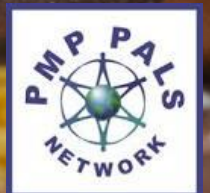




PALS IN THE KITCHEN Holiday Edition 2022

A Compilation of our Favorite
Holiday Recipes



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GIVING THANKS AND HOPE

When I think about the holidays, I always remember one thing: everyone congregates in the kitchen. The kitchen is always the place to be! Welcome to the first edition of PALS IN THE KITCHEN.

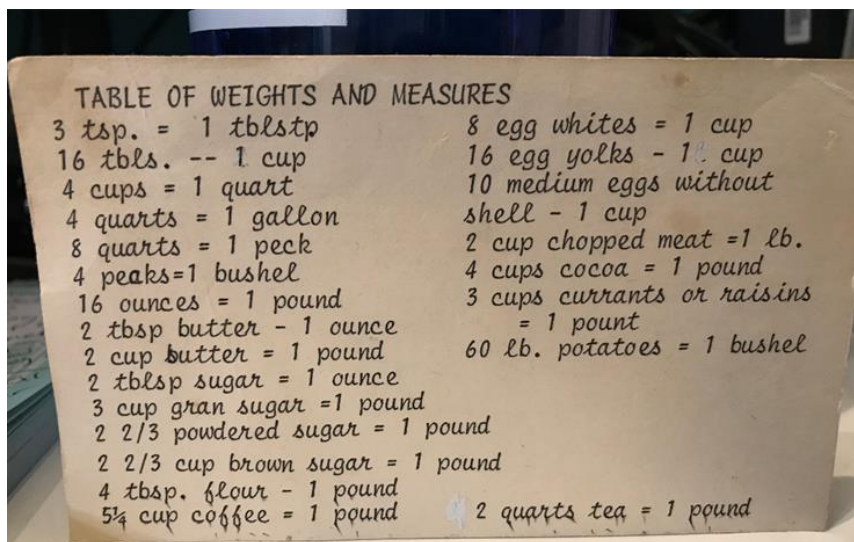
In the spirit of the upcoming holiday season and giving thanks, I know we all share the same gratitude for PMP Pals - for the organization, the volunteers, each individual PAL (patient and caregiver), the cards, presentations, and the HOPE that is created.

I invite you to share this cookbook with your friends and families, welcoming them into our kitchen and encourage you to try a new recipe (or two!) Make sure you post photos, tag us @pmp_pals and use the hashtag #PalsInTheKitchen.

Thank you all for the wonderful recipe (and title) submissions and to Tara and Charmaine for helping make this idea come to life.

While I wish I could invite you all over for a holiday dinner, I look forward to trying your recipes and being together via our recipes in the kitchen.

Lindsay B.



I loved this conversion chart in my mom's recipe box – Tara C.

PMP PALS

For starters, thank you for being a consistent, reliable Pal to our group. Your support has allowed PMP Pals to operate and offer HOPE through thousands of connections with new patients, caregivers, and returning Pals each year. All are directly affected by an appendix cancer diagnosis and benefit from PMP Pals programs and peer-to-peer connections.

One of the most rewarding aspects of our real-time interactions with 50+ patients and caregivers each week on HOPE Zoom is that we hear exactly how much they benefit from what we do. Participants are so grateful to find a place to talk to peers, learn about treatment opportunities, receive encouragement, and simply see others thriving. For so many, this is their first contact with others affected by this rare cancer. Plus, they have opportunities to hear from top specialists in an informal environment. Their fear levels drops, their hope levels grows, right before our eyes.

PMP Pals is the world's oldest global volunteer-run organization that gives hope to patients and caregivers fighting Appendix Cancer / Pseudomyxoma Peritonei (PMP). Our programs and services are intimate, volunteer-led, supportive, educational, and peer-to-peer based. These programs connect patients and caregivers to each other to build the emotional resilience needed to meet the challenges of this rare disease.



PMP PALS - Programs

HOPE Zoom Live Video Meeting

Twice a week, patients and caregivers meet online to encourage each other and talk about topics of interest like treatments, nutrition, and strategies to handle the emotional stress of this rare disease. In 2023, Pals will meet online via Zoom every Wednesday at 6pEST/3pPST and Saturday at 11aEST/8aPST.

[Register for Hope Zoom Meetings](#)

Monthly Physician Presentations & Cutting-edge Treatment Discussions

Most months, PMP Pals hosts live presentations made by leading medical specialists about living life beyond an appendix cancer diagnosis.

[View past physician presentations](#)

Get Well Cards

Patients and caregivers can sign up to receive handwritten, personalized cards when facing surgery or another challenging situation. [Request get well + more cards](#). Past recipients often participate in the card-writing circle, too; [register to be a card writer](#).

Mentor Program

PMP Pals connects seasoned patients or caregivers with those new to the journey. They answer questions and concerns during one-on-one conversations and help make connections to resources, information, and specialists.

[If you need help, reach out for a mentor Pal today.](#)

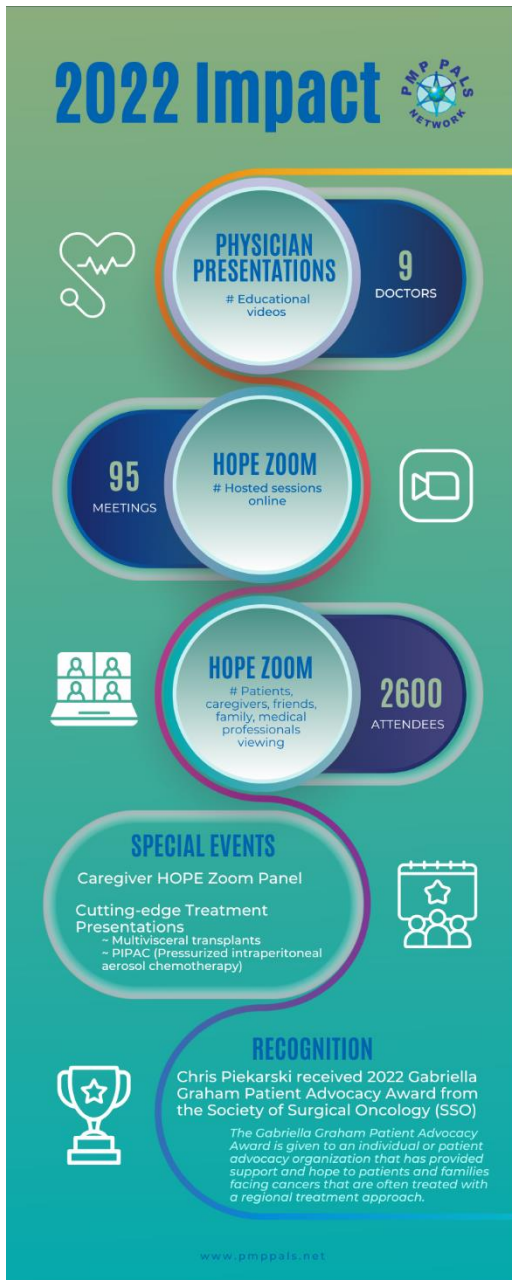
Resources

[PMPPALS.NET](#) is filled with resources for patients and caregivers, such as a [global, interactive map of specialists and hospitals](#), an archive of past medical [presentation videos](#) and a [fact sheet](#) with an overview of this rare disease.



PMP PALS – 2022 Year in Review

In 2022, PMP Pals accomplished many milestones, thanks to you, your donations, and your showing up!



Thank you for making these vital connections possible. Together, we have impacted lives around the globe. This cookbook is another tool to connect us in a creative, down-to-earth way that brings us to a place of gratitude, a place called "home."

GIVE BACK

Motivational speaker, and fellow Pal, Joel Neeb, shared his "Three G's" to a successful and happy life: Give Back, Gratitude, Growth.

GIVE BACK

Join us in forging connections with PMP Pals. With lots of ways to give back, get involved, and educate yourself, here are a few to get you started in our community:

[Make a donation](#): one time or a recurring monthly investment in our common future

[Designate PMP Pals](#) as your charitable choice for AmazonSmile

[Volunteer](#) to be a mentor or a card writer

[Contact a board member](#) to learn how to add PMP Pals to your estate planning

Follow Us:



[Join the Private Facebook Group](#) for patients, caregivers, and family members

[Educate yourself](#), then educate others.

Attend our annual in-person MeetUp in 2023 (stay tuned for information)

Join a [HOPE Zoom Meeting](#) and share your experience (or, just listen)

[Subscribe](#) to our email newsletter that arrives 1-2 times a month

GRATITUDE

We are grateful for you, every day.

GROWTH

In just the last two decades, malignant appendiceal cancer diagnoses have risen 232% in the U.S. alone. That means there are a lot of new Pals out there who need our help. We will continue to expand our programs, followers on our social platforms, and attendance at our twice-weekly HOPE Zoom meetings. We invite you to join us in the PMP Pals Network - Come be a Pal!



