2015 Cookbook

Recipes in this book were prepared and presented by 4-H members of Cayuga County (ages 5 – 18) for the Produced in New York Contest held on January 17, 2015 at the Finger Lakes Mall, Auburn, NY

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**Apple Cake**  
*Prepared by Michelle R.*

**Ingredients:**
- 3/4 cup sugar
- 2 tbsp. butter
- 2 tbsp. applesauce
- 1 egg
- 1/2 cup milk
- 1 1/2 cups gold medal flour
- 2 tsp. baking powder
- 1/2 tbs. salt
- 6-7 sliced apples
- 1/2 cup packed brown sugar
- 2 tsp. cinnamon
- 2 tbsp melted butter
- 1/2 cup chopped nuts

**Instructions:**
Preheat oven to 375°F. Mix sugar, butter, and applesauce, egg. Stir in milk, flour, baking powder and salt. Mix in apples, brown sugar, flour, cinnamon, butter, and the nuts. Spread batter in greased and floured 9” square or round pan. Arrange apple slices on batter. Sprinkle top of batter with 1 tsp. cinnamon and 2 tbsp. of sugar. Bake for 25-35 minutes.

**Apple-Cheddar Tossed Salad**  
*Prepared By Aliya F.*

**Ingredients:**

**For Salad**
- 10 cups chopped romaine or spinach
- 1 1/2 cup chopped apple
- 1 cup cubed cheddar cheese
- 1 cup chopped walnuts

**For Dressing**
- 1/2 cup vegetable oil
- 4 tablespoons lemon juice
- 3 tablespoons honey
- 1/2 tsp ground mustard
- Sea salt
- Ground pepper

**Directions:**

*For dressing:* Whisk together lemon juice, honey, and ground mustard. Slowly add vegetable oil while continuing to whisk. Or you can add together in a jar and shake vigorously. Add sea salt and freshly ground pepper to taste. Put about 1/2 of dressing into a large bowl and turn the bowl to coat the sides of the bowl with dressing.

Add the chopped romaine or spinach to the bowl, followed by the apple, cheese, and walnuts. Gently toss the salad until greens are lightly coated with dressing. If desired add more dressing, a little at a time, and toss. Adjust seasonings to your taste.

Serves 5.
Apple Crumb Pie
Prepared By Gavin B.

**Ingredients:**

<table>
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<th>For 9&quot; Pastry</th>
<th>For Filling</th>
<th>For Crumb Topping</th>
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<tr>
<td>½ cup shortening</td>
<td>¾ cup sugar</td>
<td>1 cup all-purpose flour</td>
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<tr>
<td>1 cup flour</td>
<td>¼ cup all-purpose flour</td>
<td>½ cup packed brown sugar</td>
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<tr>
<td>1/3 cup milk</td>
<td>2 teaspoon cinnamon</td>
<td>½ cup margarine or butter</td>
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**Directions:**

For 9" Pastry: Cut shortening into flour, add milk and mix until smooth. Roll out to fit pie pan.

For Filling: Peel and slice apples. Mix sugar, flour and cinnamon and mix with apples.

For Crumb Topping: Mix/cut all ingredients in medium bowl until crumbly. Sprinkle over apples evenly covering all apples.

Heat oven to 350°F and bake for 60 minutes or until golden brown.

Apple Salad
Prepared By Audrey H.

**Ingredients:**

| 4 apples | 1/2 cup chopped walnuts |
| 3 cups grapes | 1 cup of salad dressing |
| 2 bananas | 2 TB sugar |
| 1 15 oz can of pineapple chunks or tidbits | 2 TB lemon juice |
| 1 11 oz can of mandarin oranges | 1 tub of whipped topping |
| 1 10 oz jar of maraschino cherries | |

**Directions:**

Open cans of pineapple and oranges. Drain them and put the fruit in a large bowl. Open jar of cherries, drain them and put them in the bowl. Cut grapes in half and place them in the bowl. Peel and cut bananas into round slices and put them in the bowl. Add walnuts to the bowl. Core and cut apples into small chunks. Add apples to the bowl and immediately add lemon juice. Mix fruit together. In a small bowl mix salad dressing with sugar until well blended. Fold into fruit mixture. Fold tub of whipped topping into fruit mixture. Serve immediately. (If you are not serving immediately omit bananas and chill. When ready to serve, slice bananas and stir into salad.)

