



UCE Digital Recipe Book from the 2024-25 Pledge Drive

Recipes

Black Bean Dip.....	2
Double Chocolate Oatmeal Cookies with Cranberries.....	3
Chocolate Pecan Delite.....	4
Succotash Salad.....	5
Fruit Pizza.....	6
Joanna Pruess's Molasses Spice Cookies.....	7
Breakfast Casserole.....	8
Improv Eggplant Bake.....	9
Janelle's Award Winning* Carnivale Salad.....	10
Tabouli by Carol Nielsen.....	11
Heirloom Tomato and Beet Salad.....	12
Black and White Brownies.....	13
Marble Top Meltaways.....	14
Spinach Quiche.....	15
French Toast Casserole.....	16
Paul's Pumpkin Bars.....	17

Black Bean Dip

- 1 tsp. Vegetable oil
- ½ cup chopped red onion (or any onion)
- 2 cloves garlic, minced
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- Saute in a large frying pan until soft.
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- 1 15 oz. can black beans - partly mash in a large bowl. You can drain it, or not.
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- Add to beans:
- ½ cup diced tomato, fresh or canned
- ⅓ cup Pace picante sauce; mild, medium or hot (I used mild)
- ½ tsp. ground cumin
- ½ tsp. chili powder
-
- Pour bean mixture into onion mixture and heat for about 8 minutes.
-
- ¼ cup shredded low fat cheddar cheese
- 1 T. fresh lime juice
- Fresh cilantro, chopped, to taste
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- Stir cheese, lime juice and cilantro into bean mixture.

Serve warm or room temperature with corn chips - Doritos, tostitos, Fritos, etc.

Doubles easily. Freezes well. Omit cheese to make it vegan.

Good as filling for tacos and burritos. Good over hot rice as a main dish.

These measurements are flexible. I often increase the onion, garlic, lime juice and cilantro.

This is a Cooking Light Magazine recipe.
Shelia Holder

Double Chocolate Oatmeal Cookies with Cranberries

2 sticks butter, at room temperature
1 c. packed brown sugar
½ c. granulated sugar
3 large eggs
2 t. vanilla extract
1 1/8 c. all-purpose flour
5/8 c. Dutch-process cocoa powder
1 t. baking powder
1 ¼ t. ground cardamom
1 t. salt
3 c. old-fashioned rolled oats
1 heaping c. dried cranberries (sweetened, unsweetened or a combination)
1 heaping c. semisweet (66%) chocolate baking wafers or chips
½ c. chopped walnuts

- Preheat oven to 350 degrees. Line cookie sheets with parchment paper.
- Cream together butter & both sugars. Add eggs & vanilla & mix.
- In a separate bowl, combine flour, cocoa powder, baking powder, cardamom & salt. Add the flour mixture to the butter mixture & mix until smooth. (The dough gets thick so you may want to continue by hand.) Stir in oats until evenly mixed. Add cranberries, chocolate & nuts & mix until just combined.
- Scoop 2 T. of the dough & shape into balls & place on baking sheet. (They don't need to be very far apart.) Press gently to flatten somewhat. (You can freeze the cookies at this point for baking later.) Bake 11-12 minutes, until edges are just set but middles are still soft. Let cool slightly on the baking sheet & transfer to a baking rack to cool.

Makes about 46.

Adapted from Food52 by Sandy Danforth

Chocolate Pecan Delite

Prep Time: 30 mins Cook Time: 15 mins Total Time: 45 mins

Ingredients

1 cup all-purpose flour
1/2 cup butter
1 cup finely chopped pecans
1 (8 ounce) package cream cheese
1 cup confectioners' sugar
3 cups frozen whipped topping, thawed
1 (3.9 ounce) package instant chocolate pudding mix
1 (3.4 ounce) package instant vanilla pudding mix
3 cups milk
2 tablespoons chopped pecans

Directions

Nutrition Facts

Submitted by Bonnie Lee |

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

In a medium bowl, cut the butter into the flour with a pastry blender or two knives, until mixture resembles coarse meal. Stir in pecans, press into bottom of a 9x13-inch baking dish and bake 15 minutes, or until golden. Cool completely.