SOUPS



Ham and Lentil Soup

Creamy Wild Rice Soup

Sausage Tortellini Soup

Mom's Simple Pumpkin Soup

**Great Grandma Millie's
Golden Chicken Soup**

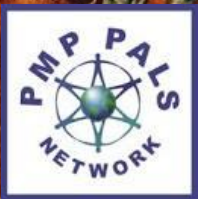
Creamy Wild Rice Soup

My Mom's Potato Soup

Maryland Crab Soup

Pumpkin Soup

**MAKE A DONATION: ONE TIME OR A RECURRING MONTHLY
INVESTMENT IN OUR COMMON FUTURE**



HAM AND LENTIL SOUP

Jamie V.
Jacksonville, Oregon

20 minutes prep time | 20 minutes cook time

INGREDIENTS

8 tablespoons butter	4 cups water
6 stalks celery, chopped	2 tablespoons all-purpose flour (or gluten-free flour)
3 carrots, chopped	1 teaspoon chopped fresh thyme
1 red onion, chopped (or substitute 2-4 shallots)	1 - 2 pounds diced or chopped ham (depends on how much meat you want)
2 large turnips, peeled, cut into cubes	2 15.5-ounce cans of lentils (do not drain)

DIRECTIONS

Prepare/chop vegetables and ham, set aside.

Heat butter in a large pot over medium heat.

Add chopped vegetables and cook, stirring occasionally, until they start to brown.

As you wait for the browning, prepare 4 cups of water.

Add flour and thyme to the vegetables and stir until incorporated.

Pour in water, stir until smooth.

Add ham and lentils (with their liquid).

Increase heat to medium high, bring to just a boil.

Reduce heat to medium low/simmering.

Cook, stirring occasionally, until the soup thickens slightly.

MODIFICATIONS

You can substitute the onions for shallots if you are sensitive to onions. You can also substitute gluten-free flour instead of regular flour. Adjust ingredients and thickness to your liking by adding more or less vegetables, ham and water.

This is one of our go-to recipes. It is easy, healthy and really delicious.



CREAMY WILD RICE SOUP

Christine H.
Zimmerman, Minnesota

2 hours prep and cook time

INGREDIENTS

1 cup uncooked wild rice	5½ teaspoons chicken base (Better than Bouillon)
5-6 cups cold water	1¼ cups flour
3-4 chicken breasts, cooked	2 14-ounce cans vegetable or chicken broth
1/4 cup butter	2 cups heavy whipping cream or 2-3 cans evaporated milk
2 cups celery, chopped	Salt, pepper, any other seasonings to taste
1 yellow onion	
2 large carrots, chopped or shredded	
8 ounces fresh mushrooms, sliced	
4 cloves garlic, minced	
1 teaspoon thyme	
2 teaspoons parsley	
1/4 teaspoon poultry seasoning	
1/2 teaspoon white pepper	
1½ teaspoons Natures Seasoning or similar	

If you want it thicker, add a can of cream of chicken or cream of mushroom soup or both!

DIRECTIONS

Rinse rice in a fine-mesh strainer under cold water.

Add rice and liquid to a medium-sized saucepan, bring to a boil – chop vegetables while rice is cooking.

Lower heat to low and cover.

Let simmer for 45 minutes, stirring occasionally

Drain the excess liquid.

Melt butter and sauté vegetables until soft.

Add chicken base and spices.

Slowly add flour and broth to make a roux.

Add cooked rice and cut up chicken.

Heat to 180°.

Add heavy whipping cream or evaporated milk.

Return to 180°.

You can use a slow cooker to keep it warm once it's cooked. Or just throw it all in the slow cooker and adjust to your liking!

Great for Football Parties. Enjoy this comfort food that we always love to eat on cold Minnesota Winter Days.

Minnesota has more acres of natural wild rice (*Zizania palustris*) than any other state in the country. Wild rice was a staple food for the Sioux Chippewa, and Ojibwe Indians. Minnesota's lakes and rivers produce most of the millions of pounds of wild rice harvested annually in Canada and the United States.



SAUSAGE AND TORTELLINI SOUP

Carolyn B.
Richboro, Pennsylvania

1 hour prep and cook time

INGREDIENTS

1½ pounds Italian sausage (remove casing)	1 minced garlic clove
2 28-ounce cans plum tomatoes, crushed by hand	1/2 pound fresh tortellini
1 teaspoon oregano	5 chopped basil leaves
Pinch of thyme	1/2 cup dry white wine (or apple juice)
3 tablespoons olive oil	1 48-ounce can chicken broth
1 medium chopped onion	1 14.7-ounce can chicken or beef broth

DIRECTIONS

Put olive oil in stock pan, sauté onion and garlic for three minutes.

Pour in white wine and burn off alcohol.

Break up sausage in stock pot, brown 5 to 8 minutes.

While sausage browns, open cans of tomatoes, pour into large bowl. Don't be bashful, reach in and crush the peeled tomatoes by hand!

After sausage is brown, add oregano, thyme, tomatoes/their juice and the 48-ounce can of chicken broth, bring to a boil.

Cook uncovered on low to moderate heat for 1 hour, replace the evaporated liquid if needed using the small can of broth.

Boil tortellini until partially cooked, approximately 5 minutes. Strain and place in soup along with fresh basil to finish cooking.

When tortellini are done, remove from heat and serve with grated cheese and garlic bread.

Enjoy food, family, and friends every chance you get!



MOM'S SIMPLE PUMPKIN SOUP

Tara C.

Little Egg Harbor, New Jersey

20 minutes prep time | 15 minutes cook time



INGREDIENTS

1/2 cup onion

3 tablespoons butter

2 cups mashed, cooked pumpkin
(you can also use a blender/food processor)

1 teaspoon salt

1 tablespoon sugar

1/4 teaspoon nutmeg

1/4 teaspoon ground pepper

3 cups chicken broth

1/2 cup half-and-half

DIRECTIONS

Brown onion in a saucepan with butter over medium-low heat.

Add pumpkin and four spices.

Slowly add chicken broth.

Once all ingredients are combined in saucepan, and serving temperature is met without boiling, slowly add half-n-half.

Cook over medium heat on stove top.

This could be a good dish for someone slowly introducing new foods to their diets post-surgery. The pumpkin gives the chicken noodle soup a run for its money.

I don't see how a pumpkin patch could be more sincere than this one.

- Linus, It's the Great Pumpkin, Charlie Brown



GREAT GRANDMA MILLIE'S GOLDEN CHICKEN SOUP

Lydia B.
New York, NY

45 minutes prep time | 2 hours cook time

INGREDIENTS

2 large chicken breasts cut in half (or thighs & legs if you prefer) appx 3 pounds with skin/bones	1 large sprig of parsley
1 bunch carrots (peeled)	1 large sprig of dill
6 celery stalks (with leaves on)	1 leek
1 medium onion	3 chicken bouillon cubes
1 medium turnip (peeled)	Approximately 6 cups of cold water (full soup pot)
1 parsnip (peeled)	Salt & pepper to taste
2 cloves garlic	1 teaspoon garlic powder
1 tomato	1 16-ounce package fine egg noodles
	1 hand to elbow length un-waxed dental floss or string

DIRECTIONS

Wash chicken thoroughly under cold water. Leave skin and bones, remove and discard loose fat under the skin.

Put chicken into soup pot, sprinkle both sides with salt/pepper/garlic powder.

Tie parsley together with string/thread/un-waxed dental floss. Do the same for the dill and celery - Keeping the soup greens tied up makes it easier to drain and remove when the soup is done.

Place the vegetables and soup greens over the chicken, try to spread them out evenly.

Slowly fill pot with cold water to cover everything. Leave space so the liquid doesn't boil over and you have room to skim the fat as the soup cooks.

Bring to a boil – covered.

Once boiling, lower flame and simmer, partially covered for about 2 hours.

Skim the fat and 'schmutz' off the top every 15-20 minutes, so the soup will be golden and clear.



(Continued on next page)

GREAT GRANDMA MILLIE'S GOLDEN CHICKEN SOUP

Lydia B.
New York, NY

45 minutes prep time | 2 hours cook time

DIRECTIONS (CONTINUED)

After soup cools, remove soup greens and vegetables, place into a colander to drain (put remaining soup into pot).

Toss the vegetables out- but SAVE THE CARROTS and add back into pot.

Put the cooked chicken into a colander and pull off meat from the bones. Put chicken pieces and the remaining soup into the pot.

Prepare egg noodles according to package.

Serve and enjoy!

MODIFICATION

If garlic or onion create digestive issues, leave them out. That goes for any of the other veggies/greens.

***My Grandma Millie passed down this recipe from her mom Great Grandma Lena who I am named after!
I watched my mom, Zelda, prepare it.***

Cooking is one of the greatest gifts you can give to those you love. - Ina Garten

(...Especially a gift to yourself... - Lydia B.)



