

Quad City Quarantine Cookbook

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Quarantine
Cookbook*

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INTRODUCTION

When we celebrated the new year of 2020, we did not expect a worldwide pandemic to arrive at our front door in just two short months. Here in the Quad Cities, we adjusted our everyday errands and daily activities to protect ourselves from the COVID-19 virus. These adaptations to our daily lives included quarantining our families, completing schooling online, limiting grocery trips and non-essential errands, and choosing either delivery or curbside meal pick-up.

One of the larger impacts was the closing of restaurant dine-in seating. By necessity, many Quad Citians sharpened or rediscovered their kitchen skills. People found new hobbies, such as learning how to bake bread, or finding recipes to use up pantry staples. Suddenly, being stuck at home wasn't such a bad thing. Our community cooked and baked their days away, producing wonderful dishes to be passed down for generations to come. The Quad City area is home to a variety of home chefs and bakers, and the COVID-19 quarantine gave families the time to spend together, learn new recipes, and hone their cooking skills.

This historically-significant pandemic has our community working together to keep one another safe. Quad City public libraries responded by bringing programming and digital services into the homes of their patrons to supply the entertainment and education they needed for their families. To mark this historic time, the Rock Island Public Library teamed up with other public libraries to create this Quad City Quarantine Cookbook. The contents are filled with submitted recipes from library patrons all over the Quad Cities, showing us the recipes families made and loved during the COVID-19 pandemic.

We'd like to thank you all for participating in this project. We hope it brings your families something delicious to look forward to.

Rock Island Public Library

APPRECIATION

We'd like to thank all our recipe contributors for their submissions to this cookbook. Your hard work and dedication are appreciated by many in our community for bringing something delicious to our tables. We'd also like to thank the following Quad-City area libraries for their participation in this project and working with their individual communities throughout this historically-significant time:

- Bettendorf Public Library
- Colona Public Library
- Cordova Public Library
- Davenport Public Library
- East Moline Public Library
- LeClaire Public Library
- Silvis Public Library

PART I

SNACKS & APPETIZERS

BACON JALAPENO POPPER WONTON CUPS

The Buckrop family, Rock Island, IL

Source: Karen @ The Tasty Bite

Ingredients:

cooking spray

12 wonton wrappers

4 ounces cream cheese, softened

1/3 cup sour cream

4 fresh jalapeno peppers, seeded and diced

1 cup cheddar cheese, shredded

4 slices cooked bacon, crumbled

Directions:

1. Preheat the oven to 325° F.
2. Spray muffin pan with cooking spray and place one

wonton wrapper in each muffin tin. Bake for 8 minutes until lightly golden.

3. Meanwhile, stir together the remaining ingredients in a bowl, reserving some shredded cheese and bacon for garnish.
4. Spoon filling into each wonton cup, sprinkle with reserved cheese and bacon, and bake for 10-15 minutes until cheese is melted and wonton cups are golden brown. Serve warm.

CHILI CHEESE DIP

Rachel Ippolito, Milan, IL

Ingredients:

1 pkg cream cheese, softened
1 can of chili, no beans
1-1 ½ cups shredded cheddar cheese
extra chili seasonings (if needed)

Directions:

1. Preheat the oven to 350° F.
2. In an 8x8 inch pan, spread the entire block of cream cheese evenly over the bottom of the pan.
3. On top of the cream cheese, spread out the entire can of chili, making sure to completely cover the cream cheese.
4. If you'd like, sprinkle additional seasonings on top of the chili. We used chili powder, garlic powder, and a touch of cayenne.

5. Cover the top with the shredded cheddar cheese, evenly distributing it.
6. Put in the oven for 20-25 minutes, or until the cheese is completely melted.
7. Enjoy with corn chips, tortilla chips, or any other cracker.

CROCKPOT MEATBALLS

Name Withheld, Milan, IL

Ingredients:

- 1 bag of frozen meatballs
- 1 cup grape jelly
- ½ cup BBQ sauce of your choice
- 2 tbsp ketchup

Directions:

1. Combine all the ingredients in a **Crockpot™ or slow cooker**, and stir well so the meatballs are completely covered with sauce.
2. Cook on low for 3 to 4 hours or high for 1 to 2 hours, until the meatballs are completely heated through.
3. Enjoy on a sub roll with some cheddar cheese, or as an appetizer by itself.

CRAB SOUFFLE

Lisa Lockheart, Moline, IL

“This was one of those party pieces that was Mom’s favorite. I found myself feeling nostalgic during our shutdown for old family recipes.”

Ingredients:

6-ounce can crab meat, drained

$\frac{3}{4}$ cup mayonnaise (Mom preferred Hellmann’s® brand)

8 ounces cream cheese, softened

1 egg, beaten

1 tsp onion powder

$\frac{1}{2}$ lemon, squeezed (about 1 tbsp juice)

Directions:

1. Preheat the oven to 350° F. Grease a baking dish (either 7 x 11 inch or 1 Qt Pyrex™ dish)
2. Cream the mayonnaise and cream cheese together.
3. Add in the remaining ingredients and mix.
4. Pour the mixture into the greased baking dish and bake for 30 to 40 minutes.
5. Serve warm or cold on cocktail rye bread or with crackers.

CUCUMBER BITES

Name Withheld, Milan, IL

Ingredients:

cucumbers

dill

cream cheese

Everything Bagel seasoning

Directions:

1. Wash and slice the cucumbers to bite-sized pieces, leaving them circular shaped.
2. Combine the dill and cream cheese to taste.
3. Spread the mixture on top of each cucumber slice and sprinkle the Everything Bagel seasoning over it. Enjoy.

KIM FURROW'S REALLY FINE HORS D'OEUVRES

Lisa Lockheart, Moline, IL

“A friend brought this appetizer to a potluck once, and it’s been an easy favorite of mine ever since. Also a great snack for movie night at home.”

Ingredients:

- 1 pkg wonton skins
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded cheddar cheese
- 1 lb ground sausage
- 1 pkg Hidden Valley® Ranch Original salad dressing mix, prepared according to package
- 4-ounce can black olives
- 4-ounce can chopped mushrooms
- 4-ounce can green chili peppers, optional

Directions:

1. Preheat the oven to 350° F.
2. Brown the sausage in a skillet. Drain fat and pat dry.

3. Combine all ingredients, including prepared ranch dressing.
4. Brush the wonton wrappers lightly with oil. Press into muffin tins and bake until lightly brown.
5. Take the muffin tin of baked wonton wrappers out of oven and fill each cup with the mixture.
6. Bake again until the cheese is melted.

MANGO-JALAPENO SALSA

Name Withheld, Moline, IL

Source: santafeschoolofcooking.com

Ingredients:

- 2 large ripe mangoes
- 1 medium cucumber, cut into quarter-inch dice
- 2 medium red bell peppers, roasted, peeled, seeded and cut into quarter-inch dice
- 1 medium red onion, peeled and cut into quarter-inch dice
- 1/3 cup coarsely chopped fresh cilantro
- 2-3 jalapeno peppers, minced
- fresh lime juice, to taste
- salt to taste

Directions:

1. Peel the mangoes with a small sharp knife. Cut the flesh away from the large pit in two pieces and cut it from the narrow edges of the pit. Dice into quarter-inch pieces.
2. In a medium bowl, combine the diced mango, cucumber, red peppers, red onion, cilantro, jalapenos, lime juice, and

salt. Toss gently but thoroughly.

3. Let salsa stand at room temperature for 20 minutes to allow the flavors to meld. Serve at room temperature or slightly chilled.

PARTY PRETZELS

Kathy Quinn, Davenport, IA

Ingredients:

- 3 large bags of pretzels
- 1 bottle Orville Redenbacher's® Popping and Topping buttery flavored oil
- 2-4 tbsp garlic powder
- 2-4 tbsp dill weed
- 1 double pkg of Hidden Valley® Original Ranch Dressing mix

Directions:

1. Mix all dry ingredients together. Pour half of the pretzels into a 2-gallon Ziploc® bag.
2. Add in half of the dry ingredient mix and shake well.
3. Add in half the oil and turnover the bag several times to coat the pretzels.
4. Repeat the process with the second half of the ingredients in a separate 2-gallon bag.
5. Turn the bags every 20 minutes for a couple of hours, then let set overnight.
6. Pretzels store well in the plastic bags or a sealed storage container.

ROSEMARY WALNUTS

Lisa Lockheart, Moline, IL

"I've made this several times and used it for hostess and holiday gifts. Someday we'll gather again!"

Source: Saramoulton.com

Hands-on Time: 10 minutes

Total Preparation Time: 20 minutes

Yield: 2 cups

Ingredients:

2 ½ tbsp unsalted butter, melted

2 tsp dried rosemary, crumbled

1 tsp salt

½ tsp cayenne pepper

2 cups walnut halves

Cook's Notes

You could substitute any kind of nuts you like for the walnuts, but taste them before you use them in the recipe. Nuts go rancid very quickly at room temperature so make sure yours are fresh and if you don't use them all in this recipe, store the remainder tightly wrapped in the fridge or freezer.

If you want to substitute olive or vegetable oil for the butter that is fine. The nuts will actually keep longer if tossed with oil (but I love the flavor of the butter).

Directions:

1. Preheat the oven to 350° F.
2. Melt 2 ½ tbsp melted unsalted butter with 2 tsp dried

- rosemary, crumbled, 1 tsp salt, and ½ tsp cayenne.
3. Pour this mixture over 2 cups of walnuts, tossing to coat them.
 4. Bake the nuts on a cookie sheet at 350° F for 10 minutes.

TEXAS CAVIAR

Name Withheld, Davenport, IL

Ingredients:

1 cup apple cider vinegar

1 cup white sugar

½ cup oil

pepper to taste

Bring the above ingredients to a rolling boil, then set aside to cool.

Mix Together:

1 can shoepeg corn, drained

1 can mixed yellow/white corn, drained

1 can black beans, rinsed & drained

1 can pinto beans, rinsed & drained

1 red, 1 yellow, 1 orange pepper, chopped fine (or whatever colorful combination of bell

peppers you have)

6 small jalapeno peppers, chopped fine (optional)

3 stalks celery, chopped fine

1 large red onion, chopped fine

Directions:

1. Mix all ingredients in a large container with a lid.

2. Pour cooled liquid mixture over all, mix well, and let set overnight in the fridge. Serve with Tostitos™ Scoops.

TOMATILLO-JICAMA AVOCADO SALSA

Name Withheld, Moline, IL

Source: santafeschoolofcooking.com

Notes: Unusual, but very good!

