



Company Cookbook

LUNA DATA SOLUTIONS 2022

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Appetizers

Hot Artichoke Dip

Ingredients

- 2 cans artichoke hearts, chopped
- 1 (8 oz) package cream cheese, softened
- 1 cup mayonnaise
- Juice from 1 lemon
- ½ tsp white pepper
- ½ tsp salt
- 1 cup grated/shredded Swiss cheese
- 1 cup grated/shredded Parmesan cheese



Directions

1. Combine cream cheese, mayonnaise, lemon, salt and pepper
2. Fold in artichoke and Swiss cheese
3. Top with Parmesan cheese
4. Bake at 350 degrees in a pie dish until golden brown
5. Serve with garlic bagel chips

Spinach Dip

Ingredients

- 10 oz. frozen chopped spinach, cooked, cooled and squeezed dry
- 16 oz. sour cream
- 1 cup Mayonnaise
- 1 package Knorr® Vegetable recipe mix
- 1 can (8 oz.) water chestnuts, drained and chopped
- (optional) 3 green onions, chopped



Directions

Combine all ingredients and chill about 2 hours.

Buffalo Chicken Dip

Ingredients

- 1 lb boneless skinless chicken breast (approx. 2-5 pieces)
- 1 cup Ranch dressing
- 1 cup Frank's Original Red Hot (do not substitute this please)
- 1 8oz block of cream cheese (do not use fat free, 1/3 less fat okay)
- 2 cups fancy shredded sharp cheddar cheese
- Green onions (optional)

Directions

1. Boil chicken breasts on stove in medium to large saucepan, on medium heat about 30 to 45 minutes or until cooked through, preheat oven to 350 F
2. While the chicken is boiling, cube cold cream cheese and place in 11.5"x8"x2" Pyrex style baking dish lightly misted with butter-flavor Pam



3. Evenly sprinkle the fancy shredded cheese on top of the cream cheese cubes



4. Pour Ranch and Frank's Red Hot on top of cheese mixture, place the dish in oven uncovered for 7-10 minutes, stir & return to oven to bake for additional 7-10 minutes. Remove and mix until well combined.



5. Pour Ranch and Frank's Red Hot on top of cheese mixture, place the dish in oven uncovered for 7-10 minutes, stir & return to oven to bake for additional 7-10 minutes. Remove and mix until well combined.
6. While cheese mixture is baking, shred chicken. Put chicken into pan and place in sink. Run cold water over chicken to speed up process. Once cooled hand shred chicken into bowl.



7. After cheese mixture is done baking, and mixed together, add chicken. Pour chicken on top of cheese mixture, stir well. Cover with foil and bake 25-30 minutes.

8. Once baked, pour into serving bowl, garnish with green onion and celery and enjoy!



Ranch Dip

Ingredients

- 2- 16 oz containers sour cream
- 2 cups shredded cheddar cheese
- 2 packages Ranch Dip Mix
- 1 package bacon bits



Directions

1. Mix all ingredients in a bowl
2. Serve with chips of your choosing

Sides

Corn Casserole

Ingredients

- 4 oz. melted butter
- 1 large onion, chopped
- 3 eggs
- 1 cup sour cream
- 1 can cream- style corn (15 oz)
- 1/3 cup yellow cornmeal
- ¼ tsp salt
- ¼ tsp black pepper
- 1 cup shredded cheddar cheese



Directions

1. Preheat oven to 350 degrees. In skillet, heat 2 tbs. of Butter. Add onions. Cook until tender.
2. Remove from heat. Combine remaining 6 Tbs. butter , eggs, and sour cream in bowl. Whisk together until smooth.
3. Mix in Corn, Cornmeal, salt and pepper.
4. Stir in Cheese and cooked onion mixture. Turn into 2 Qt. buttered casserole dish. Bake 30-35 mins until puffed and golden

