

INTRODUCING



OUR NEW COOKBOOK

FROM SEASONED



KITCHENS



COOKING ON MEMORIES

Graphics by
Jane Garbell, RN.
Care Plans
Highlands Lake Center



Opis
management
resources, LLC

Opis Management Resources, LLC

~PRESENTS~

OUR CUSTOMER COOKBOOK

CONTRIBUTING CUSTOMERS:

Bayview Center, LLC Eustis, FL
Bridgeview Center, LLC Ormond Beach, FL
Coquina Center, LLC Ormond Beach, FL
Fairway Oaks Center, LLC Tampa, FL
Highlands Lake Center, LLC Lakeland, FL
Indian River Center, LLC Melbourne, FL
Island Lake Center, LLC Longwood, FL
Riverwood Center, LLC Jacksonville, FL
Ruleme Center, LLC Eustis, FL
Ruleme Place, LLC Eustis, FL
Tierra Pines, LLC Largo, FL



Table of Contents

Appetizers.....	4-5
Soups and Salads.....	7-12
Vegetables and Side Dishes.....	14-26
Main Dishes.....	28-49
Breads and Rolls.....	51-58
Desserts.....	60-71

APPETIZERS

The Opis Family Cookbook

*Tried and True dishes made
with love from our homes to
yours...*

Graphics by
Diana Carson
Finance Department
Tampa Corporate Office



ALABAMA CAVIAR DIP

3 cans black eyed peas, drained and finely chopped
1 ½ c. onion, minced
1 c. bell pepper, minced
½ c. jalapenos or 1 c. pickled jalapenos, minced
2 cloves garlic, minced
1 bottle Italian dressing

In a bowl, stir all ingredients together and refrigerate 24hrs. Serve with corn chips.

Emily Doughten
Ruleme Place

TIERRA PINES

E	N	N	E	E	L	A	N	E	V	Y
N	T	D	A	L	W	T	T	A	E	M
D	E	E	S	A	A	I	E	T	R	P
E	R	A	S	X	Y	E	L	N	L	A
R	E	R	U	A	S	N	L	E	A	T
N	S	M	R	T	C	C	I	S	S	H
E	T	E	A	I	A	E	G	S	T	Y
S	N	N	O	R		E	I			
S	T	C	N	I		N	N			
		E	N			C	G			
			G			E	M			
							E			
							M			
							O			
							R			
							I			
							E			
							S			

Take 6 oz. tenderness; add 1 oz. endearment, 1 oz. of always caring and 1 oz. of sympathy. Blend in 1 oz. of interest, 1 oz. of everlasting memories. Add 1 oz. of neatness and 1 oz. of relaxation and 1 oz. of reassurance and 1 oz. of intelligence and top it off with 1 oz. patience. Bake at 350° and cool at room temperature. Your finishing dish will be Tierra Pines, the best nursing facility in Pinellas County...And that's a fact.

Note: When used, it really works.

Cynthia Cook
Tierra Pines Center

EASY BROCCOLI CHEESE SOUP

1 box frozen chopped broccoli
2 cans cream of celery soup
1 pint half and half
8 oz. jar of cheese whiz

Cook broccoli and drain. Add all other ingredients.
Heat and serve.

Dorothy Stinson
Highlands Lake Center

CHICKEN SALAD

2 c. cooked chopped chicken

½ diced, peeled apple

1 stalk of celery, diced

2 green onions, chopped

½ c. seedless grapes, hulled

½ c. pecans, chopped

1/3 c. sour cream

2 T. vinegar

Mix first 6 ingredients. Mix together sour cream and vinegar. Toss both mixtures together. Serve chilled.

Dorothy Sunson
Highlands Lake Center

C RANBERRY SALAD

- 1 (6-oz.) pkg. cherry jello*
- 1 pkg. raw cranberries, frozen*
- 4 apples, washed and cored, not peeled*
- 1 can pineapple, drained*
- ½ c. walnuts*
- 1 ½ c. sugar*

In food processor, grind frozen cranberries, apples, and nuts. Mix jello per instructions. Add cranberry mixture, pineapple, and sugar. Mix well. Refrigerate.

Emily Doughten
Ruleme Place

Fruit Salad

1 can cherry pie filling
1 can crushed pineapple, drained
1 c. coconut
½ c. chopped nuts (optional)
8 oz. cool whip
1 can condensed milk

Mix milk, nuts, and coconut together. Add pineapple, cool whip and fold in cherries. Refrigerate 2 days.

Emily Doughten
Ruleme Place

PINEAPPLE JELLO

1 (14-oz.) can pineapple slices

1 (3-oz.) box of cherry jello

Drain juice from pineapples. Mix cherry jello according to package directions. Layer pineapples in baking pan. Pour jello mixture over pineapples. Refrigerate until jello sets. Hold over warm water until pineapples slide out of pan. Cut into pineapple slices. Serve on top of lettuce.

Jean Carpenter
Bayview Center

SOCIETY SALAD

1 (3-oz.) pkg. lime jello *(dissolve jello in 2 c. hot water)*
1 (3-oz.) pkg. lemon jello

Cool and add:

1 lb. cottage cheese
1 (15.25-oz.) can crushed pineapple
1 tsp. horseradish (optional)
1 tsp. salt
1 c. evaporated milk *(mix together)*
1 c. mayonnaise

Walnuts, chopped pecans or sliced celery may be added.

