

Pineapple/Orange/Coconut Punch

A Refreshing and Delicious Drink - Sharon Graff

Ingredients:

1 can Pineapple Juice
1 can Frozen Orange Juice plus 3 cans Water
1 liter Seven-Up
2 caps Coconut Flavoring

Directions:

Mix and Serve over Ice



Shrimp Salsa

Chips & Dip - Chantelle Urbina

Ingredients:

Avocado - chopped
Cilantro - chopped
Tomatoes - chopped
Red Onion -chopped
Baby -rinsed
Shrimp

Directions:

- 1) In a small bowl, combine the above ingredients in amounts to taste.
- 2) Add a couple teaspoons (to taste) of Girard's Italian Salad Dressing.
- 3) Serve with Tostito's Large Scoop Tortilla Chips – or your favorite dipping chips or crackers.



Coleslaw and Broccoli Salad

Picnic Favorites - Darlene Ogasawara

Dressing Ingredients

2 cups Mayonnaise
½ cup Sugar
4 tbsp. Cider Vinegar
Mix Well Refrigerate Overnight

Coleslaw Salad

½ Head of White Cabbage, thinly sliced
½ Cup of Red Cabbage, thinly sliced
1 grated carrot
Mix and add Dressing to taste.

Broccoli Salad

5 – 6 Broccoli Crowns - cut bite size ¼ cup red onions
¼ cup raisins or dried cranberries ¼ cup toasted Sunflower Seeds

Mix and add dressing. Toss in raisins and sunflower seeds



Ramen Cabbage Salad

Perfect for a Picnic - Debbie Klein

Dressing Ingredients: Make and refrigerate the day before.

¾ Cup Oil
¾ Cup Rice Wine Vinegar
¼ Cup Sugar
1 tsp Salt
1 tsp Pepper

Salad Ingredients: Assemble and add dressing one hour before serving.

2 - 1lb Bags Shredded Cabbage
1 bunch Green Onions
¼ Cup Toasted Almonds
1 Package Ramen Noodles Crumbled
 (without the seasoning pouch)



Mediterranean Farro Salad

A Farro Salad with a light, lemony dressing, crunchy vegetables and feta cheese is refreshing and perfect year-round! – Elaine Schultz

Ingredients:

1 cup	Pearled Farro
1 small	Red Bell Pepper – seeded and diced
1	English Cucumber, peeled if desired, seeded and diced
1 pint	Cherry Tomatoes, halved
1 bunch	Italian parsley – finely chopped plus more parsley for garnish
1 bunch	Scallions, white and light green parts only, chopped
½ Cup	Kalamata olives, pitted and coarsely chopped
3	Cloves garlic, minced
1/3 Cup	Lemon Juice (or to taste)
¼ Cup	Extra-Virgin Olive Oil
	Freshly ground Black Pepper – to taste
8 ounces	Feta Cheese - crumbled



Directions:

- 1) Bring a saucepan of water to a boil. Add salt and the farro. Boil for 15 – 20 minutes until farro is tender but not mushy.
- 2) Drain the farro in a sieve and rinse with cold running tap water. Set aside to drain thoroughly.
- 3) Combine red bell pepper, cucumber, cherry tomatoes, parsley, scallion and Kalamata olives in a large mixing bowl.
- 4) Whisk together garlic, lemon juice and olive oil. Season to taste with salt and black pepper.
- 5) Add drained farro to vegetables and stir to combine.
- 6) Add dressing and stir.
- 7) Transfer to a serving platter and top with feta cheese and parsley springs.

Note: If you don't like your dressing too lemony, you can start with ¼ cup lemon juice and add more to your liking.

Quinoa Salad with Fruit

Refreshing for any picnic – Stephanie Lutz Allen

Ingredients:

- ½ cup Quinoa, uncooked
- 1 Celery stalk, finely chopped
- ½ cup Raisins (either red or golden)
- 2 Tangerines, peeled, sectioned and chopped
- ½ Green Apple, peeled and finely chopped
- ¼ cup Toasted pecans, chopped
- ½ cup Mozzarella Cheese (or Brie) chopped pea-sized chunks

Directions:

For Dressing: Peanut Oil, Citrus soy sauce (use less soy sauce and add fresh lime or orange juice- if you don't have citrus) ½ cup sugar

Cook Quinoa according to package directions (in water, not broth). Mix all ingredients. Add oil and soy sauce till wet and looks dressed.

Can add smoked turkey or canned beans for protein. Can use mandarin oranges in place of tangerines.



Potato and Macaroni Salad

A picnic favorite – Matt and May Morimoto

Ingredients:

- 4-5 Medium potatoes, boiled, peeled and diced
- 3 Hard-boiled eggs, cut up
- 1 cup Shell macaroni, boiled
- ½ cup Carrots, shredded
- ½ cup Onion, finely chopped
- 1 tsp Pepper (salt to taste)
- 1 ½ cup Mayonnaise

Directions:

Mix all ingredients gently together to blend flavors. Chill.



Aunt Mary's Potato Salad

Aunt Mary's is the best! – Jim Bennett

Ingredients: Dressing

1 cup	Mayonnaise
¼ tsp	Dry Mustard
1/8 tsp	Pepper
1-2 tsp	Salt
½ cup	Sour cream
2 tsp	Celery seed
1 tbsp	Red Wine Vinegar

Salad

8 cups	Potatoes – boiled and diced (I prefer skins on)
1 bunch	Green Onion – chopped
4	Hard Boiled Eggs - chopped

Directions:

Mix together dressing ingredients and toss with Salad



Quinoa Salad – with Tomatoes

Goes with any picnic – Julie Shaddock

Ingredients:

½ cup	Quinoa
½ tsp	Kosher Salt
1/8 tsp	Pepper
1 clove	Garlic – minced
2 tbsp	Lemon Juice
2 tbsp	Olive Oil
1 small	Tomato – chopped
1 cup	English Cucumber – chopped
¼ cup	Feta cheese – crumbled
	Curly parsley, washed and chopped

Directions:

Cook quinoa and cool slightly. Mix together remaining ingredients, add quinoa and stir gently. Refrigerate and serve cold.



Crock Pot Beans

My Mother's Recipe – Libby Boatwright

Ingredients:

½ lb	Ground Round or Sirloin
3 large	Onions – browned and drained and then sautéed
1 lb	Bacon – cut in small pieces, cooked and drained
2 #2 cans	Dried Lima Beans – drained
1 #3 can	Pork and Beans - drained
2 #3 cans	B and M or Bush's Baked Beans
1 #2 can	Pinto Beans – drained
1 #2 can	White Kidney Beans – drained
1 cup	Catsup
1 cup	Dark Brown Sugar
½ tsp	Garlic Powder (or more to taste)
¼ tsp	Pepper (or more to taste)
¼ tsp	Seasoned Salt



Directions:

Combine in large crock pot. Cook on high for 4 hours, then two more hours on low. Skim off excess fat before serving.

Creamy Stovetop Corn with Poblano Peppers

A great side dish – Suzanne Ungson

Ingredients:

2	Poblano Chiles
2 tbsp	Butter (or Olive Oil)
1 small	Red Onion, diced, about ½ cup
1 large	Red Bell Pepper, diced – about ¾ cup
1	Red Jalapeno Pepper – finely minced or Cayenne (Optional)
3 cups	Kernels of Corn – either fresh or frozen
2	Scallions – thinly sliced
½ cup	Crème Fraiche
1 or 2	Limes – cut in half



Directions:

1. Roast Poblano chiles over a flame until black, cover with plastic wrap, cool; then peel, seed, and slice (1/4 inch strips).
2. Prep all other ingredients
3. Melt the butter in a large skillet over medium heat. Add the onion, red bell pepper, season with salt and pepper, and stir-fry for 2 to 3 minutes until onion is translucent. Add a pinch of cayenne or minced jalapeno, if using.
4. Add the corn kernels and Poblano strips, season again and continue to cook, stirring occasionally, until the corn is cooked and tender, about 5 minutes.
5. Stir in the scallions, then the crème fraiche and allow it to heat through. Taste for seasoning. Squeeze lime over corn.

Slow Cooker Vegetarian Baked Beans

A vegetarian alternative – Peggy Switchenko



Ingredients:

1 lb	Navy or White Beans
3 cups	Vegetable Broth
1	Yellow Onion – diced
3	Cloves Garlic – diced
2 tbsp	Soy Sauce
2 tbsp	Apple Cider Vinegar
2 tbsp	Dijon Mustard
2 tbsp	Molasses
2 tsp	Chili Garlic paste (optional)
½ cup	BBQ Sauce
½ cup	Brown Sugar

Directions:

Soak beans in water overnight. Drain and place in crockpot. Mix all ingredients together in crockpot. Cook on high 7 – 8 hours or until beans are tender. If, after they are all cooked, you want a thicker mixture, add 2 tsp cornstarch and 1 tbsp water – cook for 5 minutes.

Easy BBQ Pulled Pork

Serve on burger buns with shredded cheese or slaw – Lisa McManis



Ingredients:

5 lb	Boneless Pork Shoulder Roast
2 tbsp	Liquid Smoke
	Salt / Pepper or BBQ Rub of choice
1 quart	BBQ Sauce (I prefer Bulls-Eye Original)

Directions:

Trim off excess fat from roast. Lay pork roast on a very large sheet of heavy-duty aluminum foil. Sprinkle with salt, pepper (BBQ rub – if desired). Pour on Liquid Smoke. Carefully fold foil closed over roast. Use a heavy roasting pan and bake at 275F for 4 ½ to 5 hours (170F internal temperature). Or use a slow cooker on low for 8 – 9 hours.

Remove from oven, allow to rest for 1 hour. Pull meat from fat and gristle and place in shallow pan. Cut and shred into bit size pieces.

Add back some cooking juice until meat is moist. Add BBQ sauce to taste and more cooking juices.

Honey Garlic Dijon Pork Tenderloin

For either Oven or Grill – Carol Heath

Ingredients:

1 lb	Pork Tenderloin
½ cup	Honey
½ cup	Dijon Mustard
2 tbsp	Soy Sauce (tamari or coconut aminos for gluten-free)
1 tbsp	Minced Garlic
½ tsp	Dried Rosemary (or leaves from 2 sprigs fresh, minced)
½ tsp	Dried Thyme (or leaves from 2 sprigs fresh, minced)
	Salt and Pepper to taste



Directions:

1. In a bowl, whisk together honey, mustard, soy sauce, garlic, rosemary and thyme. Season pork on all sides with salt and pepper.
2. Place pork in a large zip-top plastic bag. Pour half of the marinade over the pork and toss to coat. Seal the bag and refrigerate the pork in the marinade for at least 30 minutes, or up to 24 hours. Rotate occasionally to make sure the marinade touches all sides.
3. Set aside the remaining ½ of the marinade in a separate bowl, cover and refrigerate.

For Oven Cooking

1. Remove pork from the marinade and place in a baking dish that has been coated with cooking spray. Discard bag with marinade. Allow pork to come to room temperature – preheat oven to 400F.
2. Cover with foil and bake for 25 minutes.
3. Remove cover, brush with reserved marinade, place under the broiler for about 5 minutes (look for crispy crust) and internal temp of 140F.
4. Remove from oven and let rest for about 10 min before slicing. Serve with any remaining refrigerated marinade.

For Grilling

1. Remove pork from the marinade and allow to come to room temp while you heat grill. Discard the bag with marinade.
2. Heat the grill to medium. Place pork on the grill and cover. Cook for 12 – 14 min – turning every few minutes – internal temp 140F.
3. Allow pork to rest for 10 minutes before slicing. Serve with any remaining marinade from the refrigerator.

Easy Bulgogi Burgers

Similar seasoning to Korean marinated grilled beef – Hardy Kim

Ingredients:

½ cup	Green Onions, chopped
2 tbsp	Brown Sugar
1 tbsp	Minced peeled fresh ginger
3 tbsp	Low-sodium soy sauce
1 tbsp	Sesame Oil
½ tsp	Black Pepper, freshly ground
2 cloves	Minced Garlic
1 lb	Ground Beef (lean mix works best for this recipe)

Directions:

Combine all ingredients in a bowl, mixing gently. Form into 4 patties, making sure not to press the mix together too much.

Cook to desired temperature in skillet or on grill.

For best results, top with kimchi sautéed in sesame oil, fried egg, and sprinkle with toasted sesame seeds.

Serve on toasted bun, a bed of lettuce, or over rice.



Custard Mochi

A delicious treat – Matt and May Morimoto

Ingredients:

1 cube	Butter
2 cups	Sugar
4 eggs	
4 cups	Milk
3 cups	Mochiko (1 box)
3 tsp	Baking Powder
2 tsp	Vanilla

Directions:

1. Cream together butter and sugar. Add eggs to mixture and set aside.
2. Mix milk and mochiko in a separate bowl. Add baking powder and Vanilla.
3. Mix creamed mixture and mochiko mixture together.
4. Pour into a 9x13 in pan – lined with greased aluminum foil.
5. Bake at 350 degrees for 1 hour (should be a light brown color on top). Insert toothpick to test – should come out clean.



Clash Buns

A sweet and savory clash of marshmallow and butter which will remind you of the days when you could eat this way! - Addie Domske and Jasmine Epps



Ingredients:

2 Cans	8 oz. Crescent Rolls (refrigerated)
16	Marshmallows
¼ cup	Butter
¼ cup	Sugar
1 tsp	Ground Cinnamon

Directions:

- 1) Preheat oven to 375 degrees. Add butter to a small glass bowl. Melt in Microwave. In another small bowl, combine cinnamon and sugar.
- 2) Prepare baking sheet with parchment paper. Open cans of crescent rolls, separate triangles, place onto plate or parchment paper.
- 3) Dip a marshmallow into butter, roll in cinnamon sugar mixture, coating well. Place marshmallow onto a crescent roll at wider end of triangle. Wrap edges around marshmallow, roll into a ball – sealing well. Dip the bottom of the ball into butter and place on baking sheet.
- 4) Bake for 10 – 12 minutes or until golden brown. Cool before serving.

Snickerdoodle Blondies

Who doesn't love a Snickerdoodle? – Peggy Switchenko



Ingredients:

2 2/3 cup	All-Purpose Flour
2 tsp	Baking Powder
1 tsp	Cinnamon
½ tsp	Salt
2 cups	Brown Sugar – packed
1 cup	Unsalted Butter – room temp
2 eggs	At room temp
1 tbs	Vanilla Extract
½ cup	Cinnamon chips (optional)

Ingredients: Sugar Topping 2 tbs white sugar plus 2 tsp cinnamon

Directions:

Preheat oven at 350. Lightly grease a 9 x 13 inch pan.

In a large bowl, combine flour, baking powder, cinnamon, and salt. Stir to combine. Set aside. In another large bowl, cream butter and sugar. Add eggs and vanilla and beat until smooth. Stir the flour mixture into the creamed butter mixture until well blended. Add chips if you are using. Spread batter evenly into prepared pan. Mixture will be thick. Press down to smooth top. Combine cinnamon and sugar in a small bowl – sprinkle evenly on top. Bake for 25 – 30 minutes or until done.

The Best Chocolate Chip Cookie Ever!

Josiah guarantees they are just sweet enough – Karin Hejmanowski



Ingredients:

1 cup	Salted Butter - softened
¾ cup	Sugar
¾ cup	Brown Sugar – packed
2 tsp	Pure Vanilla Extract
2	Large eggs
3 cups	All-purpose Flour
1 tsp	Baking Soda
½ tsp	Baking Powder
1 tsp	Sea Salt
2 -3 cups	Chocolate Chips (to taste)

Directions:

1. Preheat oven to 375 degrees. Line your cookie sheets with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add Chocolate Chips and mix well.
7. Roll 2 – 3 tbsp of dough (depending on how large you like your cookies) at a time into balls and place them evenly spaced on your prepared cookie sheets. (alternately, use a small cookie scoop to make your cookies)
8. Bake in preheated oven for approximately 8 – 10 minutes. Take them out when they are just **BARELY** starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to a cooling rack.

Orange Jello Delight

A.K.A. Orange "Stuff" - Patricia Strandburg

Ingredients: Serves 12

1 Quart	Low-fat Cottage Cheese
4 sm. Cans	Mandarin Oranges
1 Lg. Can	Pineapple tidbits
4 cups	Kool Whip
1 large	Orange Jello

Directions:

In a large bowl sprinkle the package of orange Jello on the cottage cheese and stir in. Drain and add the Mandarin Oranges, saving a few to decorate the top if you wish. Drain the pineapple tidbits and add them to the bowl. Stir the ingredients together well. Refrigerate for a few hours.