(Continued from previous page)

MY MOM'S POTATO SOUP

Sharon N.
Folsom, California

15 minutes prep time | 30 minutes cook time



INGREDIENTS

1 slice bacon (diced), cut in 1/4-inch pieces
3 potatoes (diced)
1/2 onion (diced)
1/2 carrot (grated)
1/4 teaspoon celery salt

Salt and pepper to your taste
2 teaspoons dry parsley, flaked
and crumbled
2½ cups water
2 cups milk
2 tablespoons butter

DIRECTIONS

Brown bacon in pan you are going to cook soup in.
Add potatoes, carrots, onions, seasonings, parsley, and water.
Cook until potatoes and onions are done, about 30 minutes.
Add milk and 2 tablespoons of butter, heat thoroughly and enjoy!!

*This is/was my mom's recipe word for word... yum!
It is one of my favorites for sure.
I grew up on it and passed it down to my family whom all love it too!*



MARYLAND CRAB SOUP

Chris P.
San Diego, California

30 minutes prep and cook time

INGREDIENTS

1 can (28 ounces) whole tomatoes,
cut into small pieces

3 cups water

2 cups beef broth

1 cup lima beans, frozen

1 cup baby carrots, sliced

1 cup yellow sweet corn, frozen

2 tablespoons McCormick®
chopped onions

1 tablespoon OLD BAY® seasoning

1 pound crabmeat

DIRECTIONS

Combine tomatoes, water, broth, lima beans,
carrots, corn, onions and OLD BAY in
4-quart saucepan.

Bring to boil on medium heat, reduce heat
to low.

Cover and simmer 5 minutes, add crabmeat.

Cover and simmer 10 minutes.

Maryland Crab Soup will always bring you a smile.

Blue crabs are a delicacy Marylanders from every walk of life enjoy, as anyone can catch them off a pier in the Chesapeake Bay with just some string, a net, and leftover chicken bones. Families delight in sitting around newspaper-covered picnic tables to enjoy piles of crabs with the Orioles playing in the background. There's often leftovers, and Maryland Crab Soup is a great way to make sure every last bit of crab is enjoyed. Enhance this recipe by throwing in crab legs from the summer picnic table, but feel free to warm your family's heart anytime of the year.



PUMPKIN SOUP

Lorraine W.
Pottsboro, Texas

30 minutes prep and cook time

INGREDIENTS

1/4 cup butter
1 large sweet onion, chopped
2 large leeks sliced (white part only)
2 garlic cloves, minced
1 large potato, peeled and chopped
1 pumpkin, peeled and chopped
Chicken or vegetable broth to cover
(I prefer using chicken "Better than Bouillon")
1/2 teaspoon dry basil
1/2 teaspoon cayenne
1/4 teaspoon curry powder
1/8 teaspoon grated nutmeg
1/3 cup half-and-half
Suggested Garnish:
Sour cream, crumbled cooked bacon,
sliced green onions

DIRECTIONS

Make a day ahead to intensify seasoning.
In large heavy saucepan, melt butter.
Sauté chopped onions and leeks while stirring,
until onions are translucent.
Add minced garlic and sauté another minute.
Add pumpkin and potatoes, stir to combine.
Add enough broth to mixture to cover mixture.
Bring mixture to a boil, lower heat and simmer
covered 20 - 25 minutes or until vegetables
are tender.
Add seasonings and stir.
Purée mixture until smooth.
Let cool, then refrigerate covered until ready
to serve.
When ready to serve, reheat until very hot but do
not boil.
Add cream and garnish as desired.

"Love is the most nutritious of foods."

I am one of those lucky people who can eat just about anything. I will often add small amounts of curry to soups and homemade gravy - just enough to tease the taste buds but not enough to overwhelm.

***I grew up in a cold climate in a poor household. Leftovers were almost always made into soups. Food never went to waste. As a result, I love any kind of soup and find them comforting.
This recipe is one of my favorites.***





SIDES/APPETIZERS/ BEVERAGES

Cooked Carrots with Horseradish Sauce

Sweet Potato Pie

Low-Sugar Gluten-Free Zucchini Muffins

Pineapple Crisp

Tangy Alabama White Sauce

Grandma Zelda's Potato Latkes

Black Bean Coleslaw

Flatbread

Salmon Spread

Mom's Yam Pie

Garlic Oil

Sausage Balls

**Lee Ackerman's Grama Joan Costello's
Mac & Cheese Casserole**

Quinoa Salad

Hydration Station (ORS)

Chick Pea Dip (Hommous bi Tahini)

Roasted Vegetables

**DESIGNATE PMP PALS AS YOUR
CHARITABLE CHOICE FOR AMAZON SMILE**



COOKED CARROTS WITH HORSERADISH SAUCE

Connie C.
Tamarac, Florida
35 minutes cook time

INGREDIENTS

2 pound cooked carrots, reserve ¼ cup of liquid,
*Al Dente is fine, they'll finish cooking
while baking

2 tablespoons prepared horseradish

2 tablespoons grated yellow onion

1 cup mayonnaise (mix Miracle Whip
& Hellman's)

1/2 teaspoon (fine) salt

1/4 teaspoon pepper (fine or coarse)

1/4 cup saltine crackers, crush fine

2 teaspoons regular butter

1/4 teaspoon paprika (smoked or regular)

DIRECTIONS

Combine 1/4 cup of reserved liquid with horseradish,
onion, salt, pepper and mayonnaise,

Blend mixture.

Taste mixture to your preference and
adjust if needed.

Place cooked carrots in 8-inch baking dish, pour mixture
over carrots, lightly toss.

Sprinkle cracker crumbs and paprika
over carrots.

Drop butter on top of crackers.

Bake at 375°F for 30 minutes.



SWEET POTATO PIE

Misty P.
Redding, California

30 minutes prep time | 5 minutes cook time

INGREDIENTS

5 medium sweet potatoes
1/2 cup raisins (optional)
2/3 cup butter
1/2 cup sugar
1 teaspoon cinnamon
1/2 cup evaporated milk
Marshmallows
1/2 cup half-and-half

DIRECTIONS

Boil potatoes.
Peel and mash well; combine with all other ingredients.
Put in buttered 2 quart casserole.
Bake at 400°F until heated well.
Top with marshmallows, place under broiler until browned.
WATCH IT CONSTANTLY! It won't take but a minute!
Do not let it burn!

What to do with all those leftovers??

Skip to page 45.



LOW-SUGAR GLUTEN-FREE ZUCCHINI MUFFINS

Ariel M.
Ogden, Utah

10 minutes prep time | 35-40 minutes cook time



INGREDIENTS

- 1 cup shredded zucchini
- 1 cup gluten-free flour (I like Bob's Red Mill)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 eggs
- 1/3 cup maple syrup
- 1/4 cup almond butter
- 1/3 cup rolled oats
- 1/3 cup applesauce
- 1 teaspoon vanilla
- Few dashes of salt
- Handful of raisins, nuts, or chocolate chips (optional)

DIRECTIONS

Preheat oven to 350°F.

Put muffin tins in tray (use reusable silicone if possible).

Combine all ingredients in a bowl.

Fill muffin cups 3/4 of the way.

Bake for 35-40 minutes or whenever a toothpick comes out clean from the center of a muffin. Depending on how juicy your zucchini was or if it was frozen first, it may take a little longer to cook.

To eat it like Ariel, lather with grass-fed butter, fresh out of the oven and eat five of them while standing over the sink.

Usually makes 12 to 15 muffins.



If you don't sin, then Jesus died for nothing!

PINEAPPLE CRISP

Carolyn B.
Richboro, Pennsylvania

20 minutes prep time | 35 minutes cook time

INGREDIENTS

1 40-ounce can crushed drained pineapple
6 tablespoons flour
2 cups shredded cheddar cheese
1 cup sugar
1 stick melted butter
1 roll broken Ritz crackers

DIRECTIONS

Mix first four ingredients and place in casserole pan.
Sprinkle top with cracker and butter mix.
Bake for 35 minutes at 350°.
Enjoy!



The chef at the country club where we had our son's swimming banquet gave me this recipe. It sounds simple but it was a huge hit.

Cooking equals love in my household.



TANGY ALABAMA WHITE SAUCE

Christine H.
Zimmerman, Minnesota

5 minutes prep time

INGREDIENTS

1 cup mayonnaise (I use Hellman's)
1 teaspoon lemon juice
1 teaspoon minced garlic
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon ground black pepper
1/2 teaspoon kosher salt
1/8 teaspoon cayenne pepper
1/4 cup Giardiniera and juice (pickled veggies, I use Mezzetta)

DIRECTIONS

Whisk together the top 8 ingredients.

Purée the Giardiniera with some juice from the jar and whisk into the rest of the ingredients.

Refrigerate until ready to serve!