Ingredients:

¾ lb fresh tomatillos (about 8 medium)
1 medium white onion, peeled and chopped
½ – 1 cup jicama, peeled and diced
2 cloves garlic, finely grated
1-2 fresh jalapenos, minced
½ cup coarsely chopped cilantro
1 large ripe avocado
juice from 2-3 limes & zest
salt and sugar, to taste
olive oil, to taste

Directions:

1. Peel and wash the tomatillos. Quarter them and place into the work bowl of a food processor. Pulse to a coarse puree.
2. Place the tomatillos, onion, jicama, garlic, jalapenos, and cilantro in a bowl. Stir to combine.
3. Cut the avocado in half lengthwise, remove the pit, cube the flesh and add to the tomatillos.
4. Season with lime juice, salt and sugar, and a drizzle of

olive oil.

5. Let stand for 15 minutes before tasting and adjusting seasoning.

TOMATO, RAISIN, & RED CHILE SALSA

Name Withheld, Moline, IL

Source: santafeschoolofcooking.com

Ingredients:

1/3 cup golden raisins

8 Roma tomatoes, chopped

1 or 2 serrano peppers, minced

3/4 cup red onion, chopped

1/2 cup cilantro, chopped

1/2 tsp Mexican oregano, powdered

1 – 2 tsp chipotle in adobo

1/4 cup fresh orange juice & zest (juice optional)

2 tbsp lime juice & zest

salt and pepper, to taste

Directions:

1. Chop and combine the first 6 ingredients in a large bowl.
2. Zest 1/2 the orange and 1/2 the lime peel into a separate bowl.
3. Squeeze the juice in and add the chipotle. Blend well and mix into the salsa.
4. Adjust the seasoning with salt and pepper.

VEGETABLE DIP

Denise C. Richardson, Colona, IL

"This is such a great way to have your children enjoy vegetables!"

Ingredients:

8 ounces cream cheese softened to room temperature

½ cup sour cream

1 tsp powdered chicken bouillon

2 tsp dried chives (or fresh)—more, if you like

Directions:

1. Cream together the first 3 ingredients with an electric mixer.
2. Add in the chives at the end.
3. Store in an airtight container overnight for best results and serve with your vegetable tray.

WHITE GAZPACHO SALSA

Name Withheld, Moline, IL

"Unusual, but also good!"

Source: santafeschoolofcooking.com

Ingredients:

3 tbsp unsalted almonds, toasted and coarsely chopped

½ cup scallions or red onion, finely sliced

¼ cup sweet green grapes, chopped

1 cup seedless cucumber, finely cube

1 garlic clove, minced

½ orange, segmented, juiced & zest

1 tbsp fresh chopped mint
2 tbsp fresh chopped cilantro
½ – 1 serrano pepper, minced
1 tbsp honey (optional)
salt and pepper, to taste

Directions:

1. Toast the almonds until they are slightly brown. Coarse chop them a few at a time.
2. Carefully slice the grapes into quarters and cut the cucumber into ¼ inch cubes. Place in a large bowl.
3. Slice the scallion or onion and Microplane® or grate the garlic into the salsa. Add the remaining ingredients and mix well.
4. Season with salt and pepper, and adjust the seasoning to taste.

PART II

BREAKFAST

AVOCADO TOAST

Name Withheld, Milan, IL

Ingredients:

2 slices whole grain bread
butter or margarine
1 ripe avocado
1 egg cooked to preference
salt & pepper
Everything Bagel seasoning

Directions:

1. Toast bread to your preference. Usually a crispier bread will hold the ingredients better.
2. Spread butter or margarine lightly on each piece of toast.
3. Cut the avocado in half lengthwise. Remove the pit and spread each half on a piece of bread.
4. Cut the egg in half and put each half on top of a piece of

bread to make an open faced sandwich.

5. Sprinkle with preferred seasoning, I use salt, pepper, and Everything Bagel seasoning.
6. Enjoy!

BANANA BREAD

Morgan Q, Silvis, IL

“During quarantine I have developed a love for baking. Banana bread is my favorite thing to bake. It holds a special place in my heart because it is the first thing I learned to bake. I have also included carbohydrates since I am a Type 1 diabetic and I find it helpful when they are listed.”

Yield: 1 loaf (22 carbohydrates per slice)

Ingredients:

- 3 ripe bananas
- 3 tbsp chocolate chips (optional)
- 1 ½ cups all-purpose flour
- 1 egg
- 1 tsp baking soda
- 1 tsp vanilla extract
- ¾ cup white granulated sugar
- ⅓ cup butter, melted
- ½ tsp cinnamon
- ¼ tsp salt

Directions:

1. Preheat the oven to 350° F.

2. Mash the bananas.
3. Mix in egg, baking soda, vanilla, sugar, butter, cinnamon, and salt.
4. Mix in the flour.
5. Grease a bread pan.
6. Pour batter into bread pan.
7. Top batter with chocolate chips (optional).
8. Bake for 1 hour.

BANANA CHOCOLATE CHIP BLENDER MUFFINS

Morgan Q, Silvis, IL

“During quarantine I have developed a love for baking. These muffins are really easy to make! They are healthy but taste really good! I have also included carbohydrates since I am a Type 1 diabetic and find it helpful when they are listed.”

Yield: About 12 Muffins (20 carbohydrates per muffin)

Ingredients:

- 2 ripe bananas
- 2 cups rolled oats
- 2 eggs
- 1 cup plain Greek yogurt
- 2 tbsp honey
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp vanilla extract
- ⅛ tsp cinnamon
- ⅛ tsp salt

¼ cup mini chocolate chips

Directions:

1. Preheat the oven to 400° F.
2. Add all ingredients, except the chocolate chips, in a blender.
3. Stir in the chocolate chips.
4. Line muffin tin with cupcake liners.
5. Pour an even amount of batter in each cup (about ¾ full).
6. Bake for 15 minutes.

BASIC STREUSEL COFFEE CAKE WITH BLUEBERRY BUCKLE VARIATION

Lisa Lockheart, Moline, IL

“This recipe, and many others, are from my well-loved copy of “Recipes You Can Bank On.” This was a staff cookbook I helped produce at Davenport Bank and Trust, a former employer. I’ve made all of these recipes many times! **This is one of Mom’s recipes that I submitted. I found myself craving comfort food during the quarantine, and nothing says comfort like Mom’s coffee cake.**”

Ingredients:

Coffee Cake:

¾ cup sugar

¼ cup shortening

1 egg

½ cup milk

1 ½ cup sifted flour
2 tsp baking powder
½ tsp salt

Streusel Topping:

½ cup packed brown sugar
2 tbsp flour
2 tbsp cinnamon
2 tbsp butter or margarine, melted
½ cup chopped nuts

Directions:

1. Mix sugar, shortening, and egg together, stir in milk.
2. Add dry ingredients and mix thoroughly.
3. Put ½ batter in a greased and floured 9 inch square pan.
4. Sprinkle on half the streusel topping mixture.
5. Pour in remaining batter and top with remaining streusel.
6. Bake at 375° F degrees for 25-35 minutes.

Blueberry Buckle variation:

Ingredients for crumb topping:

½ cup sugar
½ cup sifted flour
½ tsp cinnamon
¼ cup softened butter

Directions:

1. Follow the recipe for basic coffee cake except increase the

- amount of flour to 2 cups.
2. Carefully blend in 2 cups of drained blueberries.
 3. Pour batter into greased and floured 9 inch square pan.
 4. Combine the 4 ingredients listed above and sprinkle over the top of the batter.
 5. Bake at 375° F degrees for 45-50 minutes.

BLUEBERRY MUFFINS WITH STREUSEL CRUMB TOPPING

The Buckrop family, Rock Island, IL

Source: Vera Z.- omgchocolatedesserts.com

Prep Time: 20 mins

Cook Time: 20 mins

Yield: 18 muffins

Ingredients:

For the muffins:

2 cups all-purpose flour

3 tsp baking powder

½ tsp salt

2 large eggs (or 3 small)

1 cup granulated sugar

1 cup yogurt

½ cup canola oil

1 tsp vanilla extract

2 ⅓ cup fresh or thawed blueberries, divided (1 cup for batter, 1 ⅓ cup for topping)

1-2 tbsp flour

For the topping:

1 cup all-purpose flour
2/3 cup granulated sugar
1 stick salted butter, melted
1 tsp cinnamon

Directions:

1. Preheat the oven to 400° F degrees and line a standard muffin pan with paper liners and set aside.
2. To make the crumb topping in a small bowl, whisk together flour, sugar and cinnamon. Add melted butter and stir with a fork until crumbly and set aside.
3. To make the muffins in a large bowl stir together flour, baking powder and salt and set aside.
4. In a medium bowl, whisk together eggs and granulated sugar until combined. Whisk in yogurt, oil, and vanilla extract (mixture should be pale and yellow)
5. Fold wet ingredients into dry ingredients and mix everything together by hand.
6. In a small bowl sprinkle 1 cup blueberries with 1-2 tbsp flour and toss them until all blueberries are coated with a thin layer of flour and then fold them really gently in the batter.
7. Spoon batter into prepared muffin tins, filling about 2/3 of each cup. Cover the batter with the remaining blueberries and then cover the blueberries generously with streusel topping.
8. Place them in the oven and reduce the heat at 375° F, bake about 18-20 minutes or until the toothpick inserted in the center comes out clean.
9. Cool for 5 minutes in the pan then remove muffins and cool on a wire rack.

BREAKFAST CASSEROLE

Name Withheld, Moline, IL

“Great way to use dry or slightly stale bread.”

Ingredients:

5 slices bread, cubed

½ lb bulk pork sausage, cooked, drained, and crumbled

¼ cup shredded cheddar cheese

¼ cup shredded Swiss cheese

¼ cup canned mushrooms, drained

3 eggs, beaten

1 cup nonfat milk

salt and pepper, to taste

Directions:

1. Spray an 8×8 inch baking dish with nonstick cooking spray.
2. Arrange layers of bread, sausage, cheese, and mushrooms in a pan.
3. Combine eggs and milk in a small bowl. Pour over the top of the mixture in the baking dish.
4. Refrigerate 8 hours or overnight.
5. Preheat the oven to 350° F.
6. Cover the pan with foil and bake for 45 minutes.

