The Great Nexant Recipe Exchange
Introduction

In times of crisis, cooking and sharing a meal can help us slow down, take one step at a time, and live in the moment. Many people believe that baking and cooking can help reduce stress and anxiety. We hope sharing these recipes from our coworkers will inspire you and help you persevere through the pandemic.

If you’ve tried a recipe and enjoyed it, pass it along! It’s more important than ever that we connect with each other. You can also tag @Nexant_Utility on Twitter or find us on Facebook and LinkedIn, if you’d like to show us your results. Stay healthy and bon appetit!

Note: Many of these recipes have been adapted from the originally published versions or passed down through families. Where possible, we have listed the source of the recipe.

When you see this symbol, it takes you to the source of the recipe:
Breakfasts
Chocolate Waffles

Submitted by: John Dirkman, Vice President Product Manager, Telecommuter

Ingredients:
2 cups all-purpose flour
4 tsp baking powder
2 Tbsp white sugar
2 Tbsp cocoa powder
2 eggs
1½ cups warm milk
½ cup butter, melted
1 tsp vanilla extract

Instructions:
1. Preheat waffle iron to desired temperature.
2. In a large bowl, mix together flour, baking powder, sugar, and cocoa powder; set aside.
3. In a separate bowl, beat the eggs. Stir in the milk, butter, and vanilla.
4. Pour the milk mixture into the flour mixture; stir until blended.
5. Ladle the batter into a preheated waffle iron. Cook the waffles until golden and crisp. Serve immediately, topped with whatever your heart desires.
Whole30 Breakfast Casserole

Submitted by: Molly Griffin, Marketing Manager, Salt Lake City

We love to meal prep this breakfast casserole on Sundays to have for the rest of the week. It’s healthy and compliant if you’re following a Whole30, gluten free, dairy free, or Paleo eating regime. We sometimes add jalapeno to it for some kick, and don’t forget to add the cherry tomatoes on top before you eat if you like tomatoes. Reheat in the oven or microwave in the morning and add some Tobasco or Sriracha!

Ingredients:
1 Tbsp extra virgin olive oil
1 large yellow onion - thinly sliced
1 pound ground turkey, or ground pork—your choice!
1½ tsp kosher salt - divided
1 tsp dried sage
1 tsp Italian seasoning
½ tsp ground black pepper
¼ tsp crushed red pepper flakes
1 10-ounce package of frozen spinach, thawed and squeezed as dry as possible
3 cloves garlic - minced (about 1 tablespoon)
10 large eggs
½ cup unsweetened almond milk or non-dairy milk of choice
10 oz frozen hash browns - thawed (about 2 cups)
4 medium green onions - chopped, divided

Instructions:
1. Preheat your oven to 350°F and mist a 9x13-inch baking dish with nonstick spray.
2. Heat a large skillet over medium-high heat. Add the onion and let cook until it begins to soften and brown, about 5 minutes. Add the turkey, 1 tsp kosher salt, sage, Italian seasoning, black pepper, and red pepper flakes. Break up meat into small pieces and continue to brown until it cooks through completely, about 7 additional minutes. Drain away any excess grease (you may have some if you use pork).
3. Add the spinach, garlic and half of the green onions. Cook for 1 to 2 minutes, distributing the spinach as evenly as possible. Remove from the heat and let cool slightly.
4. In a large bowl, beat the eggs and milk.
5. Scatter the hash browns in the bottom of the baking dish. Sprinkle with the remaining ½ tsp salt. Scatter the meat and sausage mixture over the top of the hash browns. Gently pour the egg mixture over the top. Sprinkle with the remaining green onions. Cover the pan with foil.
6. Bake immediately or you can cover and refrigerate it overnight! (See blog post for suggestions).
7. Bake covered for 20 minutes, then uncover and continue baking for 15 to 20 additional minutes, until the casserole is golden at the edges and the eggs are set in the center. Let cool 5 minutes before serving. Enjoy!

Notes:
*TO MAKE AHEAD: For a make ahead overnight casserole, fully assemble the casserole in the baking dish, cover, and store in the refrigerator overnight. When ready to serve, bake according to the directions.
*TO STORE: Place leftovers in an airtight storage container in the refrigerator for up to 3 days.
*TO REHEAT: Reheat this casserole in a baking dish in the oven at 350 degrees F until hot. You can also gently rewarm leftovers in the microwave until warmed through.
*TO FREEZE: Store leftovers in an airtight freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator before reheating.
*I like to wrap and freeze individual slices, and thaw them overnight in the refrigerator for quick meals.
Portuguese Pastéis de Bacalhau

Submitted by: Luis Cabral, Administrative Manager, Toronto

Every year I usually plan a trip to my native Portugal but, with the circumstances being what they are, unfortunately this year is a “NO GO”. One of my favorite Portuguese appetizers is the renowned Pastéis de Bacalhau, known as Cod croquettes, I challenged myself to make them at home and was lucky enough to find all of the ingredients here in Toronto, since we have a large Portuguese Immigrant community.

Ingredients:
- 300 gr fresh cod*
- 1 onion chopped
- 2 garlic cloves minced
- 2 Tbsp flour
- ¼ cup milk
- 1 tsp nutmeg
- 2 eggs
- 1 cup breadcrumbs
- Salt
- Black Pepper
- 1 Tbsp olive oil
- Vegetable oil

Instructions:
1. Heat a big non-stick pan over medium heat. Add the olive oil and the onions and cook until the onions are slightly transparent, then incorporate the garlic. Cut the cod into tiny pieces. Nobody will want to feel a huge chunk of cod in the croquettes. Cook it with the onion and garlic.

2. When the cod is fully cooked, add the flour and stir well. Then pour the milk and the nutmeg. Stir continuously until a thick dough is formed. Then retire from the stove and let it chill until it’s completely cold.

3. Form the croquettes with your hands. Immerse the croquettes in egg and then cover with breadcrumbs.

4. Fry in a pan with enough vegetable oil (preferably sunflower oil) to cover at least half of the croquettes. Fry for 5 minutes until the brown crust is formed.

5. Serve with your favorite sauce. Enjoy!

Notes:
*If you use salted cod you will only need 200 gr because it has more flavor than fresh cod. Also, add less salt.
Spinach Puffs

Submitted by: John Hoopes, Senior Developer, Madison

My wife and I have been doing a lot more tv show / movie watching and binging during the pandemic. We both have loved a kids movie from a long time ago, especially the character Kronk, and since I also love cooking I wanted to try spinach puffs. One of the recipes I found online led me to all sorts of other recipes from other TV shows and movies we watch. It's by a guy who makes a YouTube channel “binging with babyish” and his recipes are quirky and fun as well. Here's the spinach puffs recipe, but we've tried quite a few others as part of staying safer at home.

Ingredients:
2-3 cups spinach, roughly chopped
3 Tbsp dill
1 shallot, finely minced
3 large cloves garlic, crushed
Olive oil
Salt
Pepper
2 eggs, separated
4 oz full fat cream cheese
½ cup feta cheese
2-4 oz parmesan, grated
2-3 slices bacon, finely chopped
1 packet puff pastry

Instructions:
1. Start by rinsing all of your spinach and removing all of the stems. Next, roughly chop the spinach into small bite-sized pieces, then finely chop dill and finely mince shallot.
2. Heat a pan with olive oil over medium-high heat and add your finely minced shallots. Cook for about 2 minutes or until translucent and then add of crushed garlic. Sauté for about 30 seconds or until fragrant.
3. Add the spinach and a pinch of salt and cook down before adding the dill. Sauté before adding some fresh pepper. Remove from heat and set aside.
4. In a mixing bowl, combine cream cheese with feta cheese and parmesan cheese. Add the cooked spinach mixture, bacon, and one egg yolk. Stir to combine.
5. Preheat oven to 450°F.
6. Liberally flour your work surface and place your puff pastry on top of the flour. Using a rolling pin, lightly roll out to take out the creases. Cut into 3-4 inch squares and place on a parchment lined baking sheet.
7. Add about 2 Tbsp of the mixture to each square of puff pastry. Beat one egg in a separate bowl and use that to brush two edges of the puff pastry. Crimp the egg washed sides together. Do this for all of your pastries and be sure to listen to ‘80s power ballads while doing it.
8. Place entire baking sheet in fridge for 10 minutes. Remove from the fridge and brush each pastry with an egg wash. Place in the oven for 20 minutes, rotating the baking sheet at 10 minutes.
9. Remove from oven. Let cool on a wire rack. Serve and enjoy!
Breads
Banana Bread

Submitted by: Adrian Bunn, HR Coordinator, Salt Lake City

I'm not much of a baker, but something about being at home all the time means I needed to learn how to make banana bread (thanks Pinterest).

**Ingredients:**
3-4 ripe bananas, mashed  
½ cup butter, melted  
¾ cup granulated sugar  
1 egg, beaten  
1 tsp vanilla  
1 tsp baking soda  
1 tsp baking powder  
¼ tsp cinnamon  
⅛ tsp salt  
1½ cups all-purpose flour  
1 cup chopped walnuts, plus extra for topping if desired.

**Instructions:**
1. Preheat oven to 350°F. Lightly grease and flour an 8.5x4.5-inch loaf pan or spray with baking spray.
2. In a large bowl, combine the mashed bananas with the melted butter, then add the sugar, egg, and vanilla. Stir well with a large wooden spoon.
3. Sprinkle the baking soda, baking powder, cinnamon, and salt over the banana mixture. Stir to combine.
4. Add flour and walnuts or chocolate chips (if desired), and stir just until no streaks of flour remain. Pour the batter into the prepared loaf pan.
5. Bake for 50-60 minutes, until a knife inserted in the center of the loaf comes out clean. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely. Slice into 10 thick slices and serve.
Beer Bread

Submitted by: Lynn Belken, Sr. Marketing Representative, Telecommuter

Ingredients:
12 oz. Beer
2 Tbsp sugar
3 cups flour
1½ tsp salt
1½ Tbsp baking powder

Instructions:
1. Mix all ingredients together and pour into a greased loaf pan.
2. Bake at 375°F for approximately 1 hour.
3. After 45 minutes, pour/brush 2 tsp melted butter on top.
Soups
Homemade Bean Soup

Submitted by: Carol Kowalczyk, Administrative Associate, Chandler

Great winter soup and serves a couple of meals.

**Ingredients:**
1 pound of dry navy beans
1 meaty ham bone
1 tsp salt
2 tsp pepper
½ cup chopped celery leaves
1 medium onion
3 bay leaves
7 cups of water

**Instructions:**
1. Soak beans overnight – combine all ingredients (including soaked beans) in a crock pot; cover and cook 5-6 hours on high.
Escoffier’s Chanterelle Soup

Submitted by: Randy McCall, Senior Project Manager, Telecommuter

I've been cooking up a storm since the beginning of the COVID-19 crisis (and long before that...). One that is truly a special recipe in my book requires a bit of hunting - either at your friendly local wild mushroom marketplace or for way more fun and adventure, actual Chanterelle hunting. Living in the Pacific Northwest gives us a great excuse to go hunting - usually for my wife and I it includes a drive down to Yachats on the coast of Oregon in early fall after the first rains and the first flush of chanterelles pokes their golden colored caps out of that old growth duff on the forest floor - it's like finding 1"-8" plates of gold in the forest! Just inland up the Yachats river there are still a few patches of the most majestic old growth Douglas Fir forests that haven't been turned into what gives Oregon nicknames like “The Plaid State”, or “The State of Weyerhaeuser” as clear cuts denude the coastal temperate rainforests of their giants and turn the land into a checkerboard of tree plantations. But I digress... If you don't like this recipe, well that's just plain tragic! A bit of time and attention are required and following the directions is encouraged, but it's not really a very hard recipe to follow or produce a stunning result! This recipe is, as the website I found it on notes, an adaptation of August Escoffier’s (1846-1935) Veloute Agnes Sorel, from his classic Le Guide Culinaire. Full disclosure, I did not read it in original French, but this recipe rocks the modern age while harkening to classic French cooking that can be so yummy! Served with a good bottle of Oregon Chardonnay (St. Innocent if you can get it!) will put a smile on our face (although a bottle of Oregon Pinot Noir like our Vermeer Vineyard 2016 will do just fine). The directions are as follows (oh, and this year, I'm going to serve it with the truly killer sourdough bread I've discovered I'm pretty good at making once we got shut in!):

**Ingredients:**

- 6 cups chicken stock
- 2 Tbsp unsalted butter
- 2 Tbsp flour
- 1 lbs fresh mushrooms, **ideally** chanterelles
- 2 shallots, minced
- 4 Tbsp unsalted butter
- 3 egg yolks
- ½ cup cream
- 1 shot glass brandy
- ¼ tsp saffron
- Salt to taste

**Instructions:**

1. Make the veloute. Heat the stock to a bare simmer in another pot, heat the butter until frothing and stir in the flour. Stirring all the while, let this cook for a few minutes over medium heat. Do not let it brown. Whisk the hot stock into the roux and let this simmer for 20 minutes, stirring often. You want it to slowly cook down by about ¼ and be silky looking.

2. While the veloute is simmering, make the mushroom base. Mince the mushrooms and shallots fine and sweat them in a saute pan over medium heat with a touch of salt. Cook, stirring often, until the shallots are translucent and the mushrooms give up their water.

3. Crumble the saffron into the brandy and add it to the mushroom base. Turn the heat up to high and toss or stir to combine. Cook until the brandy is nearly gone. Buzz the mushroom base into a puree in a food processor.

4. When the veloute is ready, add the mushroom puree and stir well to combine. Cook this at a bare simmer for 10 minutes. OPTIONAL: If you want a mushroom garnish, slice a few chanterelles lengthwise and sear them in a dry pan until they give up their water and brown.

5. Beat together the egg yolks and cream, then ladle — a little at a time — some soup base into the egg-cream mixture. This is called a liaison, and you are tempering the eggs with the hot stock slowly, so they do not congeal. Once you have 3 or 4 ladles of soup into egg-cream mixture, pour it all back into the soup and simmer. Do not boil or it will break. OPTIONAL: Put this soup through the fine-mesh strainer again to remove any lumps and return to low heat.

6. To finish the soup, turn off the heat and whisk in the remaining butter. Serve with the seared mushrooms in the center, with crusty bread, and white wine. Enjoy decadence.

**Notes:**

*If you can't find chanterelles, other mushrooms I'd suggest would be, in order: porcini, morels, cremini, button. If you make this with another kind of mushroom and like it, definitely send me an email so I can give it a whirl.
Salads & Sides
Butternut Caprese

Submitted by: Molly Griffin, Marketing Manager, Salt Lake City

This is a favorite side salad or can even just be a meal - and it's good for you unless you need to avoid dairy! Plus, it's pretty.

Instructions:
1. Peel and cube (1” cubes) a medium butternut squash and roast with olive oil, salt, and pepper.
2. Combine with 1 cup cherry tomatoes, (sliced in half), 1 cup smoked mozzarella (cubed), and ½ cup fresh basil (chopped).
3. Dress with olive oil, balsamic vinegar, salt, and pepper.

Herbed Potato Salad Recipe

Submitted by: Shelly Dolbeer, Design Manager, Telecommuter

Ingredients:
2½ pounds golf-ball-sized white or red new potatoes, scrubbed
½ cup olive oil
½ cup finely chopped shallot (from about 1 medium shallot)
3 Tbsp champagne vinegar
1 Tbsp Dijon mustard
2½ tsp kosher salt, plus more as needed
¼ tsp freshly ground black pepper, plus more as needed
¼ cup finely chopped fresh Italian parsley leaves
¼ cup finely chopped fresh tarragon or dill leaves, or a combination

Instructions:
1. Place the potatoes in a large pot filled with heavily salted water and bring to a boil over high heat. Reduce the heat to medium and simmer until a paring knife can easily be inserted into the potatoes, about 12 to 14 minutes. Meanwhile, whisk the oil, shallot, vinegar, mustard, 1 teaspoon of the measured salt, and the measured pepper in a large, nonreactive bowl and set aside.
2. When the potatoes are ready, drain them, transfer to a rimmed baking sheet, and spread into an even layer. Set aside until cool enough to handle but still warm, about 20 minutes. Slice the potatoes into ½-inch rounds and place in the bowl with the dressing.
3. Add the herbs and the remaining 1½ tsp of salt and gently toss to combine. Taste and season with additional salt and pepper as needed. Serve warm or at room temperature.
Peach Salad with Tomatoes, Feta and Basil Vinaigrette

Submitted: Lynn Belken, Sr. Marketing Representative, Telecommuter

Ingredients:
¼ cup torn fresh basil leaves
¼ cup extra-virgin olive oil
¼ cup good-quality sherry vinegar
1 Tbsp honey
1 tsp Dijon mustard
1 small shallot, roughly chopped
Kosher salt and cracked black pepper
1½ lbs heirloom tomatoes, roughly chopped
4 to 5 ripe peaches, sliced into wedges
½ cup crumbled feta cheese, for garnish

Instructions:
1. For the dressing: Combine the basil, olive oil, vinegar, honey, Dijon, and shallots in a blender until the dressing emulsifies and the basil is pureed. Season with salt and pepper.
2. Combine the tomatoes and peaches in a bowl and toss to coat with the dressing. Top with the feta cheese. Serve at room temperature.
Main Dishes
Adobo
Submitted by: Edelaine Osoteo, Administrative Support, Toronto

This dish, Adobo, is not only easy to make but never fails to remind me of my childhood and my grandmother. For me this dish is the epitome of comfort food because it is rich in flavor and when I am making it I feel connected to my culture and family.

Ingredients:
1 kilo pork, cut into pieces about 2 inches long and 1½ inches thick
1 head garlic, pounded
4 tsp salt
1 tsp black pepper, ground
1 Tbsp lard
2 cups water
½ cup vinegar

Instructions:
1. Place the pork in a saucepan. Add vinegar, garlic, pepper, salt, and water. Cover the saucepan and cook slowly until the meat is tender and most of the broth has evaporated and only ¼ cup remains.
2. Drain, separate the pieces of garlic from the pork and fry in lard until brown. Add the pieces of pork and fry until brown.
3. Add the broth and let simmer about 5 minutes. Serve hot.

American Goulash
Submitted by: Bill Hickey, Senior Systems Administrator, San Francisco

My mother made this when I was a kid - full of stuff kids like (cheese and pasta) and could pass as a one pot meal with a salad. About 40 minutes to cook, good for a single working mom.

Ingredients:
3 Tbsp olive oil
½ tsp salt
1 pound ground beef
1 large onion, chopped
1 cup sliced mushrooms
1 bell pepper, chopped
1 clove garlic, minced or pressed
2 Tbsp tomato paste
¼ cup red wine
2 Tbsp paprika
2 cups chopped tomatoes / 28oz can diced tomatoes
2 cups water
1-12oz package extra-wide egg noodles
2 cups grated cheddar cheese

Instructions:
1. Salt pan and cook and break up ground beef (if lean beef, add a Tbsp of oil) over medium heat, then set aside.
2. Add olive oil to the pan and then add onion chopped. After one minute, add mushrooms and cook for two minutes. Then add bell pepper and garlic and cook for three minutes. Then add tomato paste and wine, stir well while alcohol boils off.
3. Add ground beef back in and also tomatoes, water, and paprika and bring to a boil. Stir in noodles and cook until noodles are tender, about 10 minutes. Turn off heat, stir in cheese until melted and blended.
Best BBQ Ribs Ever

Submitted by: Shelly Dolbeer, Design Manager, Telecommuter

**Ingredients:**
- ¼ cup brown sugar
- 2 Tbsp chili powder
- Kosher salt and freshly ground black pepper
- 1 tsp dried oregano
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 racks baby back ribs
- 1 cup low-sodium chicken broth
- 2 Tbsp apple cider vinegar
- 1 cup barbecue sauce

**Instructions:**

1. Combine the brown sugar, chili powder, 1 Tbsp salt, 1 tsp black pepper, the oregano, cayenne, garlic powder and onion powder in a small bowl and rub the mixture on both sides of the ribs. Cover and refrigerate 1 hour or overnight.

2. Preheat the oven to 250°F. In a roasting pan, combine the broth and vinegar. Add the ribs to the pan. Cover with foil and tightly seal. Bake 2 hours. Remove the ribs from the pan and place them on a platter. Pour the liquid from the pan into a saucepan and bring to a boil. Lower the heat to a simmer and cook until reduced by half. Add the barbecue sauce.

3. Preheat an outdoor grill to medium high. Put the ribs on the grill and cook about 5 minutes on each side, until browned and slightly charred. Cut the ribs between the bones and toss them in a large bowl with the sauce. Serve hot.
Borscht

Submitted: Valeen Conway, Manager-Data Analytics & Reporting, Salt Lake City

Right around the dissolution of the Soviet Union, there was an unusually free period where tourists could travel throughout Russia at will. My two graduate school roommates and I went camping all over Primorskii Krai in the Russian Far East one summer. I picked up this borscht recipe from Sasha and Genia in Vladivostok.

**Ingredients:**
- 1 beef bone
- 1 Tbsp beef bouillon
- 3 small potatoes, diced
- Vegetable oil
- 2-3 carrots, diced
- 3-4 beets, diced and peeled
- 1-2 onions, diced
- Salt-pepper to taste
- 3 Tbsp flour
- 1-2 Tbsp Sugar
- 1 wedge cabbage
- 5 cloves garlic
- Parsley
- Dill
- Bay Leaf (opt)
- Sour Cream or Smetana

**Instructions:**
1. Fill large soup pot half full with water, add bouillon, add meat bone. Simmer 30 mins. Add potatoes.
2. In a large frying pan, fry beets and carrots on medium high until soft. Add onions and fry.
3. Sprinkle flour in and stir until flour is absorbed.
4. Add one cup of the meat broth and stir. Stir in sugar. The fry mixture should be thick and pink.
5. Add in the chopped garlic and chopped cabbage.
6. De-bone the meat and return both meat and bones to the soup pot.
7. Transfer the fry mixture to the soup pot and simmer.
8. Add in salt, pepper, parsley, dill, and bay leaf to taste.
9. If you prefer your borscht slightly soured, either wait a day to serve, or add about 1 Tbsp vinegar or lemon.
10. Serve warm or cold with large dollop of sour cream.
Champagne Risotto

Submitted by: Michele Czosnowski, Marketing Account Executive, Louisville (Boulder)

**Ingredients:**
- 4 thin slices prosciutto
- 3 cups reduced-sodium chicken broth
- 12 asparagus spears, cut diagonally into 1-inch pieces
- 2 Tbsp butter, divided
- 1 shallot, finely chopped
- ½ cup Arborio rice or medium-grain white rice
  (or substitute cauliflower rice if desired)
- ¾ cup Champagne
- ½ cup freshly grated Parmesan
- ¼ tsp salt
- ½ tsp freshly ground black pepper

**Instructions:**
1. Preheat the oven to 450°F.
2. Place the slices of prosciutto on a lightly greased baking sheet. Bake until the prosciutto slices are almost completely crisp, about 6 to 8 minutes. The slices will crisp up even more as they cool. Reserve for garnish.
3. In a medium saucepan, bring the chicken stock to a boil. Reduce heat to a simmer. Blanch the asparagus in the chicken stock for 2 minutes. Remove the asparagus with a slotted spoon. Set the asparagus aside and keep the chicken stock at a low simmer.
4. In another medium saucepan, melt 1 Tbsp of the butter. Add the shallot and cook until tender, about 3 minutes. Add the Arborio rice and stir to coat in the butter. (If substituting cauliflower rice, cook to package instructions and use 1/2 cup chicken broth only and 1/4 cup champagne for the rest of this step.) Continue toasting the rice, stirring constantly, for about 3 minutes more. Add the Champagne and simmer until the liquid has almost evaporated, about 3 minutes. Add ⅔ cup of the simmering broth and stir until almost completely absorbed, about 2 minutes. Continue cooking the rice, adding the broth ½ cup at a time, stirring constantly and allowing each addition of broth to absorb before adding the next, until the rice is tender but still firm to the bite and the mixture is creamy, about 20 minutes total. Remove from the heat. Gently stir in the asparagus, remaining butter, Parmesan, salt, and pepper. Spoon the risotto into serving dishes and garnish by breaking the crisp prosciutto into smaller pieces over the top of the risotto. Serve immediately.

Chicken Casserole

Submitted by: Carol Kowalczyk, Administrative Associate, Chandler

**Ingredients:**
- 1 lb. boneless chicken thin fillets
- 1 can of cream of mushroom soup
- Parsley, oregano, pepper – 3 Tbsp of each
- 1 bag of mixed vegetables
- Shredded cheese

**Instructions:**
1. Place chicken in a casserole dish – add 1 can of cream of mushroom soup.
2. Add parsley, oregano, pepper, and one bag of mixed vegetables.
3. Bake at 375°F for 1½ hours.
4. Take out of oven and let cool – add shredded cheese on the top to melt. Eat and enjoy!!
Chicken Pot Pie

Submitted by: Bryan Haney, Exec. Vice President, Salt Lake City

I love pot pies. Everywhere I visit, I always look for chicken pot pie on the menu and am endeavoring to find the world’s best chicken pot pie. For the record, KFC sells surprisingly great Chicken Pot Pies.

Ingredients:
2 cups frozen peas and carrots
2 cups frozen green beans
1 cup sliced celery
2/3 cup butter
2/3 cup chopped onion
2/3 cup all-purpose flour
1 tsp salt
1 tsp ground black pepper
1/2 tsp celery seed
1/2 tsp onion powder
1/2 tsp Italian seasoning
1 1/4 cups chicken broth
1 1/2 cups milk
4 cups cubed cooked turkey meat / shredded chicken – light and dark meat mixed
4 (9-inch) unbaked pie crusts

Instructions:
1. Preheat oven to 425°F.
2. Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink, and set aside.
3. Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well-combined.
4. Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.
5. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30-35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.
Pan-Roasted Chicken with Harissa Chickpeas

Submitted by: Katy McSurdy, Content Marketing Strategist, Telecommuter

This recipe is from Bon Appetit magazine and is one of our favorite one-pan meals. You can add any veggies or greens you have on hand toward the end.

Ingredients:
- 1 Tbsp olive oil
- 8 skin-on, bone-in chicken thighs (about 3 lb.)
- Kosher salt and freshly ground black pepper
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 Tbsp tomato paste
- 2 15-oz. cans chickpeas, rinsed
- ¼ cup harissa paste
- ½ cup low-sodium chicken broth
- ¼ cup chopped fresh flat-leaf parsley
- Lemon wedges, for serving

Instructions:
1. Preheat oven to 425°F. Heat oil in a large oven-proof skillet over medium-high heat. Season chicken with salt and pepper. Working in 2 batches, cook until browned, about 5 minutes per side; transfer to a plate. (Chicken will still be somewhat raw inside, but will finish cooking later).
2. Pour off all but 1 Tbsp. drippings from pan. Add onion and garlic; cook, stirring often, until softened, about 3 minutes. Add tomato paste and cook, stirring, until beginning to darken, about 1 minute. Add chickpeas, harissa, and broth; bring to a simmer. (At this point I usually add any veggies I need to use up - could be spinach, kale, chard, carrots, or thick sliced zucchini.)
3. Nestle chicken, skin side up, in chickpeas; transfer skillet to oven. Roast until chicken is cooked through, 20–25 minutes. Top with parsley and serve with lemon wedges for squeezing over.

Roasted Brussels Sprouts with Turkey Bacon and Veggies

Submitted by: Judi Back, Administrative Manager, Telecommuter

Ingredients:
- 1½ lbs Brussels sprouts
- 2 Tbsp extra virgin olive oil
- Kosher salt and freshly ground black pepper
- 5 turkey bacon slices, cut into 1 inch pieces (can also use traditional bacon)
- Red, yellow, and orange peppers cut into bite size pieces (optional)

Instructions:
1. Preheat oven to 400°F.
2. Clean and trim Brussels sprouts. Cut large pieces in half.
3. Place brussels sprouts and peppers in a large bowl and drizzle with olive oil, tossing to evenly coat.
4. Pour brussels sprouts and peppers onto a large sheet pan in a single layer.
5. Sprinkle with salt & pepper.
6. Evenly place the bacon pieces on top.
7. Roast in the oven for 20 to 30 minutes, turning halfway through the cooking time, until golden and lightly caramelized.
8. Serve immediately.
Stuffed Fish served with Rice and Salad

Submitted by: Sina Salehi, Engineer, Toronto

White fish stuffed with a mixture of chopped herbs, walnuts and pomegranate molasses served with rice and salad. Rice can be mixed with saffron, fresh dill and butter for extra taste. Salad is a mixture of cucumber, onion and tomato with fresh lemon and salt as dressing.

Ingredients:
Finely chopped parsley leaves, cilantro leaves, and chives (½ cup each)
2 whole white fish
4 cloves garlic, minced
Ground walnuts (½ cup)
Freshly squeezed lime juice
2 Tbsp pomegranate molasses
2 Tbsp cooking oil
Salt and pepper

Instructions:
1. Mix herbs, garlic, walnuts in a large bowl.
2. Add 2 Tbsp oil to the pan, then add the herb mixture. Cook for 5 minutes. Add pomegranate molasses and cook, for another 5 minutes.
3. Season the fish with salt and pepper. Spoon stuffing inside each fish. Add lemon juice over fish.
4. Heat oven to 475°F. Roast fish in the oven for 1 hour.
Stuffed Onions

Submitted by: Burak Korucu, Analyst, Toronto

I want to share with you a recipe from my hometown in Turkey. This dish is called Stuffed Onions. This is the dish that I want from my mother to cook when I go to visit them which reminds me home and all great memories. Enjoy!

Ingredients:
2-3 red onions (try to pick large ones--the recipe called for regular onions, I chose to use red ones)
½ lb ground meat (beef or lamb)
¼ cup rice
1 ½ Tbsp butter
2 Tbsp olive oil
2 Tbsp tomato paste
2 Tbsp red pepper paste (if you cannot find it, use tomato paste)
½ cup crushed dried sumac
1 tsp dried mint flakes
1 tsp oregano leaves
1 tsp cumin
1 tsp black pepper
1 tsp or more crushed red pepper flakes
1 cup hot water
Salt

Instructions:
1. Cut the bottom parts of onions ¼ inch and peel.
2. Boil them until soft, but not too soft. Rinse and let cool down. Squeeze each one to get every single layer. You will be stuffing those layers. If slippery, use a clean kitchen towel to grip and squeeze. Wash rice in plenty of water and rinse. Soak sumac in hot water for 15 minutes and drain. Save the water.
3. Heat butter in a frying pan. Add pastes, spices, and salt. Mix well and cook for 3-4 minutes. Take the pan off the fire. Add ground meat, rice, and sumac. Mix well.
4. Stuff onions with the mix and place them in a broad pot. Pour in sumac water. After it starts boiling, simmer covered on low for half an hour.
5. Serve hot with yogurt.
Turkey Stuffing Meatloaf

Submitted by: Shelly Dolbeer, Design Manager, Telecommuter

Last week I gave this new recipe a try and it is now going to be a staple in the Dolbeer house:

Ingredients:
- 2 pounds ground turkey
- 1 (6 oz.) box herb-seasoned stove-top stuffing
- 1 cup McCormick Simply Better Turkey Gravy, divided
- ½ cup carrots, diced
- ½ cup yellow onion, diced
- ½ cup celery, diced
- 3 cloves garlic, minced
- ½ tsp McCormick ground thyme or thyme leaves
- ½ tsp McCormick ground sage or sage leaves
- 2 large eggs
- 2 Tbsp unsalted butter
- 2 Tbsp milk
- Kosher salt and freshly ground pepper

Instructions:
1. Preheat oven to 350°F and lightly grease a 9x5-inch loaf pan.
2. Heat butter in a large pan or skillet over medium-high heat and sauté onion, carrot and celery for 6-8 minutes, or until softened. Add garlic and cook for another 1-2 minutes, or until fragrant.
3. Season with salt and pepper, then stir in 3 Tbsp turkey gravy. Cook for 2 minutes, then remove from heat and let cool.
4. Place ground turkey, stuffing mix, eggs and milk in a large bowl. Fold in cooked and cooled vegetables, then season with thyme, sage, salt and pepper.
5. Use two forks or your clean hands to mix everything together until fully incorporated.
6. Turn mixture out into greased loaf pan, then top with remaining ¼ cup gravy.
7. Place baking dish in oven and bake for 40 minutes.
8. Remove from oven and serve hot, topped with turkey gravy.

Zoodles with Ground Turkey and Mushrooms

Submitted by: Judi Back, Administrative Manager, Telecommuter

Ingredients:
- Spiralized zucchini
- Portobello mushrooms
- Ground turkey
- Extra virgin olive oil
- Desired seasoning
- Optional - add tomato sauce, mozzarella cheese, and Italian seasoning

Instructions:
1. Cook ground turkey.
2. Saute zucchini and mushrooms in olive oil.
3. Combine and season to taste (I like Nature’s seasoning with a touch of red pepper flakes).
4. As an alternative, add tomato sauce, mozzarella cheese, and Italian seasoning.
Vegetarian Dishes
Pasta Caprese
Submitted by: Stephanie Benner, Production Artist, Hinsdale (Chicago)

**Ingredients:**
- \(\frac{1}{3}\) cup extra-virgin olive oil
- \(\frac{1}{4}\) cup fresh lemon juice
- 1 small shallot, minced
- 1 small clove garlic, minced
- Kosher salt and freshly ground pepper
- 1 tsp sugar (optional)
- 2 lbs mixed heirloom tomatoes, cored, seeded and cut into \(\frac{1}{2}\)-inch pieces
- 1 lb pasta, such as campanelle, penne or fusilli
- 12 ounces fresh mozzarella cheese, cut into \(\frac{1}{2}\)-inch pieces
- \(\frac{1}{2}\) cup chopped fresh basil
- \(\frac{1}{2}\) tsp grated lemon zest

**Instructions:**
1. Whisk the olive oil, lemon juice, shallot and garlic in a large bowl. Season with salt and pepper. Add sugar, if desired (depending on the sweetness of your tomatoes). Add the tomatoes and gently toss. Marinate at room temperature, about 15 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain in a colander and run under cold water to stop the cooking.
3. Add the pasta and mozzarella to the tomato mixture and toss. Stir in the basil and lemon zest, and season with salt and pepper. Refrigerate, tossing occasionally, until serving.

Sauteed Cabbage and Salsa
Submitted by: Judi Back, Administrative Manager, Telecommuter

**Ingredients:**
- \(\frac{1}{2}\) head of cabbage, cut into bite-sized pieces
- 2 Tbsp extra virgin olive oil
- \(\frac{3}{4}\) cup fresh salsa
- Fresh grated Parmesan cheese (optional)

**Instructions:**
1. Saute cabbage in olive oil to desired tenderness.
2. Add fresh salsa and cook until warm.
3. Serve with fresh grated Parmesan cheese if desired.
Vegetarian Sweet Potato Chili

Submitted by: Stephanie Benner, Production Artist, Hinsdale (Chicago)

Ingredients:
1 Tbsp olive oil  
1 medium red onion, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 medium sweet potato, peeled and cut into ½-inch cubes  
Salt and freshly ground black pepper  
4 garlic cloves, pressed or minced, or 1 heaping Tbsp of minced garlic  
1 Tbsp chili powder  
1 tsp ground cumin  
1 tsp cayenne pepper (more or less, depending on how spicy you like your chili)  
2 tsp unsweetened cocoa powder  
¼ tsp ground cinnamon  
1 large can (28 oz) diced tomatoes, with their juices*  
1 can (15 oz) black beans, rinsed and drained, or 1½ cups cooked black beans  
1 can (15 oz) kidney beans, rinsed and drained, or 1½ cups cooked kidney beans  
2 cups vegetable broth  
Suggested garnishes: sour cream, grated cheese, thinly sliced green onions and/or chopped cilantro

Instructions:
1. In a 4-to-6 quart Dutch oven or stockpot over medium heat, warm the olive oil until shimmering. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.
2. Reduce the heat to medium-low. Add the garlic and spices (chili powder, cumin, cayenne, cocoa powder, cinnamon, and another dash of salt and pepper) and liquid ingredients (tomatoes, beans and broth), and stir. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour.
3. If you would like an even thicker consistency, use a potato masher to mash the chili until the texture suits your preferences. Season chili with salt and pepper to taste. Divide the chili into individual bowls, garnish as desired and serve.

Notes:
*A NOTE ON CANNED TOMATOES: I’m concerned about the BPA levels in canned tomato goods and avoid canned tomato products as best I can. I recommend using Muir Glen canned tomatoes because their cans are BPA-free.

*SLOW COOKER/CROCKPOT OPTION: This chili should turn out well after cooking on low for 7 to 8 hours, or on high for 4 to 5 hours.
Fusilli with Pesto and Green Beans

Submitted by: Lynn Belken, Sr. Marketing Representative, Telecommuter

Ingredients:
Kosher salt
One 8-ounce package whole-grain or gluten-free fusilli pasta
2 Tbsp olive oil
1 shallot chopped
8 oz green beans trimmed and cut in 1-inch pieces
One 10-oz bag frozen peas
½ cup freshly grated Parmesan
½ cup store-bought pesto
½ cup ricotta cheese such as Calabro

Instructions:
1. In a 4-to-6 quart Dutch oven or stockpot over medium heat, warm the olive oil until shimmering. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.

2. Bring a large pot of water to a boil over high heat. Sprinkle generously with salt. Add the pasta and cook 1 minute less than the package instructions, about 5 minutes. Drain well, reserving ¹⁄₃ cup of pasta water.

3. Meanwhile, heat a large skillet over medium-high heat. Add the oil and shallots with ½ tsp salt and cook for 1 minute. Add the green beans and another ½ tsp salt. Cook, stirring often, until the beans are just cooked through, about 4 minutes.

4. Stir in the peas and cook another minute to warm through. Add the cooked pasta to the skillet along with the reserved water.

5. Top the bare pasta with the Parmesan and add the pesto. Toss well to coat. Dollop the ricotta over the top and serve.
The Best Vegan Mac and Cheese

Submitted by: Jim Giordano, Utility Services West Principal, Chandler (Arizona)

I switched to a whole-food plant-based diet a couple of years ago. It didn’t take me long to get comfortable with this new way of eating, although it took a while to build a new library of favorite recipes. This easy-to-make recipe for Cashew Mac is one of our go-to’s when we are craving the comfort food of mac and cheese. We have tried different kinds of pasta, but our favorite is whole-wheat elbow macaroni. We usually serve it along with a green salad or peas. It’s really tasty, so give it a try!

**Ingredients:**
- 1½ cups raw cashews (soaked in water for 2 hours, if desired)
- 3 Tbsp fresh lemon juice
- ¾ cup water
- 1½ tsp fine sea salt
- ¼ cup nutritional yeast
- ½ tsp chili powder
- ½ clove garlic
- ¼ tsp turmeric
- Pinch of cayenne pepper (optional)
- ½ tsp mustard (dijon or yellow)
- 16 oz Elbow or shell pasta of choice (gluten-free, if needed)
- Freshly ground black pepper
- Paprika, for garnish

**Instructions:**
1. Prepare the pasta according to package directions. Drain the cashews if you soaked them. (This makes them easier to blend.)

