

NUHOC Loj Cookbook



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Updated 3/16/2011



NUHOC LOJ COOKBOOK

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Tips

- Always buy store brand/the cheapest of each food item.
- Always buy bacon and OCP's!
- Buy Starcrunch/Nutty Bars and granola bars and/or fruit for snacks.
- Plan for 1oz of cream cheese per bagel.
- Budget for 1.5 sandwiches per person per day. Plan Sunday lunch during ski season.
 - 1/2 lb meat per person for two days of lunch
 - 3/32 lb of cheese per person for two days of lunch
 - 6 slices of bread per person
 - 1 head of lettuce and 1 onion for the weekend for lunch
 - Hummus for vegetarians and flavor
- Lunch eaten at the Loj is grilled cheese and tomato soup. NO QUESTIONS ASKED!!!
- Buy mostly turkey and roast beef, with less ham. Vary the cheese, American cheese is not popular.
- Wheat bread is recommended. White bread is not popular (except white bread works better with grilled cheese).
- Make sure you offer some type of meat in the dinner dish.
- One pound of plain pasta feeds four hungry NUHOCers. This number is based on a meal with no sides ect. Baked Ziti and any other hearty pasta dishes do not follow this rule.
- Rice is never a bad idea to serve with chili, enchiladas or fajitas. 1 cup feeds 2-3 people. Cook with 2 cups water for every cup of rice. When cooking, make sure to find a cover the seals the pot and stir well occasionally as the bottom burns (as goes for any other dish made in the pots).
- Garlic Bread is a good idea with pasta dishes. Use the quick bread recipe to make your own or buy pre-made loaves.
- Write out a detailed shopping list (exact measurements: cups, ounces, ect.) before going to the grocery store to save time.
- Dessert is never a bad idea.

Breakfast Ideas

- Eggs and bacon
- Pancakes and bacon
- French toast/French toast strudel and bacon
- Bagels (1.5 per person per day...people burn them or use them for lunch)



NUHOC LOJ COOKBOOK

Quick Bread

6 servings

- 2 cups flour
- 1 T baking powder
- 1 t salt
- 1 t sugar
- 1 egg
- 1 cup milk
- ¼ cup canola or veg. oil

Directions:

Preheat oven to 350°F. Combine flour, baking powder, salt and sugar. Beat together milk, egg and oil in a separate bowl. Add to dry ingredients and stir together quickly. Bake for 35-40 minutes.



NUHOC LOJ COOKBOOK

Vegetarian Jambalaya

serves 12

Marissa Bieger

- ½ cup olive oil
- 2 cups yellow onions (4 medium onions), diced
- 1 cup red onion (2 medium onions), diced
- 1 cup bell peppers (1 large pepper), diced
- 1 cup celery (2 medium ribs), diced
- 1 cup yellow squash (1 squash), diced
- 1 cup zucchini (1 zucchini), diced
- 1 T minced garlic
- 3 cups chopped tomatoes (buy canned, use juice)
- Salt and pepper to taste
- 2 t Creole seasoning
- ½ t thyme
- 3 bay leaves
- 4 cups dry rice
- 8 cups veg. stock
- 1 cup chopped green onions

Directions:

Heat oil in large pot over medium heat. Add yellow onions, red onions, peppers and garlic, sauté until tender (5 minutes). Add squash and zucchini (sauté another 5 minutes). Add tomatoes, seasonings and rice. Stir 2-3 minutes. Add veg. stock and cook covered for 30-35 minutes until rice is tender. Let stand 2-3 minutes, add green onions and serve



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Cornbread

serves 12

Elena Mascarenhas

- 1 cup flour
- 1 cup cornmeal
- ¼ cup sugar
- 4 t baking powder
- ¾ t salt
- 1 cup milk
- 2 eggs
- ¼ cup veg. oil

Directions:

Mix all dry ingredients together in one bowl. Mix the eggs into the milk and add the dry ingredients to this bowl slowly. Mix well and add the veg. oil. Dough should be slightly runny. Bake at 350° - 425°F for 10-12 minutes in a lightly greased 9x9 pan. Check by sticking a fork in the middle.