CHEESY HASH BROWN CASSEROLE WITH BACON

Lisa Lockheart, Moline, IL

Ingredients:

½ lb bacon, chopped
½ cup onion, chopped
½ cup peppers, chopped
12 large eggs, beaten
1 cup milk
1 tsp salt
½ tsp pepper
¼ tsp dill weed
16-ounce pkg frozen hash browns
1 cup shredded cheddar cheese

Directions:

1. Preheat the oven to 350° F.
2. Cook the bacon and remove from the pan. Sauté onions and peppers together.
3. Whisk eggs, milk, and seasonings in a separate bowl.
4. Mix bacon, onions, peppers, cheese and hash browns. Add in the egg and milk mixture.
5. Stir to combine all ingredients, pour into a greased 9×13 inch baking dish.
6. Bake uncovered for 35-45 minutes.

EGG CASSEROLE

Kathy Quinn, Davenport, IA

“Here’s my recipes along with my substitutions. I’ve used chopped ham, mild Italian sausage, and even leftover taco flavored ground beef. If you add veggies (frozen spinach well drained, broccoli florets, chopped peppers, mushrooms, etc.), please be sure to dice them in small sizes to blend better in the casserole. It works best to make it the night before and let it meld together overnight. It definitely takes the full 90 minutes to bake because it’s so thick, but it’s worth it! I never have leftovers.”

Source: modified from The Recipe Corner by Karen Wendel, The Observer, DeWitt, Iowa on Wednesday, Dec. 8th, 2010

Ingredients:

8 hash brown potato patties, or 1 pkg shredded hash browns, thawed

8 to 12 ounces meat of choice

assorted vegetables

1 can cream of mushroom soup, or 1 cup sour cream

2 cups milk

2 cups shredded cheddar cheese

1 tsp dry mustard

6 eggs, or 8-9 for more texture

Directions:

1. Line a 9×13 inch greased baking dish with the hash browns.
2. Sprinkle your meats of choice over this along with your choice of vegetables.
3. Mix together the last of the ingredients in a separate bowl. Once combined, pour over the top of the meat/veggie/potato mixture.
4. Refrigerate overnight.
5. Bake uncovered in a preheated oven of 350° F for 1 ½

hours. Serve hot. If you'd like, you can make and bake it without overnight chilling.

HOMEMADE PANCAKES

Denise C. Richardson, Colona, IL

"When in quarantine, you may have run out of pancake mix, but it is so easy to make pancakes from scratch."

Half Batch of Pancakes (or, some say griddlecakes) Serves four people:

Ingredients:

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- 1 tbsp sugar
- 1 egg, well beaten
- 1 cup whole milk
- ⅓ cup melted butter

Directions:

1. Preheat griddle to 375° F.
2. Combine in a small bowl, flour, baking powder, salt, and sugar.
3. Combine beaten egg and whole milk.
4. Stir egg mixture into flour mixture; beat until smooth.
5. Add ⅓ cup melted butter and mix well.
6. Bake on an ungreased griddle, allowing about ¼ cup batter for each pancake; I use a kitchen ladle.

7. When large bubbles appear on the surface and edges are slightly brown, turn and bake until brown on the second side.

Full Batch of Pancakes:

Ingredients:

- 2 cups all-purpose flour
- 3 tsp baking powder
- ½ tsp salt
- 2 tbsp sugar
- 2 eggs, well beaten
- 2 cups milk
- ¼ cup melted butter

Directions:

1. Preheat griddle to 375° F.
2. Combine in a small bowl, flour, baking powder, salt, and sugar.
3. Combine beaten eggs and milk.
4. Stir egg mixture into flour mixture; beat until smooth.
5. Add ¼ cup melted butter and mix well.
6. Bake on an ungreased griddle, allowing about ¼ cup batter for each pancake.
7. When large bubbles appear on the surface and edges are slightly brown, turn and bake until brown on the second side. Makes 12 to 15.

OVERNIGHT OATMEAL

Lisa Lockheart, Moline, IL

Ingredients:

½ cup old-fashioned oatmeal, uncooked (do not use quick oats or rolled oats)

½ cup milk or dairy alternative (oat milk, almond milk, etc.)

pinch of salt

2 tbsp Greek yogurt – plain or your choice of flavor (optional)

fruit of your choice – banana, blueberries, blackberries, strawberries, peaches, etc.

Directions:

1. Combine oats, liquid, salt, and yogurt in a bowl, and refrigerate overnight.
2. Top with fruit before you refrigerate or place fruit on top in the morning. Your choice – I prefer to do all the prep the night before.
3. Add a little honey or maple syrup if you like it sweet. I find it's sweet enough with the fruit. I eat it cold, but you can warm in the microwave a bit if you like.

SAUSAGE AND EGG BREAKFAST BURRITOS, FREEZER MEAL

Lisa Lockheart, Moline, IL

“These freeze really well, I made them at a Hy-Vee Cooking Class before quarantine. Helpful if you want to use freezer meals for a while!”

Source: Skinny Mom's Kitchen

Ingredients:

1 lb ground breakfast sausage
12 eggs
 $\frac{3}{4}$ cup milk
1 cup salsa
1 cup shredded taco cheese
tortillas

Directions:

1. Using a large skillet, brown the sausage and cook until it is done, about 8 minutes. Break into smaller pieces.
2. Combine eggs and milk. Whisk together until blended. Add to the skillet with the sausage. Cook the mixture until the eggs are set, about 5-7 minutes.
3. Add in the salsa and cheese to the sausage and egg mixture. Cook for another 5-7 minutes or until the cheese is melted and eggs are completely cooked.
4. After it is finished cooking, let the mixture cool slightly.
5. Lay a tortilla out flat and then in the center add $\frac{1}{3}$ cup of the mixture and roll up.
6. Wrap each in wax paper and then freeze.
7. Cooking instructions: microwave for 1 - 1 $\frac{1}{2}$ minutes or until heated through.

PART III

MAIN COURSES

BAKED CHICKEN BREASTS

Debra Barnes, Quad-City Area

"I found this recipe on GimmeSomeOven and made it each week during quarantine. They can be used on salads, alone or in tacos. They are delicious. Enjoy!"

Source: GimmeSomeOven

Prep Time: 20 minutes

Cook Time: 15 minutes

Yield: 4 servings

Ingredients:

4 boneless skinless chicken breasts, pounded to even thickness and brined in saltwater (see easy instructions below)

1 tbsp melted butter or olive oil

1 tsp kosher salt

½ tsp freshly-cracked black pepper

½ tsp garlic powder

½ tsp paprika (I prefer smoked paprika)

To Brine the Chicken:

1. To brine your chicken breasts, fill a large bowl with 1 quart of warm water and $\frac{1}{4}$ cup kosher salt. Stir to combine until most of the salt is absorbed.
2. Add the chicken breasts and let them sit in the mixture to brine for 15 minutes. Or you can also cover the bowl and refrigerate for up to 6 hours.
3. Remove the chicken breasts from the brine, rinse them with cold water, then pat them dry with some paper towels (If the chicken breasts you purchased have already been pre-brined in a sodium solution, skip this step).

Directions:

1. Preheat the oven to 450° F.
2. Place the chicken breasts in a single layer in a large baking dish.
3. Brush on both sides evenly with the melted butter or olive oil.
4. In a separate small bowl, whisk the salt, pepper, garlic powder and paprika until combined. Then sprinkle the mixture evenly over the chicken on both sides.
5. Bake for 15-18 minutes, or until the chicken is cooked through and no longer pink. Cooking time will depend on the thickness of the chicken breasts, so I recommend using a cooking thermometer to know exactly when it is fully cooked. The thickest part of the breast should be 165° F. (If you want the chicken to be a little bit browned and crispier on top, you can turn the broiler on high for the final 3-5 minutes and broil the chicken until it is

cooked through and golden on top. Keep a close eye on the chicken so that it does not overcook and/or burn)

6. Once the chicken is cooked, remove the pan from the oven, transfer the chicken to a clean plate, and loosely tent the plate with aluminum foil. Let the chicken rest for at least 5-10 minutes.
7. Serve warm or refrigerate in a sealed container for up to 3 days. Can freeze for up to 3 months.

CHEATERS RISOTTO

Lisa Lockheart, Moline, IL

"I made this one night when I was trying to use pantry items, and I wanted something soft and comforting."

Ingredients:

½ cup pearl (Israeli) couscous (Bob's Red Mill®)

1 bag frozen creamed spinach (I used an Aldi brand)

Stir ins of choice: basil pesto, Parmesan cheese, bacon, etc.

salt and pepper, to taste

Note – Israeli couscous is larger than the regular variety.

Directions:

1. Prepare couscous according to the pasta method. (Large pot of boiling water.) Cook until just tender, even a little al dente.
2. Drain excess water off, return couscous to the same pan. Add a frozen bag of creamed spinach.
3. Stir over low heat until frozen spinach melts into the couscous and pasta is hot.

4. Top with store bought basil pesto, if you have it, or a little Parmesan cheese, or even bacon. Salt and pepper to taste. End result is creamy, like a risotto, but without the work. Serve as a side dish or main dish.

CHICKEN CASSEROLE

Denise C. Richardson, Colona, IL

“Great main dish to bake and reheat in the microwave ... just add a salad and dinner is ready!”

Day before: Buy a medium size whole chicken, wash in cold water, rinse inside, pat dry, drizzle olive oil on chicken (approx. 1 tbsp), salt and pepper. I sprinkle with lemon pepper too. I also chop up an onion and throw it in a roasting pan (or a Dutch oven) with a heavy lid. Bake at 325° F for 2 ½ hours. Cool, pick off bones and place in the refrigerator (covered) overnight.

Ingredients & Prep for Casserole:

⅔ stick of butter

2 tbsp all-purpose flour

1 ¾ cups whole milk

1 tsp salt

1 can Campbell's® Condensed Cream of Chicken soup

12 ounces sharp cheddar cheese, grated

½ medium size onion, diced

2 lb frozen Tater Tots™

approx. 4 cups of cooked, skinned, cubed chicken (or turkey)

9×13 inch Pyrex® glass baking dish, greased and buttered

preheat oven to 325° F

Sauce:

1. Melt $\frac{2}{3}$ stick of butter in a medium size saucepan
2. Add 2 round tbsp of all-purpose flour
3. Cook until well blended (a minute or two)
4. Add 1 $\frac{3}{4}$ cups of whole milk, cook until mixture becomes like gravy
5. Add 1 tsp of salt
6. Add 1 can of Campbell's® Condensed Cream of Chicken soup (just until heated through—only Campbell's® brand)
7. Add diced onions, stir well.