MODIFICATIONS

You can modify this dip with whatever spices you want.

I have added Frank's hot sauce, apple cider vinegar, kicked-up chicken seasoning, etc.

*Family favorite!
Great dip for BBQs.
You can serve this with anything!
It goes great as a dip for chicken, seafood, pork, beef and vegetables.*



GRANDMA ZELDA'S POTATO LATKES

Lindsay B.
New York, New York

INGREDIENTS

1 medium yellow onion
4 russet potatoes
1 egg
1-2 tablespoons Bisquick
Salt & pepper (to taste)
Canola oil
Apple sauce and sour cream (for serving)



DIRECTIONS

Peel the potatoes.

Use a box grater to grate the potatoes and onion. Grandma Zelda says: key is to use the finest side of the grater.

Mix grated potatoes, onion, egg, salt & pepper.

Slowly add in Bisquick to thicken the batter, it should not be watery (use your discretion when adding).

Heat a THIN layer of oil in a frying pan.

Spoon batter into the hot oil. Keep an eye on them so they don't burn, they will cook quickly. Flip when golden brown.

When done cooking, place each latke on a paper towel to soak up the excess oil, sprinkle with salt.

Serve with sour cream and/or apple sauce.

MODIFICATION

Bake or air fry if your stomach doesn't tolerate fried foods.

This recipe was dictated by Grandma Zelda, in her words!



BLACK BEAN COLESLAW

Misty P.
Redding, California

10 minutes prep time

INGREDIENTS

3 – 4 cups shredded cabbage
3 teaspoons finely minced onion
1/2 cup carrots, grated
4 radishes, grated
1/2 – 3/4 cup salsa
1 can black beans, drained
(S&W Caribbean are great!)
1 tablespoon lime juice (optional)
1/3 cup mayonnaise

DIRECTIONS

Mix all together.
Chill if desired before serving.



This recipe is for those of us who can (finally) eat anything, and need some veggies after all that decadent Thanksgiving food!

FLATBREAD

Catharine N.
New Zealand

10 minutes kneading | 3 minutes cook time

INGREDIENTS

1 teaspoon olive oil
2 cups flour (mix different flours if need be)
1/2 teaspoon baking soda
1 tablespoon sugar (optional)
1/2 cup hot water

*Optional: sometimes, I add Ensure

DIRECTIONS

Kiss bottom of bowl with olive oil.
Add dry ingredients.
Add hot water.
Stir with a fork until it is a dough and then knead in bowl until clear.
Break into small balls then roll out.
Cook on stovetop pan for couple of minutes on each side.



*I found eating bread was always a problem for me
until I simplified it with this recipe.*



SALMON SPREAD

Charmaine S.
Austin, Texas

10 minutes prep time

INGREDIENTS

1 12-14 ounce can canned pink salmon
8-ounces cream cheese, softened to room temperature
2 tablespoons mayonnaise
2 tablespoons horseradish (I use Boar's Head, grated horseradish in vinegar)
1 tablespoon liquid smoke
1 teaspoon parsley, chopped, for garnish only
Crackers, baguette pieces or vegetables of choice (carrots, celery, peppers)

DIRECTIONS

Drain canned salmon and pick out small bones. Use fork to break up large pieces.
In a medium bowl, combine cream cheese, mayo, horseradish, and liquid smoke.
Cream with an electric mixer, about 30 to 60 seconds, or by hand with a wooden spoon, until well blended.
Add salmon and cream about ten seconds more, leaving some texture in the spread.
Place in serving bowl, top with parsley if desired.
Serve with your favorite crackers, baguette pieces, or small veggies like carrots or celery sticks.

***Fish is a soft protein that is a good choice for holiday snacking.
This spread is a family favorite.
It is easy to make and very satisfying.***



MOM'S YAM PIE

Tara C.
Little Egg Harbor, New Jersey

20 minutes prep time | 30-35 minutes cook time

INGREDIENTS

3 cups pumpkin (canned, roasted from scratch, or substitute yams)

1½ cups unsweetened almond milk (or soy milk)

2 Egg Beaters (egg whites)

2/3 cup Xylitol (sugar of your choice)

1 teaspoon vanilla

1/2 teaspoon ginger

1/2 teaspoon cinnamon

Pinch salt

2 spelt pie crusts

DIRECTIONS

Preheat oven to 350 degrees.

Bake yams (or pumpkin) or use canned yams/pumpkin.

Mix all ingredients in a bowl and pour into pie crusts.

Bake at 350 degrees for 30-35 minutes until knife inserted in center comes out clean.



My mom tweaked recipes to make traditionals healthier but also keep simplicity in cooking and easy clean-up. As a three-time breast cancer warrior, she wanted to spend less time in the kitchen cooking and cleaning and more time with us.

Always set the holiday table with an extra plate. You never know who is going to show up or who a kid will bring home with them. You always want that "extra" person to feel welcome, like you were expecting them all along. - Sandy Watkins



GARLIC OIL

Charmaine S.
Austin, Texas

5 minutes prep time

INGREDIENTS

2-3 medium/large garlic cloves, skin removed,
cut in half or quarters lengthwise

2-3 tablespoons olive oil



DIRECTIONS

Place garlic cloves and olive oil in a microwave-proof small bowl or ramekin (make sure the oil covers the garlic completely).

Cover bowl lightly with a slightly damp paper towel or small dish to prevent splatters.

Microwave on full power for 30 seconds, let stand 5 minutes.

Remove garlic cloves and throw them away.

Use this flavored oil in the same amount as the plain oil in recipes that call for oil and garlic pieces.

Refrigerate any leftover oil, preferably in a glass jar with lid. Will keep for about 7 days.

Garlic oil can be used to dip crusty bread, to replace chopped garlic in recipes like soups or sauces, to sauté veggies, as a finishing touch to steamed veggies or plain pasta -- so many ways! It is particularly good as a substitute in recipes that include raw garlic, like salad dressings, hummus, or pesto.

Garlic can be hard on your GI system due to indigestible carbohydrates that can ferment in your large intestine, causing bloating and other problems. Oil does not absorb the indigestible carbohydrates. So, you get the flavor of garlic without the trouble-making garlic pieces.

I learned about this technique at fodmapeveryday.com, a science-based website run by nutritionists with extensive training, especially in the FODMAP diet. While that diet is used mainly by those who suffer from Irritable Bowel Syndrome, reducing certain FODMAP foods (including garlic) can give relief to those with Short Gut Syndrome now use this oil frequently in my kitchen for recipes I had given up on, like pesto. You can use this technique to make flavored oil from onions, another FODMAP food.

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These are short-chain carbohydrates (sugars) that the small intestine absorbs poorly, often causing digestive issues such as, bloat, gas, and constipation.



SAUSAGE BALLS

Charmaine S.
Austin, Texas

25 minutes prep time | 20 minutes cook time

INGREDIENTS

1 pound roll pork breakfast sausage,	3½ - 4½ cups Bisquick baking mix
10-12 ounces grated cheese (preferably sharp or extra sharp)	2-3 drops of Tabasco or Louisiana brand hot sauce, optional

DIRECTIONS

Preheat oven to 350°F. Line a cookie sheet with parchment paper.

Brown sausage in a skillet over medium heat, breaking into small pieces with a wooden spoon.

When it is just cooked, remove from heat, drain off most of the fat; leave about a tablespoon to moisten the mixture. Let cool slightly.

In a large bowl, add Bisquick mix. (Using an amount on the lower end of the range will give you a richer biscuit; on the higher end, you'll have more of a bread type snack.) Add sausage, stir to distribute, then add grated cheese and drops of hot sauce, if using. Use your hands to work all ingredients together.

When well mixed and holding together, pull off a small amount and roll into a ball about 1-1½ inches. Place on parchment-lined pan. Continue until you have filled up the cookie sheet, leaving one inch between balls.

Bake in the middle rack of the oven for about 22-24 minutes, rotating pan about half way through. Remove when balls begin turning a golden color.

Let cool a few minutes.

You'll likely have enough dough to repeat with a second batch on the cookie sheet.

Serve, or cool completely and store in an airtight container. Most people store the container on the counter for a few days, but technically with meat and cheese in them, they should be stored in refrigerator. When you take them out to snack on, wrap in foil and warm them in a preheated 350°F oven for about 10-15 minutes.

I recommend leaving out hot sauce and using very little of the fat drippings if you are sensitive to either of those ingredients.

Sausage balls like this are found everywhere in America at the holidays.

Use the breakfast sausage brand you like best; use a flavored kind if you like - the hot kind, or with sage. It is a matter of debate as to whether you should add the sausage raw or cooked to the baking mix. I always brown mine.



Some recipes will say to add 2 beaten egg whites to hold these together better, but mine are fine without egg whites as a binder.

Some will use as little as 1½ cups of the baking mix and bake at 375°F for about ten minutes. This gives a very rich ball, almost too rich for some tastes.

