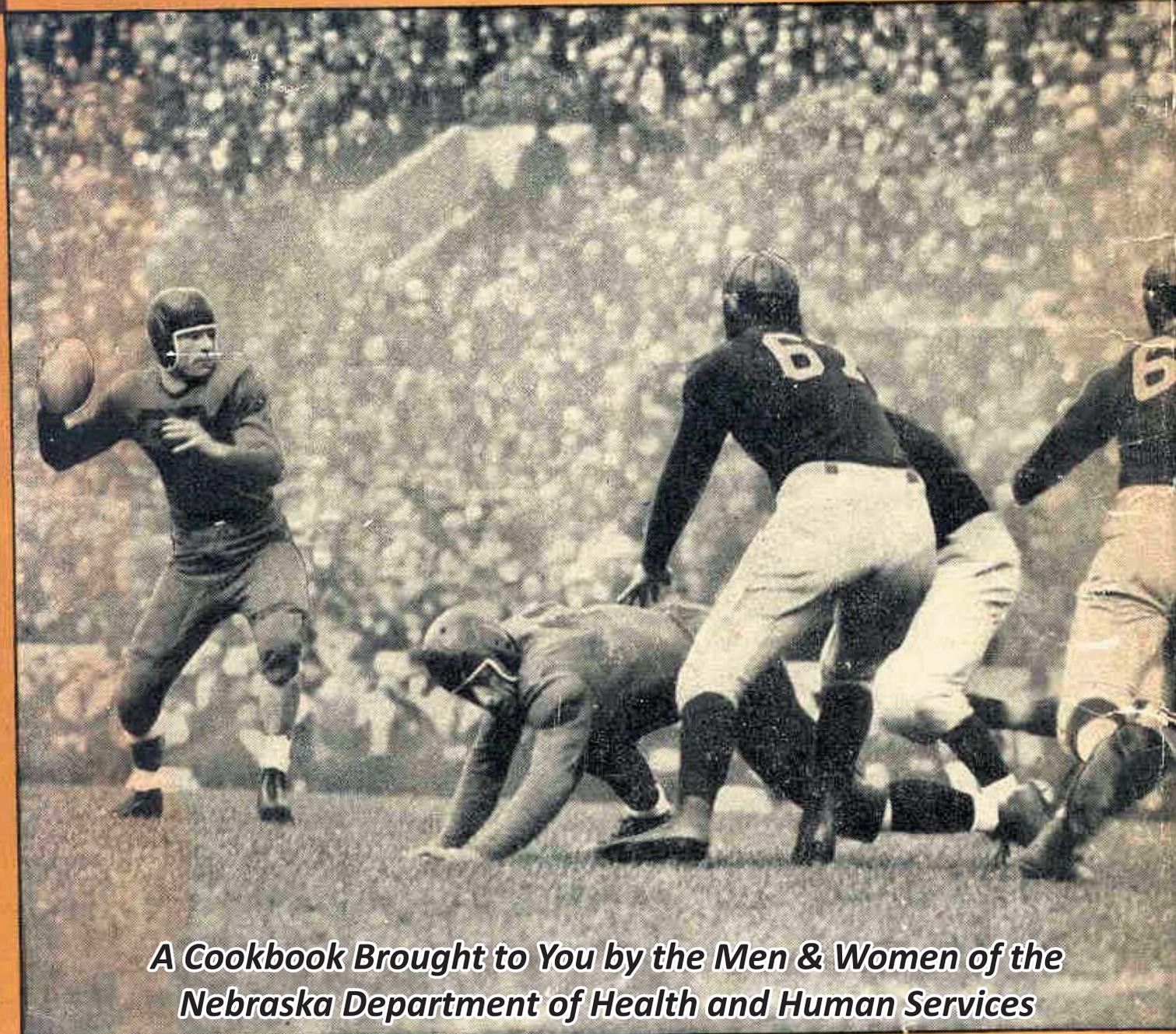


# **KITCHEN QUARTERBACKS**

(men, food and football)



*A Cookbook Brought to You by the Men & Women of the  
Nebraska Department of Health and Human Services*

# KITCHEN QUARTERBACKS COOKBOOK

## *Acknowledgements*

**Produced by the Men's Health Task Force,  
Nebraska Department of Health and Human Services**

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## INTRODUCTION

The Men's Health Task Force in the Nebraska Department of Health and Human Services (DHHS) works with the Office of Women's and Men's Health to develop projects to improve the lives of men. The Men's Health Cookbook, *Kitchen Quarterbacks*, is one of those projects. It is a cookbook by men and for men.

Men in DHHS were invited to submit their favorite recipes, especially those related to the football theme, and DHHS staff were asked to send recipes from male family members. The University of Nebraska-Lincoln Department of Nutrition and Health Sciences partnered with DHHS to do nutritional analyses of the recipes and provide tips on making the recipes healthier. Healthy tips are included with many of the recipes.

All the recipes that were submitted are included, and it is important to note that some are high in sodium, fats, calories, and/or sugars. Although those would not be considered goal posts for a healthy diet, they are family favorites. The point of including them is to show that there are ways to make small steps to a healthier diet, while not eliminating the foods that men and their families love.

## WAYS TO MAKE RECIPES HEALTHIER

One of the most important ways to make foods healthier is to practice portion control. That is much easier to say than to do, but knowing more about calorie counts and sodium and fat content can help. Some foods may need to be for special occasions only. More resources on portion control are in the next section.

The following are some general ideas on adjusting recipes for healthier eating\*:

### **FAT AND CHOLESTEROL**

In many recipes, the total fat content can be reduced by one-third. If a recipe uses one cup of shortening or oil, cut the amount to  $\frac{2}{3}$  cup. In other recipes, substitute some lower fat ingredients for higher fat ingredients. For example, a recipe calling for heavy cream might also be good with light cream, half-and-half, or evaporated skim milk.

Trim visible fat on meat and poultry and use vegetable oil rather than lard. To reduce the cholesterol content of a recipe use two egg whites in place of one egg.

### **SUGAR**

Sugar can be reduced in many recipes by one-fourth to one-third. If a recipe calls for one cup of sugar, reduce the amount to  $\frac{3}{4}$  cup or  $\frac{2}{3}$  cup. Substitute sweeteners are another alternative to replace sugar in some items.

### **SALT**

In most recipes you may leave out salt without affecting the final product other than taste. Since salt enhances flavor, gradual decreases are easier to accept. Begin by reducing the amount of salt in recipes by one half. For example, if a recipe calls for  $\frac{1}{2}$  teaspoon salt, only add  $\frac{1}{4}$  teaspoon. If other spices and herbs are present in the recipe, increase these slightly when you reduce salt. When high sodium processed foods are in the ingredients of a recipe, consider using products that are listed as low sodium or reduced sodium.

\*These tips are provided by a publication entitled, *Adjusting Recipes to Meet Dietary Guidelines*. It was written by Georgia Jones, Extension Food Specialist; Julie Albrecht, Extension Food Specialist; and Linda Boeckner, Extension Nutrition Specialist. Altering recipes may sometimes have undesirable effects on the final product. To learn more about alternatives and the effects on recipes of making substitutions, go to the following link: <http://www.ianrpubs.unl.edu/e-public/live/ec442/build/ec442.pdf> or visit [www.unl.edu](http://www.unl.edu) and put *Adjusting Recipes to Meet Dietary Guidelines* in the search box.

### **RECOMMENDED DAILY NUTRIENT BREAKDOWN**

Grain Group – 6 ounces

Meat and Beans Group – 5 ½ ounces

Milk Group – 3 cups

Oils - 27 grams (6 tsp)

Iron = 18 mg per day

Cholesterol = no more than 300 mg per day (if your heart is healthy)

Fiber = 25-35 grams per day

### **SODIUM EQUIVALENCY CHART**

Sodium = 1,500 to 2,400mg

¼ teaspoon salt = 575 mg sodium

½ teaspoon salt = 1,150 mg sodium

¾ teaspoon salt = 1,725 mg sodium

1 teaspoon salt = 2,300 mg sodium

1 teaspoon baking soda = 1,000 mg sodium

The website to find the WebMD Portion Size Guide is:

<http://www.webmd.com/diet/printable/portion-control-size-guide>

All food can fit into a healthy diet. Sometimes this is hard to believe when you're faced with the tailgating potluck spread before a Husker football game. This statement makes sense though when you remember portion sizes!

A portion size is the amount of food that is usually served on a plate and a serving size is the standardized measurement, like a cup or an ounce. By using serving sizes to determine the correct portion size, you can enjoy great Game Day food without thinking twice.



While serving sizes for adults may be fairly equal, remember that each person actually has different nutrition needs, some people will need more calories than others. To find out the recommended amount of food that you should eat every day, go to [mypyramid.gov](http://mypyramid.gov) and try the interactive MyPyramid Plan to customize your own food guide based on age, gender, and energy needs.

[www.mypyramid.gov](http://www.mypyramid.gov)

**Orange - Grains**

*Make half of your grains whole*

**Green - Veggie**

*Eat more dark green veggies*

**Red - Fruit**

*Limit juices*

**Yellow - Oil**

*Limit solid fats like butter*

**Blue - Dairy**

*Go low-fat or fat free*

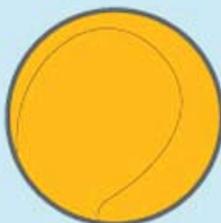
**Purple - Meats and Beans**

*Look for lean cuts of meat, add blacks beans to dishes for more fiber*

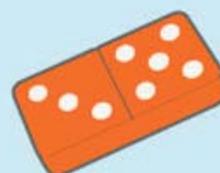
**W**hile many people may try to make healthy food choices, knowing the correct amounts to eat can be confusing. What does 6 ounces of meat look like? What is the right portion size if you're eating pasta? To help you gauge portion sizes for different food groups, use this handy reference!



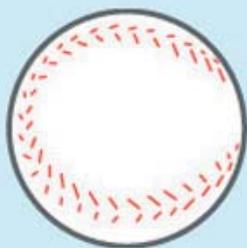
3 oz (75 g) cooked chicken  
or meat (4 oz raw):  
deck of cards



1 cup (250 ml) cooked rice,  
pasta or ice cream:  
tennis ball



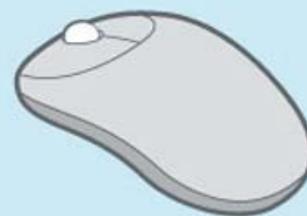
1 oz (30 g) cheese:  
4 dice or 1 domino



medium piece of fruit:  
baseball



1 tsp (5 ml) butter or  
margarine: one die



1 small baked potato:  
a computer mouse



average woman's fist:  
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,  
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:  
a packet of dental floss



**PRE GAME COMMENTARY**  
(breakfast)

## RAZZLE-DAZZLE OATMEAL

By Roger Geery

*I developed this recipe to turn oatmeal into a gourmet breakfast treat, and it can convert non-oatmeal eaters into oatmeal lovers. You can try numerous variations, such as omitting the chocolate and/or peanut butter, using almond butter instead of peanut butter, or using only your favorite yogurt to flavor the oatmeal.*

### INGREDIENTS

Quick oats or old-fashioned oats  
Peanut butter  
Chocolate chips  
Yogurt (fat free, flavored – Boston cream pie, blackberry or other favorite flavor)

### DIRECTIONS

1. Prepare a single serving of oatmeal (instructions on container)
2. Add 1 tsp or 1 tbsp chocolate chips (can be milk chocolate, semi sweet or gourmet chips)
3. Stir in 1 tbsp peanut butter
4. Stir ½ to 1 container yogurt (to preferred taste and consistency).

RAZZLE-DAZZLE OATMEAL	
Calories	542
Calories from Fat	178
Carbohydrates	70g
Fiber	5.7g
Fat	20g
Cholesterol	25mg
Iron	2mg
Sodium	325mg

### HEALTHIER SUGGESTIONS

Reduce or omit peanut butter or chocolate chips to lower calorie count, or split the recipe into 2 servings, and serve with fruit.

## END ZONE EGG CASSEROLE

By Rick Richards

*We started the egg casserole on Christmas mornings when my kids were little. So we've been having it for breakfast every Christmas morning for over 35 years now. It works great to put the eggs in the oven while presents get opened. I always make at least a double/triple batch, which can take a long time to cook. By the time the presents are all unwrapped the eggs are ready to go. Make a fresh pot of coffee and dig in. Life is good!*

### INGREDIENTS:

½ pound ham (diced) or sausage (browned and drained)

6 slices of toaster-style bread, cubed

1 teaspoon dry mustard

¼ cup grated Cheddar cheese

4 eggs, beaten

2 cups milk

1 teaspoon salt

### HEALTHIER SUGGESTION

Since using ham or sausage and Cheddar cheese, consider eliminating the salt.

### DIRECTIONS:

1. Combine meat, bread, dry mustard and cheese. Pour into 10"x6.5" greased dish.
2. Beat eggs, add milk and salt. Pour over bread mixture. Cover with foil and refrigerate overnight.
3. The next morning, preheat the oven to 350F. Bake casserole for 45 minutes.
4. Uncover and bake for an additional 15 minutes.

Serves 4-6.

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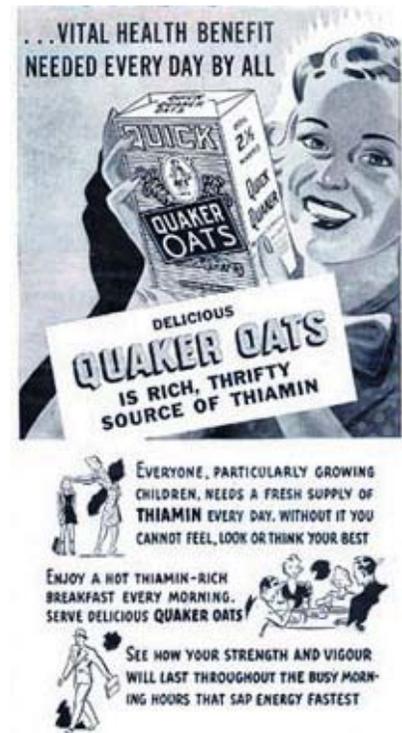
<b>END ZONE EGG CASSEROLE</b>	
Calories	208
Calories from Fat	73
Carbohydrates	19g
Fiber	0.6g
Fat	8.2g
Cholesterol	42mg
Iron	0.72mg
Sodium	1220mg

## **GRID IRON GRANOLA**

By Rick Richards

### **INGREDIENTS**

- 3 cups old-fashioned oats
- ¼ cup raw sunflower seeds
- ½ cup chopped nuts (pecans, almonds, walnuts)
- 1/3 cup wheat germ
- 1/3 cup bran
- 2 tablespoons ground flax seed
- 1 teaspoon ginger
- 1 teaspoon ground cinnamon
- 1 tablespoon butter
- 2 tablespoons canola oil
- 1 tablespoon honey
- 1 tablespoon molasses
- 2 tablespoons brown sugar
- ½ teaspoon salt



recipe continued on next page

## DIRECTIONS

1. In a large bowl combine oatmeal, sunflower seeds, nuts, wheat germ, bran, flaxseed, ginger, and cinnamon.
2. In a small bowl melt the butter and mix in the oil, honey, molasses, brown sugar and salt. Pour the butter mixture over the oatmeal mixture and stir until the dry ingredients are well coated with the wet ingredients.
3. Spread out evenly on a greased cookie sheet and toast in a 300-degree oven for 40 minutes. Watch closely the last few minutes so it doesn't burn. Let cool and store in an airtight container.