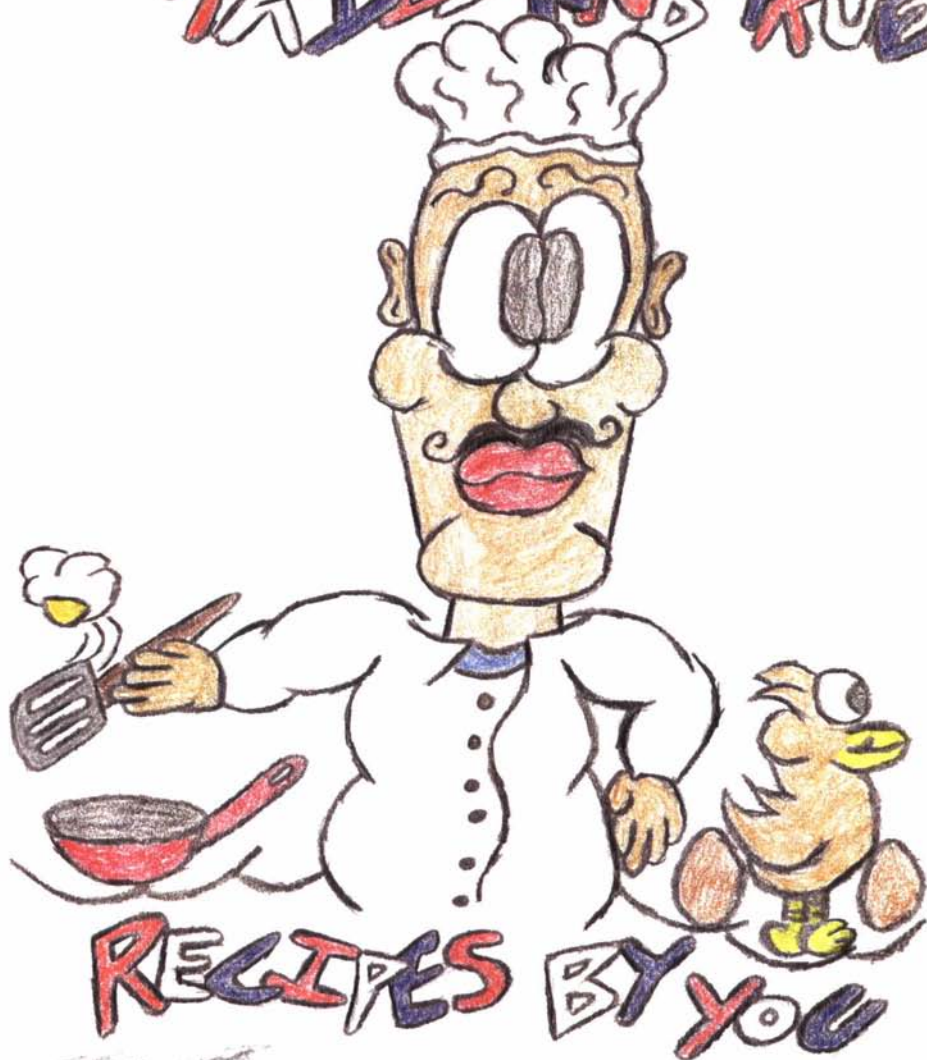
Mix all together and chill.

Note: Use a large glass or casserole dish for best results.

Leona Colby
Bridgeview Center

VEGETABLES AND SIDE DISHES

TRIED AND TRUE



Graphics by John Rowe, Dietary department, Ruleme Center

BROCCOLI CASSEROLE

1 c. onion, diced
1/3 c. celery, diced
3 tsp. oleo or butter
1 c. minute rice

1 pkg. frozen broccoli (unthawed)
1 can cream of chicken soup
3/4 c. evaporated milk
1 small jar cheese whiz

Sauté onion and celery in oleo until tender. Combine all other ingredients except cheese. Put in butter casserole and top with cheese whiz. Bake at 350° until bubbly, about 30 minutes.

Kathy Fox
Ruleme Center

BROCCOLI CHEESE CASSEROLE

4 c. long grain rice, cooked
2 cans mushroom soup
1 can broccoli cheddar soup
1 (8-oz.) container of sour cream
2 cans mushrooms
1 can water chestnuts

1 pkg. sausage links
Shredded cheese
Garlic powder
Salt (to taste)
Paprika (to taste)

Mix all ingredients in a casserole dish and bake at 350° for 30-35 minutes. Serves 8-10.

Lena Frisby
Bayview Center

COLLARD GREENS

3 smoked neck bones

Hot sauce, to taste

1 bag pre-cleaned collard greens (fresh)

1 T. vinegar

Slow cook the neck bones in 3 cups of water in a Dutch oven for 2 ½ hours. Add remaining ingredients and simmer slowly, stirring occasionally until tender.

Doris Cheavers
Riverwood Center

CORN CASSEROLE

1 box cornbread/muffin mix
1 can whole kernel corn, undrained
1 can cream style corn, undrained
8 oz. sour cream
1 egg
½ c. sugar

Mix all ingredients with a fork. Bake in cake pan at 350° for 30 minutes.

Lynn Wilbanks
Ruleme Center

OLIVE GREEN'S SCALLOPED EGGPLANT

A FAMILY FAVORITE

1 large eggplant, diced (4 c.) ½ c chopped onion
1/3 c. milk ¾ c. packed herb seasoned stuffing
1 can cream of mushroom soup 1 recipe cheese topper
1 slightly beaten egg

Cook diced eggplant in boiling salted water until tender: 6-7 minutes. Meanwhile, stir milk into soup. Blend in egg. Add drained eggplant and stuffing. Toss lightly to mix. Turn into greased 10 x 6 ½ x 1 ½ baking dish.

Cheese Topper: Firmly crush ½ c. herb seasoned stuffing. Toss in 2 T. melted butter or oleo. Sprinkle over casserole. Top with 1 c. sharp processed American cheese. Bake 350° oven for 20 minutes. Serves 6-8.