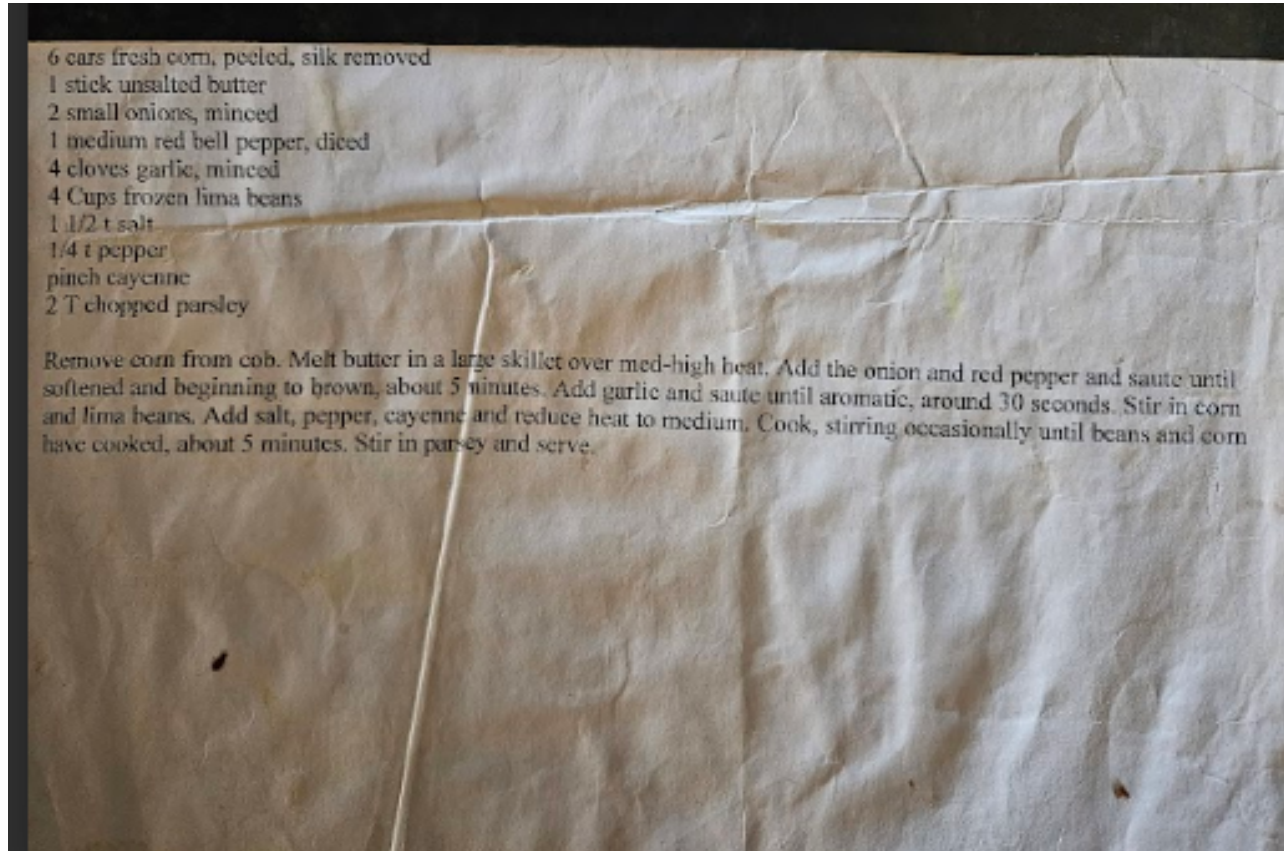
Step 3

In a medium bowl, combine cream cheese, confectioners' sugar and 1 cup whipped topping with electric mixer until smooth. In a separate bowl, whisk together chocolate pudding mix, vanilla pudding mix and milk until there are no lumps. Combine cream cheese mixture and milk mixture and stir until smooth. Pour onto cooled crust. Spread remaining 2 cups of whipped topping on top of pudding mixture. Sprinkle 2 tablespoons of chopped nuts over all. Chill in refrigerator until serving.

From Allrecipes
Carla Williams

Succotash Salad

Kristin Larsen



6 ears fresh corn, peeled, silk removed
1 stick unsalted butter
2 small onions, minced
1 medium red bell pepper, diced
4 cloves garlic, minced
4 cups frozen lima beans
1½ teaspoons salt
¼ teaspoon pepper
pinch cayenne
2 tablespoons parsley

Remove corn from cob. Melt butter in a large skillet over medium-high heat. Add the onions and red pepper and saute until softened and beginning to brown, about 5 minutes. Add garlic and stir until aromatic, around 30 seconds. Stir in corn and lima beans. Add salt, pepper, and cayenne and reduce heat to medium. Cook, stirring occasionally until beans and corn have cooked, about 5 minutes. Stir in parsley and serve.

