



KING COUNTY'S
ADMINISTRATIVE
PROFESSIONAL
PARTNERS PRESENTS

CULINARY
ADMINISTRATION:
RECIPES FOR ADMINISTR-EATING

A collection of recipes from King County's
Administrative Professionals

CULINARY ADMINISTRATION: RECIPES FOR ADMINISTR-EATING

We all know that administrative professionals have all the best tips and tricks and know how to produce great results in the workplace - it turns out cooking is no exception to that rule! We are so pleased to present a diverse collection of recipes for you to try, all submitted by King County's administrative professionals. Enjoy!



Lester's Taste of the Bayou

(A Seafood Casserole)

Lester Kinlow, DNRP Director's Office



INGREDIENTS

- 1 package (8 ounces) cream cheese, cubed
- 4 tablespoons butter, divided
- 1 large onion, chopped
- 2 celery ribs, chopped
- 1 large green pepper, chopped
- 1 pound cooked medium shrimp, peeled and deveined
- 2 6 ounce cans crabmeat, drained, flaked, and cartilage removed
- 1 can to 3/4 ounces condensed cream of mushroom soup, undiluted
- 3/4 to 1 cup of cooked rice
- 1/2 cup of sliced mushrooms
- 1 teaspoon garlic salt
- 3/4 teaspoon hot pepper sauce
- 1/2 teaspoon Cajun or Creole seasoning (preferred) add more for spiciness
- 3/4 shredded cheddar cheese
- 1/2 cup crushed butter-flavored crackers (optional)

DIRECTIONS

1. Preheat oven to 350 degrees. In a small saucepan, cook and stir cream cheese, and 2 tablespoons butter over low heat until melted and smooth.
2. In a large cast-iron or an ovenproof skillet, sauté onion, celery, and green pepper in remaining butter until tender. Stir in shrimp, crab, soup, rice, mushrooms, garlic salt, pepper sauce, cayenne, and cream cheese mixture.
3. Combine cheddar cheese and cracker crumbs (optional); sprinkle over top. Bake, uncovered, until bubbly, 25-30 minutes.
4. ENJOY!

Options: Add more seafood, rice, veggies, and seasoning to your taste.

"This dish is for seafood lovers, and will satisfy your crab or shrimp appetite. I found the basis of the recipe on the World Wide Web and added my own touch. The pandemic created the opportunity for me to learn how to cook. I'm gifted and the most talented one when it comes to eating. This is my go-to dish along with crawfish etouffee."

Apple Gouda Pigs-in-a-Blanket

Marissa Lock, Prosecuting Attorney's Office



INGREDIENTS

- 1 tube (8 ounces) refrigerated crescent rolls
- 1 small apple, peeled and cut into 24 thin slices (I recommend granny smith since the tartness really cuts through the heaviness of the cheese and sausages).
- 6 thin slices of Gouda cheese, quartered
- 24 miniature smoked sausages
- Honey mustard salad dressing for dipping (optional). (My kids preferred ketchup).

DIRECTIONS

1. Preheat oven to 375 degrees. Unroll crescent dough and separate into 8 triangles; cut each lengthwise into 3 thin triangles. On the wide end of each triangle, place 1 slice apple, 1 folded piece cheese, and 1 sausage; roll up tightly.
2. Place 1 inch apart on parchment-lined baking sheets, point side down (so they don't unravel). Bake until golden brown, 10-12 minutes. If desired, serve with dressing (or ketchup, if preferred).

"I personally despise cooking. It's one of my least favorite required tasks. So, when I find a recipe that is 1. Delicious; 2. The kids like; and 3. Easy: I favorite fast! This recipe is all three. Plus, they feel slightly fancier than pure pigs-in-a-blanket."