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Brownies

serves 12

Marissa Bieger

- 1 cup butter
- 2 cups sugar
- 4 eggs
- 2 t vanilla extract
- 2/3 cups unsweetened cocoa powder
- 1 cup flour
- ½ t salt
- ½ t baking powder

Directions:

Preheat oven to 350°F. Grease and flour a 9x13 pan. Melt the butter and stir in sugar, eggs, and vanilla. Beat in cocoa, flour, salt and baking powder. Spread into pan. Bake for 25-30 minutes.



NUHOC LOJ COOKBOOK

Pumpkin Cupcakes

yields 25-30

Marissa Bieger

- 2 cups flour
- 1 t baking powder
- 1 t baking soda
- ½ t salt
- 1 t cinnamon
- ¼ t nutmeg
- 1 t ginger
- ¼ t allspice
- 1 cup packed light brown sugar
- 1 cup sugar
- 1 cup butter, melted and cooled
- 4 eggs, lightly beaten
- 1 can (15oz.) pumpkin puree

Directions:

Preheat oven to 350°F. Line cupcake pan with liners. Whisk together flour, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and allspice. Set aside. In a large bowl, whisk together brown sugar, sugar, butter, and eggs. Add dry ingredients and whisk until smooth. Whisk in pumpkin puree. Divide batter evenly among liners, filling each about 2/3. Bake 20-25 until top springs and toothpick comes out clean.



Butternut and Acorn Squash Soup

serves 8

Syeda Raji

- 1 butternut squash, halved and seeded
- 1 acorn squash, halved and seeded
- 3 T butter
- 4 cups chicken broth
- ¼ cup chopped sweet onion
- 1/3 cup packed brown sugar
- 1 8oz package of cream cheese, softened
- ½ t ground black pepper
- Cinnamon to taste
- Fresh parsley for garnish

Directions:

Preheat oven to 350°F. Place squash halves cut side down in a baking dish and bake for 45 minutes or until tender. Remove from oven and cool slightly. Scoop the pulp from the skins and discard skins. Melt butter in skillet over medium heat and sauté onion until tender. Blend squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. Transfer the soup to a pot and cook over medium stirring occasionally until heated through. Garnish with parsley and serve warm.



NUHOC LOJ COOKBOOK

Baked Ziti

serves 10

Syeda Raji

- 1 lb dry ziti pasta
- 1 onion, chopped
- 1 lb lean ground beef
- 2 (26 oz.) jars of spaghetti sauce
- 3/8 lb provolone cheese, sliced
- 1 ½ cup sour cream
- 3/8 lb mozzarella cheese, shredded
- 1/8 cup grated parmesan cheese

Directions:

Bring a large pot of lightly salted water to a boil. Add ziti and cook until al dente, then drain. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce and simmer for 15 minutes. Preheat oven to 350°F. Butter a 9x13 baking dish. Layer as follows: ½ of the ziti, provolone cheese, sour cream, ½ sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated parmesan cheese. Bake for 30 minutes or until cheese is bubbly.



NUHOC LOJ COOKBOOK

Spaghetti and Meatballs

serves 6

Jon Nicolodi

- Meatballs
- 1 lb ground beef
- ½ lb lean ground pork
- ¾ cup break crumbs
- 2 eggs
- ¼ cup parmesan cheese, shredded
- ¼ t garlic, diced
- ¼ cup Half & Half
- 2 T parsley flakes
- 1/8 t ground pepper

- Spaghetti
- 1 lb of spaghetti
- 4 cups spaghetti sauce

Directions:

Mix all meatball ingredients together and form into 24 balls, 1½ inch in diameter. Bake in over at 450°F for 15-20 minutes. Boil water, add oil and drop in pasta. Cook until al dente. Heat sauce over low heat until warm all the way through. Combine meatballs, sauce, pasta and serve.