Fruit Pizza

Ingredients:

- 1 roll refrigerated 16.5 oz Pillsbury Sugar Cookie Dough (Of course, you could alternatively make a homemade sugar cookie dough base.)
- 1 8oz package of Neufchatel Cheese (you can also use cream cheese but neufchatel cheese has 1/3 less fat and I like the taste better)
- 1/8-1/3 cup of granular OR powdered sugar (depending on how sweet you want the cheese base to be.)
- 1-2 tsp lemon juice to taste
- Zest of ½ - 1 lemon (I like lemon so I zest a whole lemon.)
- Desired fruit – I use whatever is in season: strawberries, blackberries, blueberries, raspberries, kiwi, peaches, apricots, seedless grapes, plums, etc.

Instructions:

1. Bring Neufchatel (or cream) cheese to room temperature (or zap in microwave at VERY low power for a minute or so.)
2. Pre-heat oven to 350 degrees. Cut parchment paper into a circular form and line pizza pan. Press cookie dough evenly (blending all seams) on bottom of a 12-14" pizza pan to within ½ inch of edge. I find that spreading it while the dough is cold and wetting your fingers lightly with cold water keeps the dough from sticking to your fingers. Bake 15-20 minutes or until golden brown. Be careful not to overbake as the base will continue to bake while cooling. Cool for at least 1 hour. After cooling, carefully remove the parchment paper and re-position crust back on the pizza pan (or on whatever dish you want to serve it from.)
3. In small bowl, combine Neufchatel (or cream) cheese, desired amount of sugar (I start with 1/8 cup and add more to taste,) lemon juice and lemon zest. Spread cheese mixture evenly over crust.
4. Arrange fruit over cheese mixture pressing lightly to make it stick. Tip: I arrange the larger fruit (like halved strawberries) along the perimeter. Then, I very lightly place a bowl upside down in the middle of the pizza to make an inner circular outline. It's then easy to arrange a second circle of halved fruit around the edge of that circle (halved kiwi looks pretty here.) Fill in blank areas with remaining fruit.
5. Ideally!) refrigerate at least 1 hour before serving



From Eileen (my favorite cookie recipe):

Joanna Pruess's Molasses Spice Cookies

From *Great Cookies: Secrets to Sensational Sweets* by Carole Walter*

Makes about 40 2 ½ inch cookies

Pans lined with parchment paper

¾ cups unsalted butter

2 cups all-purpose flour, spooned in and leveled

2 teaspoons baking soda

1 teaspoon ground cinnamon

1 teaspoon ground ginger

¾ teaspoon salt

½ teaspoon ground cloves

½ cardamom (this is my addition)

2 cups sugar, divided (I like to use cane sugar if I can find it but not necessary)

¼ cup dark molasses

1 large egg

Make The Dough

1. Melt the butter in a 3-quart, heavy saucepan over low heat. (the dough is mixed by hand in the pot.) Cool to tepid.
2. Strain together three times (this is important to sift three times) the flour, baking soda, cinnamon, ginger, salt, cardamom, and cloves. Set aside.
3. Using a wooden spoon, stir 1 ½ cups of the sugar, the molasses, and egg into the butter, mixing until smooth. Add the dry ingredients, one-half at a time, and blend well. Cover with wax paper and chill for 30 to 45 minutes, until firm.

Bake the cookies

4. Position the shelves in the upper and lower third of the oven. Heat the oven to 375°. Put parchment paper on pans (or you can moderately butter the pans but I think they work better with the parchment).
5. Shape the dough into 1-inch balls between the palms of your hands. Place the remaining ½ cup of sugar in a shallow dish and roll the balls of dough in the sugar. Place the balls 2 inches apart on the cookie sheets.
6. Bake the cookies for 8 to 10 minutes or until the tops begin to crack. Toward the end of baking time rotate the pans from top to bottom and front to back. Remove from the oven and let stand for 2 to 3 minutes. Loosen with a thin metal spatula and transfer to cooling racks.

Storage: Store in an airtight container, layered between strips of wax paper, for up to 3 weeks. These cookies may be frozen.