Julia Roberts' Banana-Hemp Heart Muffins

Alaina Emde, Metro



INGREDIENTS

- 1 $\frac{2}{3}$ cups all purpose flour
- 4 tsp hemp hearts, plus $\frac{1}{4}$ cup for sprinkling
- 4 tsp ground flax meal
- 2 tsp white or black chia seeds
- 1 tsp baking soda
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp fine sea salt
- $\frac{2}{3}$ cup mashed very ripe bananas (2 medium)
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ cup dark brown sugar (or coconut sugar)
- $\frac{2}{3}$ cup vegetable oil
- 2 large eggs

DIRECTIONS

1. Preheat oven to 350°F. Grease a 12-cup cupcake pan, or line with paper liners.
2. In a large bowl, sift together the flour, cinnamon, baking soda and salt, then whisk in the hemp, flax and chia seeds.
3. In the bowl of a stand mixer fitted with the paddle attachment, beat the bananas, both sugars, oil and eggs. Add the flour mixture to the banana mixture in two additions, beating until blended after each addition.
4. Divide the batter among the wells of the prepared pan and sprinkle each muffin generously with 1 teaspoon of hemp hearts. Bake until golden brown and a toothpick inserted into the center comes out clean, 18 to 20 minutes. Transfer the pan to a wire rack and cool completely.

"I found this recipe as a solution to a problem. The problem: a 5lb bag of hemp hearts from Costco. This recipe has all the things I love about banana bread, but with a "healthy" spin to justify going back for seconds... and thirds. This is also an amazingly forgiving recipe, too. The first time I tried it, I completely forgot the oil!!! I braced myself for the worst. Somehow, they still turned out OK (great even, with a pat of butter on top) and that's when I knew this recipe was a keeper.

Bake it into muffins or loafs, mix-up the nuts and seeds used, the sky's the limit. Some ideas for substitutes: walnuts, almonds, sunflower seeds, and chocolate chips!"

Chicken and Dumplings

Maureen Dahlstrom, Water and Land Resources Division, DNRP



INGREDIENTS

2 tablespoons extra-virgin olive oil
1 large onion, chopped
2 medium carrots, peeled and diced
1 stalk celery, chopped
1 teaspoon dried oregano
kosher salt, to taste
freshly ground black pepper, to taste
3 cloves garlic, minced
6 cups low-sodium chicken broth
4 chicken thighs, boneless and skinless
2 chicken breasts, boneless and skinless
3 sprigs thyme
1 1/2 cups all-purpose flour
1 tablespoon baking powder
1 1/2 teaspoon kosher salt
1 large egg
2/3 cup buttermilk
2 tablespoons butter, melted
1 cup heavy cream
parsley, freshly chopped, for serving

DIRECTIONS

1. In a large Dutch oven over medium heat, heat the olive oil.
2. Add the onion, carrots, and celery and cook until tender, about 5 minutes.
3. Add the oregano, salt, pepper and garlic, cooking until fragrant, about 1 minute.
4. Add the broth, chicken, and thyme to the pot and bring the mixture to a boil.
5. Reduce the heat and allow the mixture to simmer until the chicken is cooked through, about 10 minutes.
6. Remove the chicken and shred it with two forks.
7. While the soup is simmering, in a large bowl, whisk together the flour, baking powder, and salt. Make a well in the flour and add the egg, buttermilk, and melted butter to that well.
8. Whisk the wet ingredients into the dry ingredients with a fork until combined.
9. Add the shredded chicken and the heavy cream to the pot.
10. Return the mixture to a simmer.
11. Drop spoonful's of the dumpling mix into the pot.
12. Cover and cook the mixture on low until the dumplings are cooked through, about 5 minutes.
13. Garnish with parsley before serving.

"My mother in law used to make Chicken and Dumplings for the family and it was one of my husbands favorite dinners when he was young. That recipe was lost over the years. One day I searched for a recipe and stumbled on to this one. It is now a favorite again for our family and it is requested frequently throughout the winter months."

Green Beans

Sanja Dacic, Superior Court



INGREDIENTS

Green beans
Sun dried tomato
Walnuts (chopped)
Garlic
Olive oil
Salt
Pepper
Chili flakes (optional)
Feta cheese (optional)

DIRECTIONS

1. Boil Green beans for at least 5 min. If beans are too long, I cut them in half.
2. Drain and dry with paper towel.
3. When drained and dried, add them in a hot pan with little bit of Olive oil. I usually like them little bit pan seared. Like bbq style. Remove from pan.
4. In the same pan add garlic, toss for a minute, add Sun dried tomatoes and then walnuts. Sun dried tomatoes I am using are the one in oil, so I make sure I dried them a little bit. You want to make sure not to burn the garlic. Add cooked green beans and toss well, and Voila!

Note: Hint of chili flakes and feta would not harm this taste. If I don't have it, it's still super good. Thank you.

