

Send Me a Recipe, Please

COMPILED BY

Dr. Linda Kay Nichols

First, let me thank all of the contributors to this compilation of recipes from our patients. Just as all of you make up our dental family, the act of food preparation is pivotal in bringing together our families, our friends, our communities.

We cook because a good recipe never gets old; we cook to celebrate what's in season; we cook to celebrate the season; we cook to travel the world; we cook to comfort; we cook to make our loved ones smile' we cook for the holidays; we cook to bring us together; we cook to share a moment; we cook to "wow"; we cook to carry on traditions. Bon appetite, used to wish someone enjoyment of the meal they are about to eat; borrowed from French from bon ("good") + appetite ("appetite"). To all that try these recipes, "bon appetite!"

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Dips, Sauces, and Soups

SPINACH DIP contributed by Alice Stewart

Defrost and drain one pkg. chopped spinach (frozen 10 oz)

½ cup chopped parsley

½ cup chopped green onions

½ tsp. dill weed

1 tsp. salad supreme (McCormick, found in spice section)

1 cup mayonnaise

1 cup sour cream

juice from ½ lemon

Mix everything together well and chill. Better if made the day before usage. May add more seasoning, i.e. salt or salad supreme, to taste.

CREAM OF PUMPKIN SOUP contributed by Carol Arellano

4 cups pumpkin puree

2 Tbsp. unsalted butter

1 medium onion, roughly diced

3 quarts chicken stock or low-sodium chicken broth

1 tsp. salt

1 tsp. ground coriander

1 tsp. curry powder

½ tsp. white pepper

3 cups milk or whipping cream (or combination of both)

To prepare pumpkin puree:

Cut one small cooking pumpkin in half and remove seeds. (A four pound pumpkin equals four cups of puree)

Cover cut side of each pumpkin half with aluminum foil and place foil side up on a baking sheet.

Bake at 350 degrees until very tender: 45 minutes to 1 hour.

When pumpkin cools, scrape from peel and puree in blender or buy canned pumpkin puree!

Melt butter in a large saucepan over medium heat. Add the onion, stirring now and then, and cook until soft, around 10 minutes.

Add the pumpkin puree, cook and still for 15 minutes.

Add chicken stock, salt, coriander, curry and white pepper.

Cover, increase heat to high and bring to a boil. Reduce heat to low and simmer 15 minutes.

Remove from heat and carefully pour into food processor or blender and puree until smooth.

Combine puree, mild an walnut oil in a saucepan.

Cover, bring to a boil and cook two minutes.

Serve piping hot. Serves eight.

VODKA SAUCE contributed by Gina Lugowski

¼ cup butter
½ onion, diced
2 garlic cloves
1-28 oz. can crushed tomatoes
½ cup Vodka
1 cup heavy cream
1-2 tbs. fresh basil
salt and pepper

Sauté onions and garlic in butter until soft. Pour in the Vodka and cook for 10 minutes. Mix in crushed tomatoes and cook for 30 minutes. Pour in heavy cream and cook for another 30 minutes. Salt and pepper to taste. Serve over your favorite pasta. Garnish with fresh basil and parmesan cheese.

SPICED CRANBERRIES contributed by Tara Mitchell

“I promise you will never buy a yucky can of cranberry sauce again...this is a fabulous holiday side. I always have to make a double batch to satisfy my family.”

12 oz bag cranberries
¾ cup orange juice
1 ½ cups dark brown sugar
1 tsp. cinnamon
Pinch of nutmeg
1 tsp. grated orange rind

Bring OJ, brown sugar and spices to a boil. Add cranberries, grate orange rind over pot. Simmer 20-40 minutes, stir occasionally. Refrigerate overnight.

CHICKEN SOUP contributed by Ed Norris

2 lbs. chicken, cooked and diced
1 onion
1 red pepper, chopped
1 cup chopped celery
4 cups corn
3 cups green chili, chopped
1 stick butter
½ cup flour
salt, pepper, garlic to taste

Cook chicken in 1-quart water. Strain broth and add flour until smooth. Add butter and blend. Cut chicken into small pieces and add with other ingredients. Simmer for 45 minutes to 1 hour.

ARTICHOKE CHEESE APPETIZER DIP contributed by Dr. Alisha Nichols

8 oz artichoke (can or jar), drained & cut into small pieces
1 small onion, finely chopped
16 oz jar of mayonnaise
8 oz grated parmesan cheese
8 oz block of cream cheese (room temperature)

Mix all ingredients in a bowl. Place dip into a baking dish at 375 degrees for approximately 30 minutes or until top starts to brown.

Let dip cool 10-15 minutes.

Serve with warm French bread, crackers, chips, or vegetables.

MARINADE FOR CHICKEN, FISH, MEAT contributed by George Creamer & Mary Ann Cramer

½ cup rice wine vinegar
1/3 cup Mac's Hot Sauce (Habanero, Raspberry Chipotle, Chipotle, or Tropical Habanero)

Mix together, pour over meat. Marinate chicken and meat at least 2 hours. For fish, marinate only ½ hour. Serve with Mac's Hot Sauce on the side!

*Distributor of Mac's Hot Sauce. For other recipes, go to www.MacsHotSauce.com

EXERCISE? I THOUGHT YOU SAID "EXTRA FRIES"

BREADS

MACIAS FAMILY PUMPKIN BREAD contributed by Michael Macias

1 cup white sugar
½ cup brown sugar
½ cup cooking oil
1 cup canned pumpkin
1/3 cup water
¼ cup chopped nuts
¾ tsp salt
1 ½ cup + 2 Tbs. flour
1 tsp baking soda
½ tsp cinnamon
½ tsp nutmeg

Sift flour, baking soda, cinnamon, and nutmeg into a bowl. Add to rest of ingredients and mix well. Fill 1 large or 2 small pans half full and bake on center rack at 350 degrees for 1 hour.

SEASONED "RANCH" CRACKERS contributed by Robert Dann

- 1 box crackers (Premium crackers work best)
- 1 ½ cup canola oil
- 1 package Ranch (dry) dressing mix
- Garlic salt or garlic powder (I use the powder since the crackers are saltines.)
- crushed red pepper
- 1 large container/bowl with secure lid

Mix oil, red pepper, dressing mix and garlic powder together. Pour over crackers and mix well by flipping the container/bowl. Let sit for 2 hours, then flip over and repeat at least once, twice for best results. I just kept flipping it every hour or so.

Eat and Enjoy!