My recipe is more balanced, it is how my mom always made them, so that's how I make them. Experiment to find what variation you like the best, for your own family tradition.

LEE ACKERMAN'S GRAMA JOAN COSTELLO'S MAC & CHEESE CASSEROLE

Marilyn M.
Syracuse, New York

1½ hours cook and prep time



INGREDIENTS

Cheese Sauce

1 stick unsalted butter

6 tablespoons all-purpose flour

5 cups whole milk

2 pounds (32-ounces) Cracker Barrel extra-sharp white cheddar

1 cup grated (sprinkle) Parmigiano-Reggiano cheese

1 teaspoon salt

1/2 teaspoon pepper

Pasta

2 pounds elbow macaroni

Crumb Topping

1/2 stick unsalted butter

2 cups Panko breadcrumbs

1/4 pound (1½ cups) grated Cracker Barrel Extra-Sharp White Cheddar cheese

1/2 cup grated Parmigiano-Reggiano cheese

**Hearty SIDE DISH at holiday family gathering that feeds
15-20 EASILY (casserole is heavy to carry).**

**My nephew Lee's favorite at holiday family gatherings, his
maternal grandma Joan always made it, and her
grandkids loved it, and loved her!**



LEE ACKERMAN'S GRAMA JOAN COSTELLO'S MAC & CHEESE CASSEROLE

Marilyn M.
Syracuse, New York

1½ hours cook and prep time

DIRECTIONS

Pasta

Cook macaroni in a pasta pot of boiling salted water (salt optional) until al dente.

Reserve 1 cup cooking water and colander drain macaroni.

Stir together macaroni, reserved cooking water, and cheese sauce in a large bowl.

Cheese Sauce

Using low – med. heat: Melt butter in a heavy medium saucepan.

Slowly stir in flour.

Cook roux, stirring, 3 minutes.

Whisk in milk, whisking *continually*, bring sauce to a boil.

Quickly turn down heat to simmer, whisking occasionally, about 3 minutes.

Stir in cheeses - *constantly* stirring until all melted.

Add salt and pepper.

Stir until smooth.

Remove from heat.

Add drained pasta and mix thoroughly.

Transfer to large (greased with olive oil) casserole dish.

Crumb Topping

Melt butter.

Stir in Panko breadcrumbs to melted butter.

Stir topping cheeses in a bowl.

Combine well.

Sprinkle over top of macaroni and cheese in casserole dish.

Casserole

Cover cookie sheet w aluminum foil and use under casserole to avoid bubbling over.

Bake at 350°F on oven middle rack about 30 - 35 minutes, until golden bubbly.

We all felt so helpless when Lee had been diagnosed with PMP in Summer 2014. We prayed, researched and hoped. After recovering from his 1st MOAS (CRS/HIPEC), he told his concerned Grandmother that he looked forward to tasting her Grama Joan's traditional mac and cheese casserole, again. Hearing this made her heart smile to think that there was something she could do to make Lee smile, too.

PMP patients are not helpless. Love is the secret ingredient. HOPE IS REAL.

"The best thing to hold onto in life is each other." - Audrey Hepburn



(Continued from previous page)

QUINOA SALAD

Catherine A.
Warren Township, New Jersey

30 minutes prep time | 30 minutes cook time

INGREDIENTS

1 cup uncooked quinoa, rinsed in fine mesh colander

2 cups water

1 15-ounce can chickpeas, rinsed and drained, or 1½ cup cooked chickpeas

1 medium cucumber, seeded and chopped

1 medium red bell pepper, chopped

¾ cup chopped red onion (1 small red onion)

1 cup finely chopped flat-leaf parsley (1 large bunch)

¼ cup olive oil

¼ cup lemon juice (2-3 lemons or bottled)

1 tablespoon red wine vinegar

2 cloves garlic, pressed and minced

½ teaspoon fine sea salt



(Continued on next page)

QUINOA SALAD

Catherine A.
Warren Township, New Jersey

30 minutes prep time | 30 minutes cook time



DIRECTIONS

Quinoa

Combine rinsed quinoa and water in a medium saucepan.

Bring mixture to a boil over medium-high heat, decrease heat to maintain a gentle simmer.

Cook uncovered, until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer.

Remove from heat, cover, and let rest for 5 minutes (to fluff up).

Salad and Dressing

In a large serving bowl (I use one with tight fitting lid for easy storage), combine chickpeas, cucumber, bell pepper, onion and parsley. Set aside.

In a small bowl, combine olive oil, lemon juice, vinegar, garlic and salt.

Whisk until blended, set aside.

Once the quinoa is mostly cool, add to the serving bowl, drizzle dressing on top.

Toss until mixture is thoroughly combined.

Season with salt and black pepper, to taste,

For best flavor, let rest for 5-10 minutes before serving. Serve chilled or at room temperature.

This salad can rest at room temperature or be refrigerated. Keeps well in the refrigerator for 4-5 days.

This is the full recipe (no modifications), however I chose to include it here for a few reasons. I find quinoa is easy to digest and is a great protein.

The ingredients and dressing have so much flavor that you can eliminate many of them and still have a very flavorful dish, so I thought it might be a potential option for many of us.

This makes a lot, refrigerates well, and it works as a great entree or side dish.

(Continued from previous page)



CHICK PEA DIP (HOMMOUS BI TAHINI)

Libby M,
California

8 minutes prep time | No cooking required!

INGREDIENTS

1 19-ounce can chick peas or garbanzo beans (drain liquid and save)

¼ cup sesame seed paste (Tahini)

1 clove garlic

½ teaspoon salt

¼ cup lemon juice (or to taste)

Olive oil for sprinkling

Parsley sprigs and lemon wedges for garnish

Select vegetables, crackers, or pita bread/chips for dipping

DIRECTIONS

Combine all above ingredients in a food processor or blender.

Add in enough saved liquid to meet your desired consistency. (Add more liquid for a thinner dip.)

Blend for 2-3 minutes to a smooth paste.

Place in a small platter or shallow bowl for sharing.

Sprinkle olive oil on top.

Garnish with parsley sprigs and lemon wedges.

Tear off pieces of pita bread or cut pita into wedges and serve.

The hummous is really good for folks who can't eat much at a time. A few spoons full is enough to last for quite a while.

***When making it for healthy folks,
I use 2-3 small cloves of garlic.***



ROASTED VEGETABLES

Jennifer P.
Boonville, California

1 hour prep and cook time

INGREDIENTS

1/2 head cauliflower	1/4 cup olive oil
4 medium potatoes	2 tablespoons Tamari (soy sauce)
1-2 beets (depends on your ability to digest)	1 tablespoon balsamic vinegar
Half of 1 butternut squash	Salt and pepper to taste
1 Japanese sweet potato	1/2 cup feta cheese (optional)
1 yellow onion (optional)	2 cups baby spinach (optional)
2 tablespoons minced garlic (optional)	2 cookie sheets or 8x12 baking dishes
Fresh rosemary, minced finely	Parchment paper (optional)

DIRECTIONS

Prep all vegetables by cutting into 1-inch cubes, add to a large bowl.

Mince garlic and rosemary, add to a large bowl.

Add salt and pepper to taste.

Add oil, tamari, vinegar to the bowl and toss vegetables until coated.

Transfer Ingredients to sheet pans or baking dishes. (If you are using parchment paper, line pans before adding veggies.)

Bake in a preheated oven (400°F) for 20-40 minutes (until cooked through and slightly browned)

When you remove the roasted veggies from the oven, add crumbled feta and baby spinach to increase nutrition and protein (optional). The spinach will wilt in the hot veggies, and the feta will blend in.

I am feeding my body so it can stay strong and heal.

By cooking vegetables, we can increase nutrient density while making digestion easier.

My local health food deli makes these vegetables, it is very helpful to me when recovering from surgery.

I modify the ingredients based on what I can digest easiest. You can also add the roasted vegetables to a bone broth as your digestion improves.



MAINS



Simple, Slow Cooker Brisket

Hamalyan Casserole

Sausage Tortellini Soup

Green Chile Enchiladas

Apple Smoked Bone-in Pork Butt

Panko-Crusted Baked Cod Fish

Shepherds Pie

Shrimp Enchiladas

Bobotie

**HONOR YOUR CAREGIVER WITH A ONE TIME OR
RECURRING DONATION IN THEIR NAME**



SIMPLE, SLOW COOKER BRISKET

Lindsay B.
New York, New York

30 minutes prep time | 4-8 hours cook time

INGREDIENTS

1 3 pound brisket, trimmed
2 cups onions, sliced
6 cloves garlic
2 bay leaves
1 teaspoon fish sauce (optional)
1½ cups beef stock (I prefer bone broth)
Kosher salt and black pepper to taste
2-3 tablespoons avocado oil
Optional: cubed potatoes, sliced mushrooms,
and/or chopped carrots



DIRECTIONS

Remove brisket from refrigerator at least one hour prior to cooking.