"I like green beans, but somehow, I didn't like any dish made during holidays (or any other day) with Green Beans and let me tell you I am not picky either, and the green beans as you can tell are important:) Long time ago I got this somewhere, no recollection from where, and I love this taste."

Cookie Balls

Audrey Hoover, DAJD



INGREDIENTS

- 1 package Oreo cookies (or any kind of cream filled chocolate sandwich cookies)
- 1 package of cream cheese (softened)
- 1 lb. vanilla flavored candy coating (melted)

DIRECTIONS

1. In a large mixing bowl, combine crushed cookies and cream cheese to form a stiff dough. Roll into balls (I put mine in the freezer for an hour or so) and dip with a fork in melted candy coating (follow instructions on candy coating to melt).
2. Let rest on waxed paper until set, about 30 minutes.

"I found this recipe about 15 years ago while looking for Christmas cookies to make and share with friends and family. The first time I made it I realized it was more time consuming than most cookie recipes, but my family and friends loved them so much I have kept them in my yearly offering of cookies and goodies. Now my friends and family start asking me at the beginning of November if I will be sending them cookies this year."

My Grandma's Scalloped Potatoes

Betty Jimerson, Superior Court



INGREDIENTS

6 -8 medium potatoes (I like to use yellow potatoes)
Butter
Dash of Flour
About 2 – 3 cups of Milk
About 1 teaspoon salt
Seasoning salt to taste
Garlic powder to taste
Dash of pepper
Dash of Worcestershire sauce (optional)
Couple scoops of Sour cream
About 4 cups of shredded cheese (I like to use the Mexican blend)

DIRECTIONS

1. Pre-heat oven 375 degrees.
2. Salt your water. Boil potatoes for about 15 minutes.
Potatoes should be slightly tender.
3. In a 9 X 13 buttered/greased baking dish thinly slice and layer your peeled potatoes.
4. Make the cheese sauce: Pour milk in a 2-quart sauce pan over medium heat.
5. Add about a tablespoon of butter, the cheese, sour cream, dash of flour and few drops of Worcestershire sauce.
6. Stirring frequently until cheese has melted, make sure not to use too much heat so that milk does not scorch (burn).
7. Pour your cheese sauce over the layered potatoes and baked for about 30 minutes.

"My Grandma was born in 1905 and the way she taught us to cook was not with measuring cups or spoons just with a lot of Love.

So don't worry so much about your measurements if you cook this recipe with all your love it will come out delicious and become one of your Family and friends' favorite dishes."

Uncle Charlie's Ricotta Pie

Cristina Tringali, DAJD



INGREDIENTS

- 3 lbs whole milk ricotta cheese
- 5 eggs
- 1 c. sugar
- 1 TBSP vanilla
- 1 TBSP Amaretto
- 1-2 tsp cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Can be prepared by hand or using a mixer. Combine ricotta, sugar, and vanilla in a large mixing bowl using a spatula or mixer on low speed. Blend in eggs one at a time. Stir in Amaretto.
3. Transfer to a low ceramic or glass baking dish. Can also be separated into pie dishes. The batter should be about 1" high before baking.
4. Use a middle rack in your oven. Bake for 60 minutes or until the center of the pie has risen.
5. Sprinkle with cinnamon as soon as it comes out of the oven.
6. Cool completely before serving or (even better) refrigerate overnight and serve the next day.

"This is my Sicilian family's recipe for a traditional ricotta cake. The light texture and sweetness is perfect as a dessert with espresso or after Sunday brunch. It tastes even better the next day so we prepare it in advance and chill overnight. Serves about 12."

Uncle Jon's Mulled Cranberries Noir

Jonathan Fisher, Public Health



INGREDIENTS

Nutmeg to taste (preferably fresh ground)
Cloves or ground clove
Cinnamon sticks, 1-3
1" of fresh ginger
1 bag of cranberries
1 cup pinot noir or other semi-sweet red wine
simple syrup to taste
a dash or two of baking soda if you don't like super tart cranberry sauce