Serves 8-10

<b>GRID IRON GRANOLA</b>	
Calories	228
Calories from Fat	91
Carbohydrates	28g
Fiber	5.1g
Fat	10.2g
Cholesterol	3mg
Iron	2.1mg
Sodium	128mg

## CHAMPIONSHIP POST-GAME BREAKFAST

Manny Gamez

*There are five men in our family, so you know what it's like at our house during a game. It was the next day that our momma had the game goin' and she'd cook a breakfast like no other. This stuff would clear the clouds out of any man's post-game late-night fun. Try it, you'll see. Here's what you'll need. Throw it all one skillet!*

### INGREDIENTS

Olive oil  
1 dozen corn tortillas,  
1 (6oz) can tomato paste  
1 (12oz) can French cut green beans  
12 eggs, large  
Salt and pepper, to taste

POST-GAME BREAKFAST	
Calories	266
Calories from Fat	106
Carbohydrates	35g
Fiber	4g
Fat	12g
Cholesterol	17mg
Iron	1.9mg
Sodium	640mg

### DIRECTIONS

1. Put some olive oil in the large skillet, enough to cover the bottom of the skillet and just a little extra. Tear the corn tortillas into bite size pieces while the oil is heating up on medium heat.
2. Then open the cans up and have them ready to go. When the oil starts to get a little smoky, put the tortilla bits in; stir them around till they get coated with the olive oil and keep stirring for about one minute.
3. Drain the green beans and stir them in till they are coated with olive oil and warmed up; here is when you stir in the tomato paste, get it all over the ingredients and then put in the eggs.



**KICK - OFFS**  
(appetizers & breads)

# JOE'S HUSKER FOOTBALL SATURDAY COUCH POTATO CHEESE DIP

By Joe Msrny

*I learned about this cheese dip 31 years ago at my mom and dad's 25<sup>th</sup> wedding anniversary. We were living in south Texas at the time before my parents moved back home to Norfolk, Nebraska. I got this recipe from a very dear friend who was killed in a hit and run accident about 6 months after my folks' anniversary. Everyone loved it and I have been making it every since. I have kept it going in memory of her. Since I moved back to Nebraska in 1989 I have made it every year during the Cornhusker Football season. You can't beat watching the Huskers and gorging on this excellent cheese sauce. Some say it is even better than chocolate.*

## INGREDIENTS

- 1 pound bacon
- 1 medium onion (yellow or white)
- 1 (3lbs) box of Velveeta cheese
- 1 (8oz) box of medium Mexican Velveeta cheese
- 2 (4oz) cans of diced green chilies
- 2 (10oz) cans of Ro-Tel diced tomatoes sliced jalapenos if desired (about 1/2 cup diced)

## DIRECTIONS

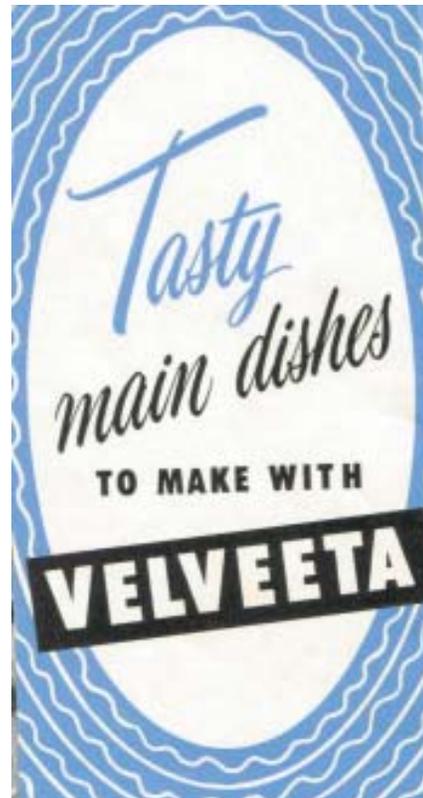
1. Slice bacon into chunks (1 inch). Separate the chunks of bacon piece by piece and put in crock pot. Turn crock pot on high and cover. Let simmer about for 30 – 45 minutes and stir.

## HEALTHIER SUGGESTIONS:

Use center cut bacon. because it contains less fat and comes in a 12 ounce package. Velveeta is high in sodium; maybe keep the Mexican cheese and try a different type of cheese for the other package of Velveeta. Fontina or reduced fat Cheddar or even cream cheese may be suitable alternatives.

2. When bacon is well cooked (not crispy) add chopped onions to the crock pot and mix in with the bacon. Continue to cook on high, stirring occasionally until onions are tender.
3. While bacon and onions are cooking, take the cheese and slice into chunks.
4. When bacon and onions are done, add green chilies and Ro-Tel tomatoes including juice to the crock pot.
5. Add the Velveeta and Mexican Velveeta. Turn crock pot on low and stir occasionally until all the cheese has melted. Turn crock pot on warm for holding. Serve with tortilla chips.

<b>COUCH POTATO CHEESE DIP</b>	
Calories	178
Calories from Fat	120
Carbohydrates	4.5g
Fiber	0.2g
Fat	13g
Cholesterol	43g
Iron	0.3g
Sodium	856g



## SATURDAY'S SALSA

By Gary Filipi

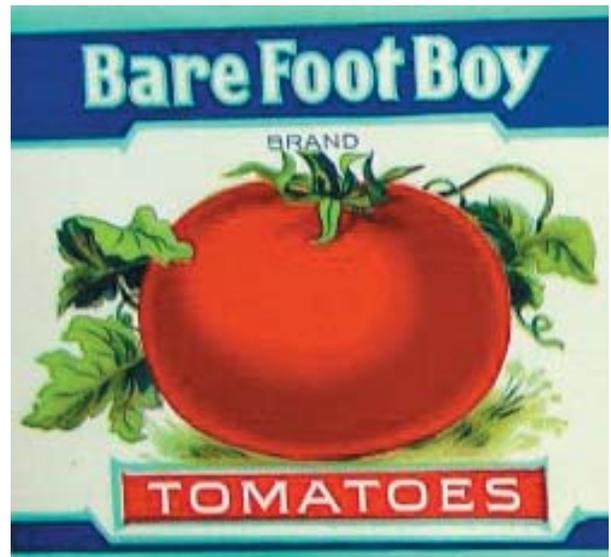
*My husband, Gary raises a huge garden and this is one of our favorites that he mixes up every weekend. - Judith Filipi*

### INGREDIENTS

5 ripe tomatoes  
2 large green bell peppers  
1 medium-sized onion  
1 tablespoon fresh parsley, chopped  
2 tablespoons lemon juice  
salt and pepper, to taste

### DIRECTIONS

1. Chop the vegetables and combine in a large bowl. Add parsley and lemon juice. Add salt and pepper to taste.
2. If desired, add jalapeno peppers.



Makes 4-5 cups

<b>SATURDAY'S SALSA</b>	
Calories	29
Calories from Fat	3
Carbohydrates	6g

Fiber	1.2g
Fat	0g
Cholesterol	0g
Iron	0.3g
Sodium	4g

## QUARTERBACK MEATBALLS

By James Ryan

*This recipe is very versatile – it can be made ahead and the meatballs frozen or it can be baked and taken on the road to the game immediately when it comes from the oven. The meatballs also may be baked, put into a crock pot and kept warm during the drive to Lincoln. This recipe can be made healthier by replacing some of the meat with ground turkey or chicken; however, the flavor will be better if at least some of the meat is ham, beef and pork. One of the times we came back to visit my wife’s family and go to a Husker game, my mother-in-law served these tasty meatballs for supper after the game, and they were delicious!*

### INGREDIENTS

#### Meatballs

3 pounds ground ham  
2 pounds ground beef  
1 pound ground pork  
3 cups graham cracker crumbs

#### Sauce

1 cup brown sugar, packed  
1 teaspoon dry mustard  
¼ cup water  
¼ cup cider vinegar



### DIRECTIONS

1. Combine ham, beef and pork. Mix in graham cracker crumbs. Shape into balls and either put onto a baking sheet or freeze with balls not touching. If you freeze the meatballs, put them

into a plastic storage bag after they are frozen (to keep them from touching).

2. When ready to bake, make the sauce by dissolving sugar and mustard in the vinegar and water. Pour the sauce over the meatballs and bake at 350°F for 2 to 2 ½ hours.

Makes 20 to 40 meatballs depending on the size you make the meatballs.

<b>QUARTERBACK MEAT BALLS</b>	
Calories	201
Calories from Fat	86
Carbohydrates	9g
Fiber	0.1g
Fat	10g
Cholesterol	62mg
Iron	1.2mg
Sodium	542mg

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## **BIG 12 CHAMPIONSHIP KNIP (PRONOUNCED “KI-NIP”)**

By Karen Kammann

*In loving memory of my father, Ernest Kammann of Holdrege, Nebraska who was a die-hard Husker fan. This is an old German recipe that was handed down from my dad. The whole Kamman family, including my dad's two sisters, would join in the kitchen to make this dish.*

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## INGREDIENTS

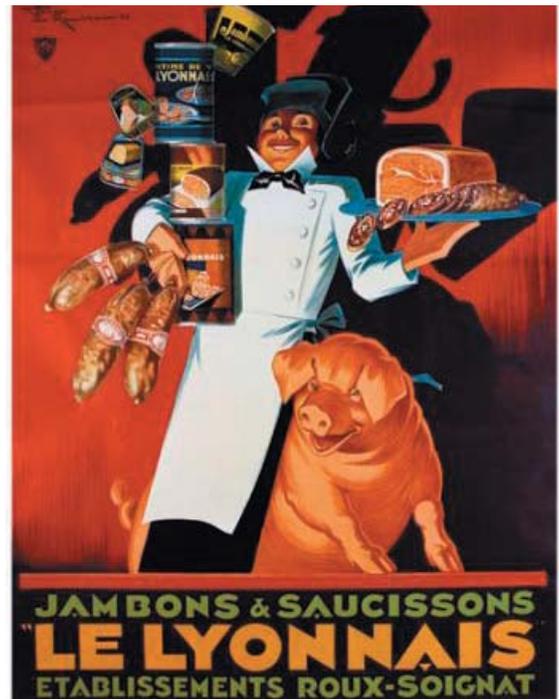
1 hog head, or 6 cups head meat, or pork roast  
6 cups Quick Oatmeal  
Salt to taste  
2 tsp. Allspice

## DIRECTIONS

1. Cover meat with water and cook until tender. Remove meat from broth. Cool broth until fat comes to the top. Remove fat.
2. Grind meat in a food processor or meat grinder.
3. Heat the broth to boiling. Add oatmeal and cook until thick. Add ground meat and season to taste. Add allspice. Refrigerate and heat the desired amount in a skillet.
4. To serve, slice the knip, fry until brown. Serve with syrup and bread.

Serves 12.

<b>BIG 12 CHAMPIONSHIP KNIP</b>	
Calories	448
Calories from Fat	272
Carbohydrates	23g
Fiber	3.5g
Fat	30g
Cholesterol	61g
Iron	2.3g
Sodium	520g



# STEVE'S THREE-POINT CONVERSION SALSA

By Steve Jackson

## INGREDIENTS

- 3 large tomatoes, seeded and chopped, about 3 cups
- 1 small green bell pepper, finely chopped
- ½ cup onion, finely chopped
- 2 tablespoons fresh cilantro, minced
- 1 tablespoon jalapeno peppers, finely chopped
- 2 tablespoons fresh lime juice
- ½ teaspoon salt (or to taste)
- ½ teaspoon cumin

## DIRECTIONS

1. Mix all ingredients in a glass or plastic bowl.
2. Cover and refrigerate until ready to serve.

Makes about 3 ½ cups.

FRESH HOMEMADE SALSA	
Calories	12
Calories from Fat	1
Carbohydrates	3g
Fiber	0.7g
Fat	0.1g
Cholesterol	0g
Iron	0g
Sodium	86g



## FIRST DOWN COWBOY BEANS

By Tom Christopherson

### INGREDIENTS

- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 large yellow onion, sweet, such as Vidalia
- 2 tablespoons butter
- 1 teaspoon garlic salt
- 1 pound ground beef (95%)
- 1 pound pork sausage
- 1 (15oz) can pinto beans, drained and rinsed
- 1 (15oz) can kidney beans, drained and rinsed
- 1 (15oz) can lima beans, drained and rinsed
- 1 (15oz) can Great Northern beans, drained and rinsed
- 1 (15oz) can butter beans, drained and rinsed
- 1 (15oz) can black beans, drained and rinsed
- 1 (15oz) can tomato sauce
- 1 (28oz) cans diced tomatoes
- 1 cup brown sugar, packed
- 1½ tablespoon vinegar
- ½ cup molasses
- 1 (26oz) bottle barbeque sauce (Cookies for sweet beans; Kraft Hickory for smoked beans)



### DIRECTIONS

1. Chop peppers and onion; set aside. Melt butter in a skillet. Add peppers, onion and garlic salt. Cook until soft.

2. Brown ground beef and pork sausage. Drain the fat.
3. In a Dutch oven or slow cooker, combine meat, beans, peppers, onion, tomato sauce, tomatoes, brown sugar, vinegar, and molasses.
4. Cook on low heat for 2-3 hours. Recipe makes 4 quarts of “rootin tootin” good beans. Refrigerate leftovers (if you have any) tastes better the next day.