Preheat a large cast-iron skillet or Dutch oven over medium-high heat.

Season both sides of brisket with salt and pepper.

Add avocado oil to skillet/Dutch oven and brown brisket until a deep, caramelized crust forms (6-7min per side) If brisket is larger in size than the pan, slice in half and brown in batches.

Transfer browned brisket to slow cooker and set aside.

Add onions, garlic, and a pinch of salt to the pan, sauté for 2-3 minutes,

Deglaze the pan with ½ cup stock, use a wooden spoon to scrape brown bits off bottom.

Add the remaining beef stock and fish sauce and stir.

Pour stock and onions over brisket in the slow cooker, add bay leaves.

Cover with lid and set for 7-8 hours on low or 4-5 hours on high. Taste gravy for seasoning and adjust as required.

Optional: Add in potatoes, mushrooms and/or carrots for last 2 hours of cooking.

Carve brisket against the grain, transfer to serving platter, spoon gravy overtop.



This is my simplified version of Grandma Zelda's brisket – Set it and forget it, minimal clean up with only one pan and the slow cooker!

HAMALAYAN CASSEROLE

Jamie V.
Jacksonville, Oregon

15 minutes prep time | 25-40 minutes cook time

INGREDIENTS

1 can cream of mushroom soup
1 can instant rice
1 can water
1 can French cut green beans
1 pound chopped or diced ham

DIRECTIONS

Preheat the oven to 350°F.
Boil can of mushroom soup plus 1 can (use the same can) of water.
As soon as it reaches a boil, pour into a baking dish.
Add all other ingredients using the mushroom soup can as the listed "can."
Bake for about 25 minutes, it is done when the rice is cooked.
Refrigerate leftovers. Really good for several days after!

*My great grandma threw this together, using SPAM,
a long, long time ago.*

The family still uses the recipe to this day.



GREEN CHILE ENCHILADAS

Christine H.
Zimmerman, Minnesota

45 minutes prep + cook time

INGREDIENTS

2-3 chicken breasts or 1 pound hamburger or pork
1 8-ounce package cream cheese
1 can green chiles (or fresh if you are blessed to live near NM)
1 package Spanish rice (I like the old El Paso cheesy Spanish rice)
1-2 cups Mexican blend cheese
1 can diced tomatoes (I like the Mexican blend w/ green chiles)
8-10 flour tortillas
1 28-ounce can green chile sauce
1 package taco seasoning, or make your own with cumin and other Mexican spices



(You can modify to include 1 can beans instead of rice or black or refried beans, as well as the rice.)

DIRECTIONS

Heat oven to 400°F

Cook your chicken or beef.

Cook your rice according to package.

Add all the ingredients together (except for the green chile sauce, reserve half of the cheese to sprinkle on top, mix well.

Spoon mixture into tortillas,

Roll up and place seam side down in a large baking dish.

Pour green enchilada sauce over the top and sprinkle with rest of shredded cheese.

Bake 20 to 30 minutes at 400°F, or until hot and cheese is melted.

You can't go wrong with this recipe. Disfrutar/enjoy!

Kind of Spicy, but worth it! You could make it milder if you wanted to by using less green chilies or hotter by adding in a spicy salsa or jalapeños.

I lived for a while in New Mexico, where they serve green and red chili on everything! Beware, as once you get the taste for it, you always will crave it!

New Mexico chile or New Mexican chile is a cultivar group of the chile pepper in the United States, state of New Mexico, first grown by Pueblo and Hispano communities throughout Santa Fe de Nuevo México. (Wikipedia)



APPLE SMOKED BONE-IN PORK BUTT

Mark S.
Royston, Georgia

10 minutes prep time | 12 hours marinate time | 8-9 hours smoke time

INGREDIENTS

	Pork rub seasoning
Apple juice	BBQ sauce
Mustard	Kings Hawaiian Bread (or preferred roll/bread)

DIRECTIONS

Day 1

Inject pork butt with apple juice (helps break down the meat more).

Rub pork butt with mustard (binding agent).

Cover liberally with favorite pork rub (I use Tennessee Apple Butter Seasoning with Brown Sugar Bourbon Seasoning).

Wrap in plastic wrap completely, place in fridge at least 12 hours before starting smoker.

Day 2

Wrap smoker water dish with aluminum foil (optional for easy clean up).

Presoak wood chips for at least 30-45 minutes (I use hickory chips for a little extra kick).

Fill smoker water dish with half water and half apple juice.

Preheat smoker to 225°F.

Remove plastic wrap on pork butt, place in smoker, add wood chips.

Smoke 6-7 hours, adding chips as needed. I add wood chips roughly every hour.

Remove pork butt, wrap in aluminum foil.

Place back on smoker 2-3 hours.

Remove pork butt from smoker and let rest (in aluminum foil) for 1 hour.

Remove aluminum foil after an hour, let rest 15-30 minutes.

Completely shred pork and either enjoy as is or place on Kings Hawaiian (or other bread) and use your favorite BBQ sauce.



Eat until you are miserable.....Enjoy.

PANKO-CRUSTED BAKED COD FISH

Patricia B.
Lexington, Kentucky

10 minutes prep time | 15 minutes cook time | Serves 5

INGREDIENTS

2 pounds cod, cut into (5) 6-ounce portions
2 cups panko breadcrumbs (**see Note 1**)
1 egg (**see Note 2**)
1 egg white
1/2 teaspoon garlic salt
1/2 teaspoon onion powder

1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper (optional)
1/2 teaspoon dried herbs (parsley, thyme, oregano, basil)
Cooking spray
Lemon (optional)

INSTRUCTIONS

Heat oven to 450°F (I use an air fryer).

Spray large cookie sheet with cooking spray.

Create a dredge station. Beat egg and egg white in a bowl. Into another shallow dish, place the panko. In a third dish mix the herbs and spices.

Sprinkle all sides of the fish with the herbs and spice mixture.

Dip fish into the egg, then into the panko, pressing fish into the panko and then turning to coat both sides.

Place fish on the cookie sheet. After all the fish is coated, spray fish with cooking spray.

Bake for approximately 15 minutes until coating is nicely browned and fish flakes easily. The internal temperature should read 145°F.

If cooking from frozen fish, allow yourself about 20-30 minutes depending on the thickness of your fillet.

(**see Note 3**)

Note 1: Panko are Japanese breadcrumbs which offer a crunchy texture when baked. You may substitute regular breadcrumbs but there will be a significant texture loss.

Note 2: The egg and egg white may be substituted for all egg whites or Egg Beaters (a 100% egg white offers fewer calories).

Note 3: If using flash frozen cod fillets, you will need to pay closer attention during the cooking time, as timing will be a bit different from the instructions for raw fresh fish. Do not thaw!! Rinse frozen fish in cold water, wash off ice and/or frost and pat dry before coating in breadcrumb. Otherwise, you will end up with soggy breadcrumb coating.

Nutrition --- Serving: 6 oz fillet-- Calories: 260kcal--Carbohydrates: 17g ---Protein: 37g ---Fat: 3g --- Saturated Fat: 0g ---
Cholesterol: 110mg --- Sodium: 528 mg --- Potassium: 818 mg --Fiber: 1g ---Sugar: 1g --- Vitamin A: 140IU ---
Vitamin C: 1.8 mg--- Calcium: 78 mg --- Iron: 2mg



Serve with potatoes, green beans, rice pilaf or cooked carrots for a quick and easy meal!

A fresh squeeze of lemon is perfect for the health-conscious palate.

To dress this dish up for an easy-entertaining add a lemon caper sauce or lemon-butter sauce. Serve this at the table or as a drizzle around the edge of the plate, so you don't lose the crunchy texture of the fish.

SHEPHERDS PIE

(what to do with all those leftovers)

Misty P.

Redding, California

10 minutes prep time | 20-30 minutes cook time

INGREDIENTS

2 cups chopped cooked turkey (or other meat)

1 cup cooked green beans

1 cup cooked carrots

Any other leftover cooked vegetables

Sliced black olives (optional)

Leftover gravy or 1 can of mushroom soup

3-4 cups prepared mashed potatoes

DIRECTIONS

Mix all together, except for potatoes.

Place in buttered casserole (or 9x13" pan). Top with potatoes.

Bake at 350°F until bubbly and potatoes are brown.

Let rest 15 minutes before serving.

No leftovers? No problem.

The following is for those who no longer have digestive issues:

I often make this with ground beef (or Beyond Burger or Impossible Meat, then it's vegan).

Brown meat, add chopped onion, chopped red bell peppers, sliced black olives, and sauté until the vegetables are barely cooked.

Add 1 cup cooked corn, 14-ounce can of tomatoes, and about ¼ cup taco seasoning (to taste).

Bake at 350°F until bubbly and brown.

Let rest 15 minutes before serving.