DIRECTIONS

1. Make a simple syrup, at least 2-3 cups.
2. Blanch cranberries for a minute or so. Transfer to a food processor. This is skippable if you don't have one or if it's busy.
3. Cut the ginger into slivers and place them in a cheesecloth bag with the cloves and cinnamon sticks. Or just, use ground spices, nobody will know really.
4. Add cranberries, 2 cups water, and 1 cup simple syrup. You'll probably need more later.
5. Boil the cranberries (blanched and processed or no) in the water and syrup. Turn to medium or medium low once it starts to simmer. Once it starts to reduce a little, add the wine, cinnamon sticks, ginger, and cloves. Turn the heat to low or medium low. If using fresh spices in cheesecloth, leave them in for about an hour.
6. Keep reducing slowly. The whole process can take about 2 hours. You may need to mash the berries up with a potato masher, especially if you didn't blanch. As the mix starts to thicken keep adding a little simple syrup at a time until it tastes sweet enough for you. Remove the spices before it thickens up too much.
7. Reduce as you like it. I prefer something just shy of a jam-like consistency. Once it's done, you could also add a little baking soda to cut down on the acidity if it tastes too tart, especially if you're serving this on its own.

Note: Serve on toast while still warm as an appetizer with the rest of the red wine, or use it to fill your dinner rolls. Also fine chilled, but better reheated in my opinion. I like my cranberries quite tart, so use more syrup and baking soda if your table likes it sweeter.

"There's no story, it's just an excuse to open pinot noir."

Twice-Grilled Spam Musubi

Nancy Kodani-Lee, FMD Director's Office



INGREDIENTS

Rice: Short Grain (4 cups)
Rice Vinegar
(Marukan/Green Label)
Sugar
Teriyaki Sauce (Yoshida's)
SPAM
it's easy if you have a spam
slicer and musubi press

DIRECTIONS

1. Rinse 4 cups of short grain rice
2. Cook the rice in a rice cooker - measure the amount of water by placing your fingertip from the top of the rice to water to your first knuckle.
3. Mix 1 cup of Rice Vinegar (Marukan/Green Label). Add Sugar to taste (dissolve all the sugar), microwave for 10 second to make sure sugar has melted. KEEP ¼ amount, and pour the rest over hot rice, and fold the rice over to mix,
4. Cool - by using a paper fan if you have one.
5. While Rice is steaming, slice spam into 9 even slices
6. Grill both sides
7. Dip grilled Spam in Teriyaki Sauce (Yoshida's)
8. Grill Again (creates a nice glaze)
9. Cut Nori (seaweed sheets) to size (half works, personal preference), against the line
10. Lay flat with rough side up
11. Dip the Mold into the vinegar to wet the sides to prevent sticking.
12. Scoop Rice, flatten by applying pressure, remove mold;
13. Place Spam on top and wrap the seaweed around the rice and spam
14. Dab your finger with the vinegar mixture and run it across the end of the nori sheet.
15. Cut in half or serve whole. If you plan to take it as a snack, wrap each musubi with plastic wrap.

"My family's favorite, especially around the holidays, where we snack all day! Great for picnics, road trips and that extra touch makes everyone happy! I am not known for being the best cook, so this I can do!"

Thai Butternut Squash Soup

Debora Hall, FBOD



INGREDIENTS

- 6 cups butternut squash
- 3 Large Carrots
- 3 Tbsp Sesame Oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 medium onion
- 2 cloves garlic crushed
- 2 tsp Thai curry paste (red or green)
- 14 ounces canned coconut milk
- 2 cups Vegetable stock or broth
- 2 Tbsp Soy Sauce

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Add peeled and chopped squash and carrots into a mixing bowl and add 1 Tbsp sesame oil and salt & pepper and toss well to coat.
3. Spread out vegetables in a roasting pan and bake for 35 minutes.
4. Add the remaining sesame oil & onion to a pot and saute until soft. Add crushed garlic and curry past to lightly toast the spices.
5. Add coconut milk, vegetable broth and soy sauce to the pot.
6. Add roasted vegetables and simmer for 10-20 minutes.
7. Turn off the heat and use a metal immersion blender.
8. Add salt & Pepper to taste.

Serve in bowls and add the following toppings:
coconut milk, pumpkin seeds, red pepper flakes and fresh cilantro.
You can also substitute pumpkin for the butternut squash.

"I love Asian food and soups in the fall. I would make this and share with the gluten free ladies in the office. Before COVID."