Note: My family requests this recipe often; especially when we had our own eggplant in the garden.

Thelma Cook
Ruleme Center

EGGPLANT CAPONATA

1 eggplant, diced into ½ inch cubes
1 green bell pepper, diced
1 medium onion, diced
½ c celery, diced
3 cloves garlic, diced (fry at end)

In frying pan, sauté above ingredients in small amounts in olive oil until eggplant is transparent. Drain.

Combine in large pot:

1 sm. can of tomato paste + 1 ½ cans of water
2 T. wine vinegar
1 ½ T. sugar
1 can green Spanish crushed olives (optional)

Cook on low heat about 20 minutes.

Note: Delicious as a dip for crackers or nachos.

Marie Bloomquist
Bridgeview Center

GREEN BEAN ALMANDINE

2 cans whole green beans

1 small onion, diced

1 small bell pepper, diced

2 stalks of celery, diced

1 small bag of almonds

1 small jar of pimentos

Enough vinegar to cover all ingredients (red or white)

Mix all ingredients together and then cover with vinegar. Set in refrigerator overnight. Serve chilled. Serves 4-6.

Note: The longer it sits in vinegar, the better it will taste.

William Arthur Meads
Highlands Lake Center

MUSHROOM RICE

1 c. uncooked rice

2 T. butter

2 sm. cans mushrooms, undrained

1 can beef consume

Mix all ingredients together and pour into a casserole dish. Cook uncovered in 350° oven for 1 hour.

Dorothy Mckinley
Ruleme Center

NANA'S NOODLE DISH

1 (12-oz.) pkg. egg noodles
16 oz. grated Jack cheese
1 c. cottage cheese

2 eggs, beaten
¼ c. chopped parsley
6 T. butter, soft

Cook noodles as directed. Drain and rinse in cold water. Mix grated cheese, cottage cheese and eggs. Divide mixture in half. Add parsley to half of mixture. Put half of noodles in buttered 9 x 13" pan. Cover with parsley cheese mixture. Layer with remaining noodles, then put remaining cheese mixture on top. Put soft butter on top of dish and spread to seal thoroughly. Bake at 350° for 30 minutes. Serves 8-10.

Iva Wyatt
Island Lake Center

MEAD'S POTATO CAKES

1 lb. ground pork sausage

¼ c. diced celery

¼ c. diced bell pepper

¼ c. diced onions

8 large baking potatoes

Peel, dice, and boil potatoes until tender. Cool and mash. Set potatoes aside. In frying pan, sauté onions, celery, bell pepper, and ground sausage until brown, and mix with mashed potatoes. Shape into patties, and then fry them until just crispy.

Note: Add ketchup and mustard as toppings, if desired.

William Arthur Mead
Highlands Lake Center

MARY SHELINE'S SAUERKRAUT AND NOODLES

1 lg. can sauerkraut
1 pkg. wide noodles, raw
8-9 slices bacon, uncooked
1 heaping c. brown sugar

Place layers of kraut, bacon (cut up), and noodles in casserole dish. In separate bowl, add hot water to brown sugar to dissolve. Pour mixture over casserole. Add enough liquid to cover uncooked noodles. Bake 1 ½ hours at 350° or until done.

Note: Sounds crazy, but it is delicious and I had many requests for pot-lucks at church.

Thelma Cook
Ruleme Center

SWEET POTATO CASSEROLE

2 c. sweet potatoes

1 ½ c. white sugar

2 eggs

¾ stick oleo or butter

1 c. milk

½ tsp. nutmeg

1 tsp. cinnamon

Mix together all ingredients. Pour into greased baking dish. Bake at 400° for 20 minutes.

Sweet Potato Casserole Topping:

¾ c. crushed cornflakes

½ c. pecans

½ c. brown sugar

¾ stick oleo

Mix well. Spread onto casserole. Bake at 400° for a few more minutes.

Dorothy Stinson
Highlands Lake Center

SWEET POTATO CASSEROLE

<i>3 c. mashed sweet potatoes</i>	<i>1 tsp. vanilla</i>
<i>1 c. sugar</i>	<i>½ c. butter</i>
<i>2 eggs</i>	<i>1/3 c. milk</i>

Topping

<i>1 c. light brown sugar</i>	<i>1/3 c. flour</i>
<i>1 c. chopped nuts</i>	<i>1/3 c. butter</i>

Preheat oven to 350°. Add all ingredients to sweet potatoes and mix well. Put in greased casserole dish or cake pan. Mix topping and crumble on top of casserole. Bake 25-35 minutes (longer time may be required if knife inserted in center does not come out clean).

Lynn Wilbanks
Ruleme Center

MAIN DISHES

The Opis Family Cookbook

*Tried and true dishes made
with love from our homes to
yours...*

Graphics by
Diana Carson
Finance Department
Tampa Corporate Office



BEEF CUBES & POTATOES

2 pkgs. Beef stew (sm. cubes)
1 sm. can tomato sauce
1 med. onion, minced
3 tsp. garlic, minced
1 T. olive oil
2 slices green pepper, minced
12 olives with seeds
½ sm. bottle of capers

1 bay leaf
Dash of oregano
Dash of salt
1 ½ cans of water
1 sm. pkg. of vigo coloring

optional: potato cubes

Mix all ingredients in a dutch oven and cook over medium high heat for 1 ½ hours. Serve over white rice.

Note: This recipe has been in the family for a long time...several generations starting with my great grandmother from Cuba. It is very good, easy to fix and most of all, it's delicious.