*this is my cookie bible

Breakfast Casserole

Breakfast Casserole

This easy Breakfast Casserole recipe is made with eggs, sausage, and cheese and only takes a few minutes to throw together. You can make ahead of time, so it's the perfect breakfast casserole for Christmas morning or any day!

Prep Time	Cook Time	Total Time
10 mins	55 mins	1 hr 5 mins

Course: BreakfastCuisine: American Servings: 12

Calories: 385kcal Author: Lauren Allen



5 from 7318 votes

Equipment

9x13 glass baking dish Meat Chopper

Ingredients

2 pounds pork sausage
12 eggs
1 cup sour cream (light or regular)
1/4 cup milk
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
4 green onions
1/2 green bell pepper , diced
1/2 red bell pepper , diced
2 cups shredded cheddar cheese

Instructions

1. Preheat oven to 350 degrees. Spray a 9x13" pan with cooking spray.
2. Combine the eggs, sour cream, milk, cheese and salt and pepper in a large bowl. Mix on low speed with electric mixers, just until combined.
3. Heat a large skillet over medium heat. Add sausage and cook until browned, breaking it into small pieces with a wooden spoon as it cooks. Drain most of the grease and add the sausage to the bowl with the egg mixture.
4. Add the bell peppers and onion to the same skillet the sausage was cooked in and sauté for 2- 3 minutes. Add to the bowl with the eggs and stir everything to combine.
5. Pour mixture into greased 9x13" pan and bake for 35-50 minutes or until the edges are set and the center is just barely jiggly.
6. Leftover egg casserole can be stored in the fridge and enjoyed within 3-4 days. Leftovers are delicious reheated in the microwave.

Improv Eggplant Bake

This is an improvisational dish, but here's a sketch.

Ingredients

One medium eggplant
One or two green peppers, depending on size
One or two yellow onions
2-3 zucchini
Multiple garlic cloves, peeled
Oregano
Spicy Italian sausage (turkey or plant-based ok)
Can of San Marzano tomatoes, DOP
Abundant extra-virgin olive oil ("EVOO")
Kosher salt
Grated parmesan cheese (and romano?)
Provolone cheese, sliced (not smoked)

- Preheat the oven to 350. But this recipe takes a bit of time. Put on some music. Opera recommended – perhaps Donizetti's "L'elisir d'amore". Jazz also good. Set out something to drink, a can of San Pellegrino blood orange very nice.
- Get out a baking dish you can serve from. I use my Mom's vintage mid-century red enamel casserole (see below). Also a good-sized heavy frying pan.
- Peel the eggplant, and slice lengthwise, about 1½ inch thick. Place on a plate, salt with ample kosher salt, and tip the plate so that juices run out. This may take a half hour or so. Wipe the slices with a damp paper towel. Do not wash the eggplant slices.
- Slice the green pepper lengthwise, into medium-thin slices.
- Chop the onion, not too fine. You may prefer thin roundels, to layer with the other ingredients.
- Slice the zucchini into roundels, an inch or so.
- Thinly slice the garlic lengthwise
- Place in a bowl about half a can of the tomatoes, drained. (Save the juice and the rest of the tomatoes for another dish!) Coarsely chop the tomatoes, keep some texture.
- Remove the sausage from the casing.
- In a frying pan, heat an inch or two of the EVOO until it shimmers. Add the garlic slivers and brown. Remove from garlic slices from the pan and reserve, but preserve the garlic oil Briefly sauté the green pepper slices, remove and reserve. (Add more EVOO as needed.) Sauté the zucchini until nicely browned, sprinkling them with oregano. If you prefer, brown your onion roundels for layering (although I prefer to chop the onions and brown them with the Italian sausage).
- Make a little sauce: brown the chopped onions and the Italian sausage. No need to add more oregano, the sausage is spicy. Add the tomatoes. Simmer briefly. Add the browned garlic slices if you like (I do!). If it gets too juicy, pour off the excess (save it for a soup?).
- Brown the eggplant slices in the EVOO, sprinkling them with oregano. Arrange on the bottom of the casserole dish. Layer the green pepper slices and the zucchini roundels (onion roundels if you went that route). Pour the tomato sauce over the layers. Cover with ample grated parmesan, romano cheeses. Top the casserole with a layer or two of provolone slices.
- By now you've drunk your San Pellegrino, and your oven is plenty hot. The casserole should go in, maybe for 15 minutes; the cheese will be nicely melted, and you're good to serve. You might put out some pepper flakes for people to add. This is a one-pot meal, though you might want to make a quick salad while you're waiting. Or thinly slice up some fennel (good with a little EVOO, white wine vinegar and sea salt). Grissini? A baguette? Buon appetito!