SHRIMP ENCHILADAS

Charmaine S.
Austin, Texas

30-40 minutes prep time (depending on where you are from, which will determine how fast you can shell a pound of shrimp) | 20 minutes cook time

INGREDIENTS

The Enchilada

- 1-1¼ pounds shrimp, headless, in shells; medium to large size
- 1/2 medium yellow onion, diced
- 1 6-ounce can diced green chiles (mild, medium, or hot, your preference)
- 3/4 pound Jack cheese, shredded
- 8 medium flour tortillas
- 1/2 cup chicken broth, packaged or homemade

The Sauce

- 3 tablespoons butter
- 1 cup milk
- 1/2 cup chicken broth
- 1/2 teaspoon salt (or to taste)
- 1/8 - 1/4 teaspoon cayenne pepper to taste, or omit for milder version



DIRECTIONS

Preheat oven to 350°F. Use a cooking spray to coat a baking pan that can hold 8 enchiladas tightly packed. I usually squeeze mine into an 8x8 pan; use a 9x13 size if using large-sized tortillas,

Pre-cook shrimp by boiling in shells, about 2-3 minutes (depending on size). Cook until they just turn pink, drain and rinse with cold water to stop cooking.

Peel and coarsely chop into pieces, about 1/2 inch.

Mix diced onions and chiles in a small bowl.



(Continued on next page)

SHRIMP ENCHILADAS

Charmaine S.
Austin, Texas

30-40 minutes prep time (depending on where you are from, which will determine how fast you can shell a pound of shrimp) | 20 minutes cook time

Enchilada

Dip one tortilla into chicken broth for one or two seconds, to add enough moisture to make it more pliable.

Add a spoonful of onion chile mix, shrimp, and shredded cheese (you will use about 1/2 of cheese for filling all the tortillas, and the rest to top them before baking). I suggest you start with a filling amount that looks a bit skimpy to get a feel for rolling it up - you don't want too much filling to make it hard to roll or to come unrolled because of being over-stuffed.

Roll the tortilla, place seam side down in the baking dish.

Sauce

In a small non-stick skillet, over medium heat, melt butter, whisk in flour, stir in milk, broth, salt and cayenne, if using.

Stir gently until it thickens.

Remove from heat, spoon sauce over enchiladas.

Sprinkle top with the rest of the grated cheese.

Cover with foil, bake for about 20 minutes, until bubbling.

Remove from oven; let sit for about 5 minutes before serving.

This is a mild dish, unless you decide to spice it up with a hotter version of the diced chiles and the cayenne amount.

This dish has a rich taste from the shrimp and cheese, so you won't miss the spice if you stick with the mild version.



(Continued from previous page)

BOBOTIE

Libby M,
California

15 minutes prep time | 60 minutes cook time

INGREDIENTS

½ cup sliced almonds	2 eggs
2 tablespoons butter (or alternative like margarine)	1-½ cups milk
2 medium onions, chopped	2 tablespoons balsamic vinegar
1 tart apple, peeled and diced	2 tablespoons apricot jam/chutney (or sugar)
1 tablespoon curry powder	1-½ teaspoons salt
2 pounds lean ground beef	¼ teaspoon pepper
½ cup fine, dry bread crumbs	6 bay leaves (I like to cover dish with them)
	Rice of choice (basmati, white, or brown)

DIRECTIONS

Preheat oven to 350°F.

In frying pan, stir nuts over medium heat with 1 tablespoon butter. Brown, set aside.

Add remaining butter to pan; add in onion and apple. Cook until soft, about 10 minutes, stirring occasionally.

Add curry. Cook 1 minute. Remove from heat and let stand until cool to touch.

In same pan, add ground beef, bread crumbs, 1 egg, ½ cup milk, vinegar, apricot jam, salt, pepper, and almonds. Combine well.

Transfer "meatloaf" to shallow casserole pan (9x13 inches works well); pack ingredients into pan; arrange bay leaves on top.

Bake, uncovered, for 50 minutes.

Lightly beat together remaining egg and milk.

Pour mixture over meatloaf and return to oven for 10 minutes.

Makes 7-8 servings.

Serve with rice and chutney.

Add sides of sauteed peaches, bananas, pineapple apricot sprinkled with brown sugar.

***This South African dish is pronounced "bah-boo-tie,"
a curried meat dish with lots of fruit and nuts.***

***I'm diabetic and don't eat sugar, so I substitute
Smuckers apricot fruit spread instead.***



DESSERTS



**Coca-Cola Cake (or Cupcakes) with
Cream Cheese Filling**

Cherry Cheese Parfait

Rocky Road Candy

Nanaimo Bars – A Canadian Dessert

Canned (Jar) Cheesecake

Chocolate-Covered Matzo

Iggy's Pie

Butter Cookies

Hello Dolly!

Doggie Dessert

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COCA-COLA CAKE OR CUPCAKES WITH CREAM CHEESE FROSTING

Jamie V.
Jacksonville, Oregon

30 minutes prep time | 30 minutes cook time

INGREDIENTS

Cake/cupcake mix
2 cups all-purpose flour

2 cups sugar

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1 12-ounce can Coca Cola

1 cup butter, cubed

1/4 cup baking cocoa

2 eggs

1/2 cup buttermilk

1 teaspoon vanilla extract

Frosting

4 cups powdered sugar

1/3 cup cocoa powder

8-ounce cream cheese, softened

1/2 cup butter, softened

1 teaspoon vanilla extract



DIRECTIONS

Preheat oven to 350°F.

Grease 13x9 baking pan or cupcake pan/liners.

In a large bowl, whisk the flour, sugar, baking soda, salt and cinnamon.

In a small saucepan, combine cola, butter, and cocoa. Bring to just a boil, stirring occasionally. Add to dry/flour mixture, stirring until just moistened.

In a small bowl, whisk the eggs, buttermilk, and vanilla until blended. Add this mixture to the flour mixture, whisking constantly.

Transfer to the prepared baking pan or cupcake pan.

Bake 25-30 minutes until a toothpick inserted in the center comes out clean.

As cake cools, prepare the frosting.

Combine the powdered sugar and cocoa in a large bowl, set aside.

In another bowl, beat cream cheese, butter and vanilla until smooth. Gradually fold powdered mixture into cream cheese mixture a little at a time until smooth.

Frost the cake/cupcakes.



CHERRY CHEESE PARFAIT

Carolyn B.
Richboro, Pennsylvania

15 minutes prep time | 30 minutes cook time



INGREDIENTS

- 1 jar cherry pie filling
 - 1 box instant vanilla pudding mix
 - 1 16-ounce container sour cream
 - 1 8-ounce container cream cheese
 - 2 teaspoons vanilla extract
 - 1/2 cup sugar
 - 1 tablespoon lemon juice
 - 3/4 coconut (optional)
-

DIRECTIONS

Combine pudding, sour cream and cream cheese, whip until smooth.

Slowly add sugar.

Stir in vanilla extract, coconut and lemon juice,

Layer in parfait bowl and alternate with cherries.

Sprinkle top with coconut flakes or cocoa.

Enjoy!

*This was my mom's recipe and she won first place in a Philadelphia contest in 1980.
It looks elegant in a glass parfait bowl especially for the holidays.*

I am inspired by my Pals to be a better person, grateful every day and now become a better cook.



ROCKY ROAD CANDY

Tara C.
Little Egg Harbor, New Jersey

20 minutes prep time

INGREDIENTS

9x4 loaf pan

Waxed paper

1-2 bars Hershey's chocolate bars (or other favorite brand)

10 marshmallows

1/2 cup coarsely cut walnuts

Make it your own! Add or substitute in different nuts, raisins, or other ingredients that you enjoy. You can tweak this Rocky Road to suit your dietary tolerances, or palate preferences

DIRECTIONS

Line bottom of a 9x4 loaf pan with waxed paper, letting the paper extend in 2-inch tabs at each end.

Arrange 10 marshmallows cut in quarters in pan and fill spaces between with 1/2 cup of coarsely chopped walnuts.

Heat chocolate over boiling water until partly melted.

Remove from boiling water, stir rapidly until entirely melted.

Quickly pour over the layer of marshmallows and walnuts.

Cool 60 minutes (if you can wait).

Lift candy out with paper tabs.

Cut into bars or large pieces.

I pray. I meditate. I eat chocolate. I dance.

- Elizabeth Perkins



NANAIMO BARS – A CANADIAN DESSERT

Cecilia R.
Penticton, Canada

30 minutes prep time | Chill a couple of hours until ready to serve



INGREDIENTS

First Layer

1/2 cup melted butter
1/4 cup brown sugar
3 tablespoons cocoa powder
1 beaten egg
2 cups graham cracker crumbs
1 cup flaked coconut
1/2 cup chopped walnuts (optional)

Second Layer

2 cups icing sugar
1/4 cup softened butter
1/4 cup cream or milk
2 tablespoons Birds Eye custard powder

Third Layer

3 1-ounce chocolate squares
(sweet or semisweet)
1/4 cup butter

DIRECTIONS

First Layer

Combine ingredients and pat into a 9" square ungreased pan.

