer to serving dish and let flavors blend while you make the tortilla chips below.

## Tortilla Chips

### Ingredients:

Corn or flour tortillas  
Vegetable oil

### Directions:

1. Cut tortillas into wedges of the size desired. Scissors or a pizza wheel are efficient for this process.
2. Heat oil in pan. Deep fry a few wedges at a time until light brown.
3. Drain on paper towel.
4. Place in serving bowl for dipping, or top with cream cheese and mushrooms.

# *Notes*



## 10 Minute Chocolate Oatmeal Cookies

The combination of chocolate and peanut butter is simple comfort.

### Ingredients:

1  $\frac{3}{4}$  cup sugar  
3 Tbs cocoa  
 $\frac{1}{4}$  cup margarine or butter  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup peanut butter  
3 cups quick cooking oats  
1 tsp vanilla

### Directions:

1. Mix together the sugar, cocoa, margarine, and milk. Cook on medium heat on stove, slow boil for 2 minutes.
2. Stir in peanut butter, oats, and vanilla.
3. Drop on waxed paper and cool. Each cookie uses about 2 tsp (one soup spoon) of dough.
4. Eat in 10-15 minutes.

# *Notes*

## Crispy Rice Treats

Contributor first learned to make these at age 4.

### Ingredients:

16 regular size marshmallows  
1 Tbs butter  
3 cups (approx.) crispy rice cereal

### Directions:

1. Melt butter in medium pan over low heat.
2. Add marshmallows and melt, stirring to prevent burning.
3. When marshmallows are melted and no longer lumpy, stir in 2 cups of the crispy rice cereal. Gradually add the third cup, watching to see that there is no visible marshmallow remaining.
4. Turn out on to a buttered 9-inch plate and chill, if desired.

Note: You can use an 8- or 9-inch greased pan instead of a plate, but the treats are harder to remove when you are ready to eat them.

# *Notes*

## Fast and Good Peanut Butter Cookies

Cookie batch is so small you don't feel guilty about eating them all.

### Ingredients:

½ cup sugar

1 egg

1 tsp vanilla

½ cup creamy peanut butter (Skippy or Peter Pan)

### Directions:

1. Use a fork or wire whisk to blend sugar, egg, and vanilla. (You want the sugar to dissolve in the liquid so let this set for a time....5 minutes is good.)
2. Stir in peanut butter with a rubber spatula until completely mixed.
3. Drop teaspoon size balls of dough on parchment covered cookie sheet about 2 inches apart.
4. Bake at 350 degrees for 10 plus minutes. Cookies are finished cooking when underside shows some browning.

# *Notes*

## Jumbo Strawberry Turnovers

Sooo much better than toaster pastries!

### Ingredients:

1 Pillsbury refrigerated pie crust

$\frac{2}{3}$  cup strawberry jam or another jam of choice

$\frac{1}{2}$  tsp of cinnamon/sugar mix (optional)

### Directions:

1. Cut parchment paper to fit baking stone or baking pan.
2. Pre-heat oven to 425 degrees. Place stone or pan in oven while oven comes to temperature.
3. Unroll 1 pie crust on top of parchment paper.
4. Spread  $\frac{2}{3}$  cup jam on half of the crust circle to within  $\frac{1}{2}$  inch of edge. Brush a small amount of water on the  $\frac{1}{2}$  edge of the half not covered with the jam. (May use a finger.)
5. Carefully fold the uncovered side over so edges meet. Seal the 2 edges together with fingers lifting edge slightly. Then seal with more pressure with fork or other tool.
6. Cut the top with 3 small steam-vent slits. Sprinkle with cinnamon and sugar if desired.
7. Pull the oven rack out. Slide the pastry onto the stone or pan with the parchment paper still underneath the pastry.
8. Bake 12-15 minutes or until golden brown. Cool about 10 minutes to firm up the jam before cutting.
9. (If desired ... frost after it's cooled with quarter cup of confectioner's sugar, 1 tsp butter, 2 tsp milk.)

# *Notes*



## Peanut Butter Pie

Yes, there is protein in peanut butter.

### Ingredients:

- 1 cup creamy peanut butter
- 1 8oz. soft cream cheese
- 1 ¼ cup powdered sugar
- 1 8 oz. tub Cool Whip
- 1 9 inch chocolate pie crust

### Directions:

1. Cream all ingredients (except pie crust) together.
2. Pour into pie crust.
3. Freeze until firm.

# *Notes*

## Sour Cream Pineapple Pie

Guaranteed to be, truthfully, *Easy as Pie*.

### Ingredients:

- 1 pint sour cream
- 1 8 oz can crushed pineapple
- 1 large box instant vanilla pudding
- 1 8 ounce tub Cool Whip (divide in half)
- 1 9 inch graham cracker pie crust

### Directions:

1. Cream sour cream, pineapple, pudding and half of the Cool Whip.
2. Pour into pie crust.
3. Top with balance of Cool Whip.
4. Chill until ready to serve.





Janelle demonstrates a Jumbo Strawberry Turnover,  
recipe in previous section

## *Too Good to Leave Out*

The recipes in this section may take more than 30 minutes to prepare, but we thought you would enjoy them!

# *Notes*

## Butter Garlic Herb Steak

This is a good recipe for camping also.

### Ingredients:

- 1 pound small red potatoes, cut into fourths
- 2 carrots, sliced
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- ½ red onion, cubed
- Salt and pepper
- 1 Tbs olive oil
- 1 ½ pounds top sirloin steak, cut into one-inch cubes

### Garlic Herb Butter:

- |                                 |                            |
|---------------------------------|----------------------------|
| ½ cup butter, room temperature  |                            |
| 1/4 cup freshly chopped parsley | 4 garlic cloves, minced    |
| 1 tsp fresh rosemary, chopped   | 1 tsp fresh thyme, chopped |
| ½ tsp salt                      | 1/4 tsp pepper             |

### Directions:

21. In a medium-sized bowl, add the red potatoes, carrots, bell peppers, and red onion. Add salt and pepper and toss with olive oil.
22. Place four 18x12 inch pieces of heavy aluminum foil on counter. Evenly place vegetable mixture on each piece of foil. Top vegetables with steak.
23. Make the garlic herb butter: Place butter, parsley, garlic, rosemary, thyme, salt, and pepper in a bowl and mix. Equally divide garlic butter on top of each grouping of steak/vegetables. Double-fold top and ends of each piece of foil, leaving space for steam to gather.
24. Place packets on the grill (or oven\*) and cover. Grill 15 minutes or until steak is cooked through and veggies are tender. Open packets carefully.

\*Place on a cookie sheet or small dutch oven with foil packet to get same effect as grill.

# *Notes*



## Creamy Chicken Marsala

For a special occasion when you have company.

### Ingredients:

4 boneless skinless chicken breasts, thinly sliced

Salt and pepper

1 ½ cups sliced mushrooms

½ cup Marsala wine (see note)

1 tsp ground mustard

Fresh chopped parsley for garnish

2 Tbs olive oil

½ cup chicken broth

1 cup heavy whipping cream

1 tsp garlic powder

### Directions:

1. In a large skillet over medium heat, add one tablespoon olive oil in pan. Add the chicken and lightly salt and pepper. Cook until lightly brown and cooked throughout. Remove chicken and set aside on a plate.
2. Add 1 tablespoon olive oil and sauté the mushrooms from 1-2 minutes. Add marsala wine and bring to a boil over medium high heat for 1-2 minutes. Add the chicken broth, heavy whipping cream, ground mustard, and garlic powder.
3. Bring to a boil and reduce heat and simmer for about 10 minutes or until it starts to thicken. Place chicken back in sauce and continue to simmer for about 1-2 minutes.

Note: The alcohol will burn out during the cooking process.

# *Notes*

## Garlic Beef and Broccoli Lo Mein

Great even if you don't like broccoli!

### Ingredients:

- 4 oz lo mein or spaghetti noodles
- 2 tsp olive oil
- 1 ½ cups broccoli florets
- 4 oz flank steak, sliced against the grain
- 2 garlic cloves, minced
- 1 small carrot, grated
- 2 Tbs brown sugar
- 2 Tbs reduced-sodium soy sauce
- 1 Tbs hoisin sauce
- 1 tsp sesame oil
- ⅛ tsp ground ginger
- ⅛ tsp crushed red pepper flakes
- ⅛ tsp black pepper

### Directions:

1. In a large pot with boiling water, cook the noodles according to directions on package. Add dash of salt or olive oil to water. Add broccoli the last 5 minutes of cooking and let them cook until crisp tender.
2. While the pasta is cooking, add olive oil to a medium sized skillet. Cook the steak until no longer pink. Add the garlic and carrots and cook for a minute more.
3. In a small bowl whisk together the brown sugar, soy sauce, hoisin sauce, sesame oil, ginger, red pepper, and pepper.
4. Drain cooked noodles in a colander
5. Add noodles and broccoli to the skillet and pour the sauce on top. Toss (or use tongs) until incorporated.
6. Eat and enjoy!!

# *Notes*

## Sausage Egg Roll in a Bowl

If you like egg rolls, you will like this.

### Ingredients:

- 1 pound ground pork sausage (may substitute turkey sausage, etc.)
- 6 cups coleslaw mix or shredded cabbage
- 4 cloves garlic, minced
- 1 Tbs ginger, minced
- 1 Tbs soy sauce
- ¼ cup chopped green onions
- 1 Tbs sesame oil

### Directions:

1. Heat a large skillet over medium heat. Add the sausage and cook, stirring often to crumble, until cooked through. Do not drain off fat.
2. Add the coleslaw mix, garlic, ginger, and soy sauce to the skillet with the sausage. Cook for 3-4 minutes or until cabbage has softened a bit.
3. Remove from the heat and top with the green onions and drizzle with sesame seed oil.
4. Serve immediately.

Note: Feel free to drain some of the fat if excessive.

# *Notes*

## Tuscan Chicken with Rosemary

Can be cooked in a crockpot.

### Ingredients:

8 to 10 chicken thighs, about 2 pounds  
2 Tbs olive oil  
Salt and Pepper, to taste  
4 cloves garlic, crushed  
4 tsp white wine vinegar (1Tbs plus 1tsp)  
4 tsp butter (1Tbs plus 1tsp)  
1 ½ shallots, chopped  
4 sprigs fresh rosemary, leaves stripped and chopped  
4 tsp all-purpose flour (1Tbs plus 1tsp)  
1 ½ cup beef broth (Bullion cubes dissolved in water works just fine.)

### Directions:

1. Heat a deep skillet on medium high.
2. Season the chicken thighs with salt and pepper.
3. Add oil to skillet and add chicken ½ at a time with 2 cloves garlic. Two minutes on each side or until nicely browned. After each half is browned, remove chicken and garlic to a plate off to the side.
4. Add the vinegar to the pan; cook for a short time until it's reduced.
5. Add butter, shallots, and rosemary to the pan and cook 2 minutes.
6. Add flour and cook 1 minute.
7. Whisk in broth and bring liquids up to a bubble.

Now you have a choice. See below.

8a. Return chicken thighs to skillet and simmer, covered, for 10 to 15 minutes.

Or

8b. Place chicken in the crockpot. Pour sauce over chicken thighs and let cook while you are at work. (The setting on my crockpot would be low for all day, or high for about 4 hours or until chicken is tender.)