GREEN CHILE CHEESE BREAD contributed by Carol Arellano

- 2 ½ cups flour, total
- 1 cup shredded cheddar cheese
- 1 ½ tsp sugar
- 1 package active dry yeast
- ¾ cup milk
- ½ cup (one cube) butter
- 3 eggs
- 2 ½ oz green chili, chopped and drained

Oil ½ quart casserole or 9" x 5" loaf pan or 3 coffee cans (also use flour to dust container).

In a small saucepan, heat milk and butter until very warm (120 to 130 degrees).

In a large bowl, combine 1 ½ cups of the flour, cheese, salt, sugar, and yeast. Blend well with a whisk.

Add warm milk and butter and slightly beaten eggs to flour mixture. Blend at low speed until moistened. Beat three minutes at medium speed. By hand, still in remaining 1 cup flour and green chili. Cover bowl with plastic wrap and a tea towel.

Let rise in a warm place until light and double in size, about 1 hour. Stir down dough. Spoon into prepared pans until about half full. Cover, let rise into warm place until doubled in size, about 20 minutes. Heat oven to 375 degrees.

Bake 45 minutes for loaf, about 35 minutes for cans, and 12-15 for muffins. Remove from pans right away after testing for doneness.

BOSTON BROWN BREAD contributed by Carol Arellano

Bake in 6 (14 to 16 ounce vegetable or fruit cans or the equivalent loaf pans)

1 pound chopped dates
2 tsp baking soda
2 cups boiling water
2 cups sugar
½ cup shortening
2 eggs
4 cups sifted all-purpose flour
1 cup chopped walnuts
1 cup raisins

Preheat oven to 325 degrees. Coat the insides of cans with cooking spray, or butter and flour to coat.

Combine dates and baking soda in a bowl. Pour in boiling water and let stand 5 minutes.

Combine sugar, shortening, and eggs in a large bowl. Using a mixer, beat at medium-high speed until creamy. Add date mixture and flour and stir until well blended. Add nuts and raisins, mix well.

Fill cans or pans about two-thirds full with batter. Bake 1 to 1 ¼ hours, until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack 15 minutes. Remove bread from cans or pans and place on a wire rack to cool completely.

MAIN DISHES

GREEN CHILI STEW contributed by Liz

3-4 tbsp olive oil
2 cups onions
¼ tsp salt
4 tsp ground cumin
1 ½ lbs ground pork, chicken or turkey
3 (4 oz) cans diced green chili
4 cups cut Russet potatoes
1 (15 oz) can creamed corn
1 cup water
freshly ground pepper
½ cup cilantro

Heat olive oil in a 6 quart pot over medium heat until oil simmers. Add onions and salt to cook until onions are soft and slightly browned (5-7 minutes). Add cumin and cook stirring 1 minute. Add meat and cook breaking up pieces with spoon until no pink remains. Stir in chili, potatoes, corn and water. Bring stew to simmer, stirring occasionally and cook until potatoes are done and stew is heated thoroughly. Add pepper and still in cilantro just before serving. Makes about 8 cups.

POSOLE contributed by Carolyn Crawford

2 lb posole corn
4 lb lean pork
1 tsp oregano
½ tsp garlic salt
2 tbsp minced onions
1 (11 oz) mild, frozen red chili

Wash corn 4 or 5 times then cook for 2 hours (200 degrees) with water. Keep adding water as needed. Add the other ingredients, then cook for four hours.

While corn is cooking, cook pork separately. A touch of cumin can be added. One tsp of cornstarch can be added if you want.

TILAPIA FOIL PACKETS contributed by Jan Bond

“Growing up in the Midwest with only fried fish as an option, I have been trying out non-fried fish recipes. I think this is delish!!!”

Two 6-ounce tilapia fillets- or other mild white fish
2 tbsp olive oil
2 cloves garlic, minced
1 cup no salt diced tomatoes
½ cup fresh mushrooms
4 tbsp capers
juice 1-2 lemons
2 tbsp chopped fresh thyme
baby spinach
Salt and freshly ground black pepper
¼ cup olives, sliced

Preheat the oven to 450 degrees. Lay each fillet on its own piece of foil. The foil should be a few inches longer than the fillet. Drizzle each fillet with lemon juice and then the olive oil. Cover each fillet with the spinach.

Combine garlic, tomatoes, mushrooms, capers, lemon juice, thyme and some salt and pepper in a small bowl. Top each fillet with the tomato mixture. Fold over the fillet and roll up the edges to create a seal. Place on a baking sheet and bake for 15-20 minutes (Note: at a high altitude of 6000 ft, I found 18 minutes to be perfect.) Remove from the foil with veggie son top and any sauce drizzled over the fish, place to the side.

GREEN CHILI CHEESE CHICKEN ENCHILADAS contributed by Paula Burnett

Preheat oven to 350 degrees

1 pint of peeled and seeded green chili, chopped
1 26 oz can of Cream of Chicken soup
1 large onion, diced
Enough Cheddar Cheese to cover the top of the dish
½ boneless cooked chicken (you will use in two layers)
12 corn tortillas, softened (you will use in two layers)
4 cloves of fresh, minced garlic
1 tsp salt
1 cup ground black pepper
1 tsp crushed oregano
¼ tsp ground cumin

Heat tortillas in oil in a small skillet and apply to the bottom of the cooking dish until the bottom is covered with soft tortillas. Put ½ of the mixture in the bowl over the tortillas. Heat the other six tortillas and place over the mixture over the next layers of tortillas. Cover the top of the entire dish with cheese. (An additional garnish of diced onions or green onions might provide an additional ambiance to the dish.

Bake in the oven at 350 degrees for 45 minutes.

SUPER EASY CROCKPOT ROAST contributed by Maryjo Sullivan

- 1 beef roast (chuck roast works well)
- 1 pkg dried brown gravy mix
- 1 pkg dried Italian salad mix (not zesty)
- 1 pkg dried ranch dressing mix (not dip)
- ½ cup water (use 1 cup if adding vegetables)

If desired, add quartered cut potatoes, carrots, onions to crockpot.

Add meat.

Mix together dried mixes in bowl and sprinkle over meat.

Pour water around roast.

Cook on low 7-9 hours.

NO SALT NEEDED (mixes have salt)

MEDITERRANEAN PASTA contributed by Kelly Dingman

- 8-10 oz Seashell pasta cooked al dente
- 2-3 tomatoes, seeded and diced
- ½ cucumber, diced
- 1-2 garlic cloves, minced
- 3-4 green onions, thinly sliced
- 3-4 tbsp sliced Kalamata olives
- 1 tsp kosher salt
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- Optional: chopped up parsley and torn basil leaves and feta cheese crumbles to top

Cook pasta to al dente.