French Fry Casserole

Doris Antongiorgi-Rashad, Judicial Administration



INGREDIENTS

Innards:

- Crinkle Cut French Fries 16 oz (half bag)
- Cream Soup of your choice-I make my own, recipe at the bottom -OR- Family size can of cream of mushroom soup
- 2 tbsp oil (any but olive)
- 1/2 to 1 Onion (white or yellow)
- Minced garlic
- Roasted New Mexico Hatch Green Chile (Anaheim peppers if you can't obtain the Hatch) to your heat preference

**Optional:

- 1 to 1.5 lbs cooked, drained, and seasoned (salt and pepper) ground beef or turkey

Topping:

- Shredded cheese
- Jalapenos
- Chives
- More roasted green chile

***Homemade cream soup:

- 1/3 cup butter or oil
- 3 tbsp flour (keep a tad more handy, just in case)
- minced onions
- minced garlic
- your choice: mushrooms, green chile (recommended), or just the onions and garlic
- 1 c heavy whipping cream
- 2 cups of beef, veggie or chicken stock

DIRECTIONS

Please don't begin until the optional meat is seasoned to your taste and cooked.

OVEN DIRECTIONS: Put fries in the baking pan you're going to use and place in a preheated 425 degrees F preheated oven for about 20 minutes. Turn oven down to 350 degrees F.

In a frying pan, sauté onion, green chile, and garlic in the oil until light brown. Add meat, salt, and pepper if you're going to, cooking until the flavor is well-incorporated to your meat. Add cream soup and mix well.

Once the fries are out of the oven, use your spatula to chop them into uniform sized bits. Pour mixture over fries and mix. Sprinkle the cheese and jalapenos on top. Cover with foil or lid and place in oven for 22-25 minutes. Let cool a tad and serve.

ONE POT DIRECTIONS: Turn your stove on to medium. Put fries in your large pot and place the lid over them for 5-7 minutes, then stir. Repeat. Check to make sure the fries are tender, then chop into uniform sized bits and add in onion, garlic and chile then sauté until well-incorporated to your fries. Thoroughly stir in meat and cream soup, lower heat and replace lid to simmer for another 5-7 minutes. Once there's some mild bubbling, toss on your toppings, reduce your heat to low, and replace the lid for about 10 minutes then serve.

CREAM SOUP: In a saucepan, once your oil or butter is quite hot, slowly stir in your flour with a whisk. Turn down your heat to medium low and stir in your onions and garlic and green chile. Once you have a roux (there are many YouTube videos on how to do this), slowly, slowly, a little bit at a time, add your heavy whipping cream, then your stock, whisking constantly. The sauce will thicken quite nicely. If you want the soup more smooth than chunky, an immersion blender can be used at this point. Set aside for adding to and while you're working on the inside stuff.

"Created by a family member, perfected by me. Irish meat and potatoes meet New Mexico flavor, it's yummier the next day. Recipe feeds a family of four.

Please notice there are no measurements for garlic because the answer to the question, "How much garlic?" is, "Yes".

I love making this because it is the ONE comfort food my family can always agree to eat. This is their favorite meal. Plus, if you didn't know, New Mexico Hatch green chile is positively divine tasting and is my go-to pepper (Red chile is also delicious but not appropriate for this dish!)"

Montana Breakfast Crockpot Casserole

Kay Koitzsch, PMP - Department of Assessments, Residential Division



INGREDIENTS

- 30 ounces frozen hash brown O'Brien potatoes (cubes, with onion and pepper)
- 1/4 lb bacon, cooked
- 3/4 lb sausage, cooked
- 1 1/2 cups cheddar cheese, shredded
- 12 eggs
- 1 cup milk
- 1 teaspoon pepper

DIRECTIONS

1. Spray your crock pot sides and bottom with cooking spray! Don't forget!!!
2. Place layer of frozen potatoes on the bottom of the slow cooker, followed by a layer of meat, then cheese.
3. Repeat the layering process two or three more times, ending with a layer of cheese.
4. Beat the eggs, milk and pepper together.
5. Pour over the Crock pot mixture, cover and turn on low. Never turn it up higher than Low or it will scorch.
6. Cook for 8-10 hours. Ready after 8 hours, holds well on warm for 2 more hours.

