"There is no real background, guacamole is a staple in Mexican cooking but there is a right way to make it as simple as it may be. For as long as I can remember my family has been making this recipe for pretty much every meal, carne asada and party."

**DIRECTIONS**

1. Cut the avocados in half, remove the pit. Add chopped onions, chopped chile pepper, cilantro and lime juice.

2. Smash with a fork and incorporate everything. Be sure to not smash completely and leave some larger chunks of avocado.

3. Add salt and pepper to taste. Serve in a large bowl (usually a molcajete) with totopos (tortilla chips) or chicharron.

*For an added taste saute the onions in butter with a little oregano until translucent and let cool before adding to the guacamole.

**You can also add chopped tomatoes.**

**INGREDIENTS**

- 3 large perfectly ripe avocados
- 1/2 a white onion, chopped (not super finely)*
- 1 serrano chile pepper, chopped finely
- 1 lime
- chopped fresh cilantro
- salt and pepper to taste
BRUSCHETTA
Submitted by: Donna Gimler, Wheaton Staff

INGREDIENTS
- 8-10 ripe Roma tomatoes sliced, de-seeded then diced
- 2-4 cloves of garlic diced
- Fresh basil leaves rough chop
- Extra virgin olive oil
- Baguette
- 2 balls of fresh mozzarella
- Kosher salt

DIRECTIONS
1. Combine the tomatoes, garlic and basil in a glass casserole dish.
2. Add a dash of salt.
3. Drizzle oil until it covers the bottom of the pan, halfway up the tomatoes.
4. Add more salt to taste and gently mix.
5. Dice mozzarella the same size as tomatoes and put on top of mixture.
6. Cover with Saran Wrap and chill.
7. Slice baguette into crostini.
8. Drizzle with olive oil and toast on a cookie sheet in the oven.
9. Once the bruschetta is chilled, mix the mozzarella into the tomatoes.
10. Serve on the toasted baguette.
"A dear friend brought this lovely dish into our lives. It is a favorite of my Wheaton freshman!"

**DIRECTIONS**

1. Chop cilantro and garlic together in food processor
2. Add peppers (red & jalapenos), almonds (& breadcrumbs)
3. Slowly pour in olive oil with food processor running
4. Season with salt to taste.

**INGREDIENTS**

- ¼ C cilantro
- 2 cloves garlic
- 1 15oz jar roasted red peppers
- 1 Tbsp pickled jalapenos (southern style)
- ½ toasted slices almonds (buy toasted or brown in skillet)
- (2 Tbsp GF bread crumbs IF you have them)
- ½ C olive oil
- ½ tsp salt
AVOCADO CORN SALSA

Submitted by: Cynthia Vogt, Wheaton Family '22

DIRECTIONS
Mix all ingredients together. Chill.
Serve with tortilla chips or pita chips.

INGREDIENTS
- 1 ripe avocado, peeled and mashed
- 1 can yellow corn, drained
- 1 clove garlic finely chopped
- dash of hot sauce
  Optional
- salt/pepper to taste
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
BUFFALO CHICKEN DIP

Submitted by: Julia Cellana '21

INGREDIENTS
• 2 chicken breasts
• 1 stick of cream cheese
• 1/2 cup of shredded cheese
• 4 ounces of Frank’s red hot
• 6 ounces of ranch

DIRECTIONS
1. Preheat oven to 350 degrees.

2. Boil the chicken for 20 minutes until cooked and then shred.

3. Mix the ranch, hot sauce, and shredded cheese together in a bowl.

4. Cut up the cream cheese so it’s easier to mix in.

5. Put the shredded chicken and cream cheese into the ranch, hot sauce, and shredded cheese and mix until all the ingredients all incorporated together.

6. Add into an oven safe container and cook in the oven for 30 minutes.
CLASSIC MACARONI SALAD
Submitted by: Eva Danielson '22

"My grandmother "Mimi" has made this macaroni salad all my life and it is a summer staple! It has been served at every birthday party, cookout, family reunion, you name it; and therefore is one of my favorite dishes.

A big tin pan of this macaroni salad doesn't last very long in our house, once it enters the fridge I personally have it for breakfast, lunch, and dinner every day until it runs out."

**DIRECTIONS**

1. In large bowl, mix together mayo, vinegar, mustard, sugar, salt, and pepper until smooth.

2. Add macaroni and vegetables; toss to coat well. Cover and chill.

Serves 20 cups of macaroni salad. Good for gatherings and parties.

Divide all ingredients by four for 5 cup serving.

Saves well in refrigerator.

**INGREDIENTS**

- 3 cups of Hellman's mayonnaise (regular or nonfat)
- 8 Tbsp vinegar
- 8 Tbsp yellow mustard
- 4 tsp sugar
- 4 tsp salt or salt substitute
- 1/2 tsp of pepper
- 32oz elbow macaroni, cooked and drained
- 4 cups sliced celery
- 4 cups chopped green pepper and/or sweet orange/red/yellow peppers
- 1 cup finely chopped onion (if using an extra large vidalia onion, use a little over 1/2 of the onion)
AUTUMN HARVEST SALAD
Submitted by: Judy Allen, Wheaton Staff

INGREDIENTS

Salad
- 1 acorn squash
- 2 tbsp. extra virgin olive oil
- ½ tsp. kosher salt
- ¼ tsp. ground black pepper
- ½ tsp. freshly grated nutmeg
- 2 tsp. fresh thyme leaves
- 1 small head radicchio
- 1 Bosc pear
- 4 c. fresh baby spinach
- ¼ c. dried cranberries
- ½ c. pecans, toasted and roughly chopped
- ¼ c. crumbled blue cheese

Maple Cider Dressing
- ¼ c. pure maple syrup
- ¼ c. apple cider vinegar
- 1½ tsp. Dijon mustard
- ¼ c. extra virgin olive oil
- 1 tsp. kosher salt
- ½ tsp. ground black pepper

DIRECTIONS

1. Preheat oven to 400°F.

2. Trim the ends off the squash, then cut in half. Scoop out the seeds and slice into ½-inch cubes.

3. Spread the squash cubes out on a baking sheet. Add the olive oil, salt, pepper, nutmeg, and thyme, and toss to coat.

4. Roast for 20 minutes, until tender and lightly browned. Remove from the oven and let cool completely. Meanwhile, prepare the rest of the salad: Cut the head of radicchio in half, remove the core, then thinly slice.

5. Cut the pear in half, scoop out the core, then thinly slice.

6. Prepare the dressing: In a small bowl, whisk together maple syrup, apple cider vinegar, and mustard. While whisking, slowly drizzle in the olive oil and continue whisking until emulsified. Whisk in the salt and pepper, then set aside.

7. In a large bowl, combine the radicchio, spinach, pear, dried cranberries, and cooled roasted squash. Drizzle some of the dressing over the salad and toss well to coat.

8. Divide the salad between serving plates, then top with chopped toasted pecans and crumbled blue cheese. Serve immediately with the remaining dressing alongside. Enjoy!
'Delicious on a crisp fall or winter day...or anytime!'

**DIRECTIONS**

1. Heat the oil in a large saucepan or soup pot. Add the sausage and onion and cook over medium heat, stirring occasionally, until the sausage browns lightly and the onion softens, about 10 minutes.

2. Add the broth, potatoes, kale, and 2 cups of water. Bring to a boil over high heat, reduce the heat to medium-low, and simmer, partially covered, for about 30 minutes, until the potatoes are very soft-almost falling apart—and the kale is tender. Use a large fork or whisk to break up some of the potatoes against the side of the pot to thicken the soup. (I use a hand held potato masher) Adjust the liquid, adding more broth or water if necessary. Season with salt and pepper to taste.

3. Ladle into bowls to serve. I serve with fresh crusty bread, your choice!

**INGREDIENTS**

Makes 4 Main-Course Servings

- 2 tablespoons olive oil
- ½ pound garlicky sausage (chourico, linguica or kielbasa, thinly sliced)
- 1 large onion, chopped
- 4 cups chicken broth (I use low sodium)
- 1 ½ pounds potatoes (Yukon gold, red or all-purpose), peeled and thinly sliced
- 1 small bunch (about 1 pound) kale, thick stems removed and thinly sliced (I buy bagged chopped kale)
- Salt and fresh-ground black pepper
VENUS DE MILO
MINESTRONE SOUP
Submitted by: Sue McNary, Wheaton Staff

INGREDIENTS

- 1 lb hamburger
- 46 oz can chicken broth
- 4 cups of water
- 1 package of Lipton Onion Soup Mix
- 4 stalks celery-chopped
- 1 14.5 oz can of stewed tomatoes-cut up
- 1 10 oz package of frozen mixed vegetables
- 1/2 to 1 cup of pasta

DIRECTIONS

2. Add broth, water, soup mix and celery.
3. Boil 20 minutes.
4. Add stewed tomatoes and frozen vegetables.
5. Boil 15 minutes.
6. Add pasta and cook until done.

Tastes great with parmesan cheese sprinkled on top.
PASTA FAGIOLI
Submitted by: Suzanne Antosca, Wheaton Staff

INGREDIENTS
- 2 tablespoons extra virgin olive oil, plus more for serving
- 4 ounces pancetta, diced
- 1 medium yellow onion, finely diced
- 3 medium carrots, finely diced
- 2 cloves garlic, minced
- ½ white wine (pinot grigio)
- 6 cups low sodium chicken broth
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 (14.5 ounce) cans cannellini beans, rinsed and drained
- ¼ cup dried lentils, rinsed (green or brown lentils)
- 1 cup diced or chopped canned tomatoes, with their juices
- 2 bay leaves
- 1 tablespoons minced fresh rosemary
- ¾ cup dried ditalini pasta
- 1/3 cup freshly grated parmigiano-reggiano, plus more for serving

DIRECTIONS
1. Heat 2 tablespoons of olive oil in a large pot over medium-low heat. Add the pancetta and cook until the fat begins to render, about 5 minutes. Add the onion, carrot and celery and increase the heat to medium; cook, stirring frequently, until the onions become translucent, about 5 minutes. Add the garlic and cook 1 minute more, stirring constantly so the garlic doesn’t stick to the bottom of the pan and burn.

2. Add the wine and cook until it has nearly evaporated, about 5 minutes. Add the broth, salt, pepper, beans, lentils, diced tomatoes, bay leaves and rosemary. Increase the heat to high and bring to a boil, then reduce the heat to medium-low and simmer, uncovered until the lentils are just tender, 15-30 minutes, depending on the type of lentils you used.

3. Use a slotted spoon to transfer 1 cup of the bean mixture and a little liquid to a blender. Remove the center knob so steam can escape. Hold a paper towel over the opening to prevent splatters. Puree until smooth and set aside.

Add the dried pasta to the pot and stir to incorporate. Turn the heat up to a gentle boil and cook until the pasta is tender but still firm to the bite, anywhere from 8-12 minutes. The soup will thicken a bit by the time the pasta is cooked. Fish out and discard the bay leaves.

4. Stir the reserved pureed bean mixture into the soup. (If you’re having a hard time getting the mixture out of the blender, remove as much as you can with a rubber spatula, then add some of the hot soup broth to it and swirl around to loosen it up; it should come right out.) Cook briefly, until the soup is heated through.

5. Remove the soup from heat and stir in the Parmigiano-Reggiano. If the soup seems too thick, gradually add 1-2 cups of chicken broth and thin to desired consistency (note: the longer it sits on the stove, the thicker it will get). Season to taste with salt and pepper. Ladle soup into bowls and sprinkle with more cheese, if desired.
"Growing up Greek, my mother would make avgolemono soup whenever my sister or I got sick. She would whip up a batch in 10 minutes as a miracle cure, saying "eat up, you need your protein". Now that I'm older, I have done and said exactly that to my partner when he was sick and I was taking care of him. It's one of many family recipes I will always have in my back pocket for a chilly day."

**INGREDIENTS**
- 6 cups chicken broth
- 1 cup orzo
- 3 eggs, separated
- 1 lemon (juice)
- salt and pepper to taste

**DIRECTIONS**
1. Boil 6 cups of broth and add one cup of orzo. Add salt and pepper to taste. When orzo is cooked, let simmer.

2. Put the egg whites in a mixing bowl and beat until stiff. Add the yolks then the lemon juice beating well. Then add the broth a little at a time, beating well and until most of the broth is poured. Pour this mixture back into the pot, stirring well. Serve!
BROCCOLI CHEESE SOUP
Submitted by: Sue McNary, Wheaton Staff

"Tastes like Panera's broccoli cheese soup. The whole family loves this."

**DIRECTIONS**

1. Sauté onion in 1 Tbsp butter. Set aside.

2. Melt 1/4 cup butter and add flour using a whisk over medium heat for 3-5 minutes.

3. Stir constantly and slowly add the half and half (this is called making a roux).

4. Add chicken stock, whisking all the time. Simmer for 20 minutes.

5. Add broccoli, carrots and onions. Cook over low heat until vegetables are tender (20-25 minutes).

6. Add salt, pepper, dijon mustard and red hot sauce. The soup should be thickened by now.

7. Pour batches into a blender and puree or use an immersion blender to puree. Return to pot over low heat. Add grated cheese and stir until well blended.

8. Stir in nutmeg and serve.

**INGREDIENTS**

- 1 Tbsp butter, melted
- 1/2 medium onion, chopped
- 1 Tbsp Dijon mustard
- 1 Tbsp Frank's Hot Sauce
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups half and half
- 2 cups chicken stock
- 1/2 pound of fresh broccoli chopped
- 1 cup carrots-julienned
- salt and pepper to taste
- 1/4 teaspoon nutmeg
- 8 ounces grated sharp cheddar cheese
SLOW-COOKER CHICKEN TORTILLA SOUP
Submitted by: Jessica Kuszaj, Wheaton Staff

"This recipe is adapted from one originally found on allrecipes.com. It can easily be adapted depending on personal preference, and is easy to throw in the slow-cooker in the morning, so that dinner is ready when you get home!"

DIRECTIONS
1. Place chicken, onions, garlic, tomatoes, enchilada sauce, chiles, corn, and beans into a slow cooker. Pour in chicken broth and add spices and cilantro. Cover and cook on low for 6-8 hours or on high for 3-4 hours.

2. When cooked, remove the chicken breasts and shred with a fork, then return to the soup.

3. Make tortilla strips. Preheat oven to 400 degrees F. Lightly brush tortillas with oil, then cut into strips, spread strips on a baking sheet and bake until crisp, about 10-15 minutes.

4. Top with your choice of toppings before serving.

INGREDIENTS
- 1 lb Boneless Chicken breast (frozen is OK)
- 1 medium to large onion, chopped
- 2-4 cloves of garlic, minced
- 1 or 2 (15 oz) can fire roasted diced tomatoes
- 1 (10 oz) can enchilada sauce
- 1 (4 oz) can chopped green chile peppers
- 2 (11 oz) can corn, drained (we use one yellow, one white) (frozen works too)
- 1 (15.5 oz) can black beans, rinsed
- approximately 32 oz chicken broth (or 1/2 chicken broth, 1/2 water)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 tablespoon chopped cilantro

Suggested toppings:
- corn tortillas (oil for baking)
- sliced green onions/scallions
- avocado
- Monterey jack cheese (or shredded cheese)
- cilantro
- lime
PORTUGUESE KALE SOUP

Submitted by: Sue McNary, Wheaton Staff

"My grandmother always made this delicious soup for our family. So glad to have it to share with my family and friends."

**DIRECTIONS**

1. In a large soup pot over medium-high heat, add oil and cook garlic, onions and linguica slices until onions are soft.

2. Add 4 cups of chicken broth and kale.

3. Cover and let kale cook down, stirring occasionally.

4. Add Campbells Bean Soup and can of water. Simmer 5 minutes.

5. Add cubed potatoes. Simmer covered 20-30 minutes or until potatoes are soft.

6. Season to taste with salt and pepper.

**INGREDIENTS**

- 1 Tbsp olive oil
- 2 garlic cloves
- 2 medium onions-chopped
- 1 pound linguica, sliced and slices halved
- 4 cups chicken broth
- 1 pound of fresh kale-washed, stems discarded and shredded into small pieces
- 1 can Campbell’s "Bean with Bacon" soup plus 1 can water
- 2 large potatoes, peeled, cubed
- salt
- pepper
RED BEANS & RICE
Submitted by: Errick Nunnally, Wheaton Staff

**DIRECTIONS**

1. Cook bacon in a large Dutch oven to render the fat. Remove, chop and set aside.

2. Add onion, celery, jalapeño, and poblano. Cook until soft.

3. Add garlic, thyme, and oregano. Cook until fragrant.

4. Add salt, pepper, cayenne, bay leaves, beans, broth, and water. Stir and bring to a vigorous boil. Reduce heat so that it's a simmer (bubbles still breaking the surface). Cook, uncovered, stirring occasionally, for 2-3 hours, until liquid is thick and beans are soft. Stir in sliced sausage and heat through.

5. Heat oil in large frying pan. Add the rice and toast to a light golden brown. Cook rice with water and salt in a rice cooker. Fluff before serving.

6. Serve beans over rice, season accordingly with hot sauce!

(This dish goes great with corn bread.)

**INGREDIENTS**

For the beans:
- 4 slices bacon
- 1 small onion, chopped
- 1 jalapeño, chopped (seeds optional)
- 1 poblano pepper, chopped (no seeds)
- 2 celery ribs, chopped
- 4 garlic cloves, minced
- 1 tsp oregano
- 1 tsp thyme
- ½ tsp cayenne pepper
- 4 bay leaves
- 1 lb dried red kidney beans
- 8 cups chicken broth
- 7 cups water
- ½ tsp salt
- 1 tsp cracked black pepper
- 4-5 andouille sausage, sliced in halves

For the rice (in a cooker):
- 2 tbl cooking oil
- 3 cups white rice
- 3¾ cups water
- Pinch of salt

"New Orleans is a wonderful city."
“When three of the five family members in our house decided to go vegetarian, it was time to adjust. This is one of our favorite "junk food" meals modeled after burgers at one of our favorite restaurants in NY.”

**DIRECTIONS**

1. Combine first 6 ingredients and pulverize in food processor. Do not over mix in order to keep some texture.

2. Hand form into patties.

3. Saute in olive oil over medium heat for 3 -5 mins on each side.

We like to serve burgers on bun with garlic aioli, avocado, and tomato.

**INGREDIENTS**

- 1 cup cooked brown rice
- 2 - 3 cooked beets (chopped)
- 3/4 cup walnuts
- 1 medium size onion
- 1 can black beans (or chickpeas)
- 1 -2 eggs to bind
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- olive oil for pan
IMPOSSIBLY EASY CHEESEBURGER PIE

Submitted by: Sue McNary, Wheaton Staff

INGREDIENTS

- 1 lb ground beef
- 1 cup chopped onion
- 1/2 tsp salt
- 1 cup shredded cheddar cheese
- 1/2 cup Bisquick mix
- 1 cup milk
- 2 eggs

DIRECTIONS

1. Heat oven to 400 F.
2. Grease 9" pie plate.
3. Cook ground beef and onion until browned, drain fat.
4. Stir in salt.
5. Spread mixture in pie plate and sprinkle with cheese.
6. In a bowl, stir Bisquick, milk and eggs until blended. Pour into plate.
7. Bake about 25 minutes or until knife inserted in center comes out clean.
KALE PASTA
Submitted by: Holly Lash, Wheaton Family '24

"It's our Friday night go-to quick recipe and one that our kids have been eating since they were really young. Milo especially still loves this recipe and is planning on making it at Wheaton."

INGREDIENTS

- 1 lb pasta (any kind you want, but we prefer rotini or penne)
- olive oil
- 5 cloves of garlic minced
- red hot pepper flakes (approx. 1/4 tsp or more),
- 1 bunch of kale, torn or cut into small strips (dino kale is the best but any leafy green will actually do)
- 1 can of cannellini beans (drained),
- 1/4 cup veggie broth
- salt and pepper to taste
- optional fresh parmesan for topping

DIRECTIONS

1. Make pasta according to directions, drain, and set aside.

2. Heat up a large, deep, sauté pan. Add olive oil (2-3 Tbsp) and minced garlic. Sauté until the kitchen smells like garlic--don't brown it.

3. Add red hot pepper flakes. Throw in kale and pour in some veggie broth. Add cannellini beans and put cover on sauté pan to steam kale until it wilts.

4. Add salt and pepper to taste, stir everything around, and then add pasta to the pot and mix it all up together. (Alternately, you can just make the pasta separately and have people add the mix to their own bowl.)

5. Serve with more olive oil on top. Add fresh parmesan if you want (or vegan parmesan, which is what we use.) Some people in our house also add Frank's Red Hot sauce, as well.

Eat it up. Your stomach will thank you.
CREAMY HASH BROWN CASSEROLE
Submitted by: Sue McNary, Wheaton Staff

INGREDIENTS
- 1 package (32 ounces) frozen Southern Style hash browns-thawed
- 1 pound American cheese, cubed
- 1 can (10 3/4 ounces) cream of chicken soup (can also use cream of celery)
- 2 cups (16 ounces) sour cream
- 3/4 cup butter, melted, divided 1/2 cup for potatoes, 1/4 cup for topping
- 3 Tbsp chopped onion
- 1/4 tsp paprika
- 2 cups cornflakes or Special K slightly crushed

DIRECTIONS
1. In a large bowl combine hash browns, cheese, soup, sour cream, 1/2 cup melted butter and onion.

2. Spread into greased 9 x 13 pan. Sprinkle with paprika.

3. Combine cereal and remaining 1/4 cup melted butter. Sprinkle topping mix on casserole.

4. Bake at 350 uncovered for 50 - 60 minutes or until heated through.
“Both my grandmothers emigrated from Hungary as teenagers in the early 1900s. They never wrote down this recipe or amounts but they gave me high marks for duplicating their magic.”

**INGREDIENTS**
- 4 boneless chicken breasts (split)
- 1 chopped onion
- 2 sticks of butter
- chicken broth
- 1 Tbsp. paprika
- S&P to taste

**DIRECTIONS**
1. Melt butter in large pot or Dutch oven.
2. Add onion and cook till soft.
3. Sprinkle paprika over onion; add chicken and brown lightly on each side.
4. Add broth just to cover and simmer slowly for 40-50 minutes till tender.
5. Remove cooked chicken with slotted spoon & set aside.
6. Add pint of sour cream & whisk it to smooth consistency—do not boil.
7. Return chicken to pot, season to taste, and serve over noodles, mashed potatoes, rice. Excellent leftovers.
EASY MEATLOAF
Submitted by: Sue McNary, Wheaton Staff

INGREDIENTS
• 1 1/2 lbs hamburger
• 1 egg
• 1 onion, chopped
• 1 cup milk
• 1 cup dried bread crumbs
• salt and pepper to taste
• 2 Tbsp brown sugar
• 2 Tbsp prepared mustard
• 1/3 cup ketchup

DIRECTIONS
1. In large bowl combine beef, egg, onion, milk and crumbs. Season with salt and pepper to taste.

2. Place in a greased 5x9 loaf pan or form a loaf and place in a greased baking dish.

3. In a separate bowl, combine brown sugar, mustard and ketchup. Pour over meatloaf.

4. Bake at 350 F for 1 hour.
LEFTOVER TURKEY POT PIE
Submitted by: Kathy Foley, Wheaton Family '24

DIRECTIONS
1. Preheat oven to 375 degrees F.

2. Cook vegetables and celery until tender. Drain in colander and set aside.

3. Melt butter in a saucepan over medium heat. Cook onion until translucent, about 5 minutes.

4. Stir in flour, salt, pepper, celery seed, onion powder, seasoning. Slowly whisk in chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat.

5. Stir turkey meat and cooked vegetables into the filling until well combined.

6. Spoon the filling into a 3-quart casserole dish. Top with crescent rolls.

7. Bake until the crust is golden brown and the filling is bubbling, 30-35 minutes. Cover with aluminum foil after the first 15 minutes. Cool for 10 minutes before serving.

INGREDIENTS
- 3 c. vegetables – frozen or fresh
- 1 c. chopped celery
- 2/3 c. butter
- 2/3 c. chopped onion
- 2/3 c. flour
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1/2 tsp. celery seed
- 1/2 tsp. onion powder
- 1/2 tsp. Italian seasoning (or 1/8 tsp. each oregano, rosemary, marjoram, thyme)
- 1 3/4 c. chicken broth
- 1 1/3 c. milk
- 5 c. cubed cooked turkey meat – light and dark meat mixed
- 1 can crescent roll dough (8 rolls)
BUSY DAY BRISKET
Submitted by: Scott Turley, Wheaton Family ’23

"We lived in Dallas and Dad would have this on the table when everyone got home from school or work."

DIRECTIONS
Prep: 10 mins
Cook: 8 hrs
Total: 8 hrs 10 mins
Yield: 8 servings

Brisket is rubbed with spices and liquid smoke and then cooked in a slow cooker with barbecue sauce until tender and juicy. Perfect to put in the cooker in the morning, go to work, and it’s ready when you get home. Don’t let the slow cooker fool you. This is as good as any firepit in Texas.

Hint: It’s even better if you marinate it in the dry rub overnight.

1. Combine thyme, paprika, pepper, salt, onion powder, garlic powder, cayenne, and cumin in a small bowl; set aside. Rub brisket all over with liquid smoke, then rub with spice mixture.

2. Pour Worcestershire and barbecue sauces into a slow cooker; place beef on top. Cover, and cook on LOW 8 to 10 hours, until fork tender. Serve with baked beans, cole slaw and corn bread.

INGREDIENTS
- 1 tablespoon dried thyme leaves
- 1 tablespoon paprika
- 2 teaspoons freshly ground black pepper
- 2 teaspoons salt
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- 3 pounds beef brisket, trimmed of fat
- ½ teaspoon liquid smoke flavoring
- 2 tablespoons Worcestershire sauce
- 1 ½ cups barbecue sauce
"While it's easy to focus on the negative impacts of the pandemic on our daily lives, I consider this recipe a "silver lining dish." Working from home, dishes like long oven braises that were once the stuff of weekend cooking have become options for weeknights, taking advantage of my lack of commute and the fact that my kitchen is 10 feet away from my office space. I'll often season the lamb and chop my vegetables during my lunch hour, then start cooking as soon as the workday ends. Even with the long cook time, I can still have dinner on the table by 7:30 pm. And since so much of the recipe is inactive, I can relax, go for a walk, or get some more work done while it braises away.

I cobbled this dish together from a handful of recipes for different cuts of lamb. While the spice mixture packs a flavor punch, the lamb can handle it. I love it served over creamy polenta (don't add any parmesan!), but any starch will do. I think it's even capable of winning over lamb skeptics who don't like the gamier flavor of roasts and chops."

**INGREDIENTS**

- 2 lamb shanks, about 2-2.5 lbs total*
- 1 large onion, diced
- 1 large carrot, peeled, sliced in half lengthwise, and sliced into thin half-moons
- 3-4 garlic cloves, grated, crushed, or finely minced
- 1 28-oz can of whole peeled San Marzano tomatoes
- 1 cup unsalted chicken stock†
- 2 tsp soy sauce
- 2 tsp honey
- ½ cup roughly chopped Italian parsley
- 1 Tbsp kosher salt (about half this amount if using fine table salt)
- 1 tsp whole dried oregano
- 1 tsp freshly ground black pepper
- 2 Tbsp chili powder
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp cinnamon
- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp ground ginger
- ⅛ tsp cayenne pepper
- Olive oil

* This recipe as written can actually braise up to four lamb shanks if your Dutch oven is large enough. You may consider adding about 25% more of each spice to the spice mix if cooking more lamb, but do not increase anything else.
† If using low-sodium chicken stock, hold back about half a teaspoon of salt from the rub.
DIRECTIONS

1. Make spice mixture by adding salt and oregano to a bowl and rubbing the dried herb and salt between your fingers to coax out the oils. Add chili powder, black pepper, cumin, coriander, cinnamon, garlic powder, paprika, ground ginger, and cayenne to oregano mixture. Stir to combine.

2. Dry the lamb shanks and place on a plate. Sprinkle about half the spice mixture over the meaty part of the shanks until coated, pressing the lamb into any excess spice that falls on the plate. Cover and refrigerate for 1-4 hours.

3. Preheat the oven to 350 F with a rack in the middle position. Heat about a tablespoon of olive oil in a heavy-bottomed dutch oven over medium heat. Brown lamb shanks for 2-3 minutes on all sides, including the bottoms by placing the shank upright and leaning the bone against the side of the pot. Resist the urge to turn the heat to medium-high or the spices may burn and give the finished sauce an acrid taste. Once browned, remove to a plate.

4. Add the onion and carrot to the pot, adding another teaspoon of oil if necessary. Add a pinch of salt to help the onions render their liquid. As they do, scrape up any browned bits of lamb or spice mixture from the bottom of the pot using a wooden spoon. Then, add any remaining spice mixture and continue sautéing until onions have softened.

5. Make a well in the center of the onions and carrots exposing the bottom of the pot, about 3 inches in diameter. Add the garlic to this well and sauté on the exposed surface for about 30 seconds. Stir the garlic into the onions and carrots and cook for another minute.

6. Add the entire can of tomatoes, using your wooden spoon to scrape the bottom of the pan. Then, use your spoon to gently crush the tomatoes (alternately, you can crush them in a bowl with your hands before you add them). Add the chicken stock. Fill the tomato can halfway with water and add to the pot. Add the soy sauce and honey and bring to a simmer.
BRAISED LAMB SHANKS IN SPICED TOMATO SAUCE (3/3)

DIRECTIONS

7. Return the lamb shanks to the pot along with accumulated juices or bits of spice mix left on the plate. The liquid in the pot should come about ¾ of the way up the shanks; add additional water if necessary. Return the mixture to a simmer, and place the pot in the oven, lid on, for about 2 and a half hours, or until lamb shanks are extremely tender when pierced with a fork.

8. Once the shanks are tender, remove to a plate. If the shanks have a membrane over the meat, remove it now using a sharp knife. Cover the shanks with foil. Scrape the ring of browned fond along the side of the pot back into the sauce. Using a stick-style immersion blender or working in batches in a countertop blender and returning the sauce to the pot, blend the sauce until smooth. (NOTE: I do not skim any fat off the top of the sauce before blending; the heat from the spices and the acidity from the tomatoes balance it nicely and it emulsifies during blending to create a luxurious mouthfeel that isn’t at all greasy. If braising 4 shanks, you may consider spooning off some, but not all, of the fat.)

9. Reduce the sauce over medium-low to medium heat to desired consistency, or add a splash of water if sauce is too thick. Taste for seasoning, adding salt, pepper, honey, or a small amount of wine vinegar as necessary (trust your palate!). Add most of the parsley to the sauce just before serving, reserving a little bit for garnish.

10. Serve over creamy polenta (my favorite), your favorite pasta (toss with some sauce first), or a grain like farro with a green vegetable on the side. To plate, place the starch in the center of a wide bowl or pasta dish, ladle a moat of sauce around the outside, place the lamb shank upright in the center of the starch, and ladle another line of sauce across the top of the shank. Garnish with remaining parsley. (NOTE: I recommend not using parmesan cheese as a garnish and omitting it from your polenta recipe; while it seems reflexive to add it to a dish like this, the sharp funk of the aged cheese does not pair well with the warming spices in the tomato sauce.)

"The recipe is written to serve two people, but to leave you with about 3 extra cups of this spicy, savory, delicious tomato sauce to be used however you want for tomorrow night’s dinner. I like to thin it with some water and simmer some chicken thighs in it on the stove for 45 minutes, serving over leftover starch from the night before."
CHOCOLATE CHIP COOKIES
Submitted by: Meshal Muzaffar '21

INGREDIENTS
- 1 1/2 cups all purpose flour
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1/2 cup unsalted butter, melted and cooled slightly
- 3/4 cups packed light brown sugar
- 1/2 cup granulated sugar
- 1 large egg
- 1 tsp vanilla essence
- 1 1/4 cups semi sweet chocolate chips (6 oz)

DIRECTIONS
1. Whisk together flour, baking soda and salt in a small bowl.
2. Beat together butter and sugars in a large bowl with an electric beater at high speed until pale and fluffy, about 2 to 3 minutes.
3. Lightly beat 1 egg with a fork in a small bowl and add to the butter mixture, beating it with the mixer until creamy, add in vanilla essence.
4. Reduce speed to low and mix in flour mixture, until just blended, then stir in chocolate chips.
5. Scoop 1/4 cup batter for each cookie, arranging mounds 3 inches apart, on 2 baking sheets.

Bake at 375 F for 13 to 15 mins.
"Many versions of this recipe can be found on box and can labels. I've made these hundreds of times and they are always a favorite."

**INGREDIENTS**
- 6 Tbsp. butter (melted)
- 1.5 cups graham cracker crumbs
- 1-14 oz. can sweetened condensed milk
- chocolate chips
- shredded coconut
- chopped walnuts or pecans

**DIRECTIONS**
1. Line 9x12 baking pan with parchment paper to cover bottom & sides.
2. Pour melted butter evenly into pan. Sprinkle cracker crumbs even over butter; pat surface gently with fork to firm it.
3. Next sprinkle chocolate chips, then drizzle the sweetened condensed milk evenly over the crumbs.
4. Cover entire surface with coconuts, then chopped nuts.
5. Bake at 350 F 25 minutes. Cool partially, then lift the parchment paper out, cut the cookies with pizza cutter or sharp knife, and serve warm or room temperature.
SOUR CREAM COFFEE CAKE
Submitted by: Katie Lavoie '24

INGREDIENTS
- 1/2 cup salted butter (1 stick)
- 1/2 cup granulated sugar
- 1 large egg
- 1/2 cup sour cream
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda

For topping
- 1 cup pecans, chopped (optional)
- 1 teaspoon ground cinnamon
- 1/4 cup brown sugar

DIRECTIONS
1. Lightly grease an 8x8” baking pan.
2. Preheat oven to 350 degrees F.
4. In a mixing bowl, cream together butter and sugar until pale and fluffy. Add egg and mix. Add sour cream and vanilla and mix.
5. In a separate bowl whisk together the flour, baking soda, and baking powder.
6. Add dry ingredients to butter mixture and mix until combined.
7. Spoon half of the batter into your prepared pan and smooth into an even bottom layer.
8. Sprinkle half of the topping mixture over the top. Spoon the remaining batter on top and smooth into an even layer.
9. Sprinkle remaining topping mixture over the top.
10. Bake in preheated oven for 35-45 minutes or until a toothpick inserted into the center comes out clean, or with few crumbs.
11. Check the mixture about half way through baking-- you may want to put a piece of tinfoil over the top to keep the top from browning too much.
12. Allow to cool for at least 10 minutes before serving.
S'MORES CHOCOLATE CHIP COOKIES
Submitted by: Alison Chu, Wheaton Family '22

INGREDIENTS
- 3/4 cup butter, softened
- 1 cup (7.5 ounces) packed light or dark brown sugar
- 1/3 cup (2.5 ounces) granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups (8.75 ounces) all-purpose flour (see note)
- 1 cup (4.5 ounces) graham cracker crumbs (about 9 rectangle crackers crushed)
- 2 cups (12 ounces) chocolate chips or chunks
- 1 cup (1.75 ounces) miniature marshmallow bits

DIRECTIONS
1. Preheat the oven to 350 degrees F. Line baking sheets with parchment paper. Set aside.

2. Using an electric stand mixer fitted with the paddle attachment or in a bowl with a handheld electric mixer, add the butter, brown sugar, granulated sugar, baking soda, and salt. Mix together until very light and creamy, 2-3 minutes, scraping down the sides of the bowl as needed.

3. Add the eggs and vanilla and mix until evenly combined.

4. Add the flour and graham cracker crumbs and mix until just barely combined; a few dry streaks are ok.

5. Add the chocolate chips or chunks and marshmallow bits and mix until incorporated.

6. Scoop the dough by heaping tablespoons onto the prepared baking sheets, spacing at least 2-inches apart.

7. Bake for 10-12 minutes until just golden on the edges and a little crackly on top. Let the cookies sit for a few minutes on the baking sheet before removing to a wire rack to cool completely.
GRANDMA GUYETTES' BANANA BREAD
Submitted by: Kristin Jarvis, Wheaton Family '21

The banana bread recipe is very special to me. My maternal grandmother was an avid baker. Any time you walked into Mary Guyette's kitchen, you could be assured that the delicious, comforting smell of baked goods would be shared with you! I started eating this banana bread as a young child. My mother Joyce, and her mother Mary would often add walnuts to this mixture. As a small girl, I was not fond of the walnuts in the banana bread. This led my grandmother to make me my own special loaf of bread without walnuts. Every year on my birthday I would get my own special loaf from her. When I was in my late teens and began baking on my own, I called her up for the recipe. She was so excited that I loved her bread that much. These were the tips she gave me when she shared the recipe with me. Make sure your bananas are extremely ripe as in gone bad by a few days. This makes the banana bread moist and more flavorful. A few things I have added to this that are not on the original recipe are a dash of cinnamon and a dash of allspice. As a baker I have learned to add my own flair to certain recipes. It is also delicious to add chocolate chips, walnuts, blueberries whatever your heart desires; it is a yummy base for delicious muffins. You can even take out a half a cup of sugar from the ingredients and they are still yummy! You will enjoy the smell of your house when these are baking in the oven. It makes me feel like I get a hug from my grandmother every time I make them. Feel free to pass along this recipe and pass around comforting hugs! Enjoy!

INGREDIENTS
Serves 1 loaf
- 1/2 cup of butter
- 1 1/2 cup of sugar
- 2 eggs beaten
- 2 cups of flour
- 1/2 tsp. baking powder
- 3/4 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1/4 cup milk
- 1 cup mashed bananas (should have browned peel)

DIRECTIONS
1. Preheat oven to 350 F.
2. Cream butter, sugar, together and add beaten eggs.
3. Add flour, powders, baking soda, salt, vanilla, bananas and milk.
4. Allow to cook 50 minutes to one hour.
STRAWBERRY LEMON GREEK YOGURT CAKE
Submitted by: Laura Coca, Wheaton Family '24

INGREDIENTS

- 1 cup unsalted butter, softened
- 2 cups granulated sugar
- 3 large eggs
- 3 tablespoons lemon juice divided
- Zest of 1 lemon
- 2 1/2 cups all-purpose flour, divided
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 8 ounces Greek yogurt, plain or vanilla
- 12 ounces fresh strawberries diced
- 1 cup powdered sugar

DIRECTIONS

1. Preheat oven to 375 degrees F.

2. Grease and flour a 10-inch Bundt pan (10-15 cup pan).

3. In a large bowl, sift together 2 1/4 cups of flour, baking soda, and salt. Mix in the lemon zest and set aside.

4. In a separate bowl, use an electric mixer to cream together the butter and sugar until light and fluffy, 3-5 minutes. Beat in the eggs one at a time, then stir in 1 tablespoon lemon juice. Alternate beating in the flour mixture and the yogurt, mixing just until incorporated.

5. Toss the strawberries with the remaining 1/4 cup of flour. Gently mix them into the batter.

6. Pour the batter into the Bundt pan. Place in the oven and reduce the temperature to 325 degrees F. Bake for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.

7. Allow to cool at least 20 minutes in the pan, then turn out onto a wire rack and cool completely. Once cooled whisk together the remaining 2 tablespoons of lemon juice and the powdered sugar. Drizzle over the top of the cake.
"Julekäge (Yule Bread in Norwegian, pronounced YOO-leh-KAH-kuh), is a Scandinavian holiday bread served primarily during Christmastime. When my great great grandmother was about 5 years old, her family immigrated from Norway and settled in Bemidji, Minnesota. Their family recipe for Julekäge was handed down to my dad's mother, who shared it with us shortly before she passed away. I recommend heating it up or toasting it when you cut a slice and eat it with some butter on top! Nomz."

**DIRECTIONS**

1. Soak yeast in 1 cup water.
2. Make well in dry ingredients and add yeast mixture, other cup of water and whole eggs.
3. Blend eggs into mixture.
4. Add fruits and cardamom and blend.
5. Turn dough onto floured canvas.
7. Return to greased bowl and let rise.
8. Shape into 4 round loaves and let rise again until doubled.
9. Bake at 350 degrees, 2 loaves at a time for 25-30 minutes.
10. Let cool and then frost!

**INGREDIENTS**

- 7 cups sifted flour (start with 5 or 6 and add if needed)
- 1/2 cup dry milk
- 1/2 cup sugar
- 1 tablespoon salt
- 1/2 cup lard, add 2 tablespoons
- (Mix the above dry ingredients thoroughly. Work in lard as for biscuits)
- 2 cups warm water
- 4 packages of yeast
- 2 eggs
- 1/2 cup currants
- 1 cup raisins
- 1 cup candied fruit
- 1 tsp cardamom

**FROST**

- 2 cups powdered sugar
- 1/4 cup scalded milk
- Vanilla
- 1 tablespoon of butter
"AUNT MOLLY'S" NO BAKE BLUEBERRY PIE

Submitted by: Ellen Kane, Wheaton Staff

"From the Providence Journal. I make this for my Media Services Student Workers."

DIRECTIONS

1. Put 1 cup of the blueberries in a saucepan. Mix water and flour together and add to the pan. Add sugar and salt. Start cooking on high until first bubbles appear, then lower to medium heat, stirring frequently until thickened and the berries are a deep color, 7-10 minutes. Some berries will pop. Remove from heat and let sit a few minutes.

2. Add remainder of uncooked berries to the pan using a spatula to scrape juices into mixture. Mix well and again let it sit a few minutes, then pour into pie shell. Gently level off. Allow to set and cool completely before slicing. It may take several hours for it to reach room temperature, or even overnight. Refrigerate after cutting.

Note: If using your own pie crust, bake it for 10-15 minutes until cooked and cool before filling.

Top with whipped cream or ice cream.

INGREDIENTS

- 1 quart blueberries, divided use
- 3/4 cup water
- 2 tablespoons flour
- 1/2 cup sugar
- 1/8 teaspoon salt
- 9-inch baked pie shell or prepared graham cracker crust or use Keebler mini pie crust (6) individual
PUMPKIN CRUMB CAKE
Submitted by: Katie Lavoie '24

INGREDIENTS
- 1 (18.25 ounce) package yellow cake mix
- 1 egg, beaten
- 1/2 cup butter, melted
- 1 (15 ounce) can pumpkin puree
- 3 eggs, beaten
- 1/2 cup white sugar
- 1/4 cup packed brown sugar
- 1 1/2 tsp ground cinnamon
- 1/2 cup white sugar
- 3 tbsp butter, softened
- 1/2 cup chopped nuts (optional)

DIRECTIONS
1. Preheat oven to 350 degrees F (175 degrees C). Spray or grease one 9x13 inch pan.

2. Reserve 1 cup cake mix. In a large bowl, combine the remaining dry cake mix with 1 egg and 1/2 cup melted butter. Mix well, and then pat into prepared pan.

3. In a large bowl, mix together the pumpkin, 3 eggs, 1/2 cup white sugar, 1/4 cup brown sugar, and 1 1/2 teaspoon cinnamon. Pour over crust.

4. In a small bowl, combine reserved 1 cup cake mix, 1/2 cup white sugar, and 3 tablespoons softened butter. Crumble over pumpkin filling. Sprinkle nuts evenly over top, if desired.

5. Bake in preheated oven for 40 to 45 minutes. Then enjoy! :)

W
KRISTIN'S CHOCOLATE CAKE
Submitted by: Emma Jarvis '21

DIRECTIONS

1. Preheat oven to 350 F (30-40 minutes cooking time).

2. Sift the flour, sugar, cocoa, baking soda, baking powder and salt in the bowl and mix until combined.

3. Into a separate bowl, combine the buttermilk, oil, eggs and vanilla.

4. With the mixer on low speed, slowly add wet ingredients to dry. Still at low setting, add the coffee and stir to combine, scraping the bottom of the bowl with a rubber spatula. Pour into two 8” round pans and bake for 30-40 minutes.

"This makes the PERFECT cake for any celebration full of chocolate lovers! The secret is the decaf coffee, it helps enhance the chocolate flavor. The experience of eating it is described by Kristin as 'biting into an Oreo cloud.'"

INGREDIENTS

Cake:
- 1 3/4 cup of all purpose flour
- 2 cups granulated sugar
- 3/4 cup good unsweetened cocoa powder
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. kosher salt
- 1 cup butter milk (room temperature)
- 1/2 cup oil
- 2 tsp. vanilla
- 1 cup of freshly brewed hot decaf coffee
- 2 large eggs

Frosting:
- 1 lb package confectionary sugar
- 1/2 cup of butter softened
- 3-4 tbsp. milk
- 3-4 tsp. vanilla extract
LEMON BLUEBERRY TART
Submitted by: Jaydin Martinez '23

INGREDIENTS

Pastry:
- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- Pinch kosher salt
- 1/2 cup (1 stick) unsalted butter, cold, in chunks
- 1 large egg, separated
- 2 tablespoons ice water, plus 1 teaspoon

Filling:
- 4 large eggs
- 1 1/2 cups sugar
- 1 cup fresh lemon juice (about 5 lemons)
- 1/4 cup heavy cream
- 1 lemon, zested
- Pinch kosher salt
- 1 pint blueberries

DIRECTIONS

1. To make the pastry, pulse the flour, sugar, and salt together in a food processor. Add the butter and pulse until the dough resembles cornmeal. Add the egg yolk and 2 tablespoons ice water and pulse again until the dough pulls together. Wrap the dough in plastic wrap and let it rest in the refrigerator for 30 minutes.

2. Roll the dough out on a lightly floured surface into a 12-inch circle. Roll the dough up onto the pin and lay it inside a 10-inch tart pan with a removable bottom. Press the dough into the edges of the pan and fold the excess dough inside to reinforce the rim. Cover the tart pan with plastic wrap and put it into the refrigerator for another 30 minutes to rest.

3. To bake the shell, heat the oven to 350 degrees F.

4. Place the tart pan on a baking sheet and prick the bottom of the dough with a fork. Cover the shell with a piece of parchment paper and fill it with pie weights or dry beans. Bake for 25 minutes. Remove the parchment and weights. Lightly beat the egg white with 1 teaspoon water and brush it onto the bottom and sides of the tart shell; set aside to cool.

5. Whisk together the eggs, sugar, lemon juice, cream, zest, and salt. Add the blueberries to the cooled tart shell and pour the filling over the blueberries. Bake for 20 to 25 minutes. The curd should jiggle slightly when done. Cool to room temperature, remove from the tart ring, and serve.
ALLERGY FREE BANANA BREAD
Submitted by: Tara Drouin, Wheaton Family ’23

DIRECTIONS

- Mash 6 bananas

- Add 1 tsp vanilla, 1 tablespoon cinnamon, 1 tablespoon honey, 1 tablespoon maple syrup, 1/4 tsp nutmeg, 3/4 cup dark brown sugar, 1 tablespoon Ener-G egg replacer whisked with 2 1/2 tablespoons water until foamy

- 1/3 cup vegan margarine

- Mix all together

- Add 1 1/2 cups flour (regular or substitute if allergic), mix

- Add 1 1/2 cups quick oats

- Add 2/3 cups vegan dark chocolate chips

- Mix then pour into a well oiled banana bread pan

- On the top sprinkle 1/3 cup of quick oats, Mixture of 2 tablespoons sugar & 1 1/2 teaspoons of cinnamon

- Sprinkle with vegan dark chocolate chips

- Bake 65-75 minutes in a 365 degree oven *check every 5 minutes at the end

- Cool and slice

"My daughter has severe food allergies. I’ve learned how to bake substituting out ingredients over the last 20 years. This is one of our favorites."
EASY OVERNIGHT OATS

Submitted by: Wheaton's Hands-on Involved Student Kitchen (WHISK)

"WHISK wanted to include a recipe that everyone could enjoy and make even with a limited amount of ingredients and utensils."

**DIRECTIONS**

1. Mix all ingredients in glass container until combined.

2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving. Customize with nuts, fruit, cinnamon chocolate chips, and more!

3. Uncover and enjoy the next day. Thin with a little more milk or water, if needed.

**INGREDIENTS**

- ½ cup rolled old fashioned oats
- ½ cup milk of choice
- ¼ cup non-fat Greek yogurt
- 1 tablespoon chia seeds
- 1 tablespoon sweetener of choice honey or maple syrup
- ¼ teaspoon vanilla extract
MORNING OATS
Submitted by: Donnie Taveras, Wheaton Staff

"I have a ton of small and simple recipes and ideas for trying new foods. One of my favorites is the morning oats video towards the beginning of my Instagram. Check it out. A cool and quick way to make your oats. The inspiration for this Instagram account is all from my GoodVbz inc. brand. My focus is living out wellness and a holistic living approach to building healthy and mindful habits."

**DIRECTIONS**

1. Combine oats, cinnamon, salt in a bowl.

2. Mix in coconut milk and almond milk.

3. Microwave for one minute and twenty seconds, then stir.

4. Top with chia seed, banana, blueberries, coconut chips, honey,

**INGREDIENTS**

- 1 & 1/2 cup of old fashioned oats
- 1 Tbsp coconut chips
- 1 Tbsp chia seed
- 1 Tbsp raw, unfiltered honey
- 1 Tbsp cinnamon
- 1 tsp sea salt
- 1/2 banana
- 1/2 cup of blueberries
- 1 cup of almond milk
- 1/2 cup of coconut milk
"This adaptation was inspired by a recipe by How Sweet Eats (www.howsweeteats.com). I love these pancakes (and I'm not a pancake fan) they are extremely light and the lemon blueberry combination is magic."

**INGREDIENTS**

- 2/3 cup ricotta cheese
- 2 large eggs, lightly beaten
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cups milk
- 1 lemon, juiced and zested
- 1/2 teaspoon vanilla extract
- 2 tablespoons unsalted butter, melted
- blueberries

**DIRECTIONS**

1. In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt. Whisk together until combined. In a smaller bowl, whisk together the ricotta*, milk, lemon zest, lemon juice, vanilla extract and butter. Add the wet ingredients to the dry mixing until smooth and combined.

2. Heat a large skillet or electric griddle over medium heat. Add a bit of butter or vegetable shortening to grease the pan is desired (we use shortening), then pour 1/4 cup of batter on the hot skillet and repeat, leaving an inch between pancakes. Add blueberries (if using frozen berries we suggest defrosting first). Cook until the pancakes bubble on the top and edges, about 2 minutes. Flip and cook for another minute or two until golden and set. Top with maple syrup before serving.

*The original recipe suggests blending your ricotta in a food processor first to make it completely smooth. I find it doesn't make a significant difference to me, so I skip that step.
BLUEBERRY MAPLE MINT MOJITO MOCKTAIL

Submitted by: Boosting Alcohol Consciousness (BAC)

"The goal of our club is to promote alcohol safety and education on and off campus. One way we do this is come up with delicious, alcohol-free drinks called 'mocktails.' This Blueberry Maple Mint Mojito is always a crowd favorite and is super easy to make."

INGREDIENTS

- Jug of blueberry or blueberry/pomegranate juice
- 2 Tbsp real maple syrup
- 2-3 sprigs of mint
- optional: blueberry seltzer, blueberries for garnish

DIRECTIONS

1. Add maple syrup and mint to the jug of blueberry juice.
2. Close jug and give a good shake
3. Let juice sit in fridge until chilled. The longer you let sit the more mint will infuse into the juice
4. Pour into a glass with an optional splash of seltzer. Garnish with mint leaves and blueberries. Enjoy!
GIN FIZZ 44
Submitted by: Errick Nunnally, Wheaton Staff

"A friend of my wife's enjoys gin cocktails. I invented this drink for my wife to give as a birthday gift. It's a bit fussy, but worth it!"

**INGREDIENTS**
- 1 oz fresh grapefruit juice
- 2 oz gin
- .25 oz Triple Sec
- .25 oz simple syrup
- 1 egg white
- Rosé or Campari

**DIRECTIONS**

1. In a cocktail shaker, dry shake (no ice) all the ingredients except the Rosé until frothy. This is important in order to incorporate the egg white with the other ingredients and allow it to foam up without dilution.

2. Add plenty of cubes of ice and shake vigorously to create a meringue-like foam.

3. To float the Rosé (or Campari), fill a large spoon and touch the edge to the top of the drink. Gently pour from spoon on top of the cocktail. (Rosé will float and be very light in color, Campari will slowly sink to more dramatic effect.)

4. Garnish with thyme and express a grapefruit strip over the top before dropping it in.
"This drink was inspired a few years ago when the family got a bottle of Slivovitz at a Hanukkah grab."

**INGREDIENTS**
- 2 oz Slivovitz Plum Brandy
- 3/4 oz dry Vermouth.

**DIRECTIONS**
1. Place in a cocktail shaker with ice and mix well.
2. Strain into a martini glass and serve with your favorite garnish.