Nailed It!
The College of Public Health Faculty & Staff Cookbook
Side Dishes
A Note from Becki:
I created this recipe when I fell in love with fresh herbs. They are great with grilled steak, chicken, or chops. I usually add a little cayenne pepper to everything to give it a bit of a zing; leave it out if you are sensitive to spicy food.
Ingredients

- 6 2 lb red potatoes, scrubbed and cut into 1-1/2” chunks
- 4 T olive oil
- 1 t. crushed garlic
- 3 T butter or margarine
- 4 T assorted herbs, crushed (dried or fresh), rosemary, fennel, thyme, parsley, dill
- 1 dash cayenne pepper
- 1 t. steak seasoning (optional)

Instructions:

1. Bring potatoes to a boil and cook only 5 minutes. Drain and set aside.
2. In a large skillet over medium heat, melt butter or margarine and olive oil together.
3. Add garlic, herbs, cayenne, and seasoning; stir until well blended.
4. Add potatoes and turn carefully, coating them with the butter-herb mixture. Cook uncovered over medium heat, turning occasionally, for 1/2 hour.
5. Turn up to medium-hi the last 10 minutes, turning more frequently and drizzling with more olive oil if the potatoes seem dry.
6. The result will be potatoes with a crisp herb crust and a creamy interior. Serve immediately.
A fun change from a regular potato salad, and instead includes the toppings and flavors you love from a loaded baked potato, including bacon, onions, sour cream and cheese.
Ingredients:

- 8 potatoes, cubed - half peeled or half with skin
- 2 tsp salt
- 6 slices bacon diced and crisp cooked
- 6 green onions
- 2 c shredded cheddar cheese
- 16 oz. sour cream
- 1/4 tsp. pepper
- 1 c Miracle Whip or mayo

Instructions:

2. Combine sour cream, pepper, and Miracle Whip.
3. Add potatoes.
5. Top with reserved cheese, onion, bacon.
7. Can serve hot or room temperature.
Apppetizers
Did you know?

Fritos is an American brand of corn chips and dipping sauces that was created in 1932 by Charles Elmer Doolin. It has been produced by the Frito-Lay division of PepsiCo since 1961.
Ingredients

- 2 cans whole corn - drained
- 1 1/2 c grated cheddar cheese
- 1 c chopped red bell pepper
- 1/4 c. chopped green onion
- 1/2 c. mayo
- 1/2 c. sour cream
- 10.5 oz. bag chili cheese
- Fritos - crushed
- salt and pepper to taste

Instructions:

1. Mix ingredients.
2. Add Fritos when ready to serve
Bacon Cheese Ball

From Shelley Ward, Philanthropy

A cheese ball is only as good as what you serve it with. Crackers are classic, but that’s really just the tip of the cheese ball! All that flavorful goodness that’s rolled up inside has the potential to be spread onto and dipped into countless tasty snacks.
Ingredients

- 1/2 c butter (softened)
- 1 c (4 oz.) grated cheddar cheese
- 1 8 oz. pkg. cream cheese (softened)
- 1 bunch green onions chopped
- 1/2 lb. bacon cooked and crumbled
- 1 9 oz. jar chutney

Instructions:

1. Combine butter, cheddar cheese and cream cheese.
2. Shape into ball and chill for several hours.
3. Roll cheese ball in onion, bacon and chutney, covering well.
Beverages
Did you know?
Kahlúa is used to make cocktails or drink neat or on ice. Some people use it when baking desserts, and/or as a topping for ice cream, cakes, and cheesecakes.
Ingredients:
- 3 c. white sugar
- 4 c. water
- 12 tsp. instant coffee
- 3 tsp. vanilla
- Fifth of vodka

Instructions:
1. Mix sugar, water, and instant coffee. Bring to a boil.
2. Simmer for 1 hour, stirring occasionally. Let cool.
3. Add a fifth of vodka and vanilla.
4. Cork it and it will keep indefinitely.
Did you know?

A pumpkin is a fruit because it's a product of the seed-bearing structure of flowering plants. Vegetables, on the other hand, are the edible portion of plants such as leaves, stems, roots, bulbs, flowers, and tubers.
Ingredients

- 1 cup Kodiak Cakes Power Flapjack Mix (I use Kroger brand!)
- 1 cup milk (can substitute almond milk)
- 1 egg
- 1/2 cup canned pumpkin
- 1 tablespoon pumpkin spice or cinnamon

Instructions:

1. Mix all of the ingredients for the batter together. The should still be lumpy.
2. Set your griddle to 250 degrees or your stove top pan to medium low.
3. Spray butter or olive oil on pan. Pour batter onto griddle or pan to your desired size.
4. When you see air bubbles on the top of your pancakes, they are ready to flip.
5. Serve with syrup, cream, or your favorite toppings. I like to serve with sugar-free or low-fat Reddi Whip!
Angel Biscuits

From Shelley Ward, Philanthropy

A Note from Shelley:
This is a favorite of our family during the holidays.
**Ingredients**

- 5 1/2 c self-rising flour
- 1/3 c. sugar
- 1 c. shortening
- 2 pkgs. yeast
- 2 c. buttermilk
- 1/3 c. warm water

**Instructions:**

1. Mix yeast in water.
2. Mix flour, shortening, sugar with pastry blender.
3. Add yeast and water mixture and buttermilk. Stir with spoon.
4. Put in air tight container. When ready to cook let rise in pan for awhile when fixing meal.
5. Bake at 450 for 8-10 minutes.
6. Can be stored in air tight container for 7 days.
Did you know?
Banana bread first became a standard feature of American cookbooks with the popularization of baking soda and baking powder in the 1930s. It first appeared in Pillsbury's 1933 Balanced Recipes cookbook.
Ingredients

- 1/2 c shortening
- 1 c sugar
- 2 eggs
- 2 c plain flour
- 1 tsp. salt
- 1 tsp. baking soda
- 3 Tbsp. buttermilk
- 4 bananas mashed

Instructions:

1. Cream shortening & sugar & well-beaten eggs.
2. Mix thoroughly and fold in flour mixture.
3. Alternate with milk and mashed bananas.
4. Cook at 350 for 45-60 minutes until brown on top.
Soups
A note from Jillian:
I'm a firm believer that any recipe that calls for beef or pork can be switched to poultry as a healthier option! I make this recipe in the instant pot, but it can be altered to fit a crockpot or stove pot.
**Ingredients**

- olive oil
- 1/2 onion, chopped
- 2 tablespoons minced garlic
- 1 pound Italian turkey sausage, crumbled
- 4 baking size Russet potatoes, peeled and cubed
- 5 cups low sodium chicken broth
- 2 cups baby kale, torn into pieces
- 3/4 cup almond milk
- Italian seasoning, salt & pepper

**Instructions:**

1. Put a few tablespoons of oil oil in bottom of instant pot. Add onions and garlic and cook on saute mode for 3-5 minutes.
2. Add in italian sausage, breaking large chunks apart until cooked.
3. Pour in chicken broth and add potatoes. Stir.
4. Seal the instant pot and cook on high for 5 minutes. Do a quick release when finished.
5. Pour in almond milk (or heavy cream for a thicker consistency) and stir.
6. Add in kale and stir. Let sit for 5 minutes while kale wilts.
Potato & Cheese Soup

From Shelley Ward, Philanthropy

Potato soup is a classic comfort food that always hits the spot. Transform your potato soup into a hearty meal you won’t soon forget with a savory side dish!
Ingredients

- 2 lg. potatoes
- 2 Tbs. finely minced celery
- 2 Tbs. finely minced onion
- 2 Tbs. flour
- 1 1/2 c milk
- 1 Tbs. grated carrot
- 2 c. chicken broth
- 1 tsp. salt
- 2 tsp. white vinegar
- 1 c. cheddar cheese Bacon crumbles or bits

Instructions:

1. Combine all ingredients except cheese, milk and flour. Cook until potatoes are done but still somewhat stiff.
2. Add milk.
3. Combine flour with a small amount of water to make a paste.
4. Add to soup. Cook until liquid thickens.
5. Add cheese.
6. Optional: Top with cheddar cheese, bacon bits and minced green onion.
Desserts
A Note from Jillian:
This recipes is versatile - really any moist cake mix and 100 calorie yogurt combination works!
Ingredients:

- 1 box of moist cake mix (any flavor)*
- 1 100 calorie yogurt (of same or complimentary flavor)*
- 1 cup of water

*My favorite combination of this recipe is devil's food cake mix with chocolate yogurt and strawberry cake mix with strawberry yogurt.

Instructions:

1. Mix cake mix powder, yogurt, and water together. The mixture will be thick!
2. Divide into 36 mini cupcakes.
3. Bake at 350 for 12-14 minutes.
4. Store in refrigerator.
Buddy the Elf Breakfast Cookies

A Tip from Jon:
Do not store in the fridge after setting process or cookies will be very difficult to eat!
**Ingredients**

- 12 ounces white chocolate chips
- 3 cups chow mein noodles
- 0.5 cup marshmallow bits as needed
- Chocolate syrup as needed
- Sprinkles

**Instructions:**

1. Melt the white chocolate chips in 15- to 20-second intervals in the microwave, until melted.
2. Move melted chocolate to bowl with chow mein noodles and marshmallow bits, and toss to combine. This is extraordinarily messy, so be prepared.
3. Drop cookies onto a wax paper or parchment lined sheet.
4. Drizzle chocolate sauce and add sprinkles.
5. Refrigerate 15-20 minutes to set.
Candy Apple Salad
From Shelley Ward, Philanthropy

Did you know?
The Granny Smith is a tip-bearing apple cultivar, which originated in Australia in 1868. It is named after Maria Ann Smith, who propagated the cultivar from a chance seedling. The tree is thought to be a hybrid of the European wild and domestic apples.
Ingredients

- 8 oz. cream cheese
- 1/2 c. sugar
- 8 oz. Cool Whip, thawed
- 2 red delicious apples, chopped
- 2 Granny Smith apples, chopped
- 3 Milky Way bars, chopped
- 1 c. roasted peanuts

Instructions:

1. Beat together cream cheese and sugar.
2. Add cool whip and apples.
A Tip from Diamond:
I recommend you consume this dessert with a Kansas City (KC) tea!
**Ingredients**

- 1 box of Betty Crocker Gingerbread cake mix
- All ingredients required for cake mix (found on back of box)
- 1 1/4 Cups of Hennessey (use this instead of water)

**Instructions:**

1. Follow instructions of the Betty Crocker Gingerbread cake mix recipe.
2. Replace the 1 1/4 Cups of water with 1 1/4 Cups of Hennessey
3. Enjoy!