Alicia Garcia
Fairway Oaks Center

BEEF STEW

2 lbs. beef cubes

2 c. diced onions

2 c. diced potatoes

2 c. carrots

2 c. celery

4 beef broth cubes or packets

5 T. tapioca (not pudding)

3 c. V-8 juice

Salt

Pepper

Optional: 1 c. mushrooms

Mix all ingredients together. Put in a crock pot and cook for 8-10 hours on low heat.

Emily Doughten
Ruleme Place

BAKED CHICKEN BREASTS

6 chicken breasts, skinned and de-boned *1 c. of sour cream*
6 slices of bacon *1 can cream of mushroom soup*
1 pkg. chipped beef

Line buttered casserole dish or baking pan with chipped beef. Roll chicken, wrap with a slice of bacon. Lay on top of beef. Mix soup with sour cream and spread over chicken. Bake at 275° for 3 hours or bake at 350° for 1 ½ -2 hours, uncovered.

Clarence McIntosh
Highlands Lake Center

CHICKEN CASSEROLE

¼ box townhouse crackers *8 oz. sour cream*
1 can cream of chicken soup *2 sticks butter*
1 can cream of mushroom or celery soup
8 chicken breast halves, boiled, seasoned to taste & cut up

Crumble 2 sleeves of crackers in bottom of 9 x 13" dish. Cut chicken on top of crackers. Slice 1 stick of butter over chicken. Mix soups and sour cream together and pour over chicken. Crumble other sleeve of crackers over soup mixture. Slice second stick of butter over top. Bake at 350° for 40-45 minutes.

Dorothy Matlock
Ruleme Center

CHICKEN ENCHILADAS

<i>Flour tortillas</i>	<i>1 c. salsa</i>
<i>1 ½ c. chopped cooked chicken</i>	<i>3 oz. '1/3-less fat' cream cheese</i>
<i>1 c. chopped onion</i>	<i>1 tsp. ground cumin</i>
<i>1 c. shredded cheddar cheese (½ and ½)</i>	<i>1 sm. can taco sauce</i>

Sauté onion and add chicken, ½ c. cheese, salsa, cream cheese, and cumin. Cook until heated and cream cheese melts. Spoon into tortillas, roll them up and put in casserole dish. Top with taco sauce and remaining ½ c. cheese. Bake at 350° for 20 minutes, or until hot.

Note: I use the mid-sized tortillas called burrito style.

Vicki Carpenter
Bayview Center

CHICKEN FRICASSEE

12 chicken thighs, 12 legs and 12 wings

2 Spanish onions, sliced

4 green bell peppers, sliced lengthwise

Tomato sauce

½ lb. fresh sliced mushrooms, season to taste

12 plum tomatoes

1 qt. tomato sauce

2 cans new potatoes

Combine all ingredients. Cook for 1 hour in 360° oven. Turn mixture over to baste. Continue baking for 2nd hour. Serves 12.

Note: Serve at table family style.

Ernest Yurman
Ruleme Center

CHICKEN RICE CASSEROLE

1 c. long grain rice, uncooked *1 soup can of water*
1 can cream of mushroom soup *1 pkg. dry onion soup mix*
1 can cream of chicken soup
2 ½ - 3 lbs. of uncooked chicken fryers, cut up

Preheat oven 325°. Grease large casserole dish. Place rice, mushroom, chicken, onion soup mix and water in dish and mix well. Arrange chicken pieces on top of rice mixture. Cover tightly with foil and bake for 2 hours. Remove foil for the last 10 minutes of baking time.

Willie Geohagan, Volunteer
Highlands Lake Center

CREAMY ITALIAN CHICKEN

4 boneless skinless chicken breast halves *8 oz. cream cheese, softened*
1 env. dry Italian salad dressing mix *¼ c. water*
1 can cream of chicken soup, undiluted
4 oz. can mushrooms, stems and pieces, drained

Place chicken breast halves in crock pot. Combine Italian dressing mix and water until smooth. Pour on top of chicken pieces. Cover and cook on low for 3 hours. Combine cream cheese and soup until smooth and blended. Stir in mushrooms. Remove chicken from crock pot, cut up chicken into bite-sized pieces and put back in pot. Pour soup mixture over chicken and cook for another hour on low. Serve over hot angel hair pasta. Serves 6-8.

Bernard Sturtz
Ruleme Center

C HILI

2 lbs. ground chuck

2 lg. cans diced tomatoes (Hunts or Contadina)

2 (12-14 oz.) cans light kidney beans, undrained

2 lg. onions (not huge)

2 pkg. chili mix

*or: 1 pkg. taco mix
chili mix*

Brown ground chuck, breaking it into smaller pieces. Drain off grease. Chop onions and cook in melted butter until soft. Add to meat. Add diced tomatoes and liquid, 2 cans of kidney beans and 2 kidney bean cans of water, 2 pkg. of seasoning. Mix well. Cook for approximately 30 minutes.

Note: For thinner chili, you can add either a small can of tomato juice or V-8 juice.

Dorothy Simmons
Bayview Center

C HILI MEATLOAF

1 c. tomato sauce, divided
3 T. splenda, divided
1 lb. extra lean ground beef or turkey
¼ c. Italian seasoned bread crumbs
2 tsp. yellow mustard

1 T. dried onion flakes
1 T. parsley flakes
½ tsp. salt
1 ½ tsp. chili powder

Spray a 9 x 5" pan with nonstick cooking spray. Preheat oven at 350°. In large bowl, mix together 1/3 c. tomato sauce, onion flakes, parsley and salt. Mix with ground beef. Shape into log pan. Mix last 3 ingredients and pour over loaf. Bake 55 - 60 minutes. Serves 6.