Note: Prep Time: 15 mins Cook Time: 8 - 10 hrs

Total Time: 10 hrs 15 mins

Servings: 12

"A co-worker was retiring and returning to Montana so we searched for recipes related to her home state, where a hearty breakfast is a big deal - and this has become a favorite in the office. I like it mostly because it feeds alot of people, its so super easy and everyone loves it. You can double this recipe it if you have a 7 quart crockpot and feed at least 30. Its very easy to adjust with similar ingredients, basically throw in whatever you have! (Mushrooms, herbs, veggies, etc.)"

Vegan Instant Pot Curry

Meg Chambers, Public Health



INGREDIENTS

- 1 cup (160g) finely diced red onion + 1/4 cup water
- 2 1/2 teaspoons curry powder (I used my homemade blend)
- 1/2 teaspoon garam masala
- 1/4 teaspoon fine sea salt
- 2 tablespoons (30g) red curry paste
- 2 tablespoons (30g) coconut aminos
- 1/2 cup (120g) tomato sauce/puree (this is just cooked pureed tomatoes also called passata)
- 1/4 cup (60g) water
- 4 heaping cups (480g) peeled & chopped sweet potato 3/4 - 1 inch chunks (make sure they are not larger than 1 inch or they will not soften)
- one 15 oz can chickpeas, drained & rinsed (or 1 1/2 cups cooked)
- one 13.6 oz can canned "lite" coconut milk (recommend the Thai Kitchen brand)
- 4 large handfuls (90g) fresh spinach leaves (optional but recommended!)
- Optional but recommended garnish:
 - Lime wedges and toasted cashews

DIRECTIONS

1. Have all the ingredients prepped and measured and ready to go, as this moves quickly. To a bowl, mix the curry powder, garam masala, (if using), salt, curry paste, coconut aminos and tomato sauce until well combined. You will be adding this mixture after the onions are cooked to briefly saute it, as this step will infuse the overall flavor, so don't skip.
2. Add the red onion, a pinch of salt and 1/4 cup water to the instant pot and turn to normal saute setting. Cook for 5-8 minutes, stirring often until the onions are tender and caramelize (starts to turn brown), stirring a few times during the process for even cooking. Add only tiny amounts of water as needed to keep the onion from sticking/burning. Turn off the saute mode.
3. Add the mixed spices and liquid mixture noted from above to the instant pot and stir around for 30 seconds to briefly saute it and release their aromas.
4. Add the coconut milk, 1/4 cup water, chopped sweet potatoes and chickpeas. Stir until it is thoroughly mixed. Make sure to press any potato chunks down into the liquid if they are rising above.
5. Cook on high pressure by selecting either manual or pressure cook and set the time to 3 minutes. Please note that it takes about 8-10 minutes before the IP will come to pressure and start the actual cooking. It will beep once it begins the 3 minutes. So stay close by. It will beep several times once the 3 minutes is up. Turn off the IP. Do a manual quick release of any remaining pressure, using a pot cover to protect your hand. Make sure to never stand too close to the steam vent. The float valve will drop down once all the pressure is released.
6. Remove the lid and stir the mixture around for a minute. If using, stir in the spinach. Let it sit about 5 minutes, as it will cool it down enough to eat and thicken up slightly. Serve as is or over white rice or grain of choice. Garnish with toasted cashews and fresh lime juice and dairy-free yogurt, if desired. For presentation, my little trick if you don't have basil, parsley or cilantro (typical garnish), I get extra spinach leaves, stack them on top of each other, roll them up tightly and slice them horizontally, like you would chiffonade basil. It makes for a gorgeous, inexpensive and convenient garnish!

"This was one of the first recipes I made with my Instant Pot, and now I make it every winter! It's so filling, and leftovers are even better than the fresh dish! Find the recipe and instructional pictures here, too: <https://thevegan8.com/vegan-instant-pot-curry/>"

Three-Cheese Casserole

Logan May, RALS



INGREDIENTS

- 1 pint small curd cottage cheese
- 2 c. grated cheddar cheese
- 2 c. grated mozzarella cheese
- 3 eggs lightly beaten
- 3 Tbsp flour
- 1/4 c. melted butter or margarine

DIRECTIONS

1. Preheat oven to 350.
2. Combine all ingredients.
3. Place in baking dish.
4. Bake 1 hour uncovered.
5. Let stand 15 minutes before serving.

Note: You can use a crockpot instead of the oven but the cheese topping might not get as crispy (which is Logan's favorite part).

"This recipe is super easy and a giant, delicious calorie bomb."

Taco Pie

Steven Falcon, DAJD



INGREDIENTS

- 1.5 pounds of ground beef
- 1 diced onion
- 1 cup corn chips (like Fritos)
- 1 - 8oz. can of tomato sauce
- 1.25 oz. package of taco seasoning mix
- 1/3 cup (small can) of sliced ripe black olives
- 1 - 8oz. tube of crescent rolls
- 1 cup of sour cream
- 1 cup of shredded cheddar cheese
- 1 diced tomato
- 1 sliced avocado to make guacamole (optional)
- Shredded lettuce (half head should be plenty)
- Hot sauce (optional)

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a 9" glass pie pan, lay out the crescent rolls to line the bottom and sides (like a normal pie crust).
3. Spread half of the corn chips into the pie pan.
4. Brown the ground beef with the diced onion in a frying pan.
5. Stir in the tomato sauce, taco seasoning, and olives to the ground beef.
6. Spoon the ground beef mixture into the pie pan.
7. Spread sour cream over the mixture.
8. Cover with shredded cheese and sprinkle the other half of the corn chips on top.
9. Bake at 375 degrees for 20-25 minutes.
10. Remove from oven and top with the shredded lettuce and diced tomatoes (or this can be added onto the individual servings).
11. Cut and scoop portions from baked pie onto plates. Add guacamole and hot sauce if desired. Enjoy!

"A recipe handed down to me by my mom. I'm not sure of its original origins. Has all the flavor of a taco, but without the mess, and you can eat it with a fork!"

Carrot-Cumin Soup

Amiee McCrea, Water and Land Resources Division, DNRP



INGREDIENTS

- 2 pounds carrots
- 1 medium yellow onion
- 1 medium potato
- 1 tablespoon ground cumin
- 2 tablespoons olive oil
- 6 cups chicken stock

DIRECTIONS

1. Peel and cut all vegetables into chunks.
2. Heat olive oil in large pot. Sauté vegetables for around 5 minutes. Add stock and cook over medium heat until vegetables are tender (this will depend on how big your chunks are - you can test doneness by poking a chunk of potato or carrot with a fork and if it goes in easily, they are ready to be blended).
3. Blend soup until smooth. This is best achieved with an immersion blender, but you can also process in batches in a stand-alone blender.
4. Add cumin, salt and pepper to taste. You can thin the soup by adding water to reach your desired consistency.

Note: This soup can be easily dressed up with crunchy bread, a dollop of sour cream, or fresh herbs on top (thyme and flat-leaf parsley are both good choices).

"This soup is a great way to use up a bunch of carrots, especially ones that aren't as crunchy as they once were. It's also really customizable - it becomes low FODMAP when you leave out the onion (just use one more potato) and use low FODMAP stock. It also can easily become Carrot-Ginger soup if you swap the cumin for ginger. It freezes and reheats well and I love the vivid orange color."

Orange Fennel Cookies

Dawn Nicks, FBOD



INGREDIENTS

- 2 cups blanched almond flour
- 1/2 cup pecans or walnuts, finely chopped
- 3 Tbsp coconut sugar
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 Tbsp fennel seeds
- 3 Tbsp maple syrup or honey
- 1 large egg yolk
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp unsweetened applesauce
- 1 Tbsp (packed) finely grated orange zest

DIRECTIONS

1. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
2. In a large bowl, combine the almond flour, chopped nuts, coconut sugar, baking soda and salt. Place the fennel seeds on a cutting board and gently chop them with a sharp knife until they appear slightly crushed. Add to the flour mixture.
3. In a small bowl, whisk together the maple syrup (or honey), egg yolk, olive oil, applesauce and orange zest. Pour the wet ingredients into the flour mixture and stir to form a thick dough.
4. Roll tablespoons of the dough into balls and place them 2 inches apart on the lined baking sheets. Using your fingertips, flatten each cookie to about 1/4-inch thick. (Wet your fingers slightly with water if the dough sticks to them.)
5. Bake for 12-15 minutes until golden brown. Cool completely before serving.

"As a fitness enthusiast and someone who doesn't like to spend a lot of time in the kitchen, I find this recipe is quick to prepare and satisfies one's taste for a sweet treat with natural ingredients. I obtained this recipe from a fitness magazine, before the days of Google."