Serves 12-16

<b>COWBOY BEANS</b>	
Calories	365
Calories from Fat	102
Carbohydrates	50g
Fiber	8g
Fat	11g
Cholesterol	38g
Iron	3.7g
Sodium	777g

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## **JALAPALOOZA 2-POINT CONVERSION GRIDIRON GUTBUSTERS**

By Robby DeFrain

*Stuffed jalapeños, bacon-wrapped and grilled, also called gutbusters, are something I first tried at a neighbor’s grill out around 2005. I’ve since been tinkering with the filling and have arrived at what I believe to be the perfect combination. However, it’s always good to experiment. You can stuff these with just about anything edible and they’d still be good.*

recipe continued on next page

## INGREDIENTS

12-15 small to medium-sized jalapeños, trimmed, gutted, and cleaned  
1 (4 oz) cream cheese  
3 oz bleu cheese crumbles  
1.5 tablespoons strawberry preserves  
1 (16 oz) pkg Farmland honey maple flavored bacon (don't get thick-sliced, it doesn't wrap as well)  
3-5 cloves fresh garlic, finely minced  
freshly cracked black pepper, to taste  
Toothpicks

### HEALTHIER SUGGESTIONS

Use reduced fat cream cheese or Neufchatel cheese  
Use turkey bacon instead of regular bacon

## DIRECTIONS

1. Wash the jalapeños and cut off the stem end. Gut the seeds and membrane from the inside – a vegetable peeler works best, but a small paring knife will also do. Slide the blade of the peeler down along the inside wall of the pepper, separating the membrane from the flesh, then work your way around the inside wall in a circle. Be careful not to puncture holes in the flesh of the pepper so the filling doesn't leak out. After they're all gutted, give the inside another rinse to get rid of the last few seeds.
2. Place cream cheese, bleu cheese, strawberry preserves, garlic, and pepper in a medium-sized mixing bowl and combine well. The proportions aren't exact so I usually just taste the filling as I make it. The amount of filling you need varies depending on the size and number of peppers you're using.
3. Stuff the filling into the peppers – this is the messy part. You can use a pastry bag or Ziploc bag with a small corner cut off to squeeze the

recipe continued on next page

filling in, but stuffing with your fingers probably works best, despite being messiest. Be sure to pack the filling down and get it all the way to the bottom tip of each pepper.

4. Skewer each pepper with a toothpick at an angle, going vertically from one side to the other. Wrap each pepper with one piece of bacon, first securing one end on the toothpick, taking special care to cover the open top completely so a minimal amount of filling leaks out (wrap the open end first). After you cover the open end, wrap the bacon in a spiral going down the pepper and back up if you need to, securing the other end on the toothpick as well. It can be helpful to stick the bacon over the toothpick a few extra times as you wrap it. Ideally, the bacon will shrink around the pepper when cooking and seal all the filling in.
5. Grill on top rack (indirect heat) on low to med-low for 15 min, or until bacon is done, turning once. OR bake at 450 on top oven rack, with peppers sitting on a trivet/rack over a cookie sheet to catch the grease in the oven. Be careful when grilling, the bacon lets out a lot of grease and can catch fire on the bottom rack if too hot.
6. Let cool for 5-10 min, remove toothpicks, and enjoy, large/open end of the pepper first, so you don't squirt hot filling all over yourself.

<b>JALAPALOOZA GUTBUSTERS</b>	
Calories	164
Calories from Fat	103
Carbohydrates	4g
Fiber	0.4g
Fat	12g
Cholesterol	38mg
Iron	0.9mg
Sodium	793mg

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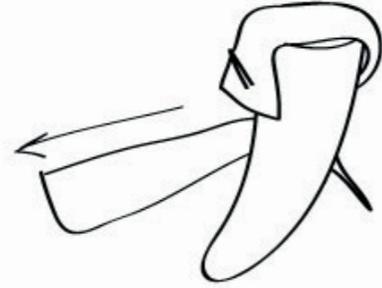
## HOW TO MAKE A GUTBUSTER



1. Stick toothpick thru stuffed pepper.



2. Attach bacon to top end of toothpick



3. Cover top (open) end first and begin wrapping in a spiral downward



4. Wrap around the pepper and stick bacon thru toothpick as you wrap



5. Finish by securing end to toothpick

**EAT!!!!**

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## COACH'S FIERY HUMMUS DIP

By Paul Letcher

*I like to serve this dip as a game day item when I have friends over to eat. I serve the dip with raw vegetables like carrots, celery and cauliflower, or chips with no trans fat.*

### INGREDIENTS

2 cans (15 oz) Garbanzo beans  
1/3 cup fresh lemon juice

1/4 cup extra virgin olive oil  
 2 teaspoons cumin  
 3/4 teaspoon fresh ground pepper  
 3/4 teaspoon kosher salt or sea salt  
 2 teaspoons fresh garlic chopped  
 1/3 cup Tahini paste  
 (Tahini is almond paste, and can be purchased at Hy-Vee, or any health food store)  
 4 Chipotle chilies in adobo sauce  
 2 teaspoons Adobo sauce from canned Chipotle  
 Pita bread slices, and sliced fresh veggies for dipping.

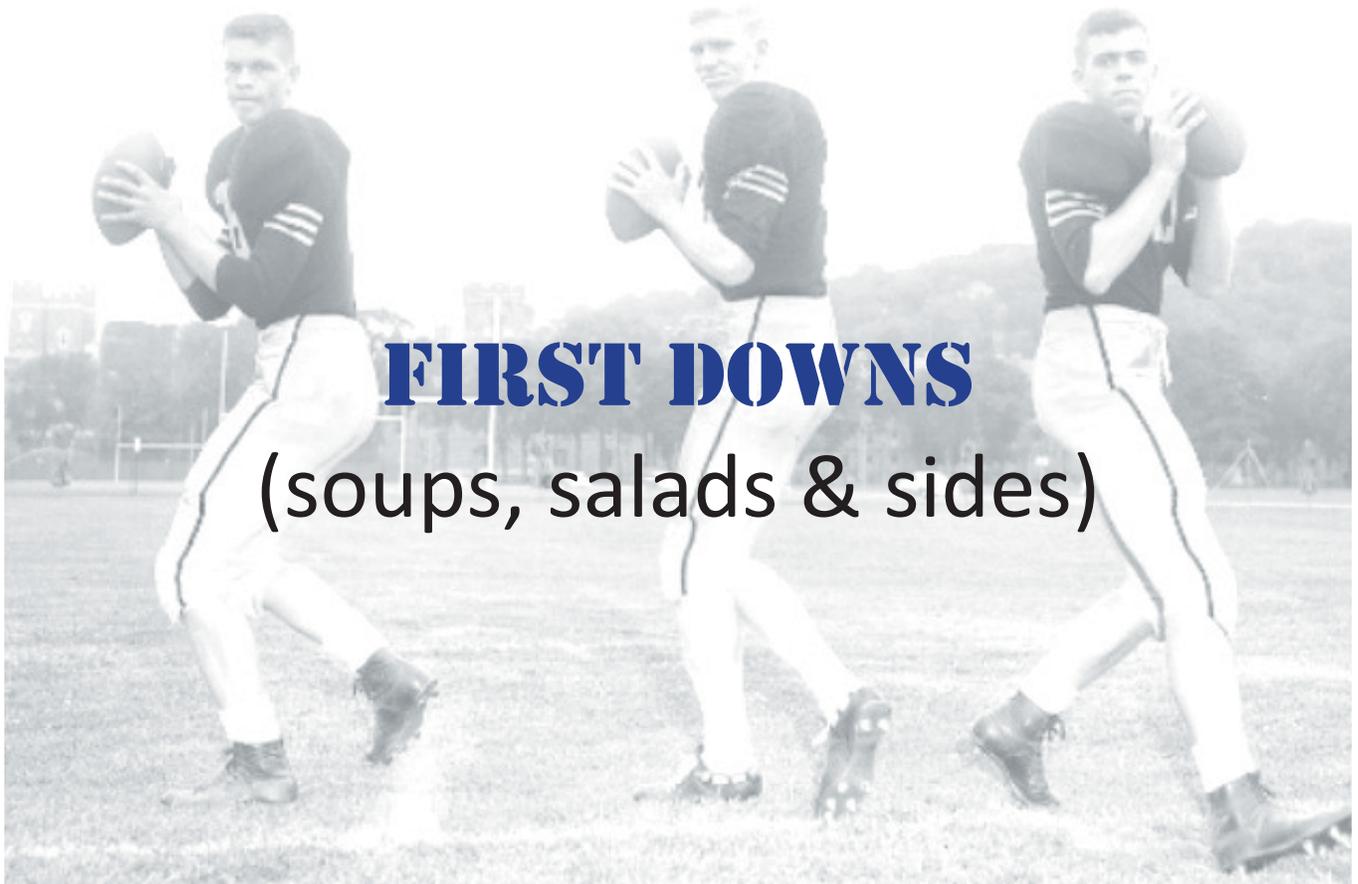
**DIRECTIONS**

1. Drain and reserve liquid from beans.
2. Pour lemon juice and olive oil into blender. Add cumin, pepper, salt, garlic, tahini paste and chilies. Blend until mixture is smooth. Add beans and continue blending. Add liquid from beans to give mixture a thick smooth creamy texture. Blend until graininess is gone. Refrigerate for 1 hour.

<b>COACH'S FIERY HUMMUS DIP</b>	
Calories	46
Calories from Fat	27
Carbohydrates	4g
Fiber	1g
Fat	3g
Cholesterol	0mg
Iron	0.5mg
Sodium	123mg



Chipotles

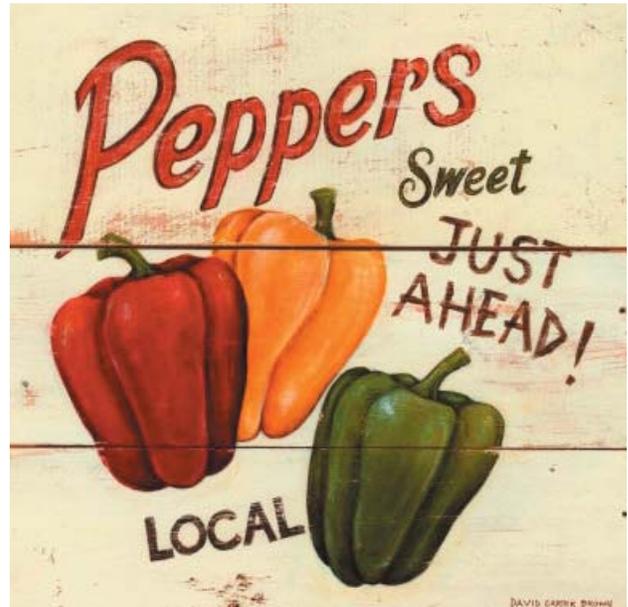


## CHICKEN AND SAUSAGE GUMBO

By Steve Jackson

### INGREDIENTS

- ½ cup finely chopped celery
- 1 cup finely chopped yellow onion
- ¾ cup finely chopped bell pepper
- 1 tablespoon pureed garlic
- ¼ teaspoon thyme
- 2 teaspoon Louisiana hot sauce
- ¼ teaspoon oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon black pepper
- 6 cups reduced sodium chicken broth
- ½ pound coarsely chopped Andouille sausage
- ½ pound chicken, diced
- 1 tablespoon filé (powder from ground sassafras leaves – optional – thickens the gumbo)\*
- ¼ cup vegetable oil
- ½ pound okra, cut into ½-inch slices
- 1 ½ cups uncooked white rice



recipe continued on next page

### ROUX (base for the gumbo)

The roux is a base or thickening for the soup which also determines the color for the soup. The longer you cook it, the darker the soup base is. I use 1/3 cups olive oil and 1 cup flour (2/3 cups would work if I wanted a less thick soup base). Mix in a heavy skillet or Dutch oven (cast iron works best) and stir on a low heat until the roux changes from a cream

to a dark chocolate color. The cooking time can be 30 – 45 minutes, depending on how dark you want the roux. This is tedious but very important to the color and flavor of the gumbo. The meat is added after the broth comes to a boil.

## DIRECTIONS

1. To the roux add celery, onion, and bell pepper. Cook until vegetables are tender. Add the garlic, thyme, hot sauce, oregano, cayenne pepper, salt, white pepper, and black pepper. Stir for 5 minutes. Add chicken broth and bring to a boil, stirring often.
2. Lower heat and let simmer for 15 minutes, stirring occasionally (roux mixture can still stick to bottom of the Dutch oven).
3. Meanwhile, in a skillet, heat oil and sauté okra for 10-12 minutes. **Add to pot and cook for another 5 minutes.** Add the sausage and chicken.
4. Mix the filé with a tablespoon of warm water and stir the paste into the pot. Continue to simmer for an additional 40 minutes, stirring occasionally. File is an actual spice sold at the grocery store and is added at the end of the cooking process. Tabasco is added as the soup cooks.
5. Serve in bowls with 2 tablespoons white rice.

<b>CHICKEN AND SAUSAGE GUMBO</b>	
Calories	436
Calories from Fat	234
Carbohydrates	30g
Fiber	2.5g
Fat	27g
Cholesterol	46mg
Iron	2.7mg
Sodium	1898mg

\*Filé is an actual spice sold at the grocery store and is added at the end of the cooking process and provides additional flavor and more thickness. I cook the gumbo about 15 more minutes to allow the Filé to permeate the gumbo.

## ERIK'S 2-MINUTE WARNING CRANBERRY TURKEY SALAD SANDWICH

By Erik Younger

*I came up with this as a way to use the leftover turkey from Thanksgiving dinner. Rather than the old turkey and mayo on a couple of slices of bread, I thought I would put a new twist on Thanksgiving dinner in a sandwich form. We usually have dried cranberries around the house, and we happened to have celery and almonds around for some Jell-O salads and cookies we had for Thanksgiving.*

### INGREDIENTS

2 tablespoons lemon juice  
½ cup light mayonnaise  
1 teaspoon salt  
3 ½ cups diced cooked turkey meat (or chicken)  
1 cup finely diced celery  
1/3 cup slivered almonds  
¼ cup of dried cranberries

**TIP** You can also make this into an appetizer by spreading small spoonfuls onto your favorite crackers.

### DIRECTIONS

1. Combine lemon juice, mayonnaise, and salt and blend well. Toss with chicken, celery and almonds. Serve on sourdough or whole wheat bread or scoop onto crisp lettuce leaves. Keep refrigerated until ready to serve.