Chill for half hour.

Second Layer

Beat all ingredients until smooth and fluffy.

Spread carefully on top of first layer.

Third Layer

Melt chocolate and butter together.

Spread over second layer and chill.

Cut in small bars - very rich and very delicious!

Always a Christmas tradition in our house.

Nanaimo is a city on Vancouver Island, British Columbia where this recipe originated.



CHOCOLATE COVERED MATZO

Lindsay B.
New York, New York

10 minutes prep time | 3-10 minutes cook time | 30 minutes refrigeration/set time

INGREDIENTS

3-4 sheets of (non-egg, unsalted) matzo

1 bag of dark chocolate

1 bag of semi-sweet chocolate (This is my preferred combination, however, use what you like!)

Toppings of your choice: sliced almonds, sea salt, sprinkles, cayenne pepper, coconut flakes

DIRECTIONS

Preheat oven to 375-400°F

Spread 1 layer of matzo on a baking sheet (break in half or quarters to maximize space), they should not overlap.

Heat matzo in oven for 3-5 minutes.

Remove from oven, sprinkle on chocolate chips. The warm matzo should begin to melt the chocolate. Use back of a spoon, butter knife or small frosting spatula to spread chocolate, cover entire layer of matzo. Sprinkle more chocolate chips as needed, you want a thick layer!

If chocolate doesn't melt easily, place baking sheet back in oven for another 3-5 minutes.

Sprinkle with sea salt, colorful sprinkles, cayenne pepper, caramel drizzle, toppings of your choice!

Place tray in freezer or refrigerator to harden chocolate.

After chocolate has set, break into pieces and enjoy!



This is how I "cheat" in the kitchen, it doesn't involve the mess or extra work of melting the chocolate separately.

Pre-pandemic (before working from home), my co-workers used to always request this around the holiday season (even though it is a Passover dessert)



CANNED (JAR) CHEESECAKE

Mark S.
Royston, Georgia

15 minutes prep time | 30 minutes cook time



INGREDIENTS

Crust

1 stick soft butter
1 package graham crackers
1 teaspoon cinnamon
2 tablespoons sugar

Cheesecake filling

8-ounces sour cream
2 packs cream cheese
2 eggs
1/8 cup all-purpose flour

1 tablespoon corn starch
1 cup sugar
1/8 cup lemon juice
1 teaspoon vanilla
12 half-pint mason jars
1 box cherry or strawberry pie filling

Crust

Mix all ingredients well, place in 12 jars, pressing into bottom.

Cheesecake Filling

At room temperature, whip cream cheese, slowly add in sour cream and when mixed completely, add eggs one at a time.

Continue whipping for at least 5 minutes, scraping the bottom occasionally.

After wet ingredients are mixed, continue mixing and slowly add all dry ingredients.

Whip until mixed completely.

Add lemon juice and vanilla to mixture, mix another 2 minutes.

Evenly distribute mixture to the 12 jars on top of the graham cracker crust



(Continued on next page)

CANNED (JAR) CHEESECAKE

Mark S.
Royston, Georgia

15 minutes prep time | 30 minutes cook time

1st cook

Preheat oven to 350°F

Bring teapot to boil.

Place jars in 9x13 baking pan.

Pour boiling water in pan around jars at least half way.

Place in oven for 30 minutes.

2nd cook

Remove from oven.

Top each jar with either cherry or strawberry pie filling.

Clean rims of jars and place lids on them. Do not over tighten lids, finger-tight only.

Return to oven for 20 minutes.

After 20 minutes remove and place on towel to cool.

Enjoy.....

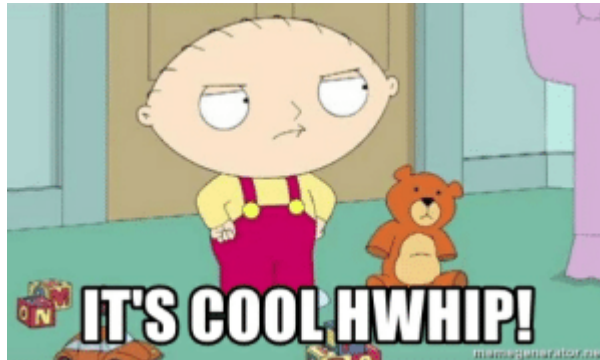


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IGGY'S PIE

Tara C.
Little Egg Harbor, New Jersey

5 minutes prep time | 30 minutes set (or to preference)



INGREDIENTS

- 1/2 cup sugar
 - 1 4-ounce cream cheese
 - 1 8-ounce Cool Whip
 - 1 can crushed pineapple (drained)
 - 1 pie crust of your choice (made from scratch or store bought)
-

DIRECTIONS

- Cream sugar and cream cheese together.
 - Add Cool Whip.
 - Fold in crushed pineapple.
 - Pour into prepared crust.
 - Put into refrigerator until set. (Do NOT freeze).
-

Women on my father's side of the family are not cooks or bakers. But they are intense sweet eaters. My Aunt Iggy was even less of dessert maker as you can see by this recipe.



BUTTER COOKIES

Adele J.
Toledo, Ohio

15 minutes prep time | Refrigerate overnight | 15-20 minutes cook time

INGREDIENTS

3 cups flour

1 cup powdered sugar

3/4 pound butter (vegan, non-dairy butter works well too)

Vanilla or lemon flavoring to taste

DIRECTIONS

Mix all ingredients together and make into 4 rolls.

Wrap in wax paper or parchment paper, refrigerate overnight.

Next day, slice and bake at 350°F for 15-20 minutes.



One of my favorite easy recipes from my Mom!

HELLO DOLLY

Tara C.
Little Egg Harbor, New Jersey

15 minutes prep time | 25-30 minutes cook time | 30 minutes cool time

INGREDIENTS

1/4 pound butter
1 cup graham cracker crumbs for crust
1 cup shredded coconut
1 12-ounce pack of Nestle's chocolate chips (or peanut butter chips)
1 cup Eagle brand condensed milk
1 cup chopped nuts (optional, your choice)

DIRECTIONS

Cover the 9x12x2 pan with melted butter.
Spread graham cracker crumbs over butter to make crust.
Layer all other ingredients in the order listed.
Bake in 350°F degree oven for 25-30 minutes (Ovens vary, so check at 20 minutes and decide).
Cool for 30 minutes, cut into small squares to serve.
Serves 8-12 (depending on how small squares are cut).

My Grandmother Edna who was NOT a cook. But she loved sweets. So the faster she could make them and get them into her mouth, the better.



DOGGIE DESSERT

Lindsay B.
New York, New York

5 minutes prep time | 1 hour refrigeration to set

INGREDIENTS

1 container plain Greek yogurt

Handful blueberries

Silicone ice mold

DIRECTIONS

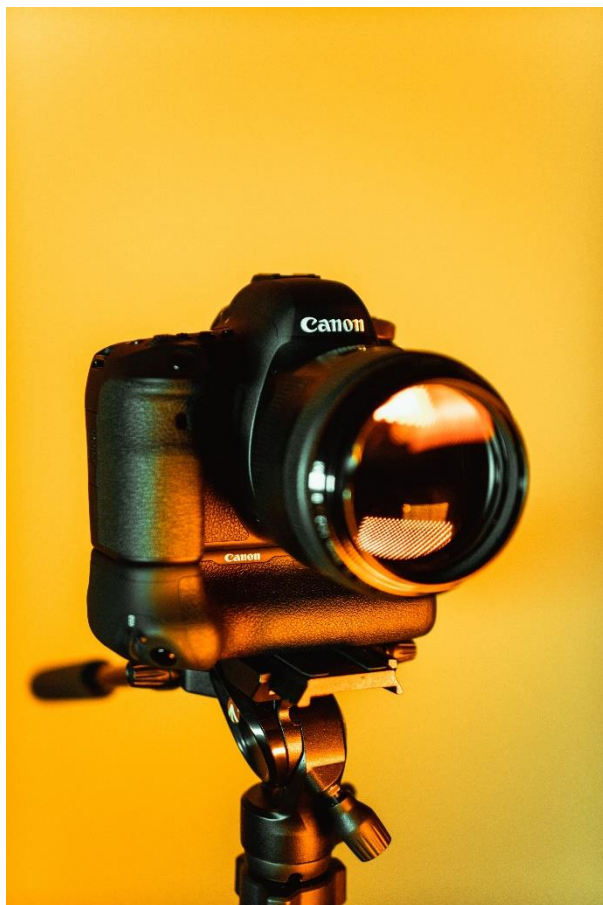
Mash up blueberries in yogurt and spoon into ice mold.

Put in freezer for about an hour to set.

Ask dog to "sit" and reward with this tasty, cold treat!



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