NUHOC LOJ COOKBOOK

Eggplant Parmesan

serves 6

- 2 medium to large eggplants (2-3 lbs)
- Salt to taste
- Olive oil as needed
- Flour for dredging
- Ground black pepper to taste
- 2 cups tomato sauce
- ½ lb shredded mozzarella cheese (approx. 2 cups)
- 1 cup grated parmesan cheese
- About 30 fresh basil leaves

Directions:

Cut eggplant into ½ inch thick slices and salt to taste. Preheat oven to 350°F. Add 3 T oil to large skillet and heat. Dredge eggplant slices in flour and shake off excess. Place in pan but don't crowd. Cook for 3-4 minutes on each side or until nicely browned. Drain on paper towels. Add pepper to taste. Lightly oil the baking dish and spoon enough tomato sauce into it to cover the bottom. Top with a layer of eggplant then add a layer of both cheeses. Top with basil leaves. Repeat until all ingredients are used up. Top with parmesan. Bake for 20-30 minutes or until dish is bubbling hot.



NUHOC LOJ COOKBOOK

Mac n' Cheese or Fettuccine Alfredo

serves 6

Kate Fox

- 2 cups milk
- 4 T butter
- 4 T flour
- 2 cups cheddar (or parmesan) cheese, shredded
- 1½ lbs pasta (elbows or spirals)
- (parsley flakes for Alfredo sauce, approx. 1-2 T)

Directions:

Melt butter over low heat, stir in flour. Take off heat and slowly add milk, stirring constantly. Return to heat and stir constantly until sauce is thick. Add cheese and parsley. Stir until cheese is melted. Pour over cooked pasta and mix thoroughly.

(Can add chopped chicken breasts and veggies.)



NUHOC LOJ COOKBOOK

NUcomer's Chili

serves 12

Chris Maccia

- 1 lb ground beef
- 6 cups cheddar cheese, shredded
- 2 onions, diced
- 2 green peppers, diced
- 2 red peppers, diced
- 12 cloves garlic, diced
- 2 jalapenos, diced
- 5 cans diced tomatoes
- 7 cans black kidney beans
- 2 cans veggie refried beans
- 2 T cumin
- 24 T chili powder
- 4 cups water

Directions:

In a large pot (or two) over medium heat, mix together onions, peppers, garlic, jalapenos, tomatoes, beans, cumin and chili powder. Cook ground beef thoroughly and add to meat eater's pot. To each pot, add 4 cups water (or enough water for desired consistency). Simmer until mixture is thick, veggies are soft, and mixture is warm/hot all the way through. Top each serving with cheese.



NUHOC LOJ COOKBOOK

Chicken Enchiladas

serves 8-10

Kate Fox

- 1 medium onion, diced
- 1 medium green pepper, diced
- 1 clove garlic, diced
- 2 T veg. oil
- 2 T flour
- ¼ t chili powder
- ½ t salt
- 1 can (15 oz) chili with beans
- 1 large tomato, diced
- 1 can (15 oz) beef broth (can be veggie broth to satisfy vegetarians)
- 1 package (10-12 inch round) corn tortillas
- 2-3 chicken breasts

Directions:

In a large, deep pan, sauté onion, green pepper, and garlic in oil until soft. Stir in flour, chili powder and salt. Cook until bubbly. Add broth and stir until thick. Stir in tomatoes and chili. Bring to a boil, lower heat and simmer for approx. 15 minutes. Place tortillas (2-3 at a time) on top of mixture to soften, flip to other side. Place soft tortillas in a large baking dish and sprinkle cheese and chicken and roll up. Fill pan with all the tortillas, top with leftover chili mixture and cheese. Bake at 350° for 25 minutes.