Janelle's Award Winning* Carnivale Salad

(a.k.a Mardi Gras Salad)

This is a quick, healthy and colorful salad.

Buy 1 bag each of shredded:

- **Purple Cabbage**
- **Green Cabbage**
- **Broccoli**
- **Carrots**

Open the bags and dump all the contents into a large bowl.

Add a couple of fist fulls of **Craisins**.

Add some sliced **black olives**.

Toss it all together with **Raspberry Vinaigrette** salad dressing. (Can buy dressing from the store.)

Let it all marinate an hour or two before serving.

Then just before serving mix in **honey roasted peanuts**... or let each person put them on their salads (in case someone's allergic to peanuts).

Quantity that this serves: Lots!!

Variations: Choose not to use one of the first 4 ingredients.

*I won an award for this at a church cooking competition.

Tabouli by Carol Nielsen

Add 1 cup hot water to 1 cup Ziyad Red Bulgar No. 2. Let it soak—several hours.

When all water is absorbed add:

1 bunch curly parsley finely chopped

2-3 green onions chopped

½ large cucumber cut in rounds and then quarters

1 basket cherry tomatoes—cut the tomatoes in half

8-10 oz. of dry feta, crumbled

¼ cup scant olive oil

¼ cup lemon juice (can use bottled or fresh squeezed)

Toss together and chill for a couple of hours before serving.

Heirloom Tomato and Beet Salad

Heirloom Tomato and Beet Salad



Ingredients

- 2 medium-sized red beets
- 2 medium-sized golden beets
- 3 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons chopped shallots
- 1 tablespoon capers
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 cups heirloom cherry tomatoes, halved
- 2 pounds heirloom tomatoes, sliced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Preheat oven to 400°.
2. Trim roots and stems from beets. Pierce beets with a fork, and wrap in foil. Bake at 400° for 1 hour or until tender. Cool; peel beets and cut into 1/4-inch-thick slices.
3. Combine chives and next 6 ingredients (through mustard) in a small bowl, stirring with a whisk. Combine cherry tomatoes and about 5 teaspoons mustard mixture; toss to coat. Divide sliced beets and sliced tomatoes evenly among 6 plates. Drizzle each serving with about 3 teaspoons remaining mustard mixture. Top each serving evenly with cherry tomatoes. Sprinkle with salt and pepper.

Serves 6 (serving size: about 3 beet slices, about 4 tomato slices, and 1/2 cup cherry tomatoes)

Recipe by David Bonom

Black and White Brownies

Coarsely chop chocolate and in a small saucepan melt with butter over moderately low heat, stirring until smooth. Remove pan from heat and stir in sugar. Add eggs, beating with a fork until incorporated, and stir in flour and salt. Pour chocolate mixture over hot shortbread and spread evenly. Bake in middle of oven until a tester comes out with crumbs adhering, about 35 minutes. Cool completely in pan and cut into 24 bars. Bar cookies keep, covered, 5 days at room temperature.

Makes 24 bars.

Black and White Brownies

Preheat oven to 350 F. Cover the inside of a 9"x9" pan (sides too.)

Bottom layer:

1 1/4 c. chocolate chips (mini-chips suggested)
1/2 c. sugar
1/4 c. butter
2 eggs
1 tsp. vanilla
1/2 tsp. salt
1/3 c. flour

Melt the chocolate chips and set them aside. Combine sugar and butter. Add eggs, vanilla, salt. Mix well. Add melted chocolate and flour. Mix until uniform. Spread evenly into pan.