2. While the pasta is cooking, combine the cashews, lemon juice, water, salt, nutritional yeast, chili powder, garlic, turmeric, cayenne (if using), and mustard in a high speed blender and blend until silky smooth. If the mixture is too thick, add 2-4 more tablespoons of water and blend again.

3. Once the pasta is tender, drain and rinse it, then return the pasta to the pot and stir in the cheese sauce. Season to taste and serve warm!
Pizzas
Flatbread

Submitted by: Sanjyot Varade, Engineer, Hinsdale (Chicago)

Thanks for this awesome challenge - I am sharing a recipe I have tried during the pandemic in order to hop on the baking bandwagon. At one point during the first months of the pandemic, there was a yeast shortage across the US. As such, I tried finding a flatbread recipe that does NOT use any yeast, and voila! This is what I found.

**Ingredients:**
- 3 cups all purpose flour
- 1 tsp table salt
- 1 cup warm water
- 3 tsp olive oil
- Cornmeal for dusting
- Desired toppings

**Instructions:**
1. Preheat oven to 550°F.
2. Add flour and salt to a food processor and pulse until well mixed. Then add water and oil.
3. Pulse until a dough ball forms (about 1 minute or so). Scrape down sides as needed.
4. Transfer dough ball to a lightly floured surface and knead dough for 1 minute or until the surface of the dough is smooth. Divide dough into 2 equal balls.
5. Use a rolling pin to roll each dough ball out into a long oval to your desired thickness. Thinner is better in this case.
6. Dust 2 baking sheets with cornmeal and place a flatbread crust on each.
7. Poke the surface of the flatbread all over with a fork.
8. Bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and the flatbread is nearly cooked through.
9. Brush with olive oil and top with desired toppings and bake for another 5-10 minutes or so. Enjoy!
Lamb Sausage Pizza with Pesto

Submitted by: Lelia Sepahi, Project Analyst, Toronto

I tried making bread and with the leftover dough I made my favorite pizza. I am so proud of myself for making pizza and bread because I was never a big fan of cooking but quarantine and working from home has changed me in a good way.

Ingredients:
- Water
- Flour
- Salt
- Yeast
- Olive Oil
- Crushed Tomato
- Basil
- Oregano
- Spinach
- Parmesan Cheese
- Garlic
- Pine Nuts
- Walnuts

Instructions:
1. Pizza sauce - Mix crushed tomato, basil, salt, oregano, olive oil. Boiled down to get thick.
2. Pesto sauce - Mix basil, spinach, parmesan cheese, olive oil, garlic, pine nuts, walnut all crush and blend in the blender.
3. Make the dough (tip - use some fresh herbs like rosemary and sage) and rolled it on a backing sheet, leave it in the oven for 10 min to get a little crispy and then cover with pizza sauce, lamb sausage, mushroom, roasted paper, mozzarella cheese. Finally leave it in the oven for 20 min or until done!

Portobello Mushroom Pizza

Submitted by: Judi Back, Administrative Manager, Telecommuter

Ingredients:
- Portobello mushroom caps
- Pizza sauce
- Mozzarella cheese
- Your favorite pizza toppings. I like to use the following:
  - Red & yellow peppers
  - Scallions
  - Roasted chicken or ground turkey (great way to use left-over chicken)

Instructions:
1. Cook meat until done.
2. Scoop out the stems and most of the flesh from the inside of the mushrooms.
3. Add pizza sauce and cheese to each mushroom cap.
4. Add remainder of ingredients.
5. Bake on 350°F for about 15 minutes.
Desserts
Chocolate Pie

Submitted by: Megan Anderson, Engineer, Des Moines

Ingredients:
1 sleeve graham crackers (crushed into crumbs)
3 Tbsp. margarine or butter, melted
1½ cup white sugar
1 package (12.3 oz) silken tofu (I usually use firm and I prefer the brand Mori-Nu)
1 package chocolate chips
2 Tbsp. non-dairy milk (I've used almond and soy and they've both worked)

Instructions:
1. Graham Cracker Crust - Mix graham crackers, margarine or butter, and ¼ cup of white sugar. Press into pie tin using measuring cup to press down. Bake at 350°F for about 10 minutes or until light golden brown.
2. Chocolate Filling - In a blender, combine the tofu, non-dairy milk, and 1 cup sugar and blend until smooth. Melt chocolate in microwave in thirty second increments. Add melted chocolate to blender and blend until smooth. Pour into pie crust, let it set in the refrigerator for at least a couple of hours.
3. Optional: Serve with coconut whipped cream, or drizzle some berry sauce, or nut butter on top.

Coconut Loaf Cake

Submitted by: Hameed Yusuf, Analyst & Program Representative, Toronto

Ingredients:
Butter
Sugar
Eggs
Vanilla Extract + Almond Extract
Unsweetened Coconut Milk
Shredded Coconut
Baking Powder
Salt

Instructions:
1. Pre-heat oven to 300°F.
2. Mix/beat the butter and sugar for 3 minutes in a mixer.
3. Combine flour, baking powder, salt and stir in a bowl.
4. Add in 1 egg at a time, extracts, and alternate flour mixture and coconut milk.
5. Mix again then pour into loaf pan.
6. Bake for 60 minutes.
Kate’s Impossibly Fudgy Brownies with Sea Salt

Submitted by: Katy McSurdy, Content Marketing Strategist, Telecommuter

From Melissa Clark’s book, Cook This Now. These brownies get a lot of compliments and they are RICH, so a 2 inch square can be enough. Add cayenne if you like spice and chocolate together. I love that you can melt the chocolate and butter in the microwave.

Ingredients:
- 2 sticks plus 2 Tbsp unsalted butter
- 3 oz unsweetened chocolate, chopped
- ½ cup plus 1 Tbsp cocoa powder
- 2½ cups sugar
- 1½ cups all-purpose flour
- ½ tsp kosher salt
- ⅛ tsp cayenne pepper (opt.)
- 3 large eggs, lightly beaten
- 1 Tbsp vanilla extract
- Maldon salt, for sprinkling

Instructions:
1. Preheat the oven to 350°F. Line a rimmed 9x13-inch baking sheet with parchment paper. (Note: Impossible to get out of the pan intact without parchment paper.)
2. In a microwave or in the top bowl of a double boiler, melt together the butter and chopped chocolate, stirring until smooth. Meanwhile, combine the flour, kosher salt, and cayenne in a medium bowl.
3. Transfer the chocolate mixture to a large mixing bowl and whisk in the cocoa powder and sugar. Add the eggs and vanilla; whisk until smooth.
4. Fold in the dry ingredients and continue folding until no lumps remain.
5. Scrape the batter into the prepared pan and smooth the top with a spatula. Bake for 25 to 30 minutes, until the edges just begin to pull away from the sides of the pan and a tester inserted into the middle of the brownie comes out clean.
6. Allow the brownie to cool completely in the pan before cutting into 2 by 2-inch squares. Makes 24 (2-inch) squares.
Natas Do Céu

Submitted by: Henri van Rensburg, Vice President, Toronto

Ever since Portugal became my second home I discovered my favorite desert, which is called Natas Do Céu. It is a dessert made out of layers of a light custard and powdered biscuits. I attempted to make it for the first time during the COVID-19 lock down, and realized it is actually very easy to make. The original recipes powdered biscuits are crushed Maria biscuits, but I have replaced it with crushed Biscoff biscuits, which adds an additional exotic flavor.

**Ingredients:**
- 5 eggs
- ½ tsp lemon juice
- 1¼ cup caster sugar
- 1¾ cup whipping cream
- ½ cup milk
- 10 oz. Biscoff biscuits (or other rich tea biscuits)

**Instructions:**
1. Separate the eggs and in a large saucepan, add the egg yolks, ⅓ cup (70g) sugar, and the milk, and mix well.
2. Cook this mixture over low heat, stirring constantly until thick. Set aside for two hours to cool.
3. Beat the egg whites with the lemon juice in the bowl of a stand mixer. When the egg whites begin to firm up, slowly and gradually add the remaining caster sugar, while continuing to whisk until the meringue mixture becomes thick and fluffy.
4. In a large bowl, whip the cream and then gently stir in the meringue.
5. Crush the Biscoff biscuits into a powder and set aside.
6. In a large bowl or in individual cups, add a layer of egg white (meringue) plus cream, then a layer of crumbled biscuits and another layer of egg whites (meringue) plus cream, and finish with a layer of egg yolk cream.
7. Refrigerate for at least two hours before eating.
Saniora’s Palace Bread

Submitted by: Bashar Alhayek, Analyst, Toronto

This is a decadent Middle Eastern dessert called “Saniora’s Palace Bread”. Its made of two layers. The bottom layer is toast soaked in burnt caramel sauce, with a middle eastern milk and mastic pud the top layer, then all topped with pistachios.

Ingredients:
- 8 slices white bread, toasted
- ¾ water
- 2 cups milk
- ¾ condensed milk
- ½ cup sugar
- 4 Tbsp cornflour
- 3 Tbsp rosewater
- 1 cup chopped pistachio kernels (see notes)
- A few drops of lemon
- A few drops of orange essence
- ¼ cream (opt.)
- Few pistachios crushed

Instructions:
1. Grind slices of toasted white bread into a coarse of powder making bread crumbs.
2. Preparing sugar syrup - combine and boil sugar and water. Once boiling add 1 Tbsp of rosewater and drops of lemon. then add to the syrup to the bread crumbs. Mix well.
3. Grease pan with butter and then press bread crumbs against the pan making the crust. Refrigerate for 15 minutes.
4. Preparing pudding layer - boil milk, corn flour, and condensed milk until it slightly thickens. Once it’s more thick add 2 Tbsp of rosewater, drops of orange essence, and cream (opt.). Mix well.
5. Place the pudding into a bowl and beat into a smoother cream if it’s needed. Then pour pudding into the crust pan.
6. Sprinkle crushed pistachios on top of pudding layer and then refrigerate for about 1 hour. Serve and enjoy!

Notes:
* Toasted almonds or hazelnuts would also work well in this recipe.
Blueberry Goat Cheese Pie

Submitted by: Lynn Belken, Sr. Marketing Representative, Telecommuter

Ingredients:
2¼ cups all-purpose flour
½ - ¾ cup cold margarine
½ cup & 1 Tbsp sugar
Pinch salt
Cold water
½ cup soft goat cheese
½ cup heavy cream
½ cup brown sugar
1 Tbsp finely chopped fresh basil
1 large egg
5 cups fresh blueberries
1 cup sliced almonds
½ cup melted margarine

Instructions:
1. For the crust: Combine the flour, margarine, sugar and salt in a large bowl. Work with your fingers, gathering and crumbling, until you have a crumbly mixture, about the size of peas.
2. Slowly add cold water in small amounts, gently incorporating it by hand. As soon as the dough comes together in a ball, wrap in plastic wrap and chill for 30 minutes.
3. For the filling: Mix the goat cheese, heavy cream, egg, sugar, flour, salt and basil together in a bowl. Add the blueberries and mix to the desired texture.
4. For the topping: Mix the almonds, sugar and margarine in a bowl; set aside.
5. Preheat the oven to 350°F.
6. Roll out the dough and place it in a 10-inch pie pan. Pour the filling into the crust and sprinkle over the topping. Bake, rotating halfway through, for 25 minutes.
Miscellaneous
Avocado Milkshake Drink

Submitted by: Vivek Unnithan, Energy Efficiency Analyst, Toronto

I find this as a great post-workout drink to have, hope it helps!

Ingredients:
1 cup vanilla almond milk (or your preferred choice of milk)
1 large ripe Haas avocado
1 banana (optional)
1-3 Tbsp of honey (optional)

Instructions:
1. Peel, pit, and chop avocado and banana into small pieces.
2. Blend milk, avocado, banana, and honey together in a blender until smooth.

Chimichurri Sauce

Submitted by: Audrey Ewan, Program Manager, Louisville (Boulder)

My favorite recipe is the following for Chimichurri sauce (which goes on just about anything - steak, shrimp, chicken, or just veggies!) Recipes compliments of food blog “Oh So Delicioso.”

Ingredients:
1½ cup fresh parsley
1½ cup fresh cilantro
½ cup fresh oregano
2 limes juiced
1 Tbsp red wine vinegar
2 garlic cloves minced
1 tsp salt
½ tsp pepper
¼ tsp red pepper flakes
½ cup EVOO

Instructions:
1. Pour and mix in a blender until smooth. Enjoy!
Pico de Gallo

Submitted by: Dave Ledbetter, Sr. Program Representative, Jacksonville

Ingredients:
5 medium ripe tomatoes-coarsely chopped
3 cloves garlic, chopped
½ cup onion, chopped
2 Serrano peppers chopped, with seeds and membrane removed (unless you like heat)
¾ cup (or more) fresh cilantro (I like to remove most of the stems)
1 lime juiced
Salt and pepper to taste

Instructions:
1. Put all except tomatoes in a processor and pulse until well mixed. Add the tomatoes and pulse again until the right consistency.
2. Check for flavor and add more salt and pepper and lime juice as needed.