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Chicken Broccoli Cheddar Soup

serves 5

Kate Fox

- 10 oz. broccoli (diced small)
- 1 cup half and half
- 2 cups chicken broth
- 3 cups cheddar cheese, shredded
- 2-3 cooked chicken breast, chopped
- Water (for consistency)

Directions:

Cook broccoli until tender. Bring broth to a simmer and add cream and broccoli. Simmer for about 15 minutes. Add cheddar cheese. Stir to melt. Add cooked chicken. (Add water if soup seems too thick.)



NUHOC LOJ COOKBOOK

Tortellini Soup

serves 8

Kate Fox

- 3 cloves garlic, minced
- 1 T butter
- 1 can (48 oz.) chicken, beef, or veggie broth
- 1 package (19 oz.) frozen cheese tortellini
- 1 package (10 oz.) frozen chopped spinach
- 2 cans (14 oz. each) stewed tomatoes, un-drained, cut up
- Grated parmesan cheese

Directions:

In large saucepan, over medium heat, cook garlic in butter for 1-2 minutes. Add broth, tortellini, spinach, and tomatoes (and juice). Simmer until hot all the way through. Top servings with parmesan cheese.



NUHOC LOJ COOKBOOK

Harvest Corn Chowder

serves 12

Kate Fox

- 1 medium onion, chopped
- 1 tablespoon butter
- 2 cans (14.5 oz. each) cream-style corn
- 4 cups whole kernel corn
- 4 cups diced peeled potatoes
- 1 can (10.5 oz.) condensed cream of mushroom soup, undiluted
- 1 jar (6 oz.) sliced mushrooms, drained
- 3 cups milk
- 1/2 medium green pepper, chopped
- 1/2 to 1 medium sweet red pepper, chopped
- Pepper to taste
- 1/2 pound bacon, cooked and crumbled

Directions

In a large saucepan, sauté onion in butter until tender. Add the cream-style corn, kernel corn, potatoes, soup and mushrooms. Stir in milk. Add green and red peppers. Season with pepper. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Top with bacon.



NUHOC LOJ COOKBOOK

Chicken Pot Pie

serves 6

Kate Fox

- 3 potatoes, chopped
- 4 chicken breasts
- ½ medium onion
- 1 can (10 oz.) cream of chicken soup
- 1 can (10 oz.) cream of mushroom soup
- 1 cup cheddar cheese, shredded
- 1 cup mozzarella cheese, shredded
- 2 cups frozen mixed veggies, thawed (peas, carrots, celery)
- Salt and pepper to taste
- 2 premade pie crusts

Directions:

Preheat oven to 350°. Lightly grease and flour a 9x13 casserole dish. Place chicken and onion in medium saucepan and add enough water to cover. Simmer over medium heat for 8-10 minutes until chicken is cooked through. Drain and dice chicken. In a large bowl, combine chicken, onions, soups, cheeses and veggies. Mix thoroughly. Lay one sheet of pastry in bottom of pan. Pour chicken mixture over pastry. Cover with second pastry sheet. Seal edges of top and bottom pastries. Cut steam vents in top. Bake for 50 minutes until pastry is golden brown.



NUHOC LOJ COOKBOOK

Pasta Primavera

serves 6

Kate Fox

- 2 cans (10 oz. each) cream of chicken or mushroom soup
- 1 cup water
- ¼ cup and 2 T grated Parmesan cheese
- 2 T lemon juice
- 1 t dried basil leaves/flakes
- ¼ t garlic powder
- ¼ t ground black pepper
- 2 (16 oz. each) packages of frozen veggies (broccoli, peppers, carrots, peas, zucchini...)
- 1 lb spaghetti cooked and drained
- 2-3 chicken breasts (cooked and chopped)

Directions:

Heat soup, water, cheese, lemon juice, basil, garlic powder, pepper and veggies in a skillet over medium heat to a boil. Reduce heat to low. Cover and cook for 5 minutes or until veggies are tender. Add chicken and pasta and toss to coat.