Jalapeño Chicken Casserole

Serves 10-12

Ingredients

- 2 cups onion, chopped
- 4 green onions (tops only)
- 2 tbsp butter
- ½ tsp salt
- 1 10 oz package frozen spinach (chopped, cooked, and drained)
- 6 jalapeño peppers, sliced
- 4 – 6 cups cooked chicken, chopped
- 1-pint sour cream
- 2 cans cream of chicken soup
- (12 oz) package of Doritos
- 2 cups grated Monterey jack cheese

Directions

1. Sauté onion in butter.
2. Blend in spinach, jalapeños, sour cream, soup, onion tops, and salt in a large Pyrex pan, alternating layers of Doritos-chicken-spinach mixture and cheese.
3. Layer again ending with cheese
4. BAKE at 350 degrees for 20 to 40 minutes.
(from the kitchen of Betty Young)



Broccoli and Cauliflower Salad

Ingredients

- 2 cups mayonnaise
- 1/2 cup sugar
- 1/3 cup grated/shredded parmesan cheese
- 2 tbsp vinegar
- 2 tbsp finely chopped onion
- 1/2 cup raisins or dried cranberries
- 1 bunch broccoli, cut into florets
- 1 small head cauliflower, cut into florets
- 1/2-pound bacon, cooked and crumbled
- 2/3 cup chopped walnuts



Directions

1. In a small bowl, combine mayonnaise, sugar, parmesan cheese, vinegar, onion and raisins; refrigerate several hours or overnight.
2. Just before serving, combine broccoli, cauliflower, bacon and walnuts in a large bowl.
3. Pour dressing over and toss to coat.

Elote (Mexican Street Corn)

Ingredients

- fresh corn on the cob
- 1/2 cup Cotija cheese
- 1/4 cup crema or mayonnaise
- 4- 6 limes
- 2 tbsp cilantro
- 1/2 tsp of chili powder
- Tajin



Directions

1. Grill corn- once charred then cut off the kernels into a bowl.
2. Mix crema, chili powder, salt, and limes into the bowl of kernels.
3. Top off with cotija cheese, cilantro, tajin, and extra limes.

Mango Habanero Salsa

Ingredients

- 1 large diced mango
- 1 pineapple diced
- 2-3 habanero peppers, seeded & minced
- 1/4 cup cilantro, chopped
- 1/4 cup red onion, diced
- 1/4 cup red bell pepper, diced
- 1 tbsp fresh lime juice
- 1 tbsp avocado oil



Directions

1. Mix all together in a bowl
2. Refrigerate at least an hour before serving.

Great with chips or with fish tacos.

Bomb-ass Caesar Dressing

Ingredients

- 2 -4 garlic cloves- minced
- 1 tsp anchovy paste
- 2 tbsp freshly squeezed lemon juice
- 1 tsp Dijon mustard (I like the brand Maille)
- 1 tsp Worcestershire sauce
- 1 cup mayonnaise, best quality such as Hellmann's Real (you can also use Greek yogurt for lower fat/higher protein)
- 1/2 cup freshly grated Parmigiano-Reggiano
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp crushed red pepper
- Croutons
- Romaine Lettuce



Directions

1. In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce.
2. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper. Whisk until well combined.
3. Taste and adjust to your liking.

The dressing will keep well in the fridge for about a week.

Kale Citrus Salad

Ingredients

- 1 clove Garlic
- 1 Jalapeno, chopped very thin
- 1 bunch Kale
- 3 Tangerines or clementines
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp sugar
- 2 tbsp olive oil
- 1/4 cup orange juice
- 4 oz goat cheese/chevre
- 1 heaping tbsp sour cream or plain Greek yogurt



Directions

Mix all ingredients

Main Courses

Chicken Marsala

Ingredients

Chicken

- 1/2 cup all-purpose flour (plain flour)
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1/2 tsp black cracked pepper
- large boneless skinless chicken breasts, halved horizontally to make 4 fillets
- 2 tbsp olive oil, divided
- 4 tbsp unsalted butter, divided

Marsala Sauce

- 1 tbsp unsalted butter as needed
- 8 ounces (250g) brown or Cremini mushrooms, sliced
- 4-5 cloves garlic, minced
- 3/4 cup dry Marsala wine
- 1 1/4 cup low-sodium chicken broth (or stock)
- 3/4 cup heavy cream (thickened cream, evaporated milk or half and half may also be used)
- 2 tbsp fresh chopped parsley

Directions

1. Mix the flour, salt, garlic powder and pepper in a shallow bowl. Dredge the chicken in the flour mixture and shake off excess .
2. Heat 1 tablespoon oil and 2 tablespoons butter in a 12-inch pan or skillet over medium-high heat until shimmering. Fry 2 of the chicken breasts until golden brown on both sides (about 3 to 4 minutes per side).
Transfer to warm plate, tent with foil and keep warm.
3. Repeat the same with the remaining 2 chicken breasts.
4. In the same pan with remaining pan grease leftover from the chicken, melt 1 tablespoon of butter. Add the mushrooms and for 2-3 minutes until browned, scraping away at any of the leftover chicken bits off the bottom of the pan.



Pasta with Vodka Sauce

Ingredients

- 16 oz penne pasta
- 2 cans tomato paste
- 1 yellow onion
- 2 tbsp olive oil
- 2 tbsp butter
- 2 cloves garlic, minced
- 1/2 cup vodka
- 1 1/2 cup heavy cream
- 1/2 cup shredded parmesan cheese
- salt and pepper, to taste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp red pepper flakes
- 1 tsp oregano

Directions

1. Cook pasta al dente according to package directions.
2. Add oil and butter to skillet over medium high heat- add onions and cook until softened - about 6 minutes.
3. Add Garlic and cook for 30 seconds.
4. Add vodka and let bubble for 45 seconds. Remove Pan from heat and stir in tomato pasta until smooth.
5. Return pan to heat, stir in heavy cream, and reduce heat to medium-low.
6. Mix well, then season with spices.
7. Add In parmesan cheese. Toss sauce with drained pasta and serve.



Pulled Pork

Ingredients

Pulled Pork Rub

- ¼ cup turbinado sugar
- ¼ cup black pepper
- ¼ cup paprika
- 2 tbsp salt
- 2 tsp dry mustard
- 1 tsp cayenne pepper

Directions

1. The cut of pork is bone-in Pork Shoulder (also called the Boston Butt).
2. Meat prep begins the night before... take it out of the package and pat it dry with paper towels. Then put it in a foil pan and apply the rub.
3. LIBERALLY apply the rub all over rubbing it into the meat. Then cover in foil and stick it in the fridge over night.
4. Cook Pulled Pig on a big smoker (it can be done in the oven in a foil pan) with indirect heat keeping the temp between around 250 degrees.
5. Place the pork as far away from the fire as possible with the fat side up. Cooking time is about 1 hour and 15 minutes per pound.
6. About half way through cooking time, put the meat (fat side up) back in the same foil container (cleaned of course) and cover in foil to finish. You'll know the meat is ready when it's pulling away from the bone.
7. Use forks to pull the strips of pork apart keeping the bark (crusty outer edge).



Pulled Pork #2

Ingredients

- 1 (about 5 to 6 lbs) boneless pork butt
- 2 cups mustard (Dijon)
- 1/4 cup black pepper
- 2 tsp salt

Directions

1. Gather the ingredients.
2. In a medium mixing bowl, mix rub ingredients into a paste. Coat pork shoulder with rub, cover with plastic wrap and refrigerate 1 hours. Preheat smoker and prepare for an 8 hour smoke.
3. Make sure wood chips are soaked and drained before using. Add charcoal and wood chips as necessary to keep the temperature low, around 225 F/110 C. Smoke pork shoulder for about 8 hours or until internal temperatures reach 185 F/85 C.
4. Once the pork is cooked remove from the smoker. Wrap tightly in foil and allow to sit for an hour.
5. Afterward, unwrap pork butt and shred.
6. Combine pork with 1/3 of your favorite table sauce. Keep warm and serve on white bread buns with remaining sauce on the side.
7. Top with cole slaw on Hawaiian Rolls and favorite finishing sauce.
8. Serve and enjoy!

Slow Cooker Buffalo Chicken

Ingredients

- 3 large boneless skinless chicken breasts
- 1 3/4 cup Frank's Red Hot Wings sauce
- 8 tbsp butter (whole stick)
- 1 packet Ranch dip mix

Directions

Throw all in Crock Pot. Cook on high for 3-4 hours,
or until chicken is cooked through. Shred chicken using two forks (it should shred easily once done). Stir so that chicken is combined evenly with the sauce. Serve on Hawaiian rolls or hoagie buns.



Apple Chicken

Ingredients

- 4 boneless chicken breasts
- 1 /2 tsp salt
- 1 tbsp oil
- 1 cup apple cider or juice
- 1 tsp lemon juice
- 1/8 tsp pepper
- 1/4 tsp rosemary
- 1/2 cup heavy whipping cream
- 1 tsp parsley flakes

Directions

1. Sprinkle chicken with salt.
2. Heat oil over medium-high heat.
3. Add chicken and cook 4 minutes on each side or until browned.
4. Add apple cider, lemon juice, rosemary and pepper. Reduce heat to medium-low
5. Cover and simmer for 10 minutes or until chicken is no longer pink.
6. Remove chicken from skillet and keep warm. Add whipping cream and stir until thick.
7. Stir parsley and return chicken to skillet and heat 2 minutes.
8. Serve with chicken sauce spooned over top.

Desserts

Ginger Snaps

Ingredients

- 2 cups flour
- 1 tbsp ginger
- 2 tsp baking soda
- 1 ½ tsp cinnamon
- ½ tsp salt
- ¾ cup shortening
- 1 cup sugar
- 1 egg
- ¼ cup molasses



Directions

1. Blend together flour, ginger, baking soda, cinnamon and salt.
2. Beat in shortening.
3. Gradually add sugar, then beat in egg.
4. Add molasses.
5. Roll into teaspoon-size balls and roll in sugar.
6. Bake on ungreased sheet at 350 degrees for 12-13 minutes. Makes about 36 cookies.

Sopapilla Cheesecake

Ingredients

- 1 8 oz package cream cheese, softened
- 1 1/2 cups white sugar
- 1 tsp vanilla extract
- 2 (8 oz) packages refrigerated crescent rolls
- ½ cup melted butter
- 1 tsp ground cinnamon

Directions

1. Preheat an oven to 350 degrees F. Spray 9x13 inch baking dish with cooking spray.
2. Beat cream cheese with 1 cup sugar and the vanilla in a bowl until smooth; set aside.
3. Unroll crescent roll dough and use a rolling pin to shape each sheet into 9x13 inch rectangles. Press one sheet into the bottom of baking dish.
4. Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough, brush with melted butter.
5. Stir together 1/2 cup of sugar with the cinnamon in a small bowl, and sprinkle evenly over the top of the cheesecake.
6. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Allow to cool 10 minutes before serving.

Ice Box Cookies

Ingredients

- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1 cup butter
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 tsp soda
- 3 cups flour
- 1 to 1 1/2 cup pecans

Directions

1. Mix all ingredients
2. Roll into 2 rolls.
3. Put in ice box for 1 hour
4. Bake at 350 for 12 min

Pumpkin Cheesecake

Ingredients

Cheesecake Filling

- 16 oz cream cheese (room temp)
- 2/3 cup sugar
- 1/2 tbsp cornstarch
- 1/4 sour cream (room temp)
- 2 large eggs (room temp)
- 1 tbsp vanilla extract
- 1/8 tsp salt
- 2 large graham-cracker crust pie pans

Pumpkin Pie Filling

- 1 15oz can pumpkin puree
- 1 14oz can sweetened condensed milk
- 2 eggs (room temp)
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt

Directions

1. Preheat the oven to 350 F
2. To make the cheesecake filling, add cream cheese and sugar to a bowl and beat on medium speed until it's creamy and smooth. Scrape down the sides of the bowl
3. Then add the eggs, cornstarch, sour cream, vanilla extract, and salt and mix until creamy and smooth again. Scrape down the sides of the bowl as necessary to make sure everything is incorporated and there are no clumps. Set aside.
4. To make the pumpkin pie filling, add the pumpkin puree, sweetened condensed milk, eggs, cinnamon, ginger, nutmeg, and salt into a bowl. Whisk all together until combined and smooth.
5. To assemble, pour the cheesecake batter over your graham-cracker crust pie pan and spread evenly. Make sure to distribute evenly between the 2 pans. Then pour the pumpkin pie batter gently on top of the cheesecake batter making sure to pour it across the surface. Spread evenly and make sure to distribute evenly between the 2 pans.
6. Bake for 40 to 45 minutes.
7. Once cooled, cover with foil and place in refrigerator for at least 1 hour. Then, serve and enjoy!

Key Lime Pie

Ingredients

- 1 large graham cracker crust
- 2 cans sweetened condensed milk
- 4 egg yolks
- 1/2 cup sour cream
- 1/2 cup key lime juice
- dash of vanilla

Directions

1. Place pie crust in freezer for 15 minutes and pre-heat oven to 350 F.
2. In a large bowl add sweetened condensed milk, egg yolks, and sour cream mix well. Add key lime juice.
3. Fill pie crust and bake for 15-17 minutes. Cool and serve. (Crust will brown slightly, but pie will not)



Boozey Cheesecake Brownies

Ingredients

Brownies

- 3/4 cup Guinness
- 1 1/4 cup sugar
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 3/4 tsp salt
- 2 eggs
- 2/3 cup unsweetened cocoa powder
- 1 cup flour

Cheesecake

- 16 oz cream cheese, softened
- 1 1/4 cup heavy whipping cream
- 1/3 cup Bailey's Irish Cream
- 1/2 cup sugar
- 2/3 tsp salt
- cocoa powder, for garnish

Directions

1. Preheat the oven to 350 F
2. To make the brownies, whisk together Guinness, sugar, vegetable oil, vanilla extract, and salt. Whisk in eggs once at a time. Whisk in cocoa powder and flour.
3. Prepare an 9x13-inch square pan. Spray with cooking spray and then line with parchment paper so the excess parchment hangs over the two sides. Pour in brownie batter and bake for 20 minutes. Remove from oven and let cool completely.
4. To make the cheesecake, use a hand mixer to beat the cream cheese on high. Pour in heavy whipping cream and Bailey's Irish Cream and beat. Add sugar and salt, then beat until everything is smooth and well incorporated. Pour cheesecake filling on top of cooled brownies. Refrigerate overnight. Slice and garnish with cocoa powder.

Chocolate Lasagna

Ingredients

- 1 package Oreo cookies (36 cookies)
- 6 tbsp butter, melted
- 1 (8 oz) package cream cheese, softened
- ¼ cup granulated sugar
- 3 ¼ cups milk plus 2 tablespoons, divided
- 1 (16 oz) tub whipped topping, thawed and divided
- 2 (3.9 oz) packages instant chocolate pudding
- ¼ cup mini chocolate chips, to garnish

Directions

1. In a plastic bag with a rolling pin, crush the Oreo cookies into crumbs. In a bowl, add Oreo crumbs and melted butter and stir to combine. Pour into a 9-inch by 13-inch baking dish. Press the crust firmly and evenly into the bottom of baking dish.
2. In a stand mixer fitted with the paddle attachment, or with hand mixer, add cream cheese and beat until fluffy.
3. Add sugar and 2 tbsp. of milk and beat until combined. Stir in half of the whipped topping (about 8 oz) to cream cheese mixture. Spread cream cheese mixture over cookie crust and refrigerate to set, about 10 minutes.
4. While the cream cheese layer is chilling, using a standing mixer fit with the paddle attachment, or with an electric mixer, on medium speed add instant pudding and remaining 3 ¼ cups milk. Beat until mixture begins to thicken, about 5 minutes.
5. Spread pudding mixture over chilled cream cheese layer and refrigerate to set, about 10 minutes. Once set, gently spread remaining 8 oz. whipped topping over pudding layer and garnish with mini chocolate chips.
6. Cover loosely with cling wrap and chill for 4 hrs. or freeze for 1 hr. Cut into slices and serve.



World's Best Cookies

Ingredients

- 1 cup bread flour
- $\frac{3}{4}$ cup all-purpose flour
- 2 tsp kosher salt, or $1\frac{1}{2}$ tsp table salt
- 1 tsp baking soda
- 1 cup unsalted butter (2 sticks)
- 2 tbsp water (room temperature)
- 1 cup dark brown sugar
- $\frac{1}{2}$ cup white sugar
- 2 tsp vanilla extract
- 1 tsp espresso powder
- 1 large egg
- 1 large egg yolk
- $\frac{1}{2}$ cup semi-sweet chocolate chips
- 5 oz dark chocolate, chopped

Directions

1. In a medium bowl, sift together the flours, salt, and baking soda. Set aside.
2. In a medium or large saucepan, add the butter and melt over medium heat. The larger the pan you use, the quicker the process will be!
3. Bring the butter to a boil, stirring frequently. As the water begins to boil out of the butter, the milk solids in the butter will separate, sink to the bottom, and begin to toast and brown. As this begins to happen, make sure to stir constantly so the butter browns evenly. It may become quite foamy, splatter a bit, and be difficult to see, so keep a close eye on it, removing from heat and continuing to stir if it starts to foam over.
4. Once the butter has turned a nice nutty brown, remove from the heat and pour into a large liquid measuring cup to stop the cooking. Allow it to cool down for a minute or two, give it a stir, and carefully add 2-3 tablespoons of water to the butter to bring it back up to 1 cup of liquid.
5. Set aside to cool to room temperature. To help speed this process up, you can place in the fridge for 10-15 minutes. Make sure the butter is still liquid when you're adding it to the dough later on, so make sure to remove after 15 minutes.
6. In a large bowl, add the sugars, vanilla, espresso powder, and cooled brown butter. Cream together with an electric hand mixer until light and fluffy, 1-2 minutes.
7. Add the egg and yolk and beat until incorporated.
8. Add the dry ingredients, about $\frac{1}{3}$ of the mixture at a time, and beat between additions until just incorporated.
9. Using a wooden spoon, fold the chocolate chips and chunks into the dough
10. Scoop the cookies onto a parchment paper-lined baking sheet in 3-tablespoonsized mounds.
11. For optimal flavor, cover and refrigerate for 1 hour or, even better, overnight.
12. Preheat the oven to 350 °F.
13. Evenly space the dough 3 inches (8 cm) apart from one another on a parchment paper-lined baking sheet.
14. Bake in a preheated oven for 12-14 minutes.
15. Let the cookies cool on the baking sheet for 2-3 minutes before transferring to a cooling rack to cool completely.



Chocolate Pecan Pie

Ingredients

- 1 cup corn syrup
- 2 tbsp butter
- 2 tsp corn starch
- 1 cup pecans
- ½ cup sugar
- 4 eggs (lightly beaten)
- 4 tsp white vinegar
- ¼ cup chocolate chips
- ¼ cup butterscotch chips

Directions

1. Cream butter and sugar
2. Add beaten eggs
3. Add corn starch, salt, vinegar, and corn syrup
4. Sprinkle pecans in crust & chocolate chips



Swedish Glass Ring Cookies

Ingredients

- 1 cup butter
- ½ cup heavy whipping cream
- 1 tsp almond extract
- 2 cups flour

Directions

1. Mix all above ingredients. Sprinkle flour onto clean counter. Working with a handful of dough at a time and roll out dough as thin as possible.
2. Use donut cutter to cut glass rings and holes. Prepare a bowl of sugar for dipping.
3. Dip each ring and hole into sugar then lay out on baking pan.
4. Bake at 375 degrees for approximately 10 minutes, or just before they begin to brown.

Microwave Mochi

Ingredients

- 1 cup mochiko or shirataamako (sweet/glutinous rice flour)
- 1/2 to 3/4 cup sugar
- 1 cup water
- 1/2 to 1 tsp vanilla
- Food coloring
- Potato starch



Directions

1. Grease or spray a microwave safe pan. In a medium bowl, combine all ingredients except potato starch. Mix until smooth.
2. Pour mixture into prepared pan; loosely cover with plastic wrap.
3. Microwave at high power for 2 minutes, stir. Recover and microwave for another minute, stir. Continue the 1 minute, stir pattern until finished cooking (no longer liquid).
4. Let stand a few minutes. Pull mochi from sides of pan and invert onto a board dusted with the potato starch and cool.
5. Cut into 1/4-inch pieces. Coat each piece with potato starch.

Breakfast

Spinach, Tomato, and Quinoa Breakfast Casserole

Ingredients

- Butter
- 2½ cups cooked quinoa
- 8 large eggs, lightly beaten
- ¾ cup reduced-fat (2%) cottage cheese (or part-skim ricotta)
- 4 cups raw spinach
- 1 cup cherry tomatoes, halved
- ½ cup finely chopped basil
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

Directions

1. Heat oven to 375° F.
2. Lightly coat 9x12-inch baking dish with butter. Set aside.
3. Combine quinoa, eggs, cottage cheese, spinach, tomatoes, and basil in a large bowl; mix well. Season with salt and pepper, if desired.
4. Pour quinoa mixture into baking dish. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.



Grandma Beyer's Sausage Bread

Ingredients

- 2 Packets active Dry Yeast
- ½ cup warm water (105-115F)
- 1 ½ cups lukewarm milk (scalded then cooled)
- ½ cup sugar
- ½ cup of Crisco oil
- 1 tbsp salt
- 3 eggs
- 7 to 7 ½ cups Gold Medal Flour
- 6-8 smoked sausage links

Directions

1. Scald the milk and begin to cool
2. Dissolve the yeast in warm water
3. Stir in milk, yeast, sugar, salt, eggs, oil, and 4 cups of flour. Beat until smooth. (use stand mixer with wire attachment)
4. Mix in enough of the remaining flour to make the dough easy to handle. (use dough hook attachment of mixer)
5. Knead for about 5 minutes
6. Place in greased bowl, cover and let rise in warm place until double in size
7. While dough is rising, remove the casing, cut into 1 inch pieces and brown in a skillet. Place on paper towel lined plate.
8. After dough has risen, punch down, divide in half and let rise one more hour.
9. Punch down, again, roll out to about ¼ inch thick, cut into approximately 2 inch squares, place sausage in and roll up.
10. Bake at 375 F for 13-15 minutes.

Orange-Vanilla French Toast Casserole with Bourbon-Maple Syrup

Ingredients

- 1 cup light brown sugar
- 6 tbsp butter, melted
- 1 cup pure maple syrup
- 1 cup chopped toasted pecans, divided
- 12 1-inch thick baguette slices, ends discarded
- 5 large eggs, lightly beaten
- 1 1/4 cup whole milk
- 2 tbsp granulated sugar
- 1 tsp orange zest
- 1 tbsp orange juice, freshly squeezed
- 1/2 tsp ground cinnamon
- 1 1/4 tsp vanilla extract, divided
- 2 tbsp bourbon
- powdered sugar, for garnish

Directions

1. Stir together brown sugar, melted butter, and the 1/4 cup of the maple syrup. Spread mixture into a 9x13-inch baking dish lightly coated with cooking spray. Sprinkle with 3/4 cup of the pecans. Arrange baguette slices evenly on top.
2. Whisk together the next 3 ingredients and 1 tsp of the vanilla. Pour over baguette slices. Cover; chill 8 hours.
3. Preheat oven to 350 degrees. Remove baking dish from refrigerator; let stand at room temperature 10 minutes. Bake uncovered for 35 minutes or until golden brown and set.
4. Combine bourbon and remaining 3/4 cup maple syrup and 1/4 tsp vanilla in a saucepan. Cook over low, stirring continuously for 2 minutes. Remove from heat.
5. Sprinkle casserole with powdered sugar and remaining 1/4 cup pecans. Serve with bourbon-maple syrup mixture.