Top layer:

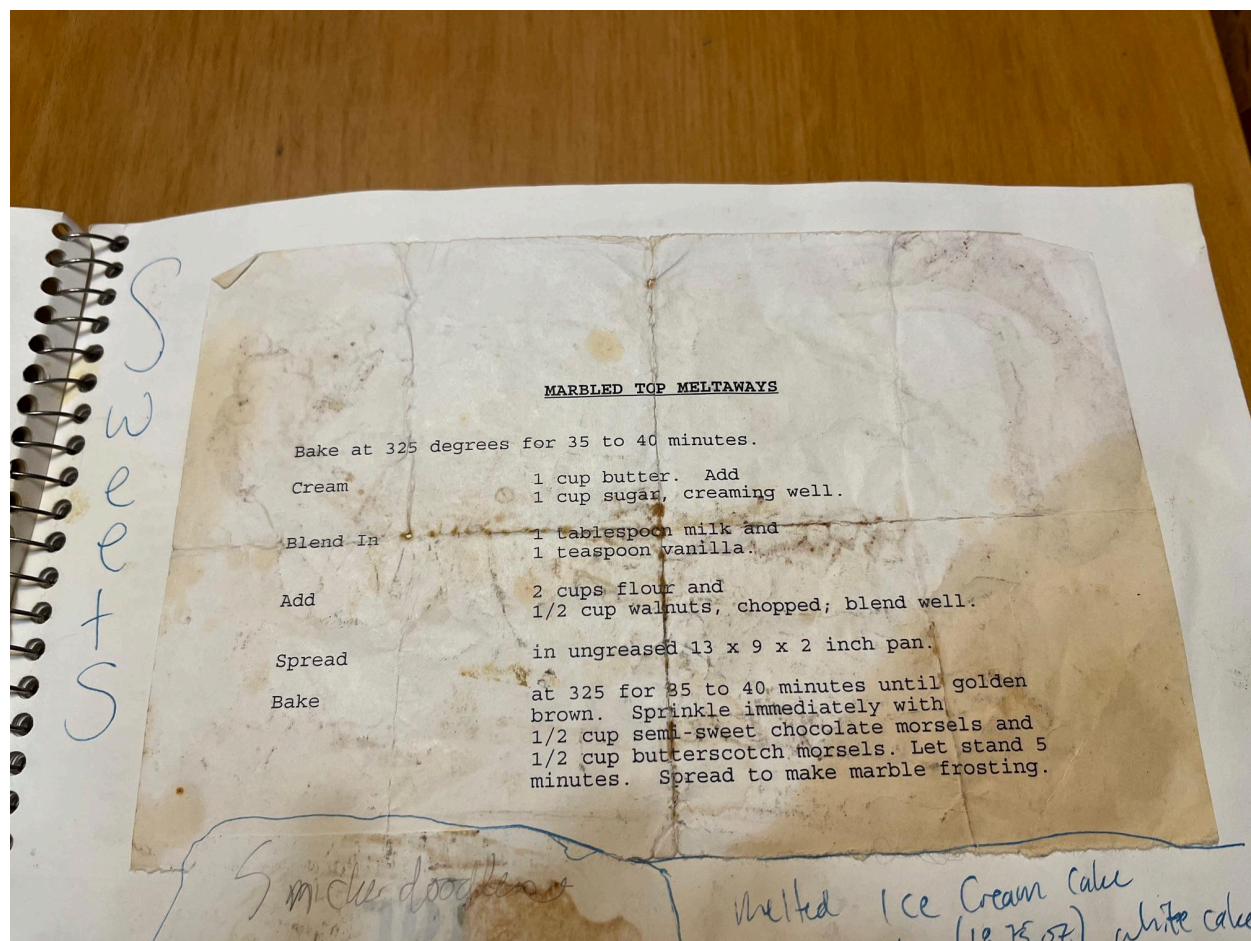
8 oz. cream cheese
1/2 c. sugar *2 tbs per butter*
2 eggs
2 tbs milk
1 tbs flour
1/2 tsp almond extract (or vanilla)
3/4 c. chips.

Combine cream cheese, sugar, butter. Add eggs, milk, flour, vanilla. Stir in the chocolate chips. Pour mixture on top of the first layer.

Bake 40-45 min. Cool completely, cut and serve.

From the Nestle toll house cookbook and adapted by Chris...

Marble Top Meltaways



Marbled Top Meltaways

Bake at 325 degrees for 35 to 40 minutes.

Cream: 1 cup butter. Add
1 cup sugar, creaming well.

Blend in: 1 tablespoon milk and
1 teaspoon vanilla

Add: 2 cups flour and
1/2 cup walnuts, chopped; blend well.

Spread: in ungreased 13 x 9 x 2 inch pan

Bake: at 325 for 35 to 40 minutes until golden brown. Sprinkle immediately with
1/2 cup semi-sweet chocolate morsels and
1/2 cup butterscotch morsels. Let stand 5 minutes. Spread to make marble frosting.