Combine all ingredients, except the optional choices, in large bowl and mix well. Add pasta (I let the pasta cool before adding) to bowl and mix thoroughly. Can add the parsley, basil and feta, if desired.

GREEN CHILI RELLENO EGG ROLLS contributed by Bruce Volzer

4 cups peeled & seeded green chili (Hot is best if you can handle)
1 pkg Egg Roll/Wonton Wraps
32 oz pkg shredded Monterey jack cheese
1 tsp paprika
1 tsp cumin
1 tsp garlic
1 tsp salt
2 eggs
1 tbsp water
2 quarts vegetable oil

Mix spices in a bowl (if you have a shaker...better).

Prepare green chili by peeling, seeding, draining and sprinkle with spices.

Beat 2 eggs & water for egg wash to seal Green Chili Relleno Egg Rolls

Open pkg of Wonton Wraps carefully so that you can continually close after each roll to keep moist.

Pour oil in deep pan, heat to 375 degrees.

Take one wrap, place 1 spread green chili to fit in center, add 1-2 tbsp of the cheese, then fold the chili over so cheese is in center keeping edges clear. Use a finger to paint the egg wash on the edges of the wrapper. Begin rolling starting with bottom corner closest to your body, then sides, firm up the egg roll wrap so semi tight, without tearing. Roll the final top flap to seal.

Roll about six at a time, place in 375 degree oil and deep fry for 3-5 minutes or until golden brown. Remove from oil placing on paper towel to drain.

Serve hot with your choice of dipping sauce such as chipotle, ranch, green chili dip, habanero, mango salsa, etc.

CHILI CON CARNE A LA JUANITA contributed by John & Bonnie Husler

1 lb lean beef
3 tsp vegetable oil or bacon fat
2 tbsp heaping flour
4 tbsp chili powder (pure, medium hot)
1 (8 oz) can tomato sauce
1 qt of more water
1 tsp salt or more (optional)
¼ tsp garlic powder

Have all ingredients ready before starting. Heat fat in medium heavy to heavy skillet (cast iron). Add meat, cook quickly, stirring until well seared or brown. Add flour; stir until brown. Add and stir quickly the chili powder, tomato sauce and water. Turn down heat, add and stir in garlic powder and salt. Simmer ½-1 hour. This recipe is best served with freshly cooked pinto beans, or can be thinned down for dipping tortillas or to make enchiladas.

I learned to make chile this way from my mother and her dear friend, Maria Urioste, in the early 1920's (I've substituted tomato sauce in place of canned tomatoes). Sometimes we use cubed pork or plain old salt pork. Also, one may notice that no spice has been used except garlic. Why spoil the taste of perfectly good chile "spice"?

P.S. My mother was born at what is now called Fourth of July Springs in the Manzano Mountains in 1889. I was born just south of Albuquerque, grew up partly on a bean farm northwest of Mountainaire, Waldo, Cerrillo, and Madrid, NM.

STROMBOLI contributed by Paula Burnett

1 pizza dough
½ lb Italian sausage
½ medium onion, sliced
2 cloves garlic, minced
1 red pepper, sliced thinly
1 jalapeño pepper, deseeded and sliced thinly
¼ lb sliced ham
¼ lb pepperoni slices
provolone cheese
mozzarella cheese
spinach

For the topping: ¼ cup melted butter, 1 clove garlic (minced), and grated Parmesan cheese

Preheat oven to 350 degrees. Line rimmed baking sheet with parchment paper. Divide pizza dough in half and spread out on parchment paper. Set aside.

Add sausage to skillet over medium heat. Break apart with a wooden spoon and stir in onion, garlic, and all peppers. Cook until the sausage has browned and cooked throughout and the vegetables are tender. Remove from heat.

Spoon half of sausage mixture, draining off as much grease as possible, on one dough and the remaining on the second dough. Add ham, pepperoni, cheeses, and spinach to the sausage mixture and then roll the dough into a cylinder.

Bake for 15 minutes and remove from the oven. Mix melted butter and minced garlic together and brush on top of the Stromboli.

Sprinkle with Parmesan cheese and return to the oven for 5-8 more minutes to brown. Remove from the oven to allow to cool for about 10 minutes. Then slice into thick slices and serve.

NO NAME RECIPE FOR 10 HUNGRY PEOPLE contributed by Robert Dann

***Large pan approx.. (3) three gal.

4 oz cooking oil in bottom of pan

4 lbs ground sirloin

6 large cloves of garlic, diced

(Lightly brown on med. heat), then add the following:

1 large white onion, diced

8 (15 oz) cans tomato sauce

4 (15 oz) cans diced tomatoes

12 (15 oz) water (rinse cans)

6 tbsp Italian seasoning

1 tbsp celery seed

1 tsp black pepper

1 tbsp salt

4 oz Louisiana hot sauce

SIMMER (LIGHT BOIL) for 2-3 hours

may need extra water before serving

*/boil in separate pan the macaroni (one pound feeds approx. three to four people.

DODA'S ENCHILADAS contributed by Dr. Linda Nichols

"Doda was the name given my mother by my daughter"

6 eggs, hard-boiled, chopped

1 large onion, chopped

2 cans chopped black olives

2 ½ cups grated cheddar cheese

1 dozen corn tortillas

16 oz red chili sauce or can enchilada sauce

olive oil to fry tortillas or they may be steamed to make them pliable.

Combine first 3 ingredients and 1 ½ cups grated cheese in a bowl. Either fry or steam corn tortillas.

Drip each tortilla in red chili sauce or enchilada sauce (canned). Fill flat tortilla with spoonful's of mixture from bowl. Roll and place in baking dish. Pour remaining sauce over the enchiladas and use the remaining one cup grate cheese to top off he diet.

Bake at 350 degrees for 30-45 minutes.

GREEN CHILI CHICKEN ENCHILADAS contributed by Liz

1 can cream of mushroom soup
1 can cream of chicken soup
¼ cup chicken broth
6 green chilis
¼ cup milk
1 cooked chicken, boned & cut
1 lb longhorn cheese
1 dozen corn tortillas

Mix ingredients, except tortillas. Brown in 1 tbsp oil, 2 cloves garlic, 2 tsp salt. Layer tortillas and sauce mixture. Bake at 350-375 degrees until bubbles.

LASAGNA contributed by Bonnie & John Husler

1 lb Italian sausage
1 lb lean hamburger meat
1 clove garlic, minced
1 ½ tsp salt
2 (15 oz) cans Spanish style tomato sauce
1 (6 oz) can tomato paste
10 oz lasagna wide noodles
3 cups creamy cottage cheese (may use fresh Ricotta cheese)
½ cup grated Romano cheese
1 lb grated Mozzarella cheese
1 lb grate Scamorza cheese
2 tbsp parsley flakes
2 beaten eggs
½ tsp pepper

Brown meat slowly; pour off excess fat; add next four ingredients.

Simmer uncover 30 minutes, stirring occasionally.

Cook noodles in large amount boiling, salted water until tender; drain; rinse.

Beat 2 eggs and fold in the cottage cheese and parsley flakes.

Line a 13 X 9 X 2 inch baking dish with lasagna noodles. Place half of the meat mixture on top, sprinkle half the grated Romano, add other cheeses including half of the cottage cheese mixture.

Repeat with another layers of noodles and remaining meat and cottage cheese mixtures. Top with lots of grated Mozzarella cheese.

Bake at 375 degrees for 30 minutes. Let stand 10 minutes before cutting in squares. Makes 12 servings.

GEORGE'S SPECIAL SAUCE contributed by Carol Arellano

In a large skillet, combine and brown:

1-1 ½ lbs lean ground beef and olive oil

1 large onion, chopped

liberal amount of freshly ground black pepper

liberal amount of dried oregano

pinch of minced garlic (one clove)

Let simmer a few minutes, then add:

1 (14.5 oz) can fire-roasted diced tomatoes

2-3 cans unsalted tomato sauce

liberal shakes of dried basi

Simmer about 5 minutes, then add:

Paul Newman's "Sockeroni" Spaghetti Sauce

½ cup red wine or ¼ cup red wine vinegar

2-3 tbsp local, dark honey (without HFCS)

Simmer 5 minutes, then add:

½ to 1 can tomato paste to thicken, as desired

(or thicken with corn starch)

Large batch/tasty/versatile/don't omit the "Sockeroni"

Add meatballs for over pasta; top pizza crust.

POSOLE-CHRISTMAS, ½ RED, ½ GREEN contributed by unidentified contributor

1 lb prepared posole corn (rinsed thoroughly)

3 lbs pork tenderloin (fat removed)

3 tbsp salt

1 tbsp pepper

2 medium onions, chopped

3 cloves garlic, minced

½ tsp oregano

1 tsp ground comino or cumin

1-1 ½ pints Buenos frozen green chili

1-1 ½ pints Bueno frozen red chili

Note: If you want all red or all green use 3 pints of either

Cook posole in approximately 10 cups low, boiling water. Keep covered with water. Cook about 2 hours until fully cooked (it gets puffy). Sauté onions and set aside.

Cut pork tenderloin into small pieces and sauté with 3 tbsp cooking oil. Add half of garlic, oregano, cumin to cooking pork; and the other half to the cooking posole. Cook lightly and when posole ready, add pork and onions. Cook another hour. Divide into 2 pots if cooking both red and green. Add chili and continue to cook another hour. Keep covered with water.

GL'S PATRON XO CAFÉ ENCHILADAS SU CHOCOLAT' contributed by G L Miller and Patricia Angel

4 oz Patron XO Café
1 stick butter
2 tbsp red chili powder
8 oz chopped white onion
1 lb cooked, boned, shredded chicken/turkey breast
10-12 corn tortillas
1 cup chopped tomatoes
1 cup sour cream
2 cups each-Brewed coffee, French Vanilla & Hazelnut
2 tbsp ground coffee (same as above)
12 oz grated Mexican cheese: Oaxaca or Asadero
6 oz dark chocolate
Corn oil (for cooking tortillas)
1 cup shredded lettuce
Avocado/Black olives optional

Method:

1. In a small sauce pan combine butter, brewed coffee, ground coffee, chili powder and chocolate. Over low heat stir until all chocolate is melted. Continue to simmer until reduced to half (high altitude, approx.. 50 minutes for reduction). Add the Patron XO Café, stir in completely. Strain and set aside. Sauce can be made a day in advance.
2. Cook tortillas in oil to make soft, just a few seconds, set aside

Assembly:

1. On a tortilla, add chopped onions, shredded turkey (or chicken), cheese and a little sauce.
 2. Roll up and place in a 9"X 6" X 2" baking pan. Repeat.
 3. When all tortillas are stuffed, top with sauce and remaining cheese.
- Bake at 350 degrees for 35-40 minutes or when sauce and cheese bubbles.
Serve on heated plates and top enchiladas with shredded lettuce and tomatoes and a dollop of sour cream with options. Serve immediately.

"Not fat free.....do not eat and drive"

PRIME RIB contributed by Tara Mitchell

Preheat oven to 400 degrees F

Pat roast dry with paper towel, rub with olive oil and season liberally with salt and pepper. Place roast on a vented roasting pan and set in the middle of the oven.

Roast at 400 degrees F for 20 minutes, then turn the oven off and open the door, leaving the roast in the oven for 5-7 minutes. Place the probe of the oven safe meat thermometer into the center of the meat, take care that it is not touching bone, fat or gristle. Close the door and set the oven to 200 degrees F.

Continue roasting until the thermometer reaches 130 for rare or 140 for medium rare. Remove the roast from the oven and loosely tent with foil, allow to rest for at least 30 minutes before carving.

Nutrition Facts

Nutrition (per serving: 621 calories, 50.1 g total fat, 154.2 mg cholesterol, 127 mg sodium, 691.7 mg potassium, 0 g carbohydrates, 0 g fiber, 39.7 g protein)

SALMON ALA POMEGRANATE contributed by Dr. Linda Nichols

Salmon (enough for 2 people approximately 12 oz)

2 tbsp sour cream

1 tbsp Pomegranate jelly (or raspberry or favorite flavor)

Mix until creamy, then add:

½ tsp garlic salt

½ tsp celery salt

½ tsp dill weed

½ tsp celery seed

Place salmon in baking dish with 1 tbsp olive oil. Spoon mixture over the salmon and bake at 350 degrees for 40 minutes, uncovered (Time depends on thickness of salmon.)

CHILI RELLEONOS CASSEROLE contributed by John & Bonnie Husler

Grease 9" X 13" baking pan.

Layer or split and seeded whole green chilies

1 ½ lb sharp cheddar cheese grated

1 dozen one inch cheese squares for topping

Put all this grated cheese on layer of chilies.

Then another layer chili on top of cheese.

Batter: 4 eggs, 4 tbsp flour, tsp salt, 1 large can of Pet milk.

Combine and pour over the chili.

Bake about 40 minutes and place cheese squares checkerboard fashion for decoration. Put back in over for 5 minutes.

BEST HOT DOGS! Contributed by George Creamer & MaryAnn Cramer (owners of Mac's Hot Sauce)

<http://macshotsauce.com/Mac's%20Hot%20Sauce%20Recipes.htm>

Take your favorite hot dog and cut it lengthwise but not through and leave the ends un-cut. Put Mac's Habanero Hot Sauce in the cut. Add cheese of your choice. Cut a strip of bacon in half, and using one half secure it on the top of the hot dog with toothpicks. Boil until the bacon is done! My sister-in-law, Sara, makes them wrapped in a croissant, minus the bacon, and then bakes them until done! You'll never eat a plain hot dog again!

VEGETABLES, SIDE DISHES

MISER VAT (SPICY LENTILS) contributed by Nicole Li

This dish is one of my favorites. It is found at every Ethiopian restaurant. Since there are not Ethiopian restaurants in Albuquerque, I've had to make my own. It is traditionally served with injera (you can make it or order it from Zelatem in Dallas) but I often just serve it with rice.

2 minced red onions
½ cup oil
1 tbsp fresh minced garlic/ginger mix
3 tbsp berbere (order online or recipes available online)
½ cup crushed tomato
¼ tsp cardamom
½ tsp salt
1 cup red split lentil
½ tsp garlic powder

Mince onions. Put minced onions in large soup pot on medium high.

Add oil and sauté onions until translucent

Cover the pot

Add the minced garlic/ginger mix

Rinse the lentils in a colander with hot water

After 5 minutes, add the berbers to the cooking onion

Stir in the berbers

After the berbers is incorporated well, add the crushed tomato

Add half cup water into the cooking onion

After it has been cooking for a while and getting creamy and cooked down, add the lentils.

Mix in the lentils thoroughly

Keep stirring.

Cover intermittently.

Stir/cover and cook down for about 5-10 minutes.

When the moisture is absorbed by the lentils and it looks pasty, it's time to add the water.

Add the water half a cup at a time, incorporating it into the mixture.

Stir and add the salt and cardamom and garlic powder.

Stir and cover. Cook until lentils are soft and mushy.

Enjoy!

CANNED CORNED CASSEROLE contributed by Audrey Carter

1 (15 oz) can well drained whole kernel corn
1 (15 oz) can cream style corn
1 box Jiffy corn muffin mix
¼ cup sugar
2 eggs, well beaten
1 stick butter, melted
1 cup sour cream

Preheat oven to 350 degrees. Mix together all ingredients in a bowl. Pour into a well-greased 9" X 13" baking dish. Bake at 350 degrees for 45-60 minutes or until center is firm.

"Everyone I have ever served this dish to, loves it!"

BUTTERNUT SQUASH BISQUE contributed by Bruce Volzer

Olive oil
1 large onion cut into ½ inch diced pieces
1 large of 2 small carrots, peeled & cut in ½ inch diced
2 ribs celery, cut into ½ inch dice
2 cloves garlic, smashed and finely chopped
Kosher salt
1 large butternut squash, peeled and cut into 1- inch cubes
1 large russet potato, peeled and cut into 1- inch cubes
2 cups white wine
2 quarts chicken or vegetable stock
1 bundle thyme
2 bay leaves
1 orange, cut in 12

Coat a large pot over medium-high heat with olive oil. Add the onions, carrots, celery and garlic. Season with salt, to taste, and sauté the veggies until they start to soften and are very aromatic, about 7 to 8 minutes. Add the squash and potatoes and season with salt, to taste. Stir to coat the mixture with the oil and cook for another 5 to 6 minutes. Add the wine and reduce by half.

Add the stock, thyme, and bay leaves. Squeeze the orange into the soup and add both halves. Taste for seasoning and adjust if needed. Bring to a boil and reduce to a simmer and simmer until the squash is falling apart, about 35-40 minutes. If the liquid level starts to get too low, water can be used to replace it.

Remove and discard the orange halves, thyme bundle and bay leaves and puree the soup with an immersion blender or a blender. If using a blender, cool the mixture for about 5 minutes and carefully add it to the blender. It should be very smooth and velvety. Check the consistency. If it is too thick, add water to thin

Add whole cream to thicken at your own desire.....

ED'S APPLESAUCE contributed by Ed Norris

2 large pot apples, cut up and peeled
Cover with 2/3 water and cook until tender
Put through colander.

1 ½ cups sugar
2 tbsp cinnamon
1-2 tsp nutmet
juice from ½ lemon

EGGPLANT PARMIGIANA contributed by Danny Burnett

1 large eggplant, about 2 pounds
¾ cup olive oil
2 cups canned tomato sauce
½ tsp dried basil
½ tsp garlic powder
¼ cup Parmesan cheese
8 oz shredded Mozzarella cheese

Peel eggplant into ¼ inch slices. Fry on both sides in skillet in hot oil until browned. Drain well on paper towels. Place a layer of eggplant slices in a shallow baking dish, cover with some tomato sauce, a sprinkling of basil and garlic powder, a little parmesan cheese, and a little Mozzarella cheese. Repeat layers until all ingredients are used, ending with Mozzarella cheese. Bake, uncovered, at 400 degrees for 14 to 20 minutes. Serves 4-6.

CALABASITAS contributed by Rosella Urrea

4 zucchinis- cut in cubes
2 cups of corn (fresh or canned)
½ onion, cut into cubes
1 can tomatoes

Fry zucchinis until crisp, add corn and cut onions and tomatoes and cook for 15-20 minutes.

ROASTED SWEET & SOUR BRUSSEL SPROUTS contributed by Dr. Linda Nichols

2 lbs Brussel sprouts, trimmed and halved
2 tbsp olive oil
¼ cup lower-sodium soy sauce
¼ cup balsamic vinegar
¼ cup brown sugar
½ tsp ground ginger
¼ cup loosely packed fresh parsley leaves, finely chopped

Preheat oven to 450 degrees. On 2 lg. rimmed baking sheets, toss sprouts with oil; spread out in single layers. Roast 20 to 25 minutes or until deep golden brown, stirring and rotating sheets on oven racks halfway through.

Meanwhile, in 2 qt. saucepan, heat soy sauce, vinegar, brown sugar, ginger and ¼ tsp black pepper to boiling on med-high. Reduce heat to maintain simmer; simmer 12 to 15 minutes or until syrupy.

Remove from heat.

Toss sprouts with parsley and enough sauce to coat. Serve remaining sauce on the side.

Serves 12. Nutritional info: about 90 calories, 4 g protein, 15 g. carbs, 3 g. fat, 4 g. fiber, 210 mg sodium.

DESSERTS

CARAMEL CORN contributed by Carol Arellano

1 cube butter (not margarine)
1 cup brown sugar
3 tbsp light Karo syrup
1 dash salt

Bring mixture to a boil until a foam forms on top.

Pour over 18 cups of popped corn.

Stir to coat all kernels

BACARDI RUM CAKE contributed by Raymond "Val" Valerio

1 cup pecans or walnuts
1 1/8 oz pkg yellow cake mix
4 eggs
1/2 cup cold water
1/2 cup Wesson oil
1/2 cup Rum

Glaze:

1/4 lb butter
1/4 cup water
1 cup granulated sugar
1/2 cup Rum

Preheat oven to 325 degrees. Spray bundt pan with Pam.

Sprinkle nuts over bottom of pan.

Mix all cake ingredients together.

Pour over nuts.

Bake for one hour. Wait until cool.

For glaze: Melt butter in saucepan. Stir in water and sugar. Boil until it bubbles. Remove from heat and add Rum (or not). Leave cake in bundt pan, add glaze evenly over cake allowing resorption of glaze.

MAGIC COOKIES contributed by Alice Stewart

½ cup (1 stick) butter or margarine, melted
1 ½ cups graham cracker crumbs
1 1/3 cup Bakers Angel flake coconut
½ cup Bakers semi-sweet chocolate chips
1 can (14 oz) sweetened condensed milk
½ cup Butterscotch morsels

In 9"X 13"X 2" pan, melt butter, add graham cracker crumbs and mix well. Pat down in pan. Sprinkle with coconut, chocolate chips, butterscotch morsels and nuts. Pour condensed milk over top. Bake 350 degrees for 23-30 minutes. Cool, then cut into bars.

POLISH CHRUSCIKI contributed by Dr. Christine Lenhoff

3 egg yolks
1 egg white, beaten until frothy
juice of ½ lemon
1 jigger Vodka
flour
shortening

Mix eggs, lemon juice and vodka and work into flour beginning with 1 cup. Add more flour as needed until dough is soft but does not stick to hands. Roll dough until it is as thin as possible using rolling pin. Cut into strips one inch wide by 6 inches long. Slice each strip in center and turn over one end through the cut to form a bow. Melt enough shortening in pan so that it will be 2 inches deep in frying pan. Heat shortening until hot. Test by dropping in one chrusciki to see if it will fry. Fry until lightly browned (very quickly), turn. Fry a few at a time. Remove and sprinkle with powdered sugar while still warm.

CREAM DE MENTHE DESSERT contributed by Carol Arellano

40 large marshmallows

1 cup milk

Melt together in double boiler. Cool.

Add 2 teaspoons peppermint extract

3 tsps Crème de Menthe cordial mix

Cool until thickened

Whip 2 cups of cream or use 2 cups Cool Whip

Fold into first mixture

Crush 36 Oreo cookies

Mix in 6 tbsp melted butter

Put half of crumb mixture in bottom of 9" X 13" pan.

Pour filling over; top with remaining crumbs.

Freeze. (Lasts well in the freezer.)

Remove 5 minutes before serving.

MOM'S CHRISTMAS COOKIES contributed by Jack Anderson

½ cup butter

½ cup brown sugar

½ tsp salt

1 cup flour

Combine butter and salt. Add brown sugar and flour and blend. Press in bottom of pan (8" X 8" X 2") and bake at 300-325 degrees for 15 min.

Mix: 1 cup brown sugar, 2 beaten eggs, ½ tsp of baking powder, 1 ½ cups coconut, 1 tsp vanilla and 2 tsp flour, ¼ tsp salt and ½ cup chopped pecans.

Spread this mixture evenly over first mixture and bake 25 minutes at 325-350 degrees.

JULIA'S BISCOCHITOS contributed by Julia Fuentes

Mix together and set aside:

6 cups flour
3 tsp baking powder
1 tsp salt

Cream together:

1 lb (2 cups) LARD, not shortening
1 cup sugar

Add:

3 slightly beaten eggs
3 tsp + a tad more, liquid or seed anise

Add flour mix to sugar/lard mixture—little at a time, using about 6 tbsp white zinfandel wine.

Dough will be very pliable. Do not over knead. Roll out on floured board (about 1/8" inch thick).

Bake at 375 degrees about 10 minutes... While cookie is still Hot, dip both sides into Cinnamon/Sugar mix—1 tbsp cinnamon and ½ cup sugar.

SCOTCH TREATS contributed by Alice Stewart

6 oz Nestles Butterscotch morsels, peanut butter, Rice Krispies cereal.

Melt over hot water (double boiler), 1- 6 oz pkg Nestles Butterscotch morsels and ½ cup peanut butter. Stir to blend. Remove from heat and add 3 cups Kelloggs Rice Krispies. Stir until well coated with mixture. Spread on buttered 9" square pan. Cool and cut (I usually double to recipe and put into a 13" X 9" X 2").

GRAVEYARD & COOL WHIP contributed by Eva Ortiz

2 ½ cups chocolate wafer cookies, crumbled
½ cup sugar
½ cup (1 stick) margarine melted
1 pkg (8 oz) cream cheese, softened
1 tub (12 oz) Cool Whip
1 small pkg flavored gelatin (Jell-O)

Mix 2 cups cookie crumbs, ¼ cup sugar and margarine in 13" X 9" pan and press firmly onto bottom of pan. Refrigeration.

Beat cream cheese and remaining sugar (1/4 cup). Stir in ½ of Cool Whip. Spread over crust.

Stir boiling water into gelatin in bowl (2 min.). Mix cold water and ice to make 1 ½ cup. Stir into gelatin until slightly thicken. Remove any remaining ice. Pour cream cheese. Refrigerate 3

hours or until firm. Spread remaining cookie crumbs. Decorate as a graveyard with corn candy, pumpkin candy.

BANANA-RITZ CRACKER DESSERT contributed by Carol Arellano

68 Ritz crackers, crushed

Add $\frac{3}{4}$ cup melted butter.

Mix

Reserve $\frac{3}{4}$ cup crumbs for topping

Press the remaining crumbs into a 9" X 12" pan.

Filling:

Beat together:

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

1 quart vanilla ice cream

2 small pkg instant pudding

(your choice of butter pecan, coconut or vanilla)

On crumb crust pressed in pan, put a layer of three sliced bananas. Pour pudding mixture over bananas.

Topping:

Cool Whip with crumbs sprinkled over the top. Chill.

NEW YORK CHEESECAKE contributed by Tamara Tsosie

Serves 6

Crust:

7 ½ Graham crackers, crushed
1 tbsp butter, melted

Cheesecake:

2 (8 oz) pkgs cream cheese
¼ cup sugar
¼ cup plus 2 tbsp milk
2 eggs
½ cup sour cream
1 ½ tsp Vanilla extract
2 tbsp all-purpose flour

Directions for crust:

Preheat oven to 320 degrees.

Grease a 9 inch spring-form pan.

In a medium bowl, mix graham cracker crumbs with melted butter. Press onto Spring-form pan.

Directions for cake:

1. In a large bowl mix cream cheese with sugar until smooth, blend in milk and then mix in one egg at a time. Mixing just enough to incorporate. Mix in sour cream, vanilla & flour until smooth.

2. Pour filling into prepared crust.

3. Bake in preheat oven for 1 hour. Turn off & let cake cool in oven with door closed for 5-6 hours (this prevents cracking). Then chill in refrigerator.

MOLASSES SUGAR COOKIES contributed by Bertha Carnake

¾ cup canola oil
1 cup sugar
¼ cup Brer Rabbit Molasses
1 egg
2 tsp baking soda
2 cups, sifted all-purpose flour
½ tps cloves
½ tsp ginger
1 tsp cinnamon
½ tsp salt

Melt shortening in a 3-4 quart saucepan over low heat. Remove from heat, allow to cool. Then add sugar, molasses and egg; beat well. Sift together flour, baking soda, cloves, ginger, cinnamon, and salt; add these to first mixture. Mix well and chill thoroughly. Form in one-inch balls; roll in granulated sugar; place on greased cookie sheet, two inches apart. Bake in moderately hot oven, 375 degrees for 8-10 minutes. Makes about 4 dozen sugar cookies.

Another Molasses cookie, cut out Molasses Cookies

2 ½ cups, sifted, all-purpose flour

1 ½ tsp baking soda

½ tsp salt

1 tsp ginger, cinnamon

1 cup Bret Rabbit Molasses

½ cup shortening

2 tsp grated lemon or orange rind

Sift dry ingredients. Combine molasses and shortening in a saucepan. Bring to a boil. Cool. Mix in ingredients & rind. Chill 2 hours. On a floured board, roll dough 1/8" thick. Cut out with your chosen cookie cutters. Place 1/2" apart on greased cookie sheet. Bake in moderately hot oven (375 degrees) 8-10 minutes. Makes 4 dozen cookies.

Frosting:

2 egg whites

3 cups sifted confectioners' sugar

Blend egg whites with sugar until frosting is proper consistency to go through decorating tube and hold shape. Decorate as desired. Makes about 2 cups frosting.

SWEET POTATO PIE contributed by Lawrence and Cat Johnson

9" pie crust (approximately 3 or 4) Recipe is for 3-4 pies

4 eggs

2 lbs of can yams (I use 1 can yams & 1 lb fresh, sweet potatoes or yams)

1 ½ cups sugar

1 tsp salt

2 tsp ground cinnamon

1 tsp ground ginger

½ tsp ground cloves

3 cups evaporated milk

Pastry prep: Heat oven to 425 degrees, allow approx. 5 min of empty pie crust to cook or before crust starts to bubble. (Don't allow crust to brown).

My recipe says to beat eggs before mixing ingredients, (with today's Kitchen Aid appliances that's just one unnecessary step and another dirty bowl to wash; so don't bother—just keep track of how many eggs you're using.)

Cooking sweet potatoes its best to peel outer skin and cut into hunks, then boil until tender 20 to 30 minutes. Mash sweet potatoes with can yams until there are no lumps.

Hopefully you're using an electric mixer; add ingredients. I normally toss in the spices and then mix the eggs in and add the sugar. I add the evaporated milk last as this allows less strain on the appliances motor. Blend or mix until you're satisfied with results.

Pour mixture into pie crusts evenly depending on the size of pie crusts 8" or 9". Center pies on oven rack. You should be able to cook 3 or 4 depending on size at one time. After approx. 15 minutes, reduce oven heat to 350 degrees and allow pies to cook until you can pull a toothpick from center of pie clean.

Pies may not be done when edge of crust start to turn golden brown to eliminate this from happening you can cut strips of aluminum foil and place around edge of pie crust.

BAKED DOUGHNUTS contributed by Carol Arellano

½ cup plus 2 tbsp butter, softened
1 cup sugar
2 eggs
3 cups flour
4 ½ tsp baking powder
½ tsp salt
½ tsp nutmet
1 cup milk

Blend softened butter with sugar. Add eggs and mix well. Sift (or whisk) flour, baking powder, salt, and nutmeg together. Add to the butter and sugar mixture. Blend in the milk and mix thoroughly.

Fill greased doughnut or muffin pans, no more than 2/3 full. Bake at 350 degrees, 15 to 20 minutes, or until doughnuts are golden.

Topping:

6 tbsp butter, melted
½ cup sugar
½ tsp cinnamon
Combine sugar and cinnamon

While doughnuts are still warm, roll them in melted butter; then dip into sugar and cinnamon. Cool on wax paper, covered rack.

ALMOND CRESCEN COOKIES contributed by Alice Stewart

10 oz whole natural almonds
1 ¼ cup flour
¼ cup sugar
1 cup butter
1 tsp vanilla extract
1 cup plus more powdered sugar

Whirl almonds in blender or grind fine. Mix flour, sugar and ground almonds. With fingers, work in butter and vanilla extract into mixture until cleans bowl. Chill about 1 hour. Roll dough into balls, then shape into crescents. Bake on ungreased cookie sheet at 350 degrees for 12-15 minutes. When cookies are cool, roll in powdered sugar.

PIE CRUST

2 cups all-purpose flour
½ tsp salt
¾ cup shortening (1 ½ sticks butter)
6 tbsp cold 7-Up or Sprite

Mix flour and salt in bowl; put in shortening until it looks like corn meal. Sprinkle in 7-Up, stir with fork until moist and clings together.

Spread flour on rolling surface. Roll with cold rolling pin.

The secret is the 7-Up or Sprite. I think it makes the crust flakey. I have never given this out and did not copy it from anybody.

Good Luck

I do not have a name to give credit. Sorry and thank you

Apple Pie filler for this pie crust:

5-6 cups apples, peeled, cored and thinly sliced
2/3 cup brown sugar
1/8 tsp salt
1 ½ tbsp. cornstarch
2 tsp cinnamon
½ tsp nutmeg
1 ½ tbsp. butter
1 tbsp lemon juice

Mix sugar, salt, cornstarch, cinnamon and nutmeg in mixing bowl. Add lemon juice to cut, dry apples. Add mixture to apples, dot with butter. Cover pie with crust and piece.

Bake at 450 degrees for 10 minutes; reduce heat to 350 degrees and bake for 35 minutes.

Remove and brush from melted butter and sprinkle top with sugar & cinnamon mixture.

JULIA'S PASTELITOS contributed by Julia Fuentes

1 package dried apricots
1 package dried peaches
1 package dried mixed fruit
½ cup raisins

Cover fruit with water and boil until tender.

Add about ½ to ¾ cup sugar (taste and see if to liking).

Add: ¼ tsp cinnamon, 1/8 tsp nutmeg, and 1 tbsp butter.

Make sure to continue stirring or mixture will burn. Put mixture in blender until it is like a paste and all fruit is blended.

Spread a thin mixture of the fruit on crust and cover with another crust. Poke holes with fork and sprinkle sugar/cinnamon mixture.

Bake at 350 degrees for about 20 minutes, until it is golden brown.

HOT FUDGE PUDDING contributed by Carol Arellano

Ingredients for 9" X 13" pan or 8" X 8" is in the ()

2 (1) cup flour
4 (2) tsp baking powder
½ (1/4) tsp salt
1 ½ (3/4) cup sugar
4 (2) tbsp. cocoa
1 (1/2) cup milk
4 (2) tbsp. melted shortening
1 (1) cup chopped nuts
2 (1) cup brown sugar (packed)
½ (1/4) cup cocoa
3 ½ (1 ¾) cup hot water

Heat oven to 350 degrees.

Combine flour, baking powder, salt, sugar 4 (2) tbsp. cocoa.

Stir in milk and melt shortening. Blend in nuts.

Spread in pan and sprinkle with brown sugar and ½ cup cocoa.

Pour hot water over entire batter. Bake 45 minutes.

ODDS & ENDS & APPETIZERS

CRAB-STUFFED MINI PEPPERS contributed by Dr. Linda Nichols

Makes 24 pieces; Prep 15 minutes
Bake at 300 degrees for 15 minutes

Heat oven to 300 degrees

12 oz lump crabmeat
2 tbsp mayonnaise
2 tbsp finely chopped sweet red pepper
2 tsp Dijon mustard
¼ cup snipped dill, finely chopped
2 tsp olive oil
¼ tsp each salt and pepper

Slice 12 mini sweet peppers in half horizontally and fill with crab mixture. Place on baking sheet and bake at 300 degrees for 15 minutes. Garnish with additional fresh dill, if desired.

BAKED MOZZARELLA BITES contributed by Dr. Alisha Nichols

2 cups Marinated Mozzarella Balls (found at Costco or the specialty cheese section of your store)
2 ½ cups Panko Bread Crumbs
Marinara Sauce (you can use your own or store bought)
Cooking spray

Roll each mozzarella ball in panko and place on a parchment lined baking sheet. Freeze for 2 hours or overnight. You can then either place the mozzarella in a Ziploc or cook immediately.

Heat the oven to 400 degrees. Place the mozzarella on a parchment lined baking sheet and bake for 6-10 minutes or until lightly golden and gooey. Serve with warm marinara sauce.

MOCHA COFFEE MIX contributed by Carol Arellano

2 cups Swiss Miss Cocoa Mix
2 cups non-dairy creamer
1 cup instant coffee
1 ¼ cups sugar
½ tsp cinnamon
(and/or allspice/nutmeg)

DOG COOKIE RECIPE contributed by Ali Gallo

Recipe: Dog cookies for dogs with very sensitive stomachs.

Ingredients: Cans of Royal Canine Hydrolyzed Protein

Instructions:

Pull the whole body of the can out on a cutting board. Cut length wise then slice each half into medium width half-moons. Place on a cookie sheet and back at 350 degrees for 20 minutes. My dog Parker loves them!

CHIPOTLE DEVILED EGGS contributed by George Creamer and Mary Ann Cramer

4 hard boiled eggs

3 oz cream cheese

1 tbsp mayonnaise

2 tbsp Mac's Chipotle Hot Sauce

¼ tsp salt

Cut eggs in half, remove yolks, add yolks to the rest of the ingredients, and blend well. Spoon mixture into egg halves, garnish with a dollop of Mac's Chipotle Hot Sauce

*Owner of Mac's Hot Sauce. More at www.MacsHotSauce.com

WHIPPED GOAT CHEESE WITH HONEY AND POMEGRANATES contributed by Dr. Alisha Nichols

5 ounces goat cheese, softened

2 ounces creamed cheese

1 tbsp honey

¼ tsp salt

1/8 tsp black pepper

¼ cup pomegranate arils, plus more for garnish

1 baguette, cut into ½ inch crostini

2 tbsp olive oil

1. Preheat oven to 350 degrees.
2. Brush crostini with olive oil. Season with salt and freshly cracked black pepper. Bake for 10 minutes or until slightly brown and crisp. Set aside.
3. In the bottom of a stand mixer add goat cheese and cream cheese. Using the whisk attachment, whisk on high until light and fluffy, about 1-2 minutes.
4. Ad in honey, salt and black pepper. Whip another 30 seconds.
5. If added pomegranates to mixture, gently fold in.
6. Transfer to serving container, sprinkle with pomegranate arils and drizzle with honey.
7. Serve with crostini.

SPARKLING SUGARED CRANBERRIES contributed by Dr. Alisha Nichols

2 ½ cups granulated sugar, divided

2 cups water

Peel from 1 orange, cut into large strips

2 cups fresh cranberries

1. In medium saucepan, combine 2 cups of the sugar, the water and orange peel. Heat over medium heat, stirring occasionally, until the sugar is dissolved. Don't bring the simple syrup to a full rolling boil, or it will get too hot and the cranberries may burst when you add them.
2. Remove the simple syrup from the heat and allow it to cool for about 5 minutes. Stir in the cranberries. Transfer the cranberries in the simple syrup to your refrigerator and let them soak for at least 2 hours or up to overnight. Stir the cranberries occasionally during this time.
3. Using a strainer or a slotted spoon, remove and drain the cranberries from the simple syrup. You can save the simple syrup in an airtight container in your refrigerator. It will keep for at least a week, and you can use it to make up a second or third batch of cranberries. Transfer the cranberries to a paper towel-lined rimmed baking sheet to help soak up some of the excess liquid.
4. Coat the cranberries in the sugar, working with a small number of cranberries at a time to help prevent the sugar from getting too damp and clumpy. Put a few tablespoons of sugar in a shallow bowl and add a handful of cranberries. Roll them around until they are completely coated, then transfer them to rimmed baking sheet. Continue adding more sugar and cranberries to the bowl until all the cranberries are coated.
5. Let the coated cranberries dry at room temperature for about 2 hours. Once they are dry, they can be used immediately or stored in an airtight container in your refrigerator for 5-7 days.