<b>CRANBERRY TURKEY SALAD SANDWICH</b>	
Calories	560
Calories from Fat	141
Carbohydrates	68g

Fiber	5.8g
Fat	15g
Cholesterol	63mg
Iron	4.3mg
Sodium	1313mg

## BOILERMAKER THAI TURKEY BURGERS

By Tom Shaw

### INGREDIENTS

- 1 pound ground turkey breast
- 2-3 cloves chopped garlic
- 1 medium carrot, shredded
- 1 bunch chopped green onions, finely chopped
- 1/4 teaspoon sesame oil or 1 tbsp sesame seeds
- 1 teaspoon chili garlic sauce (or sriracha)
- 2 tablespoons natural peanut butter
- 2 tablespoons light mayonnaise
- 2 teaspoons chili garlic sauce
- 4 hamburger buns



### DIRECTIONS

1. Combine turkey, carrots, green onions, garlic, sesame oil/seeds, chili garlic sauce or sriracha, and peanut butter.
2. Form into four patties. Chill in the fridge for 10 minutes and then cook on the grill. Serve on hamburger bun with the garnish of your choice.

Makes 4 burgers.

BOILERMAKER THAI TURKEY BURGERS		Fiber	2.8g
Calories	271	Fat	8g
Calories from Fat	71	Cholesterol	32mg
Carbohydrates	26g	Iron	3mg
		Sodium	428mg

# FIRST AND 10 MAMBOO'S MANWICH

By Mark Mitchell

## INGREDIENTS

- 2 pounds ground beef (95% lean)
- 1 cup finely chopped onion
- 2 tablespoons Worcestershire sauce
- 2 tablespoons prepared mustard
- 2 tablespoons prepared horseradish
- 1 tablespoon black pepper
- ½ cup water (or low sodium chicken stock)

## DIRECTIONS

1. Brown ground beef and onion in a large skillet.
2. Drain the fat. Put onions and ground beef in a slow-cooker. Add the remaining ingredients. Cook on low for 4 hours. Serve on hamburger buns.

Makes 12 servings

MAMBOO'S MANWICH	
Calories	280
Calories from Fat	73
Carbohydrates	24g
Fiber	1.5g
Fat	8g
Cholesterol	68mg
Iron	4.2mg
Sodium	340mg



## NOSE TACKLE TAMER BEEF STEW

By Chad Dailey

*Inspired by my grandfather's soup cooking, I came up with this recipe one evening after reminiscing about his eclectic style in the kitchen. Whatever was on hand went in the pot, and after a few hours of simmering, anyone in the house found themselves in the kitchen, enjoying the mouth watering aroma, waiting for a serving.*

### INGREDIENTS

1 (4-pound) brisket roast  
Onion powder  
6 cubes beef bouillon  
2 cups water  
1 quart diced or stewed tomatoes  
1 quart cut green beans, drained  
1 quart sweet peas, drained  
1 quart whole kernel corn, drained  
6 medium russet potatoes, peeled, cubed  
2 pound carrots, peeled, sliced  
1 large white onion, diced  
2 tablespoons black pepper  
1 clove garlic, minced  
1 tablespoon oregano  
1 tablespoon sweet basil  
10 cubes beef bouillon

### HEALTHIER SUGGESTIONS

Consider switching the bouillon cubes to reduced sodium beef broth.

recipe continued on next page

### DIRECTIONS

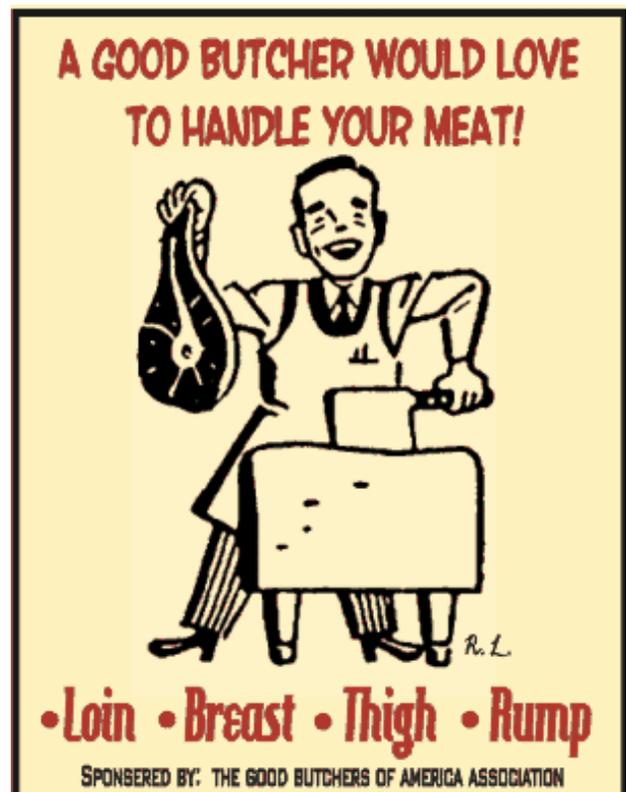
1. Rub the roast in onion powder, and brown in a frying pan. Put the roast in a tightly covered casserole dish, add the six cubes

of beef bouillon and two cups of water, and cook, covered, for three hours at 350°F. After the roast is done, trim away any fat. Use a fork to pull the roast apart.

2. Put all the remaining ingredients and three quarts of water in a 12 quart stock pot and simmer at medium-low heat, covered, stirring every fifteen minutes or so while the roast cooks.
3. After the roast is cooked and pulled, put the leftover bouillon and drippings from the roast, and the pulled roast in the stock pot, simmer and stir for an additional hour.
4. Make it thicker (I prefer this): stir/dissolve 12 tablespoons corn starch in 1 cup cold water, stir and simmer into the brew after the roast is added.

Makes approximately 10 quarts.

<b>NOSE TACKLE TAMER BEEF STEW</b>	
Calories	288
Calories from Fat	67
Carbohydrates	30g
Fiber	6g
Fat	7g
Cholesterol	57mg
Iron	3.7mg
Sodium	1308mg



## QUARTERBACK BLASTER CHILI

By Chad Dailey

*This recipe has evolved from a popular one I created for a restaurant I used to work for in high school. As my tastes have changed, so has the recipe. Make it your own!*

### INGREDIENTS

- 1 (4-pound) brisket roast
- Chili powder
- Onion powder
- 2 cubes low-sodium beef bouillon
- 1 cup water
- 2 (46oz) cans tomato juice
- 2 (28-ounce) cans crushed tomatoes
- 1 (28-ounce) diced or stewed tomatoes
- 1 (12oz) can tomato paste
- 2 (15oz) cans red beans, rinsed, drained
- 2 (15oz) cans black beans, rinsed, drained
- 2 (15oz) cans kidney beans, rinsed, drained
- 2 (15oz) can navy beans, rinsed, drained
- 1 (15oz) can whole kernel corn, rinsed, drained
- 2 large white onions, diced
- 4 tablespoons chili powder
- 2 tablespoons brown sugar
- 2 tablespoons crushed red pepper
- 2 tablespoons black pepper
- 2 teaspoons minced garlic



recipe continued on next page

2 teaspoons oregano  
2 teaspoons sweet basil  
2 teaspoons ground cinnamon  
2 bay leaves

## DIRECTIONS

1. Rub the roast in chili and onion powder, and brown in a frying pan. Put the roast in a tightly covered casserole dish. Dissolve bouillon cube in warm water. Pour over brisket. Cook, covered, for 3 hours at 350°F. After the roast is done, trim any fat and discard. Use a fork to pull the roast apart.
2. Put all the other ingredients and three quarts of water in a 12 quart stock pot and simmer at medium-low heat, covered, stirring every fifteen minutes or so while the roast cooks.
3. After the roast is cooked and pulled, add the meat to the pot, and simmer for an additional hour at medium-low heat, covered, stirring every fifteen minutes or so. Remove the bay leaves after cooking.
4. Serve garnished with shredded cheese (low moisture pizza cheese works very well), and/or diced onions.

Makes approximately 10 quarts. Halving works well, quartering may too.

Note: The chili can be eaten immediately after cooking, but it is best on the next day! I make mine on Saturday, put it in the fridge, and heat

**TIP** To make it spicier (my favorite!)  
add: 2 tablespoons crushed red  
pepper, 2 teaspoons minced garlic  
2 teaspoons ground cinnamon

recipe continued on next page

it up on Superbowl Sunday. This makes a little more than 10 quarts of mild, tasty, aromatic chili... the recipe can be easily halved or quartered if you aren't cooking for an army of football fans.

<b>QUARTERBACK BLASTER CHILI</b>	
Calories	370
Calories from Fat	65
Carbohydrates	46g
Fiber	15g
Fat	7g
Cholesterol	56mg
Iron	6mg
Sodium	1033mg

---

## **“END-RUN” VEGGIE SANDWICH**

By Jerry Crisp

*If someone asks “Where’s the meat?” tell them it’s in the meat of the tomato.*

### **INGREDIENTS**

2 slices of bread  
 tomato  
 cucumber  
 onion  
 lettuce, carrot, mayo salad dressing  
 (optional)

<b>END RUN VEGGIE SANDWICH</b>	
Calories	286
Calories from Fat	155
Carbohydrates	29g
Fiber	5.3g
Fat	17g
Cholesterol	15mg
Iron	2mg
Sodium	405mg

### **DIRECTIONS**

1. Put a thick slice of home-grown tomato, sliced cucumbers and

diced onion between slices of buttered toast for a quick and healthy sandwich.

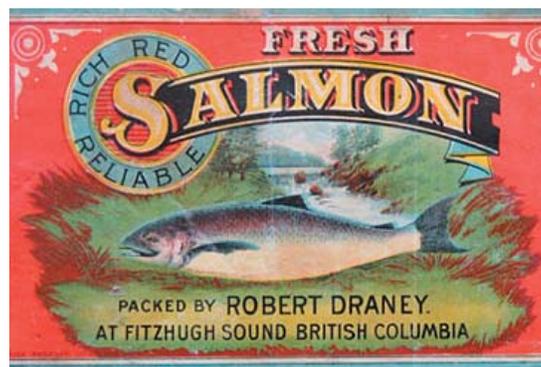
2. Add lettuce, shredded carrots and mayo or salad dressing if desired.

## BOWL 'EM OVER SALMON SANDWICHES

By Mark Versch

### INGREDIENTS

- 1 (14.75oz) can boneless, skinless salmon
- 1 cup grated sharp 2% Cheddar cheese
- 1 cup dill pickle relish
- 1 cup mayonnaise or sour cream



### DIRECTIONS

1. Combine all ingredients in a mixing bowl. Chill.
2. Spread on toasted, Italian bread.

Makes 12 sandwiches

Serves 6 people

BOWL 'EM OVER SALMON SANDWICHES	
Calories	841
Calories from Fat	385
Carbohydrates	80g
Fiber	5g
Fat	43g
Cholesterol	90mg
Iron	4mg
Sodium	1574mg

### HEALTHIER SUGGESTIONS

Reduce amount of mayo, relish and cheese to lower fat and sodium content. Use whole wheat bread.

## SPORTY SPICY SAUSAGE LENTIL SOUP

By Tom Shaw

*Tom loves this recipe, and because of all the fiber, it's really good for men's health. - Lois Versaw*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1 cup grated carrots
- 1 cup chopped zucchini
- 4 garlic cloves, minced
- 1 pound turkey sausage
- 6 cups chicken broth
- 1 pound brown lentils
- 2 cans (8oz) diced tomatoes
- 1 ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon Italian seasoning

### DIRECTIONS

1. Heat olive oil in a Dutch oven. Add onions, carrots, zucchini, garlic and sausage. Sauté for 8 minutes, stirring often. Break up the sausage into small bits as it cooks.
2. Add chicken broth, lentils, tomatoes, salt, black pepper and Italian seasoning. Bring to a boil, reduce heat and simmer for 1 hour.

### HEALTHIER SUGGESTIONS

Replace chicken broth with a low sodium alternative, such as reduced sodium chicken broth.

SPORTY SPICY SAUSAGE LENTIL SOUP	
Calories	468
Calories from Fat	111
Carbohydrates	55g
Fiber	11g
Fat	12g
Cholesterol	62mg
Iron	8mg
Sodium	2475mg

**TIP** You can use precut matchstick carrots

## STEVE'S BOOTLEG VEGETABLE BEEF STEW

By Steve Jackson

### INGREDIENTS

- 8 cups of water
- 2 tbsp beef boullion
- 1 tsp margarine
- 1 tbsp chili powder
- ½ tsp oregano
- 1 tsp garlic powder
- 1 tsp salt (season to taste)
- 1 tbsp black pepper
- 1 tsp cumin
- 1 small bunch green scallions
- ½ cup green pepper
- 2 spears of celery, diced
- ¼ white onion
- 1 (8oz) pkg of frozen small lima beans\*
- 1 (1 lb) pkg beef stew diced
- 1 (8oz) frozen corn\*
- ¼ head of cabbage. Sliced (optional)
- 1 small potato (optional)

**TIP** \*You can use fresh vegetables if desired. Fresh vegetables may require a longer cook time.



### DIRECTIONS

1. In a 4 quart pot, melt butter. Add onions, green pepper, celery, and scallions. Sauté. Add stew meat and brown.
2. Season mixture with oregano, garlic, powder, salt and black pepper.
3. Add water, cumin, boullion and chili powder. Bring to a boil over

recipe continued on next page

medium heat. Reduce heat and simmer for about 2 hours.

- 4.. Add lima beans, corn, cabbage and potato, if using. Continue to cook for about 30 minutes. Fresh vegetables may require a longer cook time. Season to taste.

<b>VEGETABLE BEEF STEW</b>	
Calories	366
Calories from Fat	152
Carbohydrates	27g
Fiber	6g
Fat	17g
Cholesterol	76mg
Iron	4.3mg
Sodium	527mg

---

## **TAILGATE HAM AND CHEESE SANDWICHES**

By Clarence Kimminau

*Grandpa loves to take the grandkids fishing. This is their sandwich (tailgate or picnic). They're easily fixed and toted to their campsite along the river bank. My grandson "lost" an expensive rod and reel when he went back to the pickup to get their lunch, so now they set up their campsite near where they are fishing. No more lost fishing poles (or fish). Besides that, it's near water to put the fire out. These make-ahead sandwiches can be made for a tailgate party, a fishing excursion or are delicious anytime. - Dolores Kimminau*

### **INGREDIENTS**

4 Kaiser or French-style rolls (split)

recipe continued on next page

¼ cup bottled barbecue sauce

8 (1oz) Swiss mozzarella, provolone and/or Colby and Monterey Jack cheese

8 to 12 ounces thinly sliced cooked ham or ¼-to ½ inch thick slices cooked ham

8 slices bacon, crisp-cooked (drained and halved cross-wise)

2/3 cup roasted red pepper strips (optional)

Pickles (optional)

## DIRECTIONS

1. Fold four 18 x 12-inch pieces of heavy foil in half to make four 9 x 12-inch pieces. Set aside.
2. Spread the roll bottoms and tops evenly with barbecue sauce. Top each roll bottom with cheese, cutting to fit if necessary. Top each with ham, cutting thicker sliced ham to fit. Top with bacon and/if you like, pepper strips. Place each roll top sauce and side down over bacon. Wrap each in a foil piece.
3. For a charcoal grill, arrange medium-hot coals around bottom edge of grill. Test for medium heat above center of grill. Place foil-wrapped sandwiches on center of grill rack, not over the coals. Cover and grill for 12 to 15 minutes or until heated through and cheese melts, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium.

### ADVANCE TAILGATING PREPARATION

Assemble sandwiches as directed through step 2. Chill wrapped sandwiches up to 8 hours. To tote, place the wrapped sandwiches in an insulated cooler with ice packs. At tailgating site, grill sandwiches as directed in step 3.



## WIDE-RECEIVER WHITE CHILI

Scot L. Adams

*This can be a meal in itself or goes well with a beer and a football game.*

### INGREDIENTS

- 2 pounds boneless skinless chicken breasts
- 1 tablespoon oil
- 1 large white onion, chopped
- 3 cloves garlic, minced
- 2 teaspoons ground cumin (more to taste)
- 1 teaspoon ground oregano
- 1½ teaspoons cayenne pepper (more or less to taste)
- ½ teaspoon salt
- 3 cans Great Northern white beans
- 1 (14½ ounce) can chicken broth
- 1 can Rotel tomatoes
- 1 (4oz) can chopped green chilies
- 1 (12oz) carton sour cream
- 3 cups Monterey Jack cheese

### DIRECTIONS

1. Cook chicken, shred it, and set aside.
2. In skillet, cook onion, garlic, cumin, oregano, cayenne pepper, and salt in oil until onions are transparent. Combine beans, broth, Rotel, green chilies, chicken and onion mixture in a crock pot. Cook on low one hour; stir between beers. About 10 - 15 minutes before ready to serve, add the sour cream and shredded cheese.

### HEALTHIER SUGGESTIONS

Draining and rinsing the beans would reduce the sodium.  
Use low sodium chicken broth.



recipe continued on next page

Makes 24 Servings

<b>WIDE-RECEIVER WHITE CHILI</b>	
Calories	185
Calories from Fat	77
Carbohydrates	10
Fiber	3
Fat	9
Cholesterol	54
Iron	1.1
Sodium	516

**TIP** Make chili and store overnight in refrigerator. If you make ahead of time, make sure you add the cheese and sour cream about 15 minutes before serving.

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## **(BACKFIELD IN MOTION) BLACK BEAN SOUP WITH ANDOUILLE SAUSAGE**

By Steve Jackson

### **INGREDIENTS**

1 tablespoon olive oil  
1½ cups chopped onion  
½ teaspoon minced garlic  
1 cup green bell pepper  
1 cup red bell pepper  
1 teaspoon cumin  
1 teaspoon cayenne pepper  
4 cups reduced sodium chicken broth  
3 (8oz) cans of black beans (with liquid)  
1 (8oz) can black beans, puréed (with liquid)  
1 (8oz) can whole kernel corn, drained  
Approx. 1 lb. andouille sausage, browned (2-3 links, skinned)  
Salt and pepper, to taste  
1 teaspoon Tabasco/hot sauce  
Serves 10

**HEALTHIER SUGGESTIONS:**  
Sodium can be reduced by draining and rinsing the beans.

## DIRECTIONS

1. In a Dutch oven, heat oil over medium heat. Add onion, garlic and peppers and cook until tender about 3 to 5 minutes. Stir in cumin and cayenne pepper. Toss to coat vegetables.
2. Add stock and beans, bring to a boil. Reduce heat to a simmer and cook for 15 minutes. Add sausage and cook for an additional 15 minutes. Add Tabasco as soup cooks.

<b>BLACK BEAN SOUP WITH ANDOUILLE SAUSAGE</b>	
Calories	286
Calories from Fat	90
Carbohydrates	37g
Fiber	10g
Fat	10g
Cholesterol	17g
Iron	3.3g
Sodium	940g

---

## FIRST DOWN GRILLED VEGGIES

By Tom Christopherson

### INGREDIENTS

- 1 large zucchini
- 6 stalks Asparagus
- 1 (8oz) package fresh mushrooms
- 1 jar pearly onions
- ½ cup olive oil

**TIP** If you don't have a grill you can cook in the oven under high broiler.

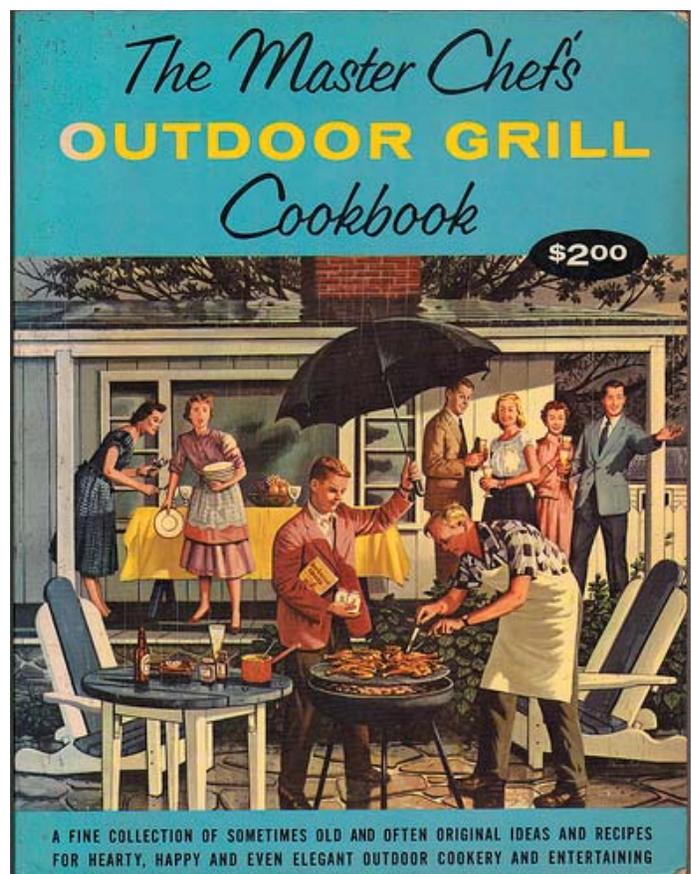
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## DIRECTIONS

1. Place iron griddle on grill, heat  $\frac{1}{2}$  cup of olive oil. Slice zucchini and mushrooms. Halve the onions and add to griddle. Cook asparagus until stalks turn from bright green to a golden tinge.
2. Season with seasoned salt to taste. Serve with pork, beef or lamb.

Serving size -  $\frac{1}{2}$  cup

<b>FIRST DOWN GRILLED VEGGIES</b>	
Calories	224
Calories from Fat	170
Carbohydrates	11g
Fiber	1.2g
Fat	19g
Cholesterol	0g
Iron	0.7g
Sodium	17g





# BLITZED BAKED PHEASANT WITH LONG GRAIN AND WILD RICE

By Mike Wight

*We cube the breasts, and use deboned meat from legs as well. Since this recipe greatly reduces the gamey flavor even darker meat works. Also, we've done the 2 hours in a crock pot and it works great.*

## INGREDIENTS

1 box (16 ounce) Uncle Ben's Long Grain and Wild Rice  
1 can (10  $\frac{3}{4}$  ounce) cream of chicken soup  
1 can (10  $\frac{3}{4}$  ounce) cream of celery soup  
1 $\frac{1}{4}$  cups vermouth  
1 package (ounce) dry onion soup mix  
4 pheasant breasts  
 $\frac{1}{2}$  cup flour  
3 Tablespoons unsalted butter  
Salt and freshly ground black pepper to taste

Serves 8

## DIRECTIONS

1. In large casserole, mix together rice, soups, vermouth and dry soup mix. Let stand 2 hours. Bake covered at 325°F for 30 minutes.
2. Wash pheasant breasts and pat dry. Halve if desired. Lightly coat on all sides with flour. In large skillet, melt butter and sauté breasts until lightly browned. Season with salt and pepper. Remove from skillet and place in the rice mixture, coating pheasant pieces. Cover and return to oven for 2 hours.

**HEALTHIER SUGGESTIONS**  
Reduce sodium by using soups and rice that are lower sodium.

**TIP** You can use quail or a combo of the two. Recipe would work for most upland birds.

recipe continued on next page

Baked Pheasant with Rice	
Calories	644
Calories from Fat	132
Carbohydrates	63g
Fiber	2.7g
Fat	15g
Cholesterol	122mg
Iron	3.5mg
Sodium	2080mg

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## BOWL GAME BAKED ZITI CASSEROLE

By Jeremy Poell

*This is a delicious, simple recipe that makes great leftovers!*

### INGREDIENTS

- 1 package (8oz) penne pasta
- 1 (24oz) jar spaghetti sauce
- 1 (8oz) container of ricotta cheese
- 1 (8oz) package shredded mozzarella cheese
- 1 (8oz) package shredded Italian blend cheese

### DIRECTIONS

1. Boil pasta in one pan until cooked al dente. Heat spaghetti sauce into a saucepan over medium heat. Once sauce is hot, add ricotta cheese.
2. In a 9X9-inch square pan, layer pasta, sauce and shredded cheese, alternating layers.

recipe continued on next page

3. Bake at 350F for 25 to 30 minutes.

Serves 4

<b>BOWL GAME BAKED ZITI CASSEROLE</b>	
Calories	728
Calories from Fat	299
Carbohydrates	62g
Fiber	3.7g
Fat	33g
Cholesterol	88mg
Iron	2.2mg
Sodium	1540mg



## BRUCE'S GAME-WINNING BEEF STROGANOFF

By Bruce Rowe

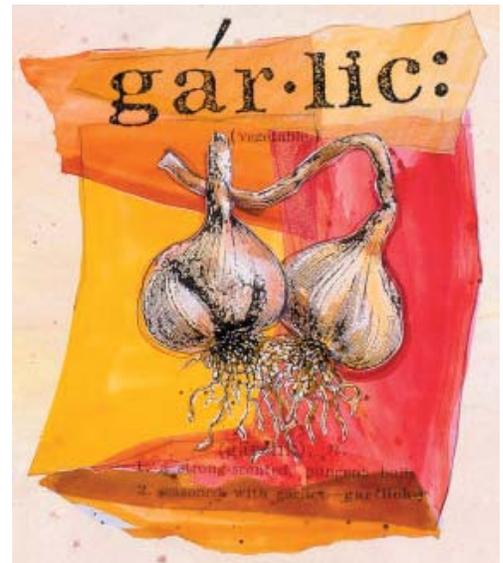
*During college I became interested in cooking and often watched Graham Kerr's TV show "the Galloping Gourmet." Kerr got me interested in other chefs, and this stroganoff recipe is adapted from a James Beard cookbook. I prepared this dish on April 7, 1972, for the first date I had with my wife Mary. Thirty-eight years, and three daughters later we still consider it a treat. Our daughters Missy, Alison, and Jennifer love it too!*

### INGREDIENTS

Top Sirloin of Beef (1/2 lb./person)  
6 tablespoons Butter or Margarine  
Olive Oil  
2 Bunches Green Onions (Chopped)  
2 Cloves Fresh Garlic (Crushed and Chopped)  
2 Cups Sour Cream (Regular or Low-Fat)  
Wild and Long-Grain Rice or Noodles

### DIRECTIONS

1. Cut meat into very thin slices (approximately 1 ½ inches in length). Hint: Do this when the meat is still partially frozen to get very thin slices. Put meat into bowl and add ground, black pepper, a touch of sea salt, and a bit of red wine to marinate. Allow to marinate while chopping onions and garlic and preparing rice or noodles.
2. Melt 4 tablespoons butter or margarine with a small amount of olive oil added in a large skillet or electric fry pan. Heat until



recipe continued on next page

- very hot. Add beef slices and sauté quickly until browned.
3. Transfer beef to a warm bowl, saving juice in skillet/pan.
  4. Add 2 tablespoons butter or margarine to meat juice. Add onions and garlic. Cook for a minute. Add sour cream. Stir and cook until heated. Do not allow to boil. Add small amount of red wine to give a pink tinge.
  5. Drain/discard juice from meat and add meat to sour cream mixture. Stir and heat throughout. Season as desired with sea salt and ground black pepper.

### **PRESENTATION**

Serve on a bed of wild rice or noodles along with a favorite salad (Caesar Salad is a good choice.), hard roll, and a glass of cabernet sauvignon, merlot, or Catawba juice. Enjoy!

<b>GAME-WINNING BEEF STROGANOFF</b>	
Calories	801
Calories from Fat	413
Carbohydrates	17g
Fiber	0.6g
Fat	46g
Cholesterol	247mg
Iron	6mg
Sodium	271mg

## “FALL DAY” FIVE BEAN CASSEROLE

By Rob Mathena

*I made this for a cookout a few years ago while on a fall weekend camping trip at the Louisville State Recreation Area. It was a beautiful fall day and the campground was full; virtually every camp site had the Nebraska game on the radio. It was almost like being at the game as you could hear the whole camp erupt into cheers and roaring with support at each great play and touchdown. Since that time I have made this for several family, church and office potlucks, and it always seems to be a big hit.*

### INGREDIENTS

2 medium onions, chopped  
6 slices bacon, chopped  
2 cloves garlic, minced  
½ cup brown sugar, packed  
½ cup cider vinegar  
1 teaspoon salt  
1 teaspoon dry mustard  
¼ teaspoon black pepper  
2 (15oz) cans kidney beans, rinsed and drained  
1 (15oz) can butter beans, rinsed and drained  
1 (15oz) can cannellini beans, rinsed and drained  
1 (15oz) can baked beans.

### HEALTHIER SUGGESTION

Cutting the bacon in half would reduce sodium and fat.