Raymond Gaereminck
Highlands Lake Center

MY OWN CHILI VEAL

6 oz. ground veal

1 pkt. sweetner

1 med. onion, minced

¼ tsp. caraway seeds

1 c. tomato juice

chili seasoning

2/3 c cooked macaroni

Brown ground veal. Remove excess grease with paper towel. Add remaining ingredients and cook for 20 minutes. Season to taste.

Note: This makes one individual serving. Lean ground beef may be substituted. Increase the amount according to serving preference. Sometimes I add one tablespoon of sugar to cut tomato juice.

Charles Ken Kurtz
Indian River Center

OLIVE GREEN'S HAM LOAF

2 lbs. ground turkey
1 lb. turkey ham, ground
Celery
Onion
4 eggs
Milk
2-3 handfuls of crushed Total cereal
2 tsp. salt
Pepper, to taste

Sauce:
1 c. brown sugar
½ c. ketchup
2 T. mustard

Mix together all ingredients in first column and bake at 350° for 45 minutes to 1 hour. Stir together all ingredients in second column. Spread on top of loaf the last 10 minutes of cooking.

Note: Unusual....tastes like ham. You may need your butcher to ground the ham. You can fool your guests with this one.

Thelma Cook
Ruleme Center

MEAD'S HAMBURGERS

2 lbs. ground beef
*1-2 tsp. onion juice**
*1-2 tsp. garlic juice**

½ c. grated cheese
1-2 tsp. salt
1-2 tsp. pepper

Mix all ingredients together. Form patties and grill to desired doneness.

Note: Onion and garlic juice can be found in the spice section of your local supermarket.

William Arthur Mead
Highland's Lake Center

HAMBURGER STROGANOFF

<i>½ c. onion, minced</i>	<i>½ tsp. salt</i>
<i>2 T. canola/vegetable oil</i>	<i>1/8 tsp. black pepper</i>
<i>1 lb. lean ground beef</i>	<i>2 T. all-purpose flour</i>
<i>2-4 oz. can sliced mushrooms</i>	<i>2 T. dried parsley</i>
<i>1 (10-oz.) can cream of chicken soup, undiluted</i>	<i>¾ c. sour cream</i>
	<i>hot noodles, cooked</i>

Sauté onion in oil over medium heat; add meat and cook until brown. Add flour, salt, pepper and mushrooms. Cook 5 minutes. Add soup and simmer, uncovered for 10 minutes. Stir in sour cream and heat through, but do not boil. Sprinkle with parsley and served over noodles.

Leona Colby
Bridgeview Center

MEXICAN SKILLET DINNER

2 c. uncooked elbow macaroni
6 c. boiling water
2 tsp. salt
1 lb. pork sausage meat
1 c. chopped onions
1 c. chopped green peppers

1 can tomatoes
2 T. sugar
1 tsp. chili powder
1 pt. sour cream
1 tsp. salt

Cook macaroni in boiling water with 2 tsp. salt until tender. Drain. Meanwhile, brown pork sausage, drain off fat. Add cooked macaroni and remaining ingredients except sour cream. Simmer covered for 20 minutes. Stir in sour cream. Simmer 5 minutes longer. Do not boil. Serves 8.

Ken Kurtz
Indian River Center

S PANISH OMELET & HOME FRIES

1 lg. green bell pepper, diced
1 sm. onion, diced
1 lg. potato, cubed

2 eggs
salt & pepper, to taste
1 T. cooking oil or butter

In large bowl, mix together eggs, peppers, and onions. Melt 1 tablespoon of butter or olive oil in small omelet pan. Ladle ½ of the mixture into the pan. Fry egg mixture lightly on both sides. Remove to dinner plate. Meanwhile, cut potatoes into cubes; boil and drain. Put in pepper and egg pan. Add a little more oil if necessary and sauté until browned. Season potatoes with salt and pepper as desired. Makes 2 small omelets.

Note: This recipe serves one person. You can adjust recipe per number of people you are serving and size of skillet you are using. Instead of dividing egg mixture and cooking omelet in two batches, you can use all of the egg mixture for a large skillet, if desired to make one large omelet.

Ann Fallon
Bridgeview Center

PORK CHOP/STEAK PARMESAN

Pork chops or steak
Tomato paste

Grated cheeses
Salt & pepper, to taste

Wash chops and season to taste. Bake chops or steaks to desired doneness. Remove from oven when done. Spread a thin layer of tomato paste on top of chops and sprinkle grated cheeses of your choice on top. Place back in oven until cheese is melted.

Note: Um, um, good.

Phyllis C. Taylor
Island Lake Center

MEAD'S RUMP ROAST ROLLS W/ MUSHROOM GRAVY

Rump Roast Rolls:

1 boneless round rump roast (sliced as thin as bologna)

1 lb. bacon

1 med. onion, sliced

Toothpicks

Preheat oven to 350°. Fry bacon just long enough to release grease. Drain. Layer 1 piece of bacon on 1 slice of roast, then, add a slice of onion. Roll up and secure with a toothpick. Brown in oven until formed (when removing toothpick, meat should stay rolled up).

Mushroom Gravy

1 can broiled and buttered mushrooms, minced (do not drain)

1 sm. onion, diced

2 tsp. all purpose flour

1 tsp. butter

Melt butter in frying pan. Add flour and brown. When the flour begins to brown, add mushrooms with juice and onion.

Once meat is browned and set, top with gravy. Enjoy!
Serves 4-6.

William Arthur Mead
Highlands Lake Center

ANN'S MOM'S SPAGHETTI SAUCE

<i>½ c. onion, sliced</i>	<i>3 oz. canned mushrooms</i>
<i>2 T. olive oil</i>	<i>¼ c. parsley, chopped</i>
<i>1 lb. ground beef</i>	<i>1 ½ tsp. oregano or sage</i>
<i>2 cloves garlic, minced</i>	<i>1 tsp. salt</i>
<i>4 c. canned tomatoes</i>	<i>½ tsp. monosodium glutamate</i>
<i>16 oz. seasoned tomato sauce</i>	<i>1/8 tsp. pepper</i>
<i>1 c. water</i>	<i>1 bay leaf</i>

Mix all ingredients in a sauce pan. Simmer on low for 4 hours. Serve over pasta.

Note: So good!!!! Great spaghetti sauce.

Joyce Karolyi
Bridgeview Center

MEAD'S COUNTRY FRIED STEAK W/ MUSHROOM GRAVY

1 boneless rump roast, sliced ¼ inch thick
All purpose flour
Salt & pepper, to taste

Season steak with salt and pepper. Dredge steak in flour and shake off excess. Fry until desired doneness.

Mushroom gravy:
1 can broiled and buttered mushrooms, minced-do not drain
1 sm. onion, diced
2 tsp. all purpose flour
1 tsp. butter

Melt butter in frying pan. Add flour and brown. Once flour begins to brown, add mushrooms with the juice and onion. Top steak with gravy and enjoy! Serves 6.

William Arthur Mead
Highlands Lake Center

TUNA BURGER

16 oz. tuna

8 oz. shredded cheese

1/3 c. onion, chopped

1/4 c. pickle relish

2 tsp. prepared mustard

1 can cut green string beans

3/4 c. or 12 T. diet oleo

Mix ingredients together and put on rolls. Wrap in aluminum foil. Bake at 375 for 20 minutes.

Note: This recipe fills 8 rolls. Filling can be made ahead of time and frozen separately. Can put in rolls when ready to bake.

Ken Kurtz
Indian River Center

WILHEMINE KLOTZ'S CALIFORNIA STEAK

3 lb. ground beef

1 c. milk

1 c. dry bread crumbs

diced onions

diced celery

diced bell pepper

Mix all ingredients and press into cookie sheet $\frac{1}{2}$ " thick. Cut into squares, dust in flour and brown in skillet. Place in baking dish and cover with 1 can diluted mushroom soup. Cover and bake at 350° for 1 hour.

Note: This is a good company recipe- easy and delicious.

Thelma Cook
Ruleme Center

BREADS AND ROLLS

Creative Cooking

FROM
Highlands Lake Center



Diversity in Food

Sharing is Caring

**Graphics by
Jean Kecskes
former customer
Highlands Lake Center**

Jean Kecskes

BANANA BREAD

3 ripe bananas

1 c. sugar

1 T. water

2 eggs, beaten

2 ½ c. Bisquick mix

Preheat oven to 350°. Mash bananas. Mix in sugar and water. Add 2 eggs and bisquick. Mix thoroughly. Bake in 8.5 x 4.5 x 2.5" tin or 2 small tins for 50-60 minutes until light brown.

Note: This recipe was given to me in 1964 by Lucille Saunders, Chairman of the Board at east Rochester Public Library in N.Y. State. I have used it all these years for bake sales, church buffets, etc. The staff at Coquina Center have enjoyed it, too, as a treat and even purchasing it at their sales. "We" have been around a long time!

Harold Menick
Coquina Center

CARROT CURRENT BRAN MUFFINS

2 c. unprocessed wheat bran or high-fiber cereal w/ natural wheat bran
i.e. All-Bran cereal

1½ c. whole wheat flour

1 tsp. baking powder

1 tsp. ground cinnamon

2/3 c. packed brown sugar

2/3 c. vegetable oil

¼ tsp salt

2 eggs

2 c. buttermilk

1 ½ c. shredded carrots

1 c. currents or raisins (any dried
and/or frozen fruit)

1 or 1½ c. nuts

Combine bran or high-fiber cereal, flour, baking powder, baking soda, cinnamon, and salt in medium bowl; Stir until thoroughly mixed. Next, combine brown sugar, oil and eggs in a large bowl. Whisk until well mixed. Whisk in buttermilk. Stir in bran mixture. Add carrots and currents. Stir just until combined.

Spray muffin cups with nonstick vegetable spray. Spoon batter into cups, dividing evenly. Bake on center rack of oven for 25 to 30 minutes, or until tester comes out clean. Let cool on rack for about 5 minutes. Then, turn out of muffin pan and let cool completely.

Note: Kline says these muffins are a "world away from the cake-like muffins found in many coffee shops." These muffins freeze well. Figure out how many you want for breakfast and take them from the freezer before going to bed. Pack them frozen in the lunch box and they will be thawed and ready to eat by noon.

Bill's substitutes: In place of currents or raisins, I have had good results with dates and prunes. I have used oatmeal when short on All-Bran. One cup chopped nuts also add another dimension with no ill effects. Two 5 x 9 loaf pans will need several extra minutes in oven. Two 8 x 8 cake pans also work well with some extra time in oven. Unprocessed wheat bran yields a thicker batter.

*This recipe is from the Lakeland Ledger. Date unknown.

Frances Brisbin
Highlands Lake Center

CHEESE BISCUITS

2 c. bisquick mix

2/3 c. milk

3/4 c. shredded cheddar cheese

Topping:

1/4 c. melted butter

1/4 tsp. garlic powder

Mix all ingredients in first column into soft dough. Drop by the teaspoon full onto an ungreased pan. Bake at 450 for 8 - 10 minutes or until golden brown.

Mix topping ingredients and brush over warm biscuits. Makes 10-12.