Spinach Quiche

w/ Mushrooms, Cheddar & Feta

Serves 6

From: Eggsecutive Orders (A White House Chef Mystery Recipe) by Julia Hyzy

Ingredients:

1/2 cup butter
3 cloves garlic, smashed, peeled, and finely minced
1 small onion, trimmed, peeled, and finely chopped
1 pint (or more) fresh mushrooms, cleaned and thinly sliced
1 (8-10 oz) package frozen chopped spinach, thawed and drained
4 oz herbed feta cheese, crumbled
8 oz good quality cheddar cheese, shredded, divided
1/2 teaspoon kosher or sea salt, or to taste
1/4 teaspoon ground black pepper
1 deep-dish pie crust, unbaked
4 eggs
1 cup milk

Serves 6.

Directions:

Preheat oven to 400°F.

Melt butter in a large skillet over medium heat. Add minced garlic and onion. Stir gently and cook until onion is soft and slightly browned on edges, about 5 minutes. Add mushrooms and stir until warmed through and reduced, about 3 minutes. Add spinach, feta cheese, and half of the cheddar cheese. Add salt and pepper, to taste.

Place mixture into unbaked pie shell.

In a medium bowl, whisk eggs until blended, add milk, whisk to combine well. Pour into pie shell over vegetable mixture.

Place filled pie shell on cookie sheet to keep it from overflowing.

Place into preheated oven. Reduce oven heat to 375°F. Bake for 20 minutes. Top quiche with remaining cheddar cheese. Return to oven and bake for an additional 30 to 40 minutes. Quiche is done when the eggs are set and firm in the center. Remove from oven and let it sit for 10 minutes. Serve warm.

From Mary Beth Roth

French Toast Casserole

Prep Time: 45 minutes

Cook Time: 45 minutes

Total Time: 1 hour hr 30 minutes

Serves 8 to 12

This French toast casserole recipe is a delicious, easy breakfast or brunch! It has a crisp brown sugar topping and a moist, custardy middle. To get ahead, assemble it the night before and bake the next morning. Serve with maple syrup!

Ingredients

- Unsalted butter , or coconut oil, for the pan
- 1 loaf challah bread, about 1½ pounds, 1 or 2 days old, cut into 1-inch cubes
- 5 large eggs
- 1½ cups milk, almond milk, or any milk
- 2 tablespoons brown sugar
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon sea salt
- Maple syrup, for serving

For topping

- 2 tablespoons unsalted butter, or coconut oil, melted
- 2 tablespoons brown sugar
- ½ cup chopped pecans

Instructions

1. Grease a 9x13-inch or similar baking dish. Place the bread cubes in the baking dish.
2. In a large bowl, whisk together the eggs, milk, brown sugar, vanilla, cinnamon, nutmeg, and salt. Pour the mixture evenly over the bread. If making the casserole ahead, cover the baking dish and refrigerate overnight. Otherwise, let stand for 30 minutes at room temperature to allow the bread to soak up the egg mixture.
3. Preheat the oven to 350°F.
4. Add the topping: Drizzle the casserole with the butter and sprinkle with the brown sugar and pecans. Cover and bake for 35 minutes, then uncover and bake for another 10 to 20 minutes, or until the topping is browned and the egg mixture has mostly set. Remove from the oven, cover loosely with foil, and let stand for 10 minutes.

5. Serve with maple syrup.

Paul's Pumpkin Bars

paul's pumpkin bars

Yield: 2 dozen

Very moist; our best autumn goodie!

4 eggs
1 $\frac{2}{3}$ cups sugar
1 cup cooking oil
1 16-ounce can pumpkin
2 cups flour
2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon salt
1 teaspoon baking soda

Frosting

1 3-ounce package softened cream cheese
 $\frac{1}{2}$ cup margarine, softened
1 teaspoon vanilla
2 cups sifted confectioners sugar

1. Beat eggs, sugar, oil, and pumpkin in bowl until light and fluffy.
2. Combine flour, baking powder, cinnamon, salt, and soda. Add to pumpkin mixture, and mix thoroughly.
3. Spread batter in an ungreased 15 x 10 x 1-inch jelly roll pan.
4. Bake, cool, and frost.

Frosting

1. Cream cheese and margarine.
2. Stir in vanilla.
3. Slowly add sugar, beating until mixture is smooth.
4. Frost cooled bars.

Temperature: 350°
Time: 25 to 30 minutes

Cecy R. Szub