### DIRECTIONS

1. Preheat a large skillet; add bacon and cook. When you can see fat in the skillet, add the onion. Cook until translucent; add the garlic and cook for another minute.

recipe continued on next page

2. Stir in brown sugar, vinegar, salt, mustard and pepper. Simmer over low heat for 15 minutes.
3. Combine beans in a slow cooker. Spoon onion mixture evenly over the top. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

**TIP** Great Northern beans can be substituted for the cannellini beans.

Serves 6-8

<b>FIVE BEAN CASSEROLE</b>	
Calories	313
Calories from Fat	28
Carbohydrates	59g
Fiber	13g
Fat	3g
Cholesterol	7mg
Iron	3.8mg



## BIG 12 SOUTH SPICY CHICKEN

By Paul Letcher

### INGREDIENTS

- 1 tablespoon vegetable oil
- 6 skinless, boneless chicken breast halves
- 1 jar (16 ounces) low sodium picante sauce
- 6 cups hot cooked rice

### DIRECTIONS

1. Heat oil in frying pan over medium-high heat. Add chicken breast and cook for 10 minutes or until chicken is brown on both sides.
2. Stir picante sauce into frying pan with chicken breast and heat to a boil. Reduce heat to medium, cover and cook for 5-7 minutes or until chicken is cooked through. Serve chicken and sauce with cooked rice.

Serves 4-6

BIG 12 SOUTH SPICY CHICKEN	
Calories	320
Calories from Fat	38
Carbohydrates	49g
Fiber	2.7g
Fat	4g
Cholesterol	37mg
Iron	0.8mg
Sodium	570mg



## BROWN SUGAR-BOWL MEATLOAF

By Chad Inman

### INGREDIENTS

- ½ cup packed brown sugar
- ½ cup ketchup
- 1½ pounds ground beef (95% lean)
- ¾ cup milk
- 2 large eggs
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 1 small onion, chopped
- ¼ teaspoon ginger
- ¾ cup crushed saltine cracker crumbs

### HEALTHIER SUGGESTIONS

Use low fat milk and egg whites. Use reduced salt saltines and reduced salt ketchup.

### DIRECTIONS

1. Preheat oven to 350°F. Lightly grease a 5 X 9 inch loaf pan. Press the brown sugar in the bottom of the pan. Spread ketchup over the sugar.
2. In a mixing bowl, mix thoroughly all remaining ingredients and shape into a loaf. Place on top of the ketchup.
3. Bake in a preheated oven for 1 hour or until the center reaches an internal temperature of 165°F.

Serves 8

BROWN SUGAR MEATLOAF	
Calories	211
Calories from Fat	42
Carbohydrates	25g
Fiber	0.4g

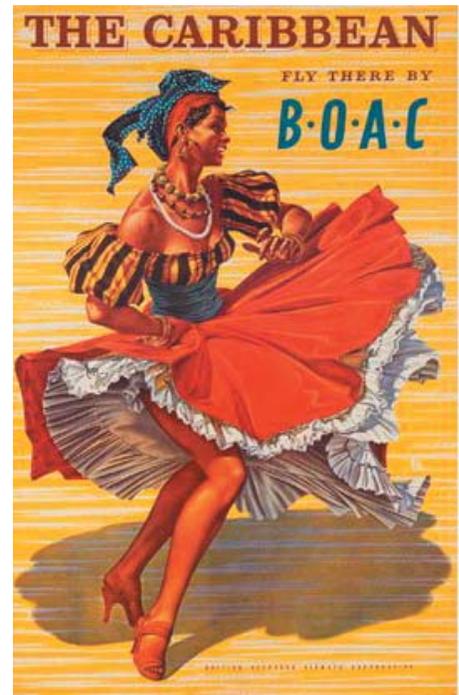
Fat	4.7g
Cholesterol	49mg
Iron	2.1mg
Sodium	760mg

## CARIBBEAN SHRIMP

By Paul Letcher

### INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1/8 teaspoon ground black pepper
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 fresh or canned jalapeño pepper, minced
- 1/4 teaspoon crushed red pepper
- 1 small jar low sodium Pace Salsa
- 1/2 cup unsweetened coconut milk, reduced fat
- 1/2 cup chopped fresh cilantro leaves
- 2 cups cooked regular long-grain white rice



### DIRECTIONS

1. Combine all ingredients, except rice. Refrigerate and allow to marinate for 10 minutes.
2. Heat pan to medium heat. Stir in mixture and let simmer until shrimp is done.
3. Pour shrimp over hot rice and serve.

Serves 4-6.

CARIBBEAN SHRIMP	
Calories	402
Calories from Fat	138
Carbohydrates	37g
Fiber	4.6g

Fat	15g
Cholesterol	172mg
Iron	4mg
Sodium	980mg

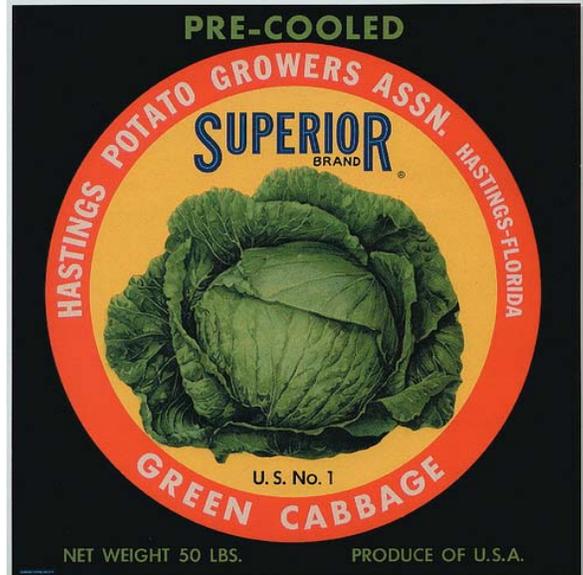
# EASY DOWN RUNZA CASSEROLE

By Jeremy Poell

*This recipe came shortly after discovering how time consuming it is to make real Runza dough. This recipe is a lot simpler and quicker than you would think! My wife (Megan), deserves the credit here.*

## INGREDIENTS

1½ pounds ground beef (95%)  
½ head of cabbage, shredded  
½ of an onion, optional  
1½ cups mushrooms, sautéed, optional  
2 cans of Pillsbury original crescent rolls  
Swiss or American cheese, optional



## DIRECTIONS

1. Brown ground beef and drain. Add shredded cabbage, onion and mushrooms, if desired, salt, pepper and any other favorite spices. Simmer, covered for about 10 to 15 minutes.
2. Oil a 13X9-inch dish with cooking spray. Unroll one entire tube in the bottom of the dish.
3. Once stuffing has cooked for approximately 10 minutes, transfer to pan.
4. Add desired toppings (Swiss/American cheese) and unroll the tube of crescent rolls on top of mixture.
5. Bake at 350°F for 25 minutes or until golden brown. Let cool and enjoy!

Serves 4

recipe continued on next page

<b>EASY RUNZA CASSEROLE</b>	
Calories	401
Calories from Fat	144
Carbohydrates	9g
Fiber	1.2g
Fat	16g
Cholesterol	151mg
Iron	6.2mg
Sodium	262mg

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## **FOURTH AND LONG LEMON SEAFOOD LINGUINE**

By Erik Younger

### **INGREDIENTS**

- 1 (8oz) package linguine
- ¼ cup sliced white onion or shallot
- 5-6 fresh mushrooms, sliced, optional
- 3 cloves garlic, crushed
- 2 tablespoons butter, melted
- 1 (8oz) carton of light sour cream
- 4 tablespoons freshly grated Parmesan, divided
- 2 tablespoons of 1% or skim milk
- 1 (8oz) package of frozen Shrimp and/or Sea Scallops
- 1 ¾ teaspoons lemon-pepper seasoning or any favorite seasoning mix.
- ¼ teaspoon salt
- 1 Lemon: (2 tablespoon fresh lemon juice + the zest from the entire lemon)
- 2 tablespoons freshly chopped parsley leaves
- 2 tablespoons freshly chopped chives
- 1 teaspoon chili or chipotle powder, optional

recipe continued on next page

## DIRECTIONS

1. Cook linguini according to package directions. Drain and keep warm.
2. Thaw and cook Shrimp/Sea Scallops according to package directions.
3. In a skillet, cook onion, mushroom, and garlic in butter, stirring constantly until tender, not brown. (about 3-5 min).
4. Stir in sour cream, 2 tablespoons Parmesan, milk, seasonings, salt, (optional chili powder) lemon juice and ½ of the lemon zest (add more parmesan to thicken sauce, or more milk to thin sauce up).
5. Stir/mix together then add cooked scallops/shrimp, cook for about 2 to 3 minutes.
6. Remove from heat and pour over linguini. Toss gently, adding chopped parsley, chives, remaining Parmesan and garnish with the rest of the lemon zest. Serve warm.

**TIP** Add or reduce salt/crushed black pepper to personal taste. Add the pulp from the lemon to get more citrus taste. Use Chili, Curry, or Chipotle powder to taste for more of a spicy dish. Use lime instead of lemons. Try adding finely chopped red, or yellow peppers for more color. Best served with a light white wine, like Riesling or Pinot Grigio.

<b>LEMON SEAFOOD LINGUINE</b>	
Calories	437
Calories from Fat	128
Carbohydrates	50
Fiber	2.2

Fat	14
Cholesterol	127
Iron	3.5
Sodium	496

## Lateral Pass Lasagna Rolls

By Erik Younger

*I can not claim total credit for this dish; originally I saw Giada De Laurentiis on the Food Network make this dish on one of her shows. Over time I have added or changed things to taste. This has been very popular at family gatherings and football halftime dinners.*

### INGREDIENTS

#### Béchamel Sauce

2 tablespoons unsalted butter  
4 teaspoons all-purpose flour  
1 ¼ cups skim milk  
¼ teaspoon salt  
⅛ teaspoon ground black pepper  
Pinch ground nutmeg

#### Lasagna

1 (15-ounce) container whole milk ricotta cheese  
1 (10-ounce) package frozen chopped spinach, thawed, squeezed dry.  
2 cloves of garlic, minced  
3 ounce fresh basil, chopped  
1 cup plus 3 tablespoons grated Parmesan  
6 ounces thinly sliced prosciutto, chopped  
1 large egg, beaten to blend  
¾ teaspoon salt  
¾ teaspoon fresh ground black pepper  
1 small white onion, (or half a large onion) finely chopped  
12 uncooked lasagna noodles  
1 (24oz) jar of Traditional Prego Marinara Sauce  
1 cup 2% milk shredded mozzarella

#### HEALTHIER SUGGESTIONS

Reduce butter in sauce to 1 tbsp.  
Use part skim ricotta cheese.  
Reduce prosciutto to 3 ounces  
Use whole wheat pasta

## DIRECTIONS

Preheat the oven to 450°F.

1. To make the sauce: Melt the butter in a heavy medium saucepan over medium-low heat. Add the flour and whisk for 3 minutes. Whisk in the milk. Increase the heat to medium-high. Whisk the sauce until it comes to a simmer and is thick and smooth, about 3 minutes. Whisk the salt, pepper, and nutmeg into the Béchamel sauce.
2. Whisk the ricotta, spinach, basil, 1 cup Parmesan, garlic, chopped onion, prosciutto, egg, salt, and pepper in a medium bowl to blend. (add extra ricotta cheese if you want thicker rolls).
3. Salt water. Boil the noodles until al dente (just tender but still firm to bite). Drain. Arrange the noodles in a single layer on a baking sheet to prevent them from sticking.
4. Butter a 13-by-9-by-2-inch glass baking dish. Pour the Béchamel sauce over the bottom of dish. Layout lasagna noodles on a work surface then spread about 3 tablespoons of ricotta mixture evenly over each noodle.
5. Starting at one end, roll each noodle like a jelly roll. Lay the lasagna rolls seam side down on top of the béchamel sauce in the dish. Repeat with the remaining noodles and ricotta



recipe continued on next page

- mixture. Spoon marinara sauce over the lasagna rolls.
6. Sprinkle the mozzarella and remaining 2 tablespoons of Parmesan over the lasagna rolls. Cover tightly with foil. Bake until heated through and the sauce bubbles, about 20 minutes
  7. Uncover and bake until the cheese on top becomes golden, about 15 minutes longer. Let stand for 10 minutes and serve.

<b>LASAGNA ROLLS</b>	
Calories	577
Calories from Fat	217
Carbohydrates	59g
Fiber	5.3g
Fat	24g
Cholesterol	102mg
Iron	3.6mg
Sodium	2194mg

## “OPTION PLAY” CHICKEN MARENGO

By Jerry Crisp

*Originally a recipe for a chicken breast on a bed of rice, this variation constitutes an “Option Play” that offers tasty alternatives when poured over biscuits, mashed potatoes or even toast:*

### INGREDIENTS

2 and ½ lbs frying chicken cut up into bite-size pieces

¼ cup flour

1 and ½ tsp. salt, pepper to taste

¼ cup canola oil

1 (8oz) can tomato sauce

1 cup chicken bouillon

2 thin slices lemon

1 bay leaf

½ tsp. sugar

½ tsp. garlic powder

Serves 4

OPTION PLAY CHICKEN MARENGO	
Calories	492
Calories from Fat	158
Carbohydrates	12g
Fiber	1.2g
Fat	18g
Cholesterol	166mg
Iron	3.2mg
Sodium	1719mg

### DIRECTIONS

1. Lightly coat chicken with combination of flour, salt and pepper. Heat canola oil in large skillet. Sauté chicken until golden on all sides.
2. Pour off excess fat. Add remaining ingredients. Cover and simmer about 45-60 minutes or until chicken is tender.

## “OVERTIME” CHICKEN ALFREDO

by Vincent Dawson (submitted by his mom, Ann)

*This is the first recipe Vincent created after he moved away from home.*

### INGREDIENTS

1 pound boneless skinless chicken breasts  
1 (16oz) box penne pasta  
1 medium white onion  
1 tablespoon margarine or vegetable oil  
3 tablespoons minced garlic  
Salt and pepper  
1 tsp Italian seasoning spice blend  
2 cups chopped broccoli (frozen broccoli works best)  
1 (16oz) jar of Ragu Alfredo Sauce  
Grated Parmesan cheese

### DIRECTIONS

1. Take a large pot and fill with water. Let water boil over medium high heat. Add penne pasta, stirring occasionally
2. Chop the onion, sprinkle with black pepper. Set aside.
3. Cut chicken breast into 1-inch pieces, if necessary, remove any fat. When you are about half way through cutting the chicken, preheat a skillet. Add the margarine or oil and heat. Add onions, stirring occasionally. Add chicken to skillet; stir to prevent chicken from sticking. Add garlic, salt and pepper and Italian spice. Once chicken is about half way done, add broccoli.
4. Drain pasta.
5. When chicken and broccoli are cooked, add one jar Ragu

**HEALTHIER SUGGESTIONS**  
Preparing alfredo sauce from scratch can help to reduce the sodium content. Look for prepared sauces with lower sodium content.

recipe continued on next page

Alfredo sauce. Cook until sauce is warm. Combine with pasta.  
Serve warm with Parmesan cheese.

Serves 3-4 people

<b>OVERTIME CHICKEN ALFREDO</b>	
Calories	877
Calories from Fat	266
Carbohydrates	100g
Fiber	5.8g

Fat	30g
Cholesterol	131mg
Iron	3.1mg
Sodium	1535mg

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## **“PASS INTERFERENCE” PAN FRIED MEATLOAF IN TRICOLOR PEPPER RINGS**

By Phil Ward

### **INGREDIENTS**

- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- ¾ pound ground beef (85%)
- ¾ pound ground turkey
- 2 slices white bread, cut into cubes
- 1 (28-ounce) can crushed tomatoes with basil
- 2 cloves garlic, minced
- 1 egg
- 1 small onion, chopped
- 1 tablespoon chopped sage leaves, plus 6 to 8 whole leaves, for frying
- A few dashes Worcestershire sauce
- A few dashes hot sauce
- Salt and freshly ground black pepper
- 1 tablespoon vegetable oil
- Vegetable oil, for frying

### **HEALTHIER SUGGESTIONS**

Use a 90% lean ground beef and ground turkey breast. Use 2 egg whites instead of 1 egg.

## DIRECTIONS

1. Preheat oven to 400°F.
2. Remove core and seeds from peppers. Slice into 1-inch rings and place on nonstick baking sheet. You should get about 3 rings per pepper.
3. In a large bowl mix together beef, turkey, bread, ½ cup of the tomatoes, garlic, egg, onion, chopped sage, Worcestershire sauce, hot sauce, and season with salt and pepper. Press meatloaf mixture evenly into pepper rings.
4. Heat a skillet over medium-high heat, add oil. Sauté meatloaf rings on both sides until golden brown, about 5 minutes per side. Add remaining tomatoes to skillet and bake until cooked through, 20 to 25 minutes.
5. Meanwhile, in a small saucepan, heat 1-inch vegetable oil until a deep-fry thermometer reaches 325°F. Drop sage leaves into oil and fry until golden, 1 to 2 minutes. Garnish meatloaf rings with fried sage leaves.

Serves 4 to 6.

<b>PAN-FRIED MEATLOAF IN TRICOLOR PEPPER RINGS</b>	
Calories	364
Calories from Fat	157
Carbohydrates	18
Fiber	3.7
Fat	18
Cholesterol	85
Iron	4
Sodium	340

## SEA OF RED SHEPHERD'S PIE (MEAT AND POTATO PIE)

By Phil Ward

### INGREDIENTS

1 pound ground beef (85-90 %)

2 slices soft bread (torn in pieces)

2/3 cup milk

1 egg (slightly beaten)

¼-½ cup chopped onion

1 Tablespoon Worcestershire sauce

1 1/4 teaspoons salt

Prepared instant potatoes (4 servings) or 1 ½ - 2 cups homemade mashed potatoes

½-¾ cup shredded sharp cheddar cheese

### DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly mix ground beef, bread, milk, egg, onion, Worcestershire, and salt. Spread mixture in 9 inch pie pan. Bake 35-45 minutes.
3. Meanwhile prepare potatoes.
4. Drain excess fat from beef mixture and spread potatoes over meat loaf. Bake for 10 minutes or until potatoes brown slightly, or place under the broiler for 2-3 minutes.
5. Sprinkle cheese over potatoes and bake until melted (or under broiler until melted and slightly browned).

Serves 4

### HEALTHIER SUGGESTIONS

Use 2 egg whites instead of the whole egg.

Make mashed potatoes from scratch, to control sodium.

Use 2% Cheddar cheese.

recipe continued on next page

<b>SHEPHERD'S PIE</b>	
Calories	455
Calories from Fat	187
Carbohydrates	27g
Fiber	0.4g
Fat	21g
Cholesterol	119mg
Iron	4.2mg
Sodium	1264mg

## SHRIMP FACEMASK FRA DIAVOLO

By Phil Ward

### INGREDIENTS

- 1½ pounds extra-large (16-20 count) shrimp in the shell
- 5 tablespoons olive oil, divided
- ½ cup dry white wine
- 2 cups water
- Coarse salt and freshly ground white pepper
- 1 ½ cups chopped onion
- 3 tablespoons chopped garlic
- 1 teaspoon fresh thyme leaves
- 1 teaspoon dried oregano, crumbled
- 1 teaspoon crushed red pepper
- 1 (28oz) can chopped tomatoes  
(or one 26oz box Pomi Chopped Tomatoes)
- ¾ cup chopped fresh parsley
- 2 Tablespoons chopped fresh basil
- 12 ounces linguine



recipe continued on next page

## DIRECTIONS

1. Shell the shrimp, leave the tails on and refrigerate them. You want the shells for the stock.
2. Heat a medium saucepan over medium-high heat. When the pan is hot, add 1 tablespoon olive oil and the shrimp shells and sauté until the shells turn red, about 1 minute. Add the wine and water and bring to a boil. Reduce the heat and simmer the stock for 30 minutes. Turn off the heat and let the stock sit for 30 minutes for the flavor to deepen.
3. Line a strainer with cheesecloth, set the strainer over a bowl, and pour in the stock. Lift up the corners of the cheesecloth and squeeze to make sure you extract all the liquid from the solids.
4. Heat a large (12-inch) skillet over high heat. When the pan is hot, spoon in 2 tablespoons of olive oil. Season the shrimp with salt and white pepper and add to the pan. Sauté, stirring until the shrimp are curled and pink, but not quite cooked through - about 2 minutes. Remove the shrimp with a slotted spoon and place in a bowl.
5. Reduce the heat to medium-high and add the onions to the skillet, along with the remaining 2 tablespoons olive oil. Sauté until the onions start to soften, about 2 minutes. Add the garlic, thyme, oregano, and crushed red pepper and sauté for 1 minute. Pour in the shrimp stock and bring it to a boil. Reduce to about 1 cup, scraping the bottom of the pan to dissolve any browned bits that may be there. Add the tomatoes, season with salt and white pepper, and bring to a boil. Reduce the heat so the sauce is at an active simmer and cook for 10 minutes. Add the parsley, basil, and shrimp (with any juices in the bowl), cover, and turn off the heat.

recipe continued on next page

6. Meanwhile, bring a large pot of salted water to a boil. Cook the pasta to al dente.
7. Drain the pasta and add it to the sauce. Toss well. Divide the pasta and shrimp among four large plates and serve right away.

Servings: 4

<b>SHRIMP FRA DIA VOLO</b>	
Calories	505
Calories from Fat	131
Carbohydrates	57g
Fiber	4.3g
Fat	15g
Cholesterol	172mg
Iron	5.4mg
Sodium	779mg

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## **TOUCHDOWN SOUTHWEST CHICKEN**

By John Walters

*This recipe is a real "Touchdown" in my husband's opinion. He found it in a Wright Patterson Air Force cookbook our daughter gave us a couple of years ago for Christmas. The recipe is very easy, and when he does the cooking for us, he really appreciates easy and good!*

*- Peggy Walters*

### **INGREDIENTS**

- 2 large boneless chicken breasts
- 1 can corn, drained
- 1 can black beans, rinsed and drained

**TIP** We serve over rice the first night, then mix the rice with the chicken and heat for tortillas the next day.

recipe continued on next page

1 jar salsa (we used 16 ounce homemade variety)  
8 ounce package cream cheese

**DIRECTIONS**

1. Place chicken in crock pot and pour ingredients over the top and cook on low for 4 hours.
2. Place cream cheese over the top and continue cooking until cream cheese is softened and heated through. Use a fork to pull apart the chicken and stir together.
3. Serve over rice or use in flour tortillas.

<b>SOUTHWEST CHICKEN</b>	
Calories	436
Calories from Fat	149
Carbohydrates	50g
Fiber	9.3g
Fat	17g
Cholesterol	64mg
Iron	3mg
Sodium	1399mg

## **BOB'S BREAKAWAY ZUCCHINI CASSEROLE**

By Bob Seely

*During the summer when zucchini is plentiful, my husband likes to cook up his “famous” zucchini casserole. Every batch is slightly different, depending on the seasonings he chooses on the day he’s cooking. His “secret” ingredient is a little pickle juice. Whenever I try making the casserole, I’m always told that it’s just not as good as his! - Jean Seely*

### **INGREDIENTS**

1 pound ground beef (95%)

1 onion, chopped

1 green pepper, chopped, optional

1 (28oz) can tomatoes

2 (8oz) cans tomato sauce

Dashes of various seasonings, such as Tabasco sauce, Worcestershire sauce, chili powder, seasoned salt, garlic powder, liquid smoke, and mustard – whatever is in the cupboard that looks tasty

4 to 5 cups zucchini, cut into 1” cubes

8 ounces macaroni or other tubular pasta

Parmesan cheese, optional

### **DIRECTIONS**

1. Brown ground beef. Pour off most of the fat. Add onion and green pepper. Add tomatoes, tomato sauce, and seasonings, and simmer for 15 minutes.
2. Meanwhile, in a separate pan, boil zucchini until tender, but not mushy; drain. In another pan, cook macaroni according to package directions until al dente; drain.

recipe continued on next page

3. Add zucchini and macaroni to ground beef mixture. Simmer 10 to 15 minutes and serve. If mixture seems too dry, you can add additional tomatoes or tomato sauce. Sprinkle with parmesan cheese, if desired.

<b>ZUCCHINI CASSEROLE</b>	
Calories	279
Calories from Fat	45
Carbohydrates	34g
Fiber	4.3g
Fat	5g
Cholesterol	50mg
Iron	4.5mg
Sodium	645mg

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## **“QUARTERBACK OPTION” CANDIED PORK CHOPS WITH YAMS AND APPLES**

By Steve Jackson

### **INGREDIENTS**

4 boneless pork chops  
 2 – 4 apples, Granny Smith, sliced  
 1 – 2 medium sweet potatoes, peeled and sliced, if desired  
 1 cup raisins, optional  
 ¾ cup brown sugar, divided  
 ¼ cup water  
 ¼ cup pecan, halves  
 1 tablespoon cinnamon  
 ½ teaspoon salt  
 Serves 4.

recipe continued on next page

## DIRECTIONS

1. Brown pork chops in a heavy bottom or cast iron skillet. Put apples and sweet potatoes on top of browned pork chops. Add raisins, ½ cup brown sugar, ¼ cup water and pecans. Cover and cook on high until steaming. Sprinkle ¼ cup brown sugar and cinnamon on top of dish. Cook for 30 minutes on simmer.

<b>CANDIED PORK CHOPS WITH YAMS AND APPLES</b>	
Calories	708
Calories from Fat	187
Carbohydrates	103g
Fiber	9g
Fat	21g
Cholesterol	95mg
Iron	4.3mg
Sodium	427mg





**POST GAME WRAP-UP**  
(Desserts)

# LAST 'TIME OUT' CARROT CAKE

By Larry Cook

## INGREDIENTS

### Cake

2 cups sugar  
2 cups all purpose flour  
2 teaspoons baking soda  
1 teaspoon of salt  
2 teaspoons cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon allspice  
1½ cup vegetable oil  
1 teaspoon vanilla  
4 eggs  
3 cups carrots  
1 cup nuts  
1 teaspoon vanilla

### Frosting

1 cup butter  
1 package of cream cheese  
1 teaspoon vanilla  
1 pound powder sugar

### HEALTHIER SUGGESTIONS

Consider replacing about ½ cup of the oil with applesauce or prune paste. Reduce nuts to 1/2 cup to lower fat and sodium content

### HEALTHIER cream cheese frosting

2 tablespoons butter  
1 (8 ounce) 1/3 less fat cream cheese  
3 cups powdered sugar  
1 teaspoon vanilla

## DIRECTIONS

*Preheat Oven to 350°F*

1. Combine sugar, flour, soda, salt, cinnamon, nutmeg, allspice, vegetable oil and vanilla.
2. Add beaten eggs. Mix well.
3. Add finely grated carrots and nuts. Mix well. Pour into greased

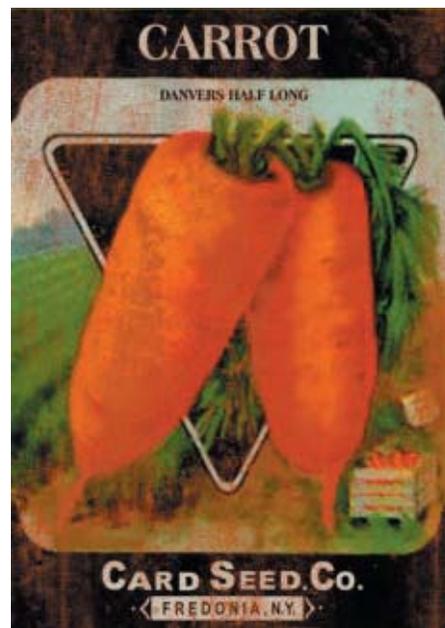
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and floured 9 x13 pan. Bake at 350°F for 30 to 40 minutes.

### Frosting

1. Combine ingredients from the second list, which will make the frosting.

<b>LAST TIME OUT CARROT CAKE</b>	
Calories	509
Calories from Fat	296
Carbohydrates	53g
Fiber	0.9g
Fat	34g
Cholesterol	38mg
Iron	1mg
Sodium	341mg



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## **HAIL MARY CHOCOLATE BUTTERMILK BURNT FROSTING CAKE**

By Mike Wight

### **INGREDIENTS**

2 cups flour

2 cups sugar

1 cup water

2 sticks butter

6 level tbsp cocoa

Heat in saucepan and add to dry mix above

½ cup buttermilk

1 teaspoon soda

Put soda into buttermilk and mix to blend well

2 eggs

1 teaspoon vanilla (3 if you really like vanilla)

recipe continued on next page

All of this is added to the dry mix above as well

### **DIRECTIONS**

1. Sift flour and sugar in bowl
2. Heat 2 sticks butter and 6 level tbsp cocoa, add to dry mix
3. Put soda into buttermilk and mix to blend well
4. Add eggs and water to above mixture
5. Blend all above till smooth then bake in a 9"x13" pan at 350 degrees for 35 min.

### **FROSTING**

- 1 stick butter
- 4 level tablespoons cocoa
- 6 teaspoons milk
- 1 box powdered sugar
- 3 tsp vanilla

### **FROSTING DIRECTIONS**

1. Can be put on while cake is hot
2. Boil/let burn on bottom of pan. This gives the frosting a slightly less sugary taste overall. This was a mistake once and now is part of the recipe!

Serves 18

<b>CHOCOLATE BUTTERMILK BURNT FROSTING CAKE</b>	
Calories	381
Calories from Fat	140
Carbohydrates	60g
Fiber	0.8g
Fat	16g
Cholesterol	1.6mg
Iron	1mg
Sodium	256mg

## RHUBARB CAKE

By Dale Huddle

### INGREDIENTS

- 1 (18.25oz) box yellow cake mix
- 2 cups fresh rhubarb, chopped
- 2 cups heavy cream (farm fresh is the best)
- 2 cups sugar

### DIRECTIONS

1. Prepare cake according to package directions. Pour batter into a greased and floured 9X13 inch pan. Set aside.
2. Meanwhile, in a separate bowl, stir together rhubarb, cream and sugar. Ladle this mixture over the cake batter. Bake in a 350°F oven for approximately 45 to 50 minutes. Serve bottom side up. Serve warm or chilled.

### HEALTHY SUGGESTIONS

Switch the heavy cream to 2 cups half and half or use 1 cup of heavy cream.

Reduce sugar to 1 ½ cups

Note: If using frozen rhubarb, make sure it is well drained.

Serves 12

RHUBARB CAKE	
Calories	500
Calories from Fat	218
Carbohydrates	70g
Fiber	1g

Fat	25g
Cholesterol	56mg
Iron	0.7mg
Sodium	303mg

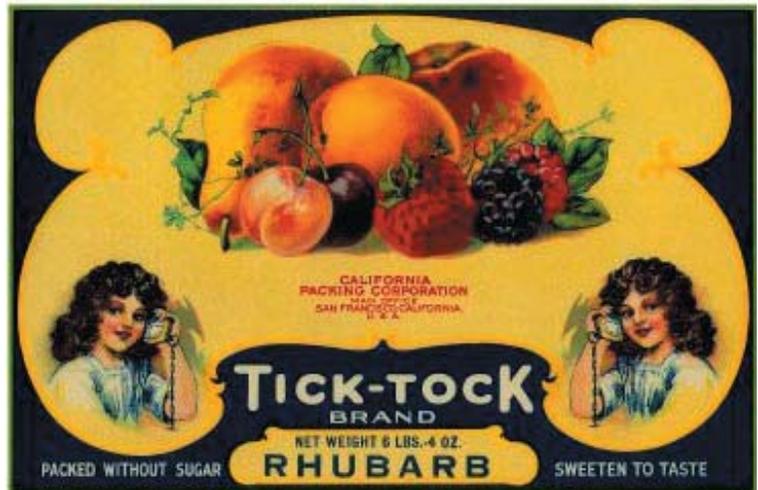
## RUBY RED HUSKER PIE

By James Ryan

*When the Huskers play different teams, you can replace some of the rhubarb with strawberries, blueberries, red or black plums or other berries depending on the color of the opposing team jerseys. When I moved to Nebraska from Pennsylvania, I learned that many Nebraskans grow rhubarb – then I saw the Cornhusker football game and realized that everyone in Nebraska probably loves red pie. My mother-in-law Klyda Steele makes fruit pies for me, and they are gone before the first quarter is over. This pie may be served warm or cold. Just remember that it includes eggs so it should never travel far to the game unless it travels on ice.*

### INGREDIENTS

2 cups rhubarb, cut into small pieces  
1¼ cups sugar  
2 tablespoon flour  
1 tablespoon butter  
2 large eggs, separated  
Pinch of salt  
1 teaspoon lemon extract  
¼ teaspoon cream of tartar  
6 tablespoons sugar  
1 (9-inch) pie shell



### DIRECTIONS

1. Preheat oven to 350°F.
2. Place cut up rhubarb in the bottom of an unbaked pie shell.

recipe continued on next page

Mix 1¼ cup sugar and flour together. Mix the 1 ¼ cup sugar and 2 tbsp flour together; reserve about 2 tbsp to sprinkle over the rhubarb; add the rest (1 ¼ c total) to the eggs when you beat them. Pour rhubarb. Dot with 2t to 2 T butter depending on how rich and caloric you want the pie. I use 2T cold butter and cut it into small pieces. It melts during baking and spreads throughout the rhubarb.

3. Beat egg yolks with remaining sugar and flour. Add salt, lemon extract and pour over rhubarb. Bake at 350F until done, about 45 to 50 minutes. You may want to cover the edges of the pie to prevent overbrowning.
4. To make the meringue, add cream of tartar to egg whites. Beat until mixture is foamy. Add sugar, one tablespoon at a time. Beat until stiff peaks form.
5. Spread over pie and return to oven to brown the meringue, about 10 minutes.

<b>RUBY RED HUSKER PIE</b>	
Calories	313
Calories from Fat	72
Carbohydrates	61g
Fiber	1.2g
Fat	8g
Cholesterol	6mg
Iron	0.8mg
Sodium	307mg

## GO BIG RED CHERRY MASH CANDY

By Marlin Kamman

*This is a family favorite of my cousin, Marlin Kammann of Alma, NE and is great as a Christmas gift and/or watching the Husker bowl games!*

- Karen Kamman

### INGREDIENTS

- 2 cups sugar
- 16 regular size marshmallows
- $\frac{2}{3}$  cup evaporated milk
- 1 teaspoon vanilla extract
- 1 (10oz) package cherry chips
- 1 (12oz) package chocolate chips
- $\frac{3}{4}$  cup chunky peanut butter
- 1 cup chopped peanuts

### GO BIG RED CHERRY MASH CANDY

Calories	664
Calories from Fat	242
Carbohydrates	102g
Fiber	5.9g
Fat	27g
Cholesterol	5mg
Iron	22.5mg
Sodium	126mg

### DIRECTIONS

1. Combine sugar, marshmallows and evaporated milk. Stir over low heat until dissolved. Cook 5 minutes stirring constantly. Remove from heat. Add vanilla and cherry chips. Stir until dissolved. Pour into a buttered 9X13 inch pan.
2. Melt chocolate chips and peanut butter. Stir in peanuts. Mix well. Spread evenly over cherry layer. Cool and cut into squares.

Serves 8-10



## BO KNOWS BLUEBERRY CHEESECAKE

By Dave Palm (via Mary Gordon)

### INGREDIENTS

#### Crust

1 ¼ cup graham cracker crumbs  
3 tablespoon sugar  
¼ cup butter or margarine, melted

### DIRECTIONS

In a small bowl, stir together crumbs and sugar. Add melted butter or margarine. Stir until well combined. Press crumb mixture evenly onto the bottom of a greased 9-inch springform pan. Set aside.

#### Filling

3 packages (8 ounce) cream cheese  
¾ cup sugar  
5 teaspoon cornstarch  
3 large eggs  
1 egg yolk  
2/3 cup whipping cream  
2 teaspoon vanilla extract  
1 teaspoon finely shredded lemon peel  
1 cup fresh blueberries

### DIRECTIONS

1. In a large bowl, combine cream cheese, sugar, and cornstarch.

### HEALTHY SUGGESTIONS

Cut butter in crust to 2 to 3 tablespoons.

Use 1/3 less fat cream cheese instead of full fat. Cut out one of the eggs or the egg yolk.

Use half and half instead of whipping cream or try evaporated skim milk.

Beat with an electric mixer until smooth. Add eggs and egg yolk, one at a time, beating well after each egg. Stir in whipping cream, vanilla extract, and lemon peel. Fold in blueberries. Pour the cream cheese mixture over the crust.

2. Bake at 350°F for 15 minutes. Lower the oven temperature to 225F and bake for 1 hour and 15 minutes or until the center no longer looks wet or shiny. Remove the cake from the oven and run a knife around the inside edge of the pan. Chill, uncovered, overnight.



Serves 12 to 18.

<b>BO KNOWS BLUEBERRY CHEESECAKE</b>	
Calories	277
Calories from Fat	197
Carbohydrates	17g
Fiber	0.3g
Fat	22g
Cholesterol	82mg
Iron	0.7mg
Sodium	164mg

## TRAINING TABLE CARROT CAKE

By James Ryan

*This recipe is quite healthy – notice that no eggs and little shortening are used. Healthy Husker appetites will attack this yummy cake and leave nothing but crumbs: however if any cake is left over, it stays moist for several days if covered with foil. This cake is good for spring baseball, winter basketball or volleyball, golf, and football seasons.*

### INGREDIENTS

1 cup sugar  
1 1/3 cup water  
1 cup raisins  
1 cup grated carrots  
2 tablespoons butter or margarine  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
½ teaspoon allspice  
½ teaspoon cloves  
2 cups all purpose flour  
1 cup chopped nuts  
2 teaspoons baking soda  
1 teaspoon salt, optional  
½ teaspoon vanilla

recipe continued on next page

### DIRECTIONS

1. Combine sugar, water, raisins, carrots, butter, cinnamon, nutmeg, allspice, and cloves in a saucepan. Bring to a boil, stirring constantly. Pour into a large mixing bowl and cool to room temperature.

- Measure flour, nuts, baking soda and salt, if using. Stir into cooled mixture. Add vanilla and blend well. Pour into a greased 9 X 9 square dish or loaf pan. Bake for 30 minutes at 350F. Cool for 10 minutes. Remove from pan and cool on a rack. Serve unfrosted or with a cream cheese icing.

TRAINING TABLE CARROT CAKE	
Calories	264
Calories from Fat	77
Carbohydrates	44g
Fiber	2.6g
Fat	9g
Cholesterol	5mg
Iron	1.7mg
Sodium	428mg

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**EGGLESS CHOCOLATE CAKE**  
 2 squares Baker's Unsweetened Chocolate  
 1 cup milk  
 1½ cups sifted Swans Down Cake Flour  
 ½ teaspoon salt  
 1 cup sugar  
 ½ cup shortening  
 1 teaspoon vanilla

Combine chocolate and milk in top of double boiler and melt over rapidly boiling water 5 minutes, stirring occasionally. Beat with rotary egg beater until thick flour runs, measure, add salt, milk, and sugar and fill together three times. Cream shortening, add flour mixture, vanilla, and chocolate mixture, and mix until all flour is dispersed. Then beat vigorously 1 minute. Bake in two greased and lightly floured 8-inch loaves just in medium oven (375° F) 20 minutes, or until done.

**Eggless Cheese Cake.** Substitute ¼ cup Baker's Baking Cocoa for chocolate. Mix once with dry ingredients and add milk with vanilla.

**Orange Frosting.** Combine 1½ cups sifted unsweetened sugar, 1½ teaspoon ground orange rind, 2 tablespoons lemon juice, and dash of salt. Add 2 tablespoons hot melted butter or other shortening and beat vigorously 1 minute, adding more liquid, if necessary.

(All measurements are level.)

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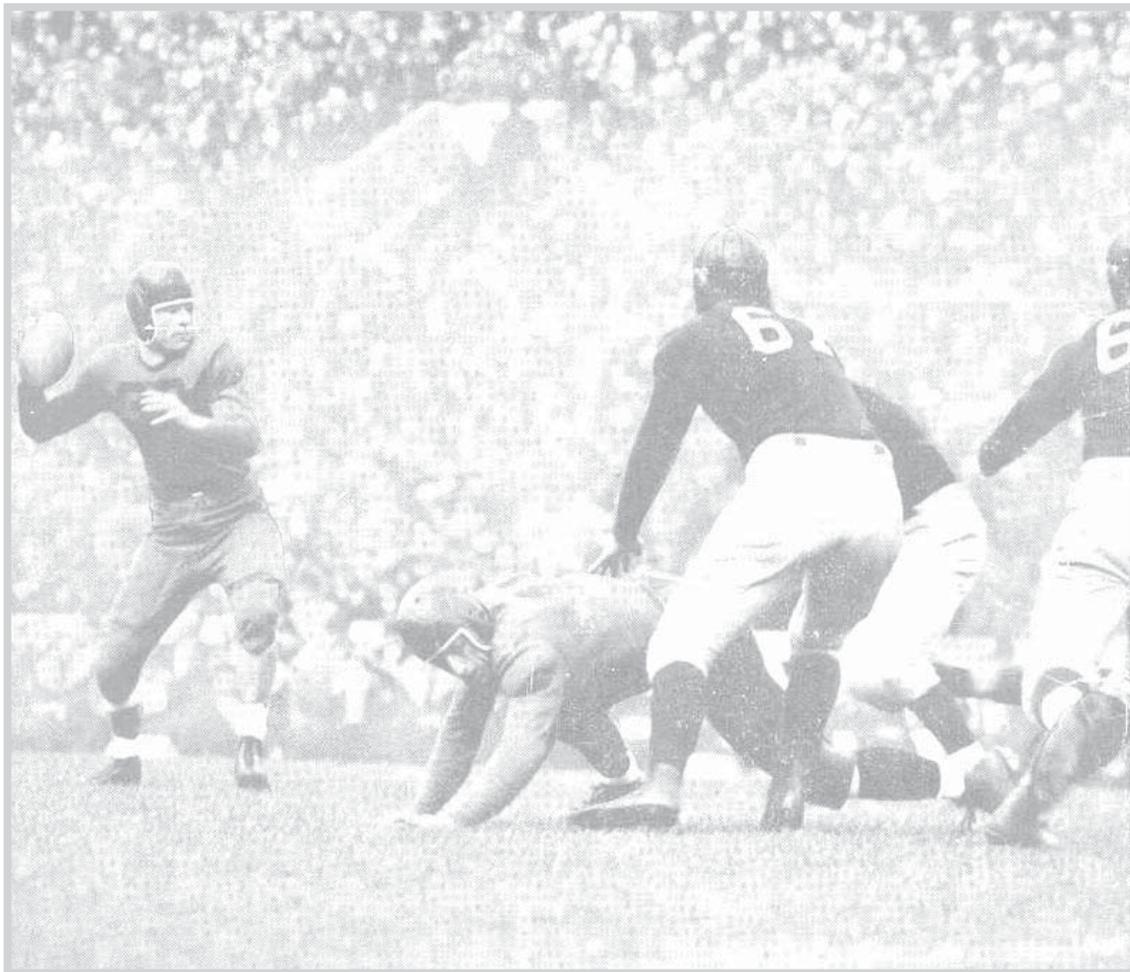
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