NUHOC LOJ COOKBOOK

Shepherds Pie

serves 4

Kate Fox

- 1 lb ground beef
- 1 medium onion, chopped
- 1 can (10 oz.) cream of chicken soup
- 1 T ketchup
- 1/8 t salt
- 1 cup frozen peas and carrots
- 1 cup milk
- 2 T butter
- 1 1/3 cup instant mashed potatoes

Directions:

Cook beef and onion in skillet over medium-high heat until well browned, stirring to break up meat. Drain off fat. Stir soup, ketchup, pepper, peas and carrots into skillet. Spoon beef mixture into a 9 inch pie plate. Heat milk and butter over medium heat to a boil. Remove from heat and slowly stir in potatoes. Spoon potatoes over beef mixture. Bake at 400° for 15 minutes until potatoes are lightly browned.



NUHOC LOJ COOKBOOK

French Toast Strudel

serves 35 (5 9x13 pans)

Juliana Beecher

- 120 slices of bread
- 15 cups of ricotta
- big jar of strawberry preserves
- 1 cup white sugar
- 1 cup maple syrup
- 2 cups butter
- 24 eggs
- 3 cups of milk
- cinnamon
- 4 cups oats
- 2 cups brown sugar

Directions:

Beat eggs. Add milk, 1 1/2 cups melted butter, and cinnamon. Slice bread in half diagonally and layer in the bottom of buttered casserole pans. Ladle some of the egg mixture over all the bread, just enough to dampen it. Mix white sugar into ricotta. Dollop and spread 1/2 the ricotta over the bread. Spread 1/2 the strawberry preserves. Layer more bread, and ladle more egg mixture. Repeat the layers of ricotta, preserves, bread, egg. Combine oats and brown sugar. Cut in butter. Sprinkle this streusel topping over the final bread layer. Drizzle maple syrup over the very top. Bake at 375° for 45 minutes.



NUHOC LOJ COOKBOOK

Lasagna

serves 35 (6 9x13 pans)

Juliana Beecher

- 5 boxes oven ready lasagna noodles
- 2 10 oz. cans tomato puree
- 1 10 oz. can diced tomatoes
- 32 oz tomato paste
- 5 cloves of garlic
- 3 onions
- 2 boxes of mushrooms
- 3 lbs ground meat
- 2 lbs hot Italian sausage
- (substitute 1 lb spinach for one veggie pan)
- 2 big bags shredded mozzarella
- 15 cups of ricotta
- Herbs

Directions:

Dice and sauté onions and mushrooms in a big pot with olive oil. Mince garlic and add to pot. Dump in tomato products. Add salt, pepper and herbs to taste (basil, parsley, oregano). Let cook until hot. Mix herbs (the same) into the ricotta cheese. Cook meat on the griddle until done. Layer casserole pans with: tomato sauce, noodles, meat (or spinach), tomato sauce, noodles, ricotta, noodles, tomato sauce, mozzarella. Make sure all the corners and edges of noodles are covered in tomato sauce so they don't dry out in the oven. Bake at 375° for 35-45 minutes.



NUHOC LOJ COOKBOOK

Butternut Squash Curry

serves 12

Juliana Beecher

- 5 medium-large butternut squashes
- 4 large onions
- 6 cloves of garlic
- 5 lbs of chicken (substitute chickpeas for veggie pot)
- 2 heads of cauliflower
- 1 lb green peas
- 40 oz coconut milk
- 2 qts of vegetable broth
- curry powder
- cumin
- salt
- pepper
- peanuts
- golden raisins

Directions:

Cut chicken into small cubes and cook on the griddle until done. Peel, seed and dice squash into bite-size pieces. Cut onions in to thin half rounds. Mince garlic. Sauté onions and garlic with olive oil in the bottom of a big pot. Add squash and spices to taste. Add broth and coconut milk and simmer for 15 minutes, until squash is almost soft. Add cauliflower (cut into bite-size pieces) and green peas. Add chicken and more spices if needed/desired. Add milk or cream if you want it creamier. Cook until all vegetables are soft and the squash is starting to break apart. It should be a sweetish, creamy curry that's saucy/stewy in consistency. Serve over rice or couscous, top with peanuts and golden raisins.