Emily Doughten
Ruleme Place

AUNT MABEL WHITNEY'S ICE BOX ROLLS

1 c. boiling water

1 c. cold water

½ c. oleo

1 cake compressed yeast

½ c sugar

½ c. lukewarm water

2 eggs

flour

2 ½ tsp. salt

Dissolve yeast in lukewarm water. Put boiling water and oleo in bowl and stir until lard is melted. Add salt, sugar, well-beaten eggs, and cold water. Add the dissolved yeast and stir well. Add enough flour to make a stiff dough. Put in greased bowl in refrigerator overnight. Form into rolls the next day and raise 1 ½ hours. Bake at 375° for 20 minutes or until done.

Note: No kneading makes this an easy recipe. You can also shape it into a loaf of bread.

Thelma Cook
Ruleme Center

MEXICAN CORNBREAD

3 c. self rising corn meal

1 tsp. salt

1 ½ c. grated cheddar cheese

1 c. oil

1 lg. onion, chopped

1 ½ c. sweet milk

3 eggs, beaten

1 can yellow cream corn

2 jalapeno peppers

Mix all ingredients in a bowl. Pour into 2 hot cast iron skillets with a little oil in them. Bake at 400° for 30 minutes.

Dorothy Stinson
Highlands Lake Center

MORNIN' TIME MUFFINS

½ c. melted butter
1 c. sugar
2 eggs
1 tsp. baking soda
½ c. plain yogurt

2 c. sifted all purpose flour
grated zest of 1 lemon
1 c. fresh blueberries dusted
w/flour

Preheat oven to 375°. Mix the melted butter, sugar, and eggs in a large mixing bowl, then stir in yogurt. Combine baking soda, flour, lemon zest and stir into mixture. Finally, using a few stiff strokes, add the blueberries. In large muffin pan, divide batter amongst the 12 cups and fill to top. Bake for 25 minutes.

Note: You may grease the muffin pan or line with paper cups.

Marie Bloomquist
Bridgeview Center

PUMPKIN MUFFINS

1/3 c. uncooked oatmeal

1/2 c. pumpkin

1/3 c. nonfat powdered milk

2 tsp. brown sugar

1 egg

1/2 tsp. baking powder

1/3 tsp. baking soda

3 T. water

1 1/2 tsp. cinnamon

2 T. raisins

Preheat oven to 250°. Spray muffin pan with nonstick cooking spray. Mix all ingredients in a bowl. Spoon mixture into muffin tins and bake for 25-30 minutes.

Ken Kurtz
Indian River Center

SWEET POTATO BISCUITS

<i>1 ½ lb. sweet potato (2 c.), canned is fine</i>	<i>2 tsp. salt</i>
<i>4 c. all purpose flour</i>	<i>1 tsp. baking soda</i>
<i>½ c. sugar</i>	<i>1 c. (2 sticks) unsalted butter, melted</i>
<i>2 T. baking powder</i>	<i>1 1/3 c. buttermilk</i>

Preheat oven to 400°. Bake sweet potatoes. Cool. Remove skins and mash. You should have 2 cups. Reduce oven to 375°. Whisk or sift together flour, sugar, baking powder, and baking soda. Combine sweet potatoes and melted butter. Add to dry mixture in center. Mix well. Slowly add buttermilk and combine until soft dough forms. Turn out onto well floured board (dough will be sticky). Pat or roll to 1 inch thickness using floured 2 ½" biscuit cutter. Cut out biscuits. Transfer with spatula to ungreased baking sheet. Bake 26 minutes or until lightly golden on bottom. Serve or let cool on wire rack and freeze. Yields 24 biscuits.

Note: Can freeze up to 2 weeks. To serve, bake at 350° for 16 minutes or until hot and crusty.

Doris King
Highlands Lake Center

DESSERTS

TRIED AND TRUE



Graphics by John Rowe, Dietary department, Ruleme Center

APPLESAUCE SQUARES

4 pkgs. (3-oz.) sugar free gelatin, or any flavor
4 c. boiling water
2 c. cold water
1 jar (46 oz.) unsweetened applesauce
Whipped topping

In a bowl, dissolve the gelatin and applesauce in boiling water. Add cold water. Pour into 13 x 9 x 2" dish coated with nonstick cooking spray. Refrigerate for 8 hours or overnight. Cut into squares. Top with whipped topping.

Raymond Gaereminck
Highlands Lake Center

BANANA SPLIT CAKE

2 c. graham cracker crumbs
1 stick margarine

Combine melted butter with crumbs and pat into bottom of 9 x 13 x 2 pan.

Filling:

<i>2 c. powdered sugar</i>	<i>2 c. crushed pineapple</i>
<i>2 sticks margarine</i>	<i>2-3 bananas</i>
<i>2 eggs</i>	<i>1 sm. tub cool whip</i>
<i>1 tsp. vanilla</i>	<i>½ c. pecans or choice</i>

Blend sugar, margarine, eggs, and vanilla in bowl. Mix for 15 minutes. (If you mix for less than 15 minutes, you will have a sugar taste to the filling). Pour evenly onto crust. Let cool in refrigerator for 30 minutes.

Layer with bananas and then the pineapples. Spread cool whip over pineapple evenly to cover pineapple. Chop nuts and spread evenly over cool whip. Cool at least 2 hours or overnight.

Alice Cross, Award Winning Volunteer
Highlands Lake Center

CHERRY CHOCOLATE CAKE

1 pkg. chocolate cake mix

2 eggs

1 can cherry pie filling

¼ c. water

Preheat oven to 350°. Mix above ingredients well.
Put in a 9 x 13" pan. Bake for 40 minutes. Enjoy.