Directions:

1. Take 2 pounds of frozen Tater Tots™ and put into 9×13 inch glass baking dish in one layer (do not thaw— name brand is the best—makes a huge difference).
2. Spread chopped chicken (approx. 3 to 4 cups) over frozen Tater Tots™.
3. Pour the sauce over chicken and Tater Tots™. With a spatula, spread into all cracks.
4. Sprinkle grated cheese over sauce and bake for 55 minutes at 325° F.

CHICKEN SALPICAO (FILIPINO GARLIC CHICKEN)

Rachel Ippolito, Milan, IL

Ingredients:

Marinade:

2-2 $\frac{1}{2}$ lb boneless chicken thighs

½ -¾ cup soy sauce
2 tbsp oyster sauce
1 tsp fish sauce
4 cloves minced garlic
1 tbsp garlic powder
salt and pepper to taste

For cooking:

3 cloves minced garlic
3 tbsp soy sauce
1 tbsp vinegar (white or apple cider vinegar)
2-3 cups sliced fresh mushrooms
pepper to taste

Directions:

1. To marinate chicken, cut the thighs into bite-sized pieces, making sure they are even.
2. Add chicken and the rest of the marinade ingredients to a large freezer bag and massage so chicken is completely covered.
3. Lay the bag in the fridge and let sit for 8-24 hours.
4. Heat some oil or butter in a large skillet on medium-high heat. Once the oil is hot, add the minced garlic and cook until it starts to brown. Add the chicken and juices from the marinade bag.
5. Cook the chicken for a few minutes, then add the soy sauce, vinegar, and pepper if needed. If you like it more saucy, add more soy sauce and vinegar. As you cook, the sharp flavor will even out.
6. Once the chicken is almost cooked, add the sliced mushrooms and cook thoroughly. Reduce the heat to low and let simmer for about 10 minutes, letting the sauce

thicken and cling to the chicken and mushrooms.

7. Serve over white rice or rice noodles.

CHICKEN TETRAZZINI

Rachel Ippolito, Milan, IL

Ingredients:

- 4 large cooked chicken breasts or the equivalent in rotisserie chicken (shredded)
- 2 tbsp of melted butter
- 2 cans of condensed cream of chicken soup (or 1 can of cream of chicken and 1 can of cream of mushroom)
- 2 cups of sour cream
- salt and pepper
- garlic powder
- dried Italian seasoning
- ¼ cup Parmesan cheese, shredded
- 2 cups mozzarella cheese, shredded
- 16 ounces thin spaghetti noodles (or other pasta of choice)

Directions:

1. Preheat the oven to 325° F.
2. Boil the spaghetti noodles until they are al dente. Drain and set aside.
3. In a large bowl, combine the shredded chicken with the melted butter, 2 cans of cream of chicken soup, and 2 cups of sour cream.
4. Add salt, pepper, garlic powder, and Italian seasonings to taste. Mix well.

5. Slowly combine the cooked spaghetti into the mixture until all the pasta is incorporated.
6. Grease a large 9×13 inch baking dish with butter or nonstick cooking spray.
7. Add the pasta and chicken mixture to the dish, spreading it evenly.
8. Top with both the Parmesan and mozzarella cheeses.
9. Cover the dish with foil and bake at 325° F for 45 minutes.
10. Remove the foil and bake uncovered for an additional 10-15 minutes.
11. Slice and enjoy!

CREAM CHICKEN OVER TOAST

Amy Sisul, East Moline, IL

“We were getting down in our food supplies, but did not want to order groceries quite yet, so taking inventory of what we had, I remembered an old favorite. When we sat down to this for dinner, my husband had immediate happy memories of having it as a child and loved it. It’s simple and quick and one of those recipes I usually don’t like as it is not exact measurements.”

Ingredients:

1 can of chicken

1 cup milk

1 cup of chicken bouillon (stock can be used)

pat of butter

¼ cup approx. of flour

Toast (for serving)

Directions:

1. Pour milk, broth and flour in a sealed container and shake until mixed.
2. Pour mixture and rest of ingredients in a saucepan and heat ingredients on the stove, stirring to ensure the mixture doesn't stick to the bottom of the pan.
3. Serve over toast.

MAMA SCHMIDT'S MEATLOAF

Becca Schmidt, Rock Island, IL

Ingredients:

- 2 lb hamburger
- 1 cup quick oats
- 2 tbsp dried onion or 1 small onion
- 8-ounce can tomato sauce
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Preheat the oven to 350° F.
2. Combine all ingredients above and press into a baking dish or loaf pan.
3. Bake for 30 minutes, drain excess grease off.

Sauce:

Ingredients:

- 8-ounce can tomato sauce

½ cup ketchup
½ cup brown sugar
1 tbsp vinegar
2 tbsp mustard

Directions:

1. Stir together all sauce ingredients in a bowl.
2. Pour the sauce over half-baked meatloaf (already cooked 30 minutes and drained of grease)
3. Cook the meatloaf for an additional 30 minutes. Enjoy!

NINA'S VEGGIE PIZZA

Karrah Kuykendall, Moline, IL

Ingredients:

2 8-ounce tubes of crescent rolls
12 ounces room-temperature cream cheese (1½ blocks)
1 pkg ranch dressing mix
1 ½ cups finely chopped broccoli
1 ½ cups finely chopped cauliflower
1 cup finely chopped carrot
1 cup finely chopped red bell pepper
⅓ cup bacon bits
½ cup shredded cheddar cheese

Directions:

1. Preheat the oven to 375° F.
2. Using a large 15×10 inch baking pan, unroll dough into a flat sheet. Pinch together any perforated parts. Bake for

- 14-17 minutes, or until golden brown. Let cool completely.
3. While baking, mix together the cream cheese with ranch dressing mix.
 4. Finely chop broccoli, cauliflower, carrot, and pepper into uniform-sized pieces.
 5. After letting the crust cool completely, spread the cream cheese mixture across the crust. Top with chopped vegetables, bacon bits, and shredded cheese. Serve immediately or cover and place covered in the fridge to be cut and served later.

ONE POT OLIVE GARDEN® ZUPPA TOSCANA SOUP

The Buckrop family, Rock Island, IL

Source: Trish- Mom on Timeout

Prep Time: 5 mins

Cook Time: 40 mins

Total: 45 mins

Ingredients:

16 ounces spicy Italian sausage

8 slices of bacon

½ large onion, diced

2-4 cloves garlic, minced

28 ounces low-sodium chicken broth

3 cups water

5 medium russet potatoes, thinly sliced

1 tsp crushed red pepper flake (optional)

salt and pepper (optional)

4 cups chopped kale

1 cup heavy whipping cream
Parmesan cheese

Directions:

1. Brown sausage in a large pot or Dutch oven.
2. Remove sausage with a slotted spoon and set aside.
3. Cut bacon into small pieces.
4. Add bacon and cook until crispy.
5. Stir in chopped onion. Cook for 5 to 6 minutes or until the onion is translucent.
6. Stir in minced garlic and cook for 1 minute, stirring frequently.
7. Add chicken broth and water to the pot. Add crushed red pepper flakes, salt, and pepper if desired.
8. Add thinly sliced potatoes and the cooked sausage to the pot and bring to a simmer over medium heat.
9. Continue cooking until potatoes are tender, about 10 minutes.
10. Add the kale to the soup, and simmer for an additional 5 to 10 minutes, stirring occasionally.
11. Stir in the heavy cream and let heat through.
12. Ladle soup into bowls and serve with Parmesan cheese.

PIZZA CASSEROLE

Angela Campbell, Rock Island, IL

Ingredients:

1 lb of ground beef
1 jar or can of your favorite pasta sauce
7-8 ounce box of macaroni noodles
garlic, to taste
Italian seasonings, to taste
red pepper flakes (optional)
your favorite pizza toppings (veggies, cheese, meats, anything really!)

Directions:

1. Preheat the oven to 400° F.
2. In a skillet, brown the ground beef until cooked through. Drain the grease.
3. Add in your favorite pasta sauce, adding just enough so the mixture is wet, but not soupy.
4. Add your garlic, Italian seasoning, and red pepper flakes.
5. Simmer on a low heat. While doing this, cook your noodles to al dente.
6. Add the cooked noodles to the bottom of a buttered casserole dish, usually a 9×13 inch pan.
7. Mix the ground beef/sauce mixture in with the noodles, directly in the baking dish.
8. Here comes the best part- Top with your favorite pizza toppings to the mix and stir. I am a simple pepperoni person, so I add a layer of pepperoni to the top, then push that layer down into the noodles. Then I add another layer of pepperoni and leave it on top of the noodles.
9. When you're done adding your favorite pizza toppings, add a sprinkle of Parmesan cheese on top of your mixture.

10. Next, add your favorite types of shredded cheeses. I add a mixture of jalapeno cheese and mozzarella, covering the top as if it were a pizza. Then I sprinkle a little oregano on the top of this cheese.
11. Bake in a 400° F oven until the cheese is golden brown, usually around 20 minutes. Let it cool for about 5 minutes before digging in. Enjoy!

ROASTED CORNISH GAME HEN AND POTATOES

Name Withheld, Milan, IL

Ingredients:

2 Cornish game hens, defrosted
½ cup (1 stick) of cold unsalted butter
4-5 cups of potatoes, cut for roasting
olive oil
salt and pepper
garlic powder
rosemary
thyme
other Italian seasonings (optional)

Directions:

1. Preheat the oven to 375° F and cover a roasting pan with non-stick spray or butter.
2. Cut up the stick of butter into smaller pieces. With a sharp knife, make insertions between the skin and meat of the hens. Make sure you make slits near the breasts and legs as well. Push the pieces of cold butter under the skin, making sure they are secure.

3. Lightly cover the hens with olive oil and season to taste with the listed ingredients. Set aside.
4. In a separate bowl, add the potatoes, a light pour of olive oil, and the seasonings to taste. Toss the potatoes to ensure they are evenly coated.
5. Lay the potatoes evenly in the pan and put the Cornish game hens on top. As they cook, the fat will coat the potatoes for additional flavor.
6. Bake at 375° F until the hens are cooked, juices run clear, or the thigh reaches an internal temperature of 165° F. This takes about 1 hour. Enjoy!