Optional family favorites-add 3 cups of mini marshmallows. Garnish with pineapple rings with a cherry in the center of each ring.

Apple Smoothie
Prepared by Jenny S.

**Ingredients:**

| 1/4 cup of ice | 1 cup of chopped apples (skinned) |
| 1/4 cup of milk | 1/8 teaspoon of cinnamon |
| 1/4 cup of Greek yogurt | 1/8 teaspoon of allspice |

**Directions:** Put all ingredients in a blender and blend until smooth. Serve.
**Banana Applesauce Cookies** *  
*Prepared By Cody M.*

**Ingredients:**  
3 mashed ripe bananas  
1/3 cup apple sauce  
2 cups oats  
1/4 almond milk  
1 tsp vanilla  
1 tsp cinnamon

**Options to add:**  
1/4 c raisins  
1/4 c nuts  
1/4 c chocolate chips

**Directions:**  
Mix Bananas and applesauce well together. Add oats, milk, vanilla, and cinnamon. Blend well. Add options as you wish. Mix together.  
Drop by tablespoons on cookie sheet. Bake for 12-15 minutes at 350 degrees. Eat within 2-3 days or freeze, due to how much fruit is used.  
* This recipe contain no eggs, flour or sugar.

**Blueberry Fruit Smoothie**  
*Prepared by Madison K.*

**Ingredients:**  
3/4 cup vanilla yogurt (about 6 oz.)  
1 cup skim milk  
1 cup frozen blueberries  
1 cup ice

**Directions:** Add all ingredients together in a blender and blend until smooth. Serve immediately.

**Blueberry Muffins**  
*Prepared by Sophia B.*

**Ingredients:**  
*For Muffins*  
1 1/2 cups all-purpose flour  
3/4 cup white sugar  
1/2 teaspoon salt  
2 teaspoons baking powder  
1/3 cup Vegetable oil  
1 egg  
1/3 cup milk

*For Crumb Topping*  
1/2 cup White Sugar  
1/3 cup all-purpose Flour  
1/4 cup butter cubed  
1 1/2 teaspoons ground cinnamon

**Directions:**  
Preheat oven to 400°F. Grease muffin cups or line with muffin liners. Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into 1 cup measuring cup, add the egg and enough milk to fill the cup. Mix this mixture with flour mixture. Fold in blueberries. Fill muffin cups right to the top and sprinkle with crumb topping before baking. Bake for 20-25 minutes in pre-heated oven or until done.
Caramel Apple Cheesecake Crumble Bars
By Emily B.

Ingredients:

For Crust:
1 cup all-purpose flour
1/4 cup light brown sugar, packed
1/2 cup unsalted butter (1 stick), softened

For Cheesecake Filling:
8 ounces cream cheese, softened (use brick-style, lite okay)
1 large egg
1/2 cup granulated sugar
1 teaspoon vanilla extract

For Apple Filling:
About 2 cups small diced apples (from about 2 med apples, peeled and cored; I used 1 Fuji and 1 Gala)
2 tablespoon granulated sugar
1 tablespoon cinnamon
1/4 teaspoon ground nutmeg

For Crumble Topping:
1/2 cup light brown sugar, packed
1/2 cup all-purpose flour
1/2 cup old-fashioned whole rolled oats (not quick-cook or instant)
6 tablespoons unsalted butter (3/4 of 1 stick), softened
1/2 cup+ (salted) caramel sauce, for drizzling (homemade salted caramel, or store bought; use a thick caramel sauce and not thin, runny ice cream sundae topping)

Optional:
Ice cream for serving

YIELD: one 8x8 pan, 9 to 12 generous squares
PREP TIME: 25 minutes
COOK TIME: about 55 to 60 minutes, divided
TOTAL TIME: 5+ hours, or overnight, for cooling

Directions:

Preheat oven to 350F. Line an 8-inch square pan with aluminum foil leaving overhang and spray with cooking spray, or grease and flour the pan; set aside.

For Crust: In a large bowl, add the flour, brown sugar, and cut in the butter with two forks. Keep working until mixture is combined and pea-sized crumbly bits are present. Turn mixture out into prepared pan, hard-packing it with your fingertips in an even, smooth, flat layer to form a crust. Bake for 14-15 minutes, or just until set (set a timer). Remove from oven; set aside. While crust bakes, prepare the remaining layers.

For Cheesecake Filling: In a large bowl (same one used for crust is okay, just wipe with a paper towel), add all ingredients and beat with a hand mixer (or whisk vigorously by hand) until smooth and combined, about 2 minutes on high power; set aside.

For Apple Filling: Peel, core, and dice apples and place in a medium bowl. Sprinkle with sugar, cinnamon, nutmeg, and toss well to combine; set aside.

For Crumble Topping: In a medium bowl, add the flour, brown sugar, oats, and cut in the butter with two forks. Keep working until mixture is combined and pea-sized crumbly bits are present. If necessary, add an extra tablespoon or two of flour or oats for preferred consistency if mixture is loose. After removing pan with the crust layer from the oven, pour cheesecake mixture over the crust, smoothing the top lightly with a spatula. Lightly and evenly sprinkle the apples. Evenly sprinkle with the crumble mixture. It looks like a lot, but it sinks some while baking. Bake for 45 to 50 minutes (I baked 48 minutes), or until crumble topping is just set and very lightly golden browning. Place pan on a wire rack to cool for about 30 minutes.

After 30 minutes, evenly drizzle with (salted) caramel sauce. Allow bars to cool, in pan, on wire rack for at least 4 hours, or overnight. Cover with foil if cooling overnight. Prior to slicing, lift bars out using foil overhang, slice, and serve. (Chef’s tip: Don't slice bars before completely cool, because bars will likely fall apart) Bars will keep airtight at room temp for up to 1 week, or in the freezer for up to 6 months. Optionally serve with ice cream.
Christmas Ravioli
Prepared By Cara C.

Ingredients:

**For Dough:**
- 3 cups flour
- ¼ cup olive oil
- 1 egg
- 2 teaspoons salt
- ¾ cup warm water

**For Filling:**
- ½ bag spinach - chopped
- ½ loaf Italian bread
- 1 cup milk
- 1 small onion finely chopped
- 1 cup mushrooms finely chopped
- ¼ cup chopped parsley
- ¼ Tablespoon butter
- 1 Tablespoon Italian seasoning
- 1 pound sausage browned & fully cooked
- 1/3 cup parmesan cheese
- 8 oz Ricotta Cheese
- 3 eggs whipped
- ¼ teaspoon pepper
- ½ teaspoon salt
- 1/3 cup parmesan cheese
- 8 oz Ricotta Cheese

Directions:

For Dough: Combine the dough ingredients in a large bowl – stir until large ball is formed. Turn onto floured surface and knead until pliable. Cover and let sit for 1 hour.

For Filling: Melt butter in pan cook onion for 5 minutes, add mushrooms, seasoning and parsley. Cook for 3 minutes. Put spinach on top/cover – allow to steam for 3 -5 minutes. Remove the crust from the Italian Bread, soak crust and inside in milk. In a medium bowl combine/mix onion/mushroom mixture, cooked sausage, cheeses, bread, and eggs.

Roll the dough out as thin as possible. Add filling to half. Cover with remaining half of dough. Cut out ravioli. Bring a large pot of water to boil. Drop ravioli into the water – cook about 10 minutes. Drain.

Serve with Marinara sauce.
Chicken Saltimbocca  
Prepared by Azure D.  
(Source: Better Homes and Gardens New Cook Book, 1989, page 305)

Ingredients:
- 2 whole medium chicken breasts skinned, boned and halved lengthwise
- 4 thin sliced prosciutto or fully cooked ham
- 4 slices Gruyere or Swiss cheese (4 ounces)
- 1 small tomato, peeled, seeded and chopped
- ¼ cup margarine or butter
- 2 cloves garlic, minced
- ½ cup milk
- ½ cup dairy sour cream or plain yogurt
- ¼ cup sliced fresh mushrooms
- ⅛ teaspoon paprika
- 1/8 teaspoon nutmeg
- 2 cups hot cooked noodles

Directions:
Rinse chicken and pat dry. Place each breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with the flat side of a mallet to form 1/8-inch-thick rectangles. Remove plastic wrap.

For each roll, place 1 slice of prosciutto or ham on a chicken piece, folding if necessary to fit. Place 1 slice of cheese atop prosciutto or ham near the edge. Top with some of the tomato. Fold in long sides of chicken and roll up jelly-roll style, starting from the edge with the cheese. Secure with wooden toothpicks.

In a large skillet cook chicken rolls in 2 tablespoons of the margarine over medium-low heat for 25-30 minutes or till no longer pink, turning to brown evenly. Remove toothpicks.


Corn Dip  
Prepared by Micah L  
(Adapted from “Home Cooking” with Trisha Yearwood)

Ingredients:
- Two – 11 ounce cans sweet corn, drained
- One – 4.5 (or 4) ounce can chopped green chiles, drained
- 2 cups grated Colby Jack Cheese (from NY)
- 2/3 cup grated Parmesan Cheese
- 1 cup mayonnaise

Corn chips for dipping

Directions: In a medium bowl mix corn, chiles, cheeses, and mayonnaise until fully combined. Transfer to slow-cooker. Cook until warm and bubbly.

Alternate cooking method: Can also be heated in the oven. Preheat oven to 350 degrees. After mixing ingredients, place in a greased 9x13x2 casserole dish. Bake uncovered for 30-40 minutes, or until bubbly around the edges.
**Corn Pudding**  
*Prepared by Zack D*

**Ingredients:**
- 1 (12 oz) can whole kernel corn, drained
- 2 (17 oz) cans creamed corn
- 5 eggs, lightly beaten
- ½ c sugar
- 4 Tbsp corn starch
- 1 tsp sea salt
- ½ cup 2% milk
- ½ cup butter, melted

**Directions:**
Preheat oven to 400° F. Spray 3 quart casserole dish or 9 x 13 glass baking dish with cooking spray. In large bowl combine corn and eggs (Cooks Hint: Crack eggs separately and add one at a time). In small bowl, combine sugar, cornstarch and salt. Add to corn mixture. Stir to combine. Stir in milk and melted butter. Pour into baking dish. Bake one hour, stir once. The final pudding should be set and lightly browned.

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**Farmers Casserole**  
*Prepared by Jeffrey C.*

**Ingredients:**
- 16 slices of bread – cubed
- 2 cups meat (ex. sausage or ham)
- 2 cups cheese (ex. Shredded cheddar)
- ¼ cup onion – diced
- 1 - 2 cup veggies – chopped (ex. Spinach, potatoes, broccoli)
- 6 eggs
- 1 cup milk
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon mustard
- 1 dash hot sauce
- 1 cup breadcrumbs
- Butter for pan and top

**Directions:**
Pre-heat oven to 350° F. Butter baking dish. Layer bottom with one third of the bread cubes. Cover with half the meat, half the cheese and half the vegetables. Layer with another third of bread cubes. Layer remaining meat, cheese and vegetables. Top with last one third of bread cubes. Mix eggs & spices and milk. Pour egg mixture over bread mixture. Cover and refrigerate for up to 12 hours. Top with butter cubes and breadcrumbs. Bake for 1 hour or until “set”. Let stand for 10 minutes.
**Favorite Gingerbread with Whipped Cream**  
*Prepared By Marissa W.*

**Ingredients:**
*For Gingerbread:*
- ½ cup shortening
- 2 Tbsp. sugar
- 1 egg
- 1 cup dark molasses
- 1 cup hot water
- 1 cup whole wheat flour
- 1 ¼ cups white flour
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp ginger
- 1 tsp cinnamon

*For Whipped Cream:*
- 1 cup heavy cream
- 1 Tbsp. sugar
- 1 tsp vanilla

**Directions:**
*For Gingerbread:* Cream shortening and sugar. Mix in egg. Add molasses and hot water, blending well. Combine flours, baking soda, salt, ginger and cinnamon and add to mixture. Mix until smooth. Pour into greased 9 inch square pan. Bake at 325 degrees for 45-50 minutes.

*For Whipped Cream:* Add well-chilled cream, 1 Tbsp sugar and 1 tsp. vanilla to a bowl. Beat at medium speed of mixer until soft peaks form.

Serve warm gingerbread with whipped cream.

**Fruit Pizza**  
*Prepared by Audrey B.*

**Ingredients**
- 1 ½ roll of refrigerated sugar cookies
- 12 ounces (1 ½ packages) of cream cheese softened
- ½ cup sugar
- 1 teaspoon vanilla
- Kiwi-peeled and sliced
- 1 cup Strawberries
- 1 cup Blueberries
- 1 cup Raspberries

(Any other fruit of your choice can be used)

**Directions:**
Heat oven to 350° F. Spray pizza pan with cooking spray. Break up cookie dough, press dough evenly in bottom of pan to form crust. Bake 16 to 20 minutes or until golden brown. Cool completely. In bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese mixture. Refrigerate until chilled.
Honey Cornbread
Prepared by Marissa B.

**Ingredients**
- 1 cup flour
- 1 cup yellow cornmeal
- ¼ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup butter melted
- ¼ cup honey

**Directions:**
Heat oven to 400° F. Combine flour, cornmeal, baking powder and salt in bowl. Stir in all remaining ingredients until moistened. Pour mixture into greased 8” or 9” square baking pan. Bake 18-22 minutes or until toothpick inserted in center comes out clean. Serve warm.

Loaded Baked Potato Soup
*Prepared by Hannah U.*

**Ingredients:**
- 4 cups diced potatoes
- 2 tbsp. celery (grated)
- 1 tbsp. onion (grated)
- 1 tbsp. carrot (grated)
- 2 cups chicken/vegetable stock
- 1 tsp. salt
- 2 tbsp. white vinegar
- 2 tbsp. flour
- 1 ½ cup milk
- 1 cup shredded cheddar cheese
- 2 slices cooked bacon chopped

**Directions:**
Peel and dice potatoes. Grate carrots, celery, and onion into very small pieces. Combine vegetables with chicken stock, salt, and vinegar in a large saucepan over medium heat. Bring to boil. Turn down and simmer for 20 minutes. Whisk together flour and milk then add to veggies. Simmer uncovered for 5-8 minutes or until thick. 8. Add cheese and top with bacon. Yum!!

New York Style Pizza
*Prepared By Ben D.*

**Ingredients**
- 1 tsp. active dry yeast
- 2/3 cup warm water
- 2 tbsp. light olive oil
- 1 (10 ounce) can tomato sauce
- 1 tsp. salt
- 2 tbsp. light olive oil
- ½ cup grated romano or parmesan cheese
- 1 pound part skim mozzarella cheese, shredded
- 1 tsp. basil
- 1 tsp. oregano

**Directions:**
Sprinkle yeast over warm water in bowl. Let stand for 1 minute, then stir until dissolved. Mix in flour, salt and olive oil. When dough is thick, turn on flour surface and knead for five minutes. If the dough is sticky, knead in more flour. Place in oiled bowl, cover and set aside in a warm place to rise until doubled.

Preheat the oven to 475° F. When dough has risen, flatten it on lightly floured surface. Roll or stretch into a 12 inch circle and place on baking pan. Spread sauce over dough. Sprinkle with mozzarella, oregano, cheese basil and Romano cheese. Bake for 12 to 15 minutes in preheated oven, until crust bottom is brown. Cheese should be melted and bubbly. Cool five minutes and serve.
Original Toll House Cookies  
*Prepared by Meghan B.*  
*Makes 5 dozen 2 1/4 inch cookies*

**Ingredients:**  
- 2 1/4 cups all-purpose flour  
- 1 teaspoon baking soda  
- 1 teaspoon salt  
- 1 cup butter, softened  
- 3/4 cup sugar  
- 3/4 cup firmly packed brown sugar  
- 1 teaspoon vanilla extract  
- 2 eggs  
- one 12-ounce package (2cups) Nestle Toll House semi-sweet chocolate chips morsels

**Directions:**  

Quickie Quiche  
*Prepared by Kelsey L.*

**Ingredients:**  
- 2 cups chopped broccoli or cauliflower cooked and drained  
- ½ cup chopped onion  
- ½ cup chopped green pepper  
- 1 cup shredded cheddar cheese  
- 1 ½ cups milk  
- ¾ cup pancake/baking mix  
- 3 eggs  
- ¼ tsp pepper

**Directions:**  

Rice Pudding  
*Prepared by Cameron K.*

**Ingredients:**  
- 1/2 cup white rice  
- 1 cup water  
- ½ stick butter  
- 4 cups milk (Wake Robin Farm)  
- 2 eggs  
- ½ cup sugar  
- 1 tsp. vanilla  
- Dash of cinnamon

**Directions:**  
Add water and rice and boil for 7 minutes. Mix butter and milk and boil for 1 hour. Beat eggs with sugar, vanilla, and cinnamon. Add egg mixture slowly, to milk mixture. Cook for 1 minute.
**Rice Pudding**  
*Prepared by Alexandra L.*

**Ingredients:**
- 1 cup of rice
- 1 can of evaporate milk
- 1/2 can of condensed milk
- 1 cup of regular milk
- Cinnamon stick
- 3 cloves
- 1/2 cup of flakes coconut
- 1/2 cup raisin

**Directions:**
Bring to a boil the water with the cinnamon stick. Add the rice and let cook for 15 minutes then add the cup of regular milk with the 1/2 cup of coconut, cook for 5 minutes. Add the evaporate milk let cook for 5 minutes more, then add the condensed milk and the raisin form 3 minutes. Turn off the stove. Put the rice pudding in a big bowl and dust with the ground cinnamon. You can serve warm or cold.

**Spaghetti and Meatballs**  
*Prepared by: Will C.*

**Ingredients:**
- 1lb ground beef
- 1lb pork sausage
- 1c bread crumbs
- 1c onion, chopped
- 1c green pepper, chopped
- 1/2c milk
- 1 egg, beaten
- 1t Italian seasoning

**Directions:**
Combine ingredients, bake at 350° F for 25 minutes.

**Strawberry Shortcake**  
*Prepared by Katie C.*

**Ingredients:**
- 6 cups strawberries, sliced

*For Shortcake*
- ½ cup sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ cup margarine or butter
- 1 egg, beaten
- 2/3 cup milk

*For Whipped Cream*
- 1 cup whipping cream
- 2 teaspoons sugar
- ½ teaspoon vanilla
Vanilla Cupcakes with Butter Cream Frosting
Prepared by Lauren C.

Ingredients:
For Cupcakes
2 cups flour
1/2 tsp salt
2 tsp baking powder
1/2 cup butter, softened
3/4 cup sugar
3/4 cup milk
2 eggs
1 tsp vanilla

For Butter Cream Frosting
8oz. Cream cheese, softened
1/2 cup butter, softened
1 1/2 tsp vanilla
5-6 cup powdered sugar
1/5 cup milk

Directions:
For Cupcakes: Preheat oven to 350° F. Line muffin pan with paper baking cups. Cream butter and sugar till light and fluffy. Beat in eggs one at a time. Mix flour, baking powder and salt. Alternate mixing flour mixture and milk into butter mixture. Beat well and add vanilla. Divide evenly into muffin cups and bake for 18 minutes.

For Butter Cream Frosting: Beat cream cheese and butter till fluffy. Add vanilla. Add powdered sugar one cup at a time. Add milk. Frost!!

Vanishing Oatmeal Cookies
Prepared by Kailey K.

Ingredients:
1/2 cup plus 6 tbsp. butter, softened
3/4 cup firmly packed brown sugar
1/2 cup granulated sugar
2 eggs
1 teaspoon vanilla

1 1/2 cups flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
3 cups quick oat

Directions:
Preheat oven to 350° F. In large bowl, beat butter and sugars on medium speed of electric mixer until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon, and salt; mix well. Add oats; mix well. Drop rounded tablespoonfuls onto ungreased cookie sheet. Bake 8-10 minutes or until golden brown.