Clarence McIntosh
Highlands Lake Center

COCONUT CAKE

1 box yellow cake mix

1 can cream of coconut

1 can sweetened condensed milk

1 tub of cool whip

1 lg. pkg. grated coconut

Mix yellow cake mix per instructions. Put into 9 x 13" pan and bake. In separate bowl, mix together cream of coconut and 1 can of sweetened condensed milk. When cake is done, poke rows of holes in cake with wooden spoon handle and pour the coconut mixture over cake. Let cool. Spread cool whip on cake and top with coconut. Cover and refrigerate 6 hours or overnight.

Emily Doughten
Ruleme Place

FRESH COCONUT CAKE

1 box Duncan Hines butter cake mix
2 pkg. fresh frozen coconut

Frosting:
2 c. granulated sugar
12 oz. sour cream

Bake cake mix according to box directions- in 3 layers. Mix sour cream and sugar until sugar is no longer grainy. Add 2 pkg. of coconut. Spread on layers after cake has cooled.

Willie Geohagan, Volunteer
Highlands Lake Center

DUMP CAKE

1 can cherry pie filling

2 sticks oleo- cut up

1 (20-oz.) can crushed pineapple with juice

1 c. coconut

1 yellow cake mix

1 c. walnuts

Mix all ingredients together and dump in 9 x 13" pan.
Bake at 350° for 1 hour.

Lyndon Fox
Ruleme Center

NEW YORK CHEESECAKE

Graham Cracker Crust:

<i>1 c. graham cracker crumbs</i>	<i>1 tsp. cinnamon</i>
<i>¼ c. granulated sugar</i>	<i>4 T. melted butter</i>

Cheesecake Filling:

<i>1 ½ lb. cream cheese, softened</i>	<i>1 tsp. grated orange peel (optional)</i>
<i>1 c. granulated sugar</i>	<i>1 tsp. pure vanilla extract</i>
<i>2 T. all purpose flour</i>	<i>4 lg. eggs</i>
<i>1 tsp. grated lemon peel (optional)</i>	<i>2 T. heavy cream or half-n-half</i>

Preheat oven to 375°. In a bowl, mix together crumbs, sugar, and cinnamon. Add the butter and mix well. Press evenly into the bottom and slightly up the sides of a 9" springform pan. Bake until golden about 8 minutes. Remove from oven and cool before filling. In a large bowl, beat the cream cheese until creamy and smooth. Add the sugar a few tablespoons at a time. When incorporated, add the flour, lemon and orange peels, and vanilla extract. Add the eggs and heavy cream, beating on low, spread just until combined, scraping down the sides of bowl to incorporate all the ingredients.

Pour batter into prepared pan and bake in middle of oven until set, but the center is still slightly soft (not wobbly) about 55 minutes - 1 hour and 10 minutes. Remove from oven, loosen the outer ring and let cool in pan on wire rack. Loosely cover cake and refrigerate for 6 hours.

Marie Bedford Foy
Coquina Center

LEMON DESSERT

1st Layer:

1 c. flour

1/3 c. chopped pecans

1 stick melted margarine

Press into 9 x 13" dish, bake at 350° for 13 minutes. Cool.

2nd Layer:

1 c. powdered sugar

1 (8- oz.) cream cheese

1 c. cool whip (from lg. tub of cool whip)

Spread over 1st layer.

3rd Layer:

2 sm. pkg. instant lemon pudding

remaining cool whip

toasted coconut

Mix pudding and milk together. Spread over 2nd layer. Cover with the rest of the cool whip. Sprinkle with toasted coconut.

Clarence McIntosh
Highlands Lake Center

PERSIMMON CAKE

2 ½ c. sugar

1 ½ c. shortening

3 eggs

2 ½ c. flour

2 c. raisins or dates

Pinch of salt

3 tsp. cinnamon

2 tsp. allspice

1 tsp. cloves

2 tsp. baking soda

2 c. persimmons

nuts, if desired

Mix sugar and shortening together. Add eggs and the dry ingredients. Add fruit and nuts, then persimmons. Bake at 350° for 1 ½ - 2 hours in loaves.

Doritha Barriger
Highlands Lake Center

PERSIMMON PUDDING

2 c. persimmons

2 c. milk

1 tsp. vanilla

1 ¾ c. sugar

3 eggs

1 stick margarine

2 ½ c. plain flour

1 tsp. baking soda

1 tsp. baking powder

1 T. cinnamon

Mix margarine, sugar and eggs until creamy. Add dry ingredients, milk, pulp and vanilla. Mix well. Pour into a 9 x 13" baking pan and bake at 325° for 1 hour.

Anna Copenhauer
Bayview Center

SUGAR COOKIES

2 c. sugar

¼ lb. real butter

2 eggs

3 c. flour

Mix together sugar, butter and eggs. Slowly add flour until incorporated. Refrigerate 20 minutes. Drop onto greased cookie sheet. Bake at 350° for 10 minutes. Watch closely. Cookies will be golden.

Note: These cookies freeze well.

Emily Doughten
Ruleme Place

SWEDISH NUTS

1lb. nuts
1 c. sugar
dash of salt

2 egg whites, beaten stiff
¼ lb. margarine

Toast nuts in slow 275° oven for about 10 minutes, until just brown. Meanwhile, beat egg whites until stiff. Fold in salt and sugar. Beat into peaks. Fold in nuts. Melt margarine on small cookie sheet. Spread nut mixture over margarine. Bake at 350° for 30 minutes on middle rack. Stir with fork 2-3 times. Watch closely. Store in a container.

Emily Doughten
Ruleme Place