SALMON AND VEGGIE BAKE

Danielle Roman, Rock Island, IL

"I love this dish because I can cook everything in one baking dish, veggies and all. It is a crowd pleaser and is almost impossible to overbake the salmon. Please adapt this recipe to your preferences. If you don't like a vegetable or ingredient in this recipe or don't have it on hand, just skip it! If you want to try a different vegetable in here, go for it! I recommend an enamel covered baking dish or other casserole dish, a metal sheet pan will likely overcook your salmon."

Ingredients:

4-8 salmon fillets

1 ½ – 2 cups potatoes, cut into 1-inch chunks

2 cups broccoli, cut into bite-size pieces

½ cup Brussels sprouts, quartered

½ cup dry white wine

2-3 lemons, sliced into thin wheels

2-4 tbsp butter

2 tbsp capers

2 cloves garlic, minced very fine

handful of any fresh herbs you prefer, I recommend a combination of dill, parsley and thyme, but use anything you like!

Dried herbs can also be used, just adjust accordingly.

a good handful of sturdy greens (spinach, kale, chard etc.)

extra virgin olive oil

salt and pepper, to taste

Directions:

1. Preheat the oven to 450° F.
2. Toss potatoes in a tbsp of olive oil and a pinch of salt and pepper.
3. Put potatoes in the casserole dish and bake them for 20-30 minutes or until they are fork tender.
4. While potatoes are baking, put salmon in a shallow bowl and add wine, capers, herbs and garlic and let marinate.
5. Once the potatoes are fork tender, toss broccoli and Brussels sprouts in olive oil and a pinch of salt and pepper and add to the potatoes.
6. Bake vegetables for an additional 10 minutes.
7. Change the oven temperature to 350° F.
8. Remove the pan and dump the vegetables into a clean bowl.
9. Arrange the lemon wheels in a single layer on the bottom of the baking dish.
10. Arrange salmon fillets on top of lemon wheels, season with salt and pepper.
11. Place the vegetables around the outside edges of the

baking dish and wherever else they fit.

12. Pour the white wine marinade over the top.
13. Place a pad of butter on each fillet.
14. Toss your sturdy greens with a small amount of olive oil and cover the entire dish with the greens.
15. Put the dish in the oven and check after about 15-20 minutes. Aim to take the dish out a few minutes before they are baked to your firmness preference, they will continue to cook after they are removed from the oven.
16. Serve with a few spoonfuls of the sauce on top and enjoy!

Some other vegetables I love to throw in (no need to par-cook these): cherry tomatoes, asparagus, snap peas, zucchini, summer squash.

SHEPHERD'S PIE WITH TATER TOTS™

Emily Tobin, Rock Island, IL

Source: Modified from Karlynn Johnston, thekitchenmagpie.com

Ingredients:

- 1 lb ground beef or bison
- 1 bag Tater Tots™
- 1 cup shredded cheese (preferably cheddar or a blend of orange and white cheeses)
- 1 or 1 ½ cup frozen peas
- 1 or 1 ½ cup frozen corn (or add a cup of carrots; just have a total of 2-3 cups veggies)
- ¼ cup water (if you want more liquid as the meat cooks)

3 tbsp dried onion (or a whole small onion—it depends on how much you like onion)

1 tbsp Worcestershire sauce (maybe a bit more to taste)

1 tbsp soy sauce

½ tsp garlic powder

½ tsp pepper

¼ tsp nutmeg

butter to grease pan

Directions:

1. Grease a 9×13 inch pan and set aside.
2. Preheat the oven to 375° F.
3. Brown meat with onion, garlic, and pepper added. Drain some (but not all) excess grease—you choose how much you want to keep—then add Worcestershire and soy sauce.
4. Add ½ cup water and stir, heating on low until the liquid starts to thicken (just a few minutes).
5. Add veggies to the pan and stir everything together.
6. Add meat and veggies to a greased pan, then top with Tater Tots™. (Use the whole bag, making an even-ish layer on top of the meat and veggies.)
7. Cook 25 to 30 minutes until Tater Tots™ are crisp and done. Top with cheese and return to the oven for a few minutes until the cheese melts.
8. Serve for a healthy and delicious meal! (Top with ketchup for extra deliciousness.)

SIMPLE CROCKPOT™ BEEF STEW

Melita Tunnickliff, Bettendorf, IA

"I am a Quad-Citian. I have lived in Moline, Rock Island, Davenport, and Bettendorf. I now live in Bettendorf and work in LeClaire. All three of us in my family have had to work full time through this pandemic, so there is not a lot of time to cook at home, but less eating out. So Crockpot meals have worked well."

Ingredients:

- 3 carrots, cut up
- 3 potatoes, cut up
- 2 lb beef stew meat (cut into 1 ½ inch cubes)
- 2 cups beef broth and ½ cup water (you can choose more or less broth to water)
- 2 tsp Worcestershire sauce
- 1 clove garlic
- 1 bay leaf
- salt to taste
- ½ tsp pepper
- 1 tsp paprika
- 2 onions, cut up
- 2 stalks celery, cut up

Directions:

1. Put in a Crockpot in order of ingredients listed above.
2. Stir just enough to mix the spices.
3. Cover and cook on low (10-12 hours) or high (5-6 hours).
4. Enjoy!

SPINACH FANDANGO

Dee Oberle, formerly of Davenport, IA

Ingredients:

- 10-ounce pkg of frozen spinach, thawed and drained (can use fresh spinach)
- ½ cup cooked brown rice
- ½ cup sour cream
- 1 to 2 cups shredded Monterey jack cheese (I used what I had)
- 4 to 6 fresh mushrooms, sliced
- 2 to 6 minced fresh basil leaves (If you don't have basil, mix in some Italian herbs before baking)
- 4 tbsp grated Parmesan cheese
- salt and pepper, to taste

Directions:

1. Preheat the oven to 350° F and oil a casserole or baking dish.
2. Mix all ingredients except for the Parmesan cheese and basil in a large bowl.
3. Bake for about 30 minutes and add cheese and basil on top.
4. Serve with soup, salad and/or garlic bread.

SPINACH TORTELLINI SOUP

Name Withheld, Milan, IL

Source: Joanna Gaines, Magnolia Table Vol. 2

Ingredients:

1 tbsp unsalted butter
½ medium onion, cut into medium dice
1 tbsp minced garlic
6 cups (1 ½ quarts) chicken broth
1 tsp (14 ½ ounce) can diced fire-roasted tomatoes
½ tsp Italian seasoning
1 (9 ounce) package cheese tortellini
1 (14 ½ ounce) can cannellini beans, rinsed well and drained
6 cups baby spinach
2 tbsp chopped fresh parsley
2 tbsp chopped fresh basil
Kosher salt and freshly ground black pepper
juice of ½ lemon
1 cup shaved Parmesan cheese (about 4 ounces)
1 loaf French bread, for serving

Directions:

1. In a large soup pot, melt the butter over medium-high heat. Add the onion and garlic and sauté, stirring constantly, until the onion is soft and tender, 3 to 4 minutes.
2. Add the broth, tomatoes, and Italian seasoning and bring to a rolling boil. Add the tortellini and beans and cook until the tortellini are cooked through, about 2 minutes.
3. Reduce the heat to medium and add the spinach, parsley, basil, and salt and pepper to taste and stir until the spinach is just wilted, 1 to 2 minutes. Squeeze the lemon juice over the soup.
4. Ladle into bowls, sprinkle with the Parmesan, and serve immediately with torn bread for dipping.
5. Store in an airtight container in the refrigerator for 3 to 4

days or in the freezer for up to 2 months. Let the soup thaw before reheating.

TACO BAKE

Sandi Schmidt, Moline, IL

President, Friends of Silvis Public Library

“This is one of the dishes my adult sons request when they come home to visit. I’ve also made this substituting 1 ½ cups low sodium enchilada sauce for the tomato sauce and milk – this adds a bit more zing to the dish.”

Ingredients:

1 lb ground turkey

8-ounce can no salt added tomato sauce

½ cup milk

1 cup salsa (lowest sodium possible)

6 flour tortillas

1 cup shredded cheddar cheese

Directions:

1. Cut tortillas into 1-inch pieces. In a medium skillet over medium-high heat, cook meat until brown.
2. Add soup, milk, salsa, tortillas, and half of cheese. Spoon into a shallow baking dish and cover (alternative – if your skillet is oven-proof, just cover it for this step).
3. Bake at 400° F for 30 minutes. Uncover, top with remaining cheese, and bake five minutes more.

TACO PASTA SALAD

Susan Wahlmann, Rock Island, IL

"This recipe is by Deb McDaniel, a long time Rock Island resident who died in 2014 from uterine cancer, with tweaks from Susan Wahlmann. Deb and I were longtime friends; we worked together at Quad City Arts for years until her death. We always used to exchange recipes, and Deb was my style guru. Deb was the Festival of Trees Director; I also was a tree designer. When I had my stroke just before Festival in 2011, she took our daughter Emma to take pictures with Santa and spend time with her. They had a magical day."

Ingredients:

- 1 lb hamburger (or ground turkey)
- 1 medium onion, chopped
- 1 pkg taco seasoning (¼ cup of Penzeys Taco Seasoning mixed with ¾ cup water is recommended)
- 12-ounce pkg spiral pasta
- 1 pkg chopped lettuce
- 1 pkg grape tomatoes
- 24-ounce Western dressing (or use Chipotle Lime Southwest Dressing, see recipe in the Sides section)
- ½ family-sized bag Doritos®, crushed
- 1 can of black olives
- Sour cream and salsa, to garnish

Directions:

1. Brown the hamburger and onions, add taco seasoning. Chill the hamburger mixture.
2. Cook pasta and rinse with cold water until cooled.
3. Mix all ingredients except Doritos® and gently stir well.

4. Add Doritos® when ready to serve, and garnish with sour cream and salsa.

Makes a large batch but refrigerates well. If making for a small family, mix everything but the lettuce and Doritos®. Add lettuce to the bottom of individual bowls and top with pasta mixture, Doritos®, sour cream and salsa.

THAI RED CURRY NOODLE SOUP

Kathy Broggio, Pleasant Valley, IL

“We love this soup, it goes together easily, I order some of the ingredients on Amazon. I really missed the Thai take out when it was closed down so decided to try it myself and felt like this was a success.”

Source: Damn Delicious

Prep Time: 15 mins

Cook Time: 35 mins

Yield: 6 servings (8 cups)

Ingredients:

1 tbsp olive oil

1 ½ pounds boneless, skinless chicken breast, cut into 1-inch chunks

Kosher salt and freshly ground black pepper, to taste

3 garlic cloves, minced

1 red bell pepper, diced

1 onion, diced

3 tbsp red curry paste

1 tbsp freshly grated ginger

6 cups low sodium chicken broth

- 1 (13.5 ounce) can coconut milk
- ½ (8 ounce) package rice noodles
- 1 tbsp fish sauce
- 2 tsp brown sugar
- 3 green onions, thinly sliced
- ½ cup chopped fresh cilantro leaves
- ¼ cup chopped fresh basil leaves
- 2 tbsp freshly squeezed lime juice

Directions:

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
2. Add garlic, bell pepper and onion. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Stir in red curry paste and ginger until fragrant, about 1 minute.
4. Stir in chicken broth and coconut milk, scraping any browned bits from the bottom of the pot.
5. Stir in chicken. Bring to a boil; reduce heat and cook, stirring occasionally, until reduced, about 10 minutes.
6. Stir in rice noodles, fish sauce and brown sugar until noodles are tender, about 5 minutes.
7. Remove from heat; stir in green onions, cilantro, basil and lime juice; season with salt and pepper, to taste.
8. Serve immediately.

PART IV

SIDES

BAKED GARLIC PARMESAN POTATO WEDGES

Name Withheld, Milan, IL

Source: cremedelacrumb.com

Ingredients:

3-4 large russet potatoes, sliced into wedges

4 tbsp olive oil

2 tsp salt

2 tsp garlic powder

2 tsp Italian seasoning

½ cup shredded Parmesan cheese

fresh parsley (or cilantro), optional

ranch or blue cheese dressing for dipping

Directions:

1. Preheat the oven to 375° F. Lightly grease a large baking sheet and set aside.
2. Place potato wedges in a large bowl. Drizzle with olive oil

and toss to coat. In a small bowl whisk together salt, garlic powder, and Italian seasoning.

3. Sprinkle potato wedges with the shredded cheese, tossing to coat, then sprinkle with the seasoning mixture.
4. Place potato wedges on a prepared baking sheet in a single layer with skin-sides-down.
5. Bake for 25-35 minutes until potatoes are fork-tender and golden. Sprinkle with freshly chopped parsley and dressing for dipping.

CHIPOTLE LIME SOUTHWEST SALAD DRESSING

Susan Wahlmann, Rock Island, IL

Source: The Creative Bite

Ingredients:

- 1 chipotle chili in adobo sauce
- ¼ cup vinegar
- ⅓ cup fresh lime juice
- ⅓ cup olive oil
- ¼ cup water
- 2 tbsp honey
- ⅓ cup nonfat plain Greek yogurt
- 1 tbsp paprika
- 1 tbsp cumin
- 2 tsp diced garlic
- 1 tsp coriander

Directions:

1. Combine all of the ingredients in a blender and combine

until smooth.

2. Store in the refrigerator.

CUCUMBER SALAD

Amanda Lockwood, Rock Island, IL

“Hopefully all the veggies are garden/farmers market fresh. This is a great way to showcase garden veggies and a great dish served at summertime to use up surplus product from the garden.”

Ingredients (all to taste):

cucumbers, chopped

tomatoes, chopped

onion, chopped

Italian dressing

fresh lemon juice

apple cider vinegar

salt and pepper, to taste

hint of sugar (for balance)

fresh dill (optional)

Directions:

1. Mix all ingredients until combined.
2. Cool and let the flavors marry overnight or for several hours.
3. Enjoy!

DEVEILED EGG SALAD

Rachel Ippolito, Milan, IL

"This is my mom's recipe for regular deviled eggs. Her recipe is so famous with our family and her coworkers, they'll fight over the last deviled egg. No joke. However, I am terrible at peeling eggs so here's my version of her recipe, but a lot easier!"

Ingredients (all to taste):

hard boiled eggs, separate yolks and whites

a small amount of yellow mustard

a larger amount of mayonnaise

bacon bits

Ruffles® wavy potato chips, crushed

paprika

Directions:

1. Take the hard-boiled egg yolks and combine them with all the listed ingredients. The largest portion should come from the mayonnaise. Mix them all together.
2. Dice up the egg whites and mix it in with the yolk mixture.
3. Serve cold with a sprinkle of paprika on top.

ESCALLOPED CORN

Lisa Lockheart, Moline, IL

"All my recipes are from my well-loved copy of "Recipes You Can Bank On." This was a staff cookbook I helped produce at Davenport Bank and Trust, a former employer of mine. Some of them came from former coworkers, a few are ones I inherited from Mom. This recipe is a comfort food favorite."

Ingredients:

2 eggs, beaten
1 stick butter, softened
1 cup sour cream
1 package Jiffy® corn muffin mix
½ tsp salt
¼ tsp pepper
1 can whole kernel corn, partially drained
¼ cup onion, chopped
1 cup grated cheese
1 tbsp parsley flakes

Directions:

1. Preheat the oven to 375° F.
2. Combine eggs and butter. Stir in sour cream and corn muffin mix.
3. Add in the corn, onion, salt and pepper.
4. Bake in a buttered souffle dish for 1 hour.
5. Remove from the oven, top with grated cheese and sprinkle with parsley.
6. Bake again until the cheese is melted.

ESQUITES (MEXICAN STREET CORN SALAD)

Rachel Ippolito, Milan, IL

Ingredients:

1 can of corn, or 1 steamable frozen bag
2-3 tbsp of unsalted butter or margarine

2-3 tbsp of mayonnaise
juice of 1 lime
1-2 tbsp of Tajin® chili-lime seasoning
¼-½ cup of a mild white cheese, shredded or crumbled. Cotija or Fresco preferred, but Mozzarella/Parmesan cheese is also acceptable.

Note: All the ingredients are to taste, start small and add more as needed.

Directions:

1. Heat the corn according to the directions, whether it be steamed in the microwave or cooked on the stove-top.
2. To the hot corn, melt the butter or margarine until completely melted. Add the mayonnaise as needed. Add the lime juice and Tajin® to taste. Top with the cheese and enjoy.

SLOW COOKER MAC AND CHEESE

Name Withheld, Milan, IL

Source: Delish.com

Ingredients:

1 lb elbow macaroni
½ cup (1 stick) melted butter
4 cup shredded cheddar cheese
4 ounces cream cheese, cut into cubes
½ cup freshly grated Parmesan
2 (12-ounce) cans evaporated milk
2 cup whole milk
½ tsp garlic powder

⅓ tsp paprika
kosher salt
freshly ground black pepper
finely chopped chives, for garnish (optional)

Directions:

1. Combine macaroni, butter, cheddar cheese, cream cheese, Parmesan, evaporated milk, whole milk, garlic powder, and paprika in a slow cooker. Season with salt and pepper.
2. Cook on high until the pasta is cooked through and the sauce has thickened, 2 to 3 hours, checking after 2 hours, then every 20 minutes after.
3. Garnish with chives before serving, if using.

PART V

DESSERTS

BREAD PUDDING WITH WHISKY SAUCE

Lisa Lockheart, Moline, IL

“Either you love bread pudding, or you don’t! This is comfort food for my family.”

Bread Pudding

Ingredients:

10-ounce loaf stale French bread, crumbled (about 6-8 cups)

4 cups milk

2 cups sugar

8 tbsp butter, melted

3 eggs

2 tbsp vanilla extract

1 cup raisins

1 cup coconut, shredded

1 cup pecans, chopped

1 tsp cinnamon

1 tsp nutmeg

Directions:

1. Combine all of the ingredients. Mixture should be moist but not soupy.
2. Pour into a buttered 9×12 inch or larger baking dish.
3. Place into a non-preheated oven.
4. Turn the oven on to 350° F and bake for approximately 1 hour and 15 minutes, or until the top is golden brown. Serve warm with whisky sauce.

Whisky Sauce

Ingredients:

- ½ cup butter (1 stick)
- 1 ½ cup powdered sugar
- 2 egg yolks
- ½ cup bourbon, to taste

Directions:

1. Cream the butter and sugar over medium heat until the butter is absorbed.
2. Remove from heat and blend in the egg yolks.
3. Pour bourbon in gradually to your own taste, stirring constantly. Sauce will thicken as it cools.
4. Serve over the warm bread pudding.

CARROT CAKE AND FROSTING

Denise C. Richardson, Colona, IL

“Dependable resulting cake and frosting!”

Ingredients:

2 cups all-purpose flour
2 tsp ground cinnamon
2 tsp baking soda
1 tsp salt
2 cups sugar
4 large eggs
1 ½ cups of vegetable salad oil
2 tsp vanilla extract
3 cups carrots, grated

Directions:

1. Preheat the oven to 350° F.
2. In a small bowl mix together the flour, cinnamon, baking soda, and salt.
3. In a separate bowl, with an electric mixer mix together sugar and eggs. Drizzle in the vegetable oil.
4. Add in the flour mixture and mix. Add in the vanilla extract.
5. Add in the grated carrots and mix.
6. Pour in a greased and floured 9×13 inch baking pan and bake for 55 minutes to 1 hour, depending on your oven temperature.

Frosting:

Ingredients:

- 8 ounces cream cheese, softened at room temperature
- ½ cup (1 stick) butter, softened to room temperature
- 1 tsp vanilla extract
- 3 to 3 ½ cups of powdered sugar

Directions:

1. Beat all ingredients with an electric mixer. It will burn out a hand mixer if cream cheese and butter are not at room temperature.
2. Frost cake and top with walnuts, if desired.

CHOCOLATE CAKE

Denise C. Richardson, Colona, IL

“During the quarantine, this is easy to make. Chocolate cake can also be made by children.”

Ingredients:

- 2 cups sugar
- 2 cups flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp salt
- 1 cup of tap water
- ½ cup butter soften at room temperature (1 stick)
- 6 tbsp Hershey’s cocoa powder
- 1 tsp vanilla extract
- ¾ cup of whole milk

2 eggs

Directions:

1. Preheat the oven to 350° F and grease and flour a 9×13 inch baking pan.
2. Combine the sugar, flour, baking soda, baking powder and salt with an electric mixer.
3. Mix the water and room temperature butter together, then add both to the dry mixture.
4. Mix the cocoa powder and vanilla extract, add it to the mixture.
5. Last stir in the milk and eggs, and mix.
6. Pour into 9×13 inch greased and floured baking pan and bake for 35 minutes at 350° F or until the toothpick comes out clean.
7. Cool completely before frosting.

Frosting:

“Note, I don’t have a recipe, just poured it in a bowl and mixed it to consistency.”

Mix together the following ingredients:

1 stick of softened room temperature butter

approx. 3 cups of powdered sugar

1 tsp vanilla extract

Hershey’s cocoa powder (add to color desired, start out with just a few tbs—don’t let it get too dark, lighter tastes like fudge)

enough milk to moisten (about ⅓ to ¼ cup of milk)

If too runny, add more powdered sugar, if too thick, add a drizzle of milk. Place in the refrigerator overnight for the best cake.

CHOCOLATE NO-BAKE COOKIES

Sandi Schmidt, Moline, IL
President, Friends of Silvis Public Library

Yield: About 5 Dozen

Ingredients:

3 cups uncooked quick oats
½ cup coconut
½ cup chopped walnuts
½ cup evaporated milk
½ cup cocoa powder
½ cup margarine
2 cups sugar
1 tsp vanilla

Directions:

1. Mix oats, coconut, and walnuts in a large bowl.
2. Combine milk, cocoa, margarine, and sugar in a saucepan.
3. Cook over medium heat, stirring constantly. Bring to a full boil for one minute.
4. Remove from heat and add vanilla. Pour liquid mixture over oat mixture and mix until well-coated.
5. Drop by teaspoon onto waxed paper – work quickly. Let stand until firm.

Note: Don't try to make a double batch, because it will set up too fast to get them all onto the waxed paper. Just make multiple batches!

DEVEILED STRAWBERRIES (MADE WITH A CHEESECAKE FILLING)

The Buckrop family, Rock Island, IL

Source: Lilly- instrupix.com

Ingredients:

- 18-24 large strawberries
- 8-ounce package of cream cheese, softened
- 1 cup heavy whipping cream
- $\frac{1}{3}$ cup sour cream
- $\frac{2}{3}$ cup white granulated sugar
- $\frac{1}{2}$ cup graham cracker crumbs
- 1 tsp vanilla extract
- 1 tbsp fresh lemon juice (optional)

Directions:

1. Prep the strawberries by cutting off the stems and slicing them in half. Next, cut a small sliver off the back of each strawberry half so that they sit up straight. Then use a small melon baller to carefully hollow out the middle (you don't need to take out much, just make a small enough indent so that the cream cheese filling doesn't slide off).
2. Place the softened cream cheese, sour cream, sugar, vanilla extract and lemon juice in a medium sized mixing bowl (DO NOT add the heavy whipping cream). Beat with an electric mixer until smooth.

3. In a separate medium-sized mixing bowl, beat the whipping cream until stiff peaks form (about 5 minutes).
4. Fold the whipped cream into the cream cheese mixture until well incorporated.
5. Fill a piping bag with the cream cheese mixture (I used a star tip), and pipe it onto each sliced strawberry.
6. Finish with a sprinkle of graham cracker crumbs.
7. Serve and enjoy!

GRAHAM CRACKER COOKIES

Dee Oberle, formerly of Davenport, IA

“My grandmother would make these if she ran out of homemade cookies!”

Ingredients:

- 1 box graham crackers
- 1 container of frosting (any kind)

Directions:

1. Break the graham crackers in half, ice one half and top with the other. It's an easy treat when you want something sweet!

Homemade Frosting:

“You can buy the frosting, or I make it like my Mom and Grandmother did with powdered sugar, 1 tbsp of melted butter, tsp

of vanilla, 3 tbsp of cocoa powder and enough leftover coffee to thin it. This makes a mocha icing.”

GRANDMA PATTIE'S CREAM CHEESE POUND CAKE

Linda Barnes, Rock Island, IL

“My grandmother Pattie was an outstanding cook and well known in the small town of Oakland, Mississippi for her homemade biscuits and teacakes. She wasn't the type to follow a recipe and I do not recall her ever making a pound cake. Somehow, the texture and taste of this cake reminded me of her biscuits and teacakes.”

Ingredients:

- 1 ½ cups (3 sticks) butter, salted or unsalted
- 8 ounces cream cheese
- 3 cups sugar
- 6 large eggs
- 3 cups cake flour*
- 2 ½ tsp lemon extract or your choice

For the best results, it is important to have the butter, cream cheese and eggs at room temperature.

*Substitute: Measure 1 level cup of all-purpose flour, remove 2 tbsp of the flour and then place the flour into a bowl. Add 2 tbsp of cornstarch to the all-purpose flour. Whisk together to combine and use as a substitute for 1 cup cake flour

Directions:

1. Preheat the oven to 325° F. Butter and flour (or spray with a non-stick spray that contains flour) Bundt pan.
2. In a large bowl, using an electric mixer, beat the butter

- and cream cheese on medium-high speed until smooth.
3. Gradually add sugar, scraping the bowl as needed; continue to beat until light and fluffy. Add eggs, one or two at a time, mixing well after each addition; scrape bowl as needed. Mix in your choice of extract.
 4. Reduce mixer speed and add flour, one cup at a time, until blended well into the batter (do not over mix). Scoop the thick batter into the prepared Bundt pan and smooth the top.
 5. Bake for 1 hour and 20–30 minutes or until the cake is golden brown and a toothpick inserted in the center comes out clean.
 6. Remove the cake from the oven and allow it to cool for 20–30 minutes before removing from the pan.

HEALTHY BANANA OAT CHOCOLATE CHIP COOKIES

Morgan Q, Silvis, IL

“This is a recipe my mom and I have loved for many years. It is healthy but tastes great. Over quarantine I have developed a love for baking and this is a go to recipe. Since I have Type 1 diabetes I included carbohydrates for those who need them too.”

Yield: About 12 Cookies (8 carbohydrates per cookie)

Ingredients:

2 ripe bananas

1 ½ cups rolled oats

1 tbsp peanut butter

1 tsp cinnamon

¼ cup mini chocolate chips

Directions:

1. Preheat the oven to 350° F.
2. Mash bananas in a large bowl.
3. Mix in cinnamon and peanut butter until combined.
4. Mix in the oats.
5. Fold In chocolate chips.
6. Line a baking tray with parchment paper.
7. Place 1-inch scoops of batter on a baking tray.
8. Bake for 15 minutes.
9. Place the cookies in the refrigerator to last longer.

KEY LIME BARS

Lisa Lockheart, Moline, IL

Source: Mel's Kitchen Cafe

Ingredients:

Crust:

5 ounces animal crackers (about 2 ½ cups animal crackers)
3 tbsp packed light brown sugar
pinch of salt
4 tbsp butter, melted

Filling:

2 ounces cream cheese, softened to room temperature
1 tbsp grated fresh lime zest (from about 2 limes)
1 can (14 ounce) sweetened condensed milk
pinch of salt

- 1 large egg yolk
- ½ cup fresh lime juice (3-4 regular limes or 20 key limes)

Garnish:

¾ cup shredded coconut, toasted (optional)

Directions:

1. Preheat the oven to 325° F, adjusting an oven rack to the middle position. Line an 8-inch square baking pan with aluminum foil, letting two opposing edges hang over at least an inch or so. Grease the foil with cooking spray.
2. For the crust, process the animal crackers, sugar and salt together into fine crumbs in a blender or food processor. Drizzle the melted butter over the crumbs and pulse to incorporate (or stir together in a bowl with a fork). Sprinkle the mixture into the prepared pan and press the crumbs into an even layer. Bake the crust until fragrant and golden, about 15-18 minutes.
3. While crust bakes, stir the cream cheese, lime zest and salt together in a medium bowl until combined. Whisk in the sweetened condensed milk until smooth (you can use a handheld electric mixer, if you want). Whisk in the egg yolk and lime juice until combined.
4. Pour the filling evenly over the crust. Bake the bars until the filling is set and the edges just slightly begin to pull away from the sides of the pan, 15-17 minutes.
5. Let the bars cool completely in the pan set on a wire rack, about 2 hours. Then cover the pan with foil and refrigerate until chilled, about 2 hours. Remove the bars from the pan using the foil overhang and cut into

squares. Sprinkle with toasted coconut if desired.

MILK CHOCOLATE CHIP COOKIES

Denise C. Richardson, Colona, IL

“Everyone loves these cookies! They’re best eaten after frozen and slightly thawed.”

Ingredients:

2 ¼ cups of all-purpose flour

1 tsp baking soda

½ tsp salt

¾ cup packed light brown sugar

¾ cup white sugar

1 cup of softened room temperature butter (2 sticks)

2 large eggs

1 tsp vanilla extract

1 bag of milk chocolate chips, chilled in the fridge

Directions:

1. Line cookie baking sheets with parchment paper and preheat the oven to 375° F.
2. In a small bowl mix together the flour, baking soda, and salt.
3. In a separate bowl with an electric mixer, mix together the light brown sugar, white sugar, and room temperature butter.
4. Add in the eggs and vanilla extract.
5. Combine the wet mixture to the flour mixture.
6. Add 1 bag of milk chocolate chips, which should be cold

from the fridge.

- Drop by teaspoon onto parchment paper cookie sheets and bake for approx. 9 to 10 minutes, depending on the cookie size (about 12 cookies to a baking sheet, room to spread out). Or use a 1 teaspoon (rounded) baking scoop to drop cookies onto the sheet.
- Cool and freeze up to six weeks.

MONSTER COOKIE BARS

Name Withheld, Milan, IL

Source: A modified recipe from [hersheys.com](https://www.hersheys.com) for chocolate chip cookies

Ingredients:

- 1 cup butter (2 sticks), melted
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup light brown sugar packed
- 1 tsp vanilla extract
- 2 eggs
- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 2 to 2 $\frac{1}{2}$ cups of mix-ins (chocolate chips, peanut butter chips, toffee, M&M's®, nuts, etc.)

Directions:

- Heat oven to 375° F.
- Beat butter, granulated sugar, brown sugar and vanilla in a large bowl with a mixer until creamy. Add eggs; beat

well. Stir together flour, baking soda and salt; gradually add to butter mixture, beating until well blended. Stir in the mix-ins.

3. Spread batter into a greased 9×12 inch pan. Bake at 375° F for 20 minutes or until lightly browned. Cool completely in pan on a wire rack. Cut into bars.

MRS. BRAUN'S OATMEAL COOKIES

Nancy Blair, Rock Island, IL

“My daughter knows I love to bake and gave me this cookbook as a Christmas gift in 2019. I have enjoyed trying some new recipes during this quarantine time. While baking these cookies my daughter walked in the kitchen and said, “Those smell amazing!”, and I’d have to agree! They also tasted amazing...and I am not a big fan of raisins in my cookies!”

Source: Midwest Made: Big, Bold Baking from the Heartland by Shauna Sever

Yield: About 4 dozen

Ingredients:

1 ½ cups all-purpose flour

1 tsp salt

1 tsp baking soda

3 cups old-fashioned or rolled oats (not quick cooking or instant)

½ cup shortening

½ cup (1 stick) unsalted butter, at room temperature

1 cup dark brown sugar

1 cup granulated sugar

2 large eggs

1 tsp pure vanilla extract

¾ cup golden raisins (not the dark kind)
generous ½ cup chopped walnuts

Directions:

1. Position oven rack in center of oven and preheat oven to 350° F. Line two baking sheets with parchment paper or silicone liners.
2. In a large bowl, whisk together the flour, baking soda, and salt. Whisk in the oats and set aside.
3. In the bowl of a standing mixer fitted with the paddle attachment, cream together the shortening, butter, brown sugar, and granulated sugar on medium speed until light and fluffy, about 2 minutes.
4. Scrape down the bowl and beat in the eggs one at a time, followed by the vanilla.
5. Reduce the mixer speed to low and stir in the dry ingredients until almost fully incorporated. Stir in the raisins and walnuts until the batter is well blended.
6. Drop the batter by rounded tablespoonfuls onto the baking sheets, 12 per sheet.
7. Bake one sheet at a time, rotating the pan halfway through baking, until the cookies are nicely browned, about 10-12 minutes. Cool for 1 minute on the baking sheet before transferring the cookies to a wire rack to cool completely.
8. Store in an airtight container for up to one week.

FUDGE (COCOA-OLD FASHIONED)

Denise C. Richardson, Colona, IL

"This is an exact recipe, to not vary from instructions, except for 110° F, I usually start beating at 115° F, because the batter gets too stiff, too quickly for me. I also add walnuts before spreading it into the pan."

Ingredients:

3 cups sugar

$\frac{2}{3}$ cup Hershey's cocoa powder

$\frac{1}{8}$ tsp salt

1 $\frac{1}{2}$ cups whole milk

$\frac{1}{4}$ cup butter

1 tsp vanilla extract

walnuts (optional)

Directions:

1. In a heavy 4-quart saucepan, over medium heat, cook 3 cups sugar, $\frac{2}{3}$ cup Hershey's cocoa, and $\frac{1}{8}$ tsp salt (mix together) and add 1 $\frac{1}{2}$ cups whole milk to full boil stirring constantly with a wooden spoon.
2. Boil, WITHOUT stirring, to 234° F on a candy thermometer (or until syrup, when dropped into a very cold water forms a soft ball that flattens when removed from water). Be sure the bulb of the thermometer is not resting on the bottom of the saucepan.
3. When it reaches 234° F, remove from heat and add $\frac{1}{4}$ cup butter and 1 tsp vanilla extract. DO NOT STIR.
4. Cool at room temperature to 110° F (lukewarm).
5. BEAT with a wooden spoon until fudge thickens and loses some gloss. Quickly spread in a buttered 8 or 9-inch

square pan, cool; cut into 3 dozen squares.

OMG PUMPKIN PIE CUPCAKES

The Buckrop family, Rock Island, IL

Source: Vera Z.- omgchocolatedesserts.com

Ingredients:

15 ounces pumpkin puree
¾ cup sugar
2 eggs
1 tsp vanilla
¾ cup evaporated milk
⅔ cup flour
¼ tsp baking soda
¼ tsp baking powder
2 tsp pumpkin spice
¼ tsp salt
whipped cream

Directions:

1. Preheat the oven to 350° F.
2. Grease 12-cup cupcake pan.
3. In a bowl stir together flour, pumpkin spice, salt, baking powder and baking soda.
4. Mix the pumpkin puree with sugar, eggs, vanilla and evaporated milk.
5. Add dry ingredients into the mixture and mix until it evenly combines.
6. Fill the pan with ⅓ cup of the mixture in each cup.

7. Bake for 20 minutes.
8. Let the cupcakes cool in the pan for 20 minutes then remove them from the pan and let them cool completely. Store them in the fridge.
9. Top the cupcakes with whipped cream and dust with cinnamon or pumpkin pie spice on top before serving.

RHUBARB CAKE

Lisa Lockheart, Moline, IL

"This recipe is from my well-loved copy of "Recipes You Can Bank On." This was a staff cookbook I helped produce at Davenport Bank and Trust, a former employer of mine. Some of them came from former coworkers, a few are ones I inherited from Mom. This cake is an easy family favorite!"

Ingredients:

1 cup brown sugar
½ cup granulated sugar
1 egg
½ cup shortening
1 ½ cups rhubarb, cut fine
1 tsp vanilla extract
2 cups flour
1 cup milk mixed with
1 tsp baking soda

Topping:

½ cup granulated sugar
½ tsp cinnamon

Directions:

1. Mix the first 9 ingredients together and pour into a greased 9×13 inch pan.
2. Combine topping ingredients and sprinkle on cake before baking.
3. Bake at 350° F for 40 minutes.

RHUBARB CUSTARD PIE

Lisa Lockheart, Moline, IL

Ingredients:

2 unbaked pie crusts (one for the top and another for the bottom)

¾ cup sugar

2 tbsp flour

2 cups rhubarb, chopped

2 egg yolks

¼ cup Carnation® evaporated milk

butter

Directions:

1. Preheat the oven to 400° F.
2. Mix sugar and flour together. Add chopped rhubarb.
3. Add egg yolks to evaporated milk and mix.
4. Combine custard and rhubarb and pour into the pie shell. Dot with butter.
5. Put top crust on.
6. Bake for 40-45 minutes at 400° F.

VANILLA OR CHOCOLATE PUDDING

Denise C. Richardson, Colona, IL

“So good and so easy to make, just be sure to cook over medium heat.”

Vanilla Pudding

Ingredients:

- 1/3 cup sugar
- 1/4 cup cornstarch
- 1/8 tsp salt
- 2 3/4 cups of whole milk
- 2 tbsp of butter
- 1 tsp vanilla extract

Directions:

1. In a medium size (3-quart) saucepan mix the sugar, cornstarch, and salt.
2. Over medium heat stir constantly with a wooden spoon when you add the milk.
3. When it boils to the beginning of a crater boil (looks like the moon) remove from heat and add butter and vanilla extract.
4. Stir until butter melts and vanilla extract is incorporated.
5. Pour in four or five custard dishes, a graham cracker crust pie shell, or one medium-size bowl. Cool. Place in the refrigerator.

Chocolate Pudding

Ingredients:

- ⅔ cup sugar
- 3 tbsp Hershey's cocoa powder
- ¼ cup cornstarch
- ⅛ tsp salt
- 2 ¾ cups of whole milk
- 2 tbsp of butter
- 1 tsp vanilla extract

Directions:

1. In a medium size (3-quart) saucepan mix the sugar, cocoa powder, cornstarch, and salt.
2. Over medium heat stir constantly with a wooden spoon when you add the milk.
3. When it boils to the beginning of a crater boil (looks like the moon) remove from heat and add butter and vanilla extract.
4. Stir until butter melts and vanilla extract is incorporated.
5. Pour in four or five custard dishes, a graham cracker crust pie shell, or one medium-size bowl. Cool. Place in the refrigerator.

APPENDIX

SNACKS AND APPETIZERS

Bacon Jalapeno Popper Wonton Cups
Chili Cheese Dip
Crockpot Meatballs
Crab Souffle
Cucumber Bites
Kim Furrow's Really Fine Hors D'oeuvre
Mango-Jalapeno Salsa
Party Pretzels
Rosemary Walnuts
Texas Caviar
Tomatillo Jicama Avocado Salsa
Tomato, Raisin, & Red Chile Salsa
Vegetable Dip
White Gazpacho Salsa

BREAKFAST

Avocado Toast
Banana Bread
Banana Chocolate Chip Blender Muffins
Basic Streusel Coffee Cake with Blueberry Buckle Variation
Blueberry Muffins with Streusel Crumb Topping
Breakfast Casserole
Cheesy Hashbrown Casserole with Bacon

Egg Casserole
Homemade Pancakes
Overnight Oatmeal
Sausage and Egg Breakfast Burritos, Freezer Meal

MAIN COURSES

Baked Chicken Breasts
Cheaters Risotto
Chicken Casserole
Chicken Salpicao (Filipino Garlic Chicken)
Chicken Tetrazzini
Cream Chicken over Toast
Mama Schmidt's Meatloaf
Nina's Veggie Pizza
One Pot Olive Garden Zuppa Toscana Soup
Pizza Casserole
Roasted Cornish Game Hen and Potatoes
Salmon and Veggie Bake
Shepherd's Pie with Tater Tots
Simple Crockpot Beef Stew
Spinach Fandango
Spinach Tortellini Soup
Taco Bake
Taco Pasta Salad
Thai Red Curry Noodle Soup

SIDE DISHES

Baked Garlic Parmesan Potato Wedges
Chipotle Lime Southwest Salad Dressing
Cucumber Salad

Deviled Egg Salad
Escalloped Corn
Esquites (Mexican Street Corn Salad)
Slow Cooker Mac and Cheese

DESSERTS

Bread Pudding with Whiskey Sauce
Carrot Cake and Frosting
Chocolate Cake
Chocolate No-Bake Cookies
Deviled Strawberries (Made with a Cheesecake Filling)
Graham Cracker Cookies
Grandma Pattie's Cream Cheese Pound Cake
Healthy Banana Oat Chocolate Chip Cookies
Key Lime Bars
Milk Chocolate Chip Cookies
Monster Cookie Bars
Mrs. Braun's Oatmeal Cookies
Fudge (cocoa-old fashioned)
OMG Pumpkin Pie Cupcakes
Rhubarb Cake
Rhubarb Custard Pie
Vanilla or Chocolate Pudding