NUHOC LOJ COOKBOOK

Broccoli Casserole

serves 12

Kate Fox

- 5 cups broccoli
- 2 sleeves (approx. 64) Ritz/butter crackers, crushed
- 4 T butter
- 3 T flour
- 1 ½ cup milk
- 1 ½ cup cheddar cheese, shredded
- ½ t garlic powder

Directions:

Cook broccoli until tender, pat dry with a paper towel. Place in 9x13 baking dish. In a small sauce pan melt **3 T** butter over low heat, mix in flour. Take off heat and slowly mix in milk. Place back on low heat and stir constantly until thick. Add cheese and mix until melted. Pour sauce over broccoli and mix well. In a large skillet, melt **1 T** butter, add crackers and garlic powder. Mix well. Sprinkle over broccoli and bake at 350° for 30 minutes.



NUHOC LOJ COOKBOOK

Crescent Roll Pastries

serves 8

Erica Schlatter

Dough

- 1 tube crescent rolls
- ¼ cup granulated sugar
- 2 T cinnamon
- Melted butter

Icing

- 1/2 cup powdered sugar
- 1 t vanilla sugar
- 2 – 3 t milk

Directions:

Preheat oven to 350 degrees and put butter in a pan or microwave to melt. Mix the cinnamon and sugar in a bowl. Unroll the dough into squares (keep the two triangles together) and roll them into long strings of dough. You can then shape them however you want (pretzel/twist/etc). With a brush, coat the dough with melted butter on both sides. Next, put one coated pastry at a time in the bowl of cinnamon and sugar and make sure it gets covered on both sides with the mixture.

For the icing:

Mix all the ingredients together until you get a syrup-like consistency. Drizzle over pastries or use as a dip.



NUHOC LOJ COOKBOOK

Whoopie Pies

makes 18 pies

Jerod R-W

Pies

- 1 box chocolate cake mix
 - 3 eggs
 - 1 cup veg/canola oil
- 1 (3 oz) package of instant chocolate pudding

Filling

- 1 cup veg shortening
- 1 ½ cups powdered sugar
- 2 cups marshmallow fluff
- 1 ½ t vanilla extract

Directions:

Preheat oven to 350F. Lightly grease baking sheet. In a large bowl, prepare cake mix according to the directions on the box, but use $\frac{3}{4}$ cup water instead of listed amount. Whisk until smooth. Add chocolate pudding and whisk until smooth. Drop batter onto baking sheets to form small blobs. Use the backside of the spoon to spread the blob out into a 2 inch circle. Bake for 15 minutes or until they are firm to the touch. Remove from oven and let cool completely. Make filling by combining all ingredients and beat until fluffy. When the cakes cool, spread the flat (bottom) side of the cake with a generous amount of filling. Top with another cake and press down gently to evenly distribute the filling. Repeat with rest of cakes.



NUHOC LOJ COOKBOOK

Chicken and Dumplings

serves 4-5

Kate Fox

- 6 boneless chicken thighs
- 2 (approx 10.75 oz) cans condensed cream of celery soup
- Salt and pepper to taste
- 1 (12 oz) package of refrigerated biscuit dough

Direction:

Over high heat, combine chicken with enough water to cover and boil for 15-20 minutes. Drain until 3 cups of water remain in the pot. Remove chicken, cool, pull chicken apart and then return to pot. Reduce heat to medium and add condensed soup. Add salt and pepper. Tear biscuits into smaller pieces and add to mixture. Simmer over for 7-8 minutes.



NUHOC LOJ COOKBOOK

Carries Chicken (Summer of 1997)

serves 8-9

- 8 boneless chicken breasts
- 1 lb good sliced deli ham
- 1 lb good sliced swiss cheese
- 4-5 eggs
- Breadcrumbs

Directions:

Bang chicken with a hammer to flatten out. Put slice of ham and slice of swiss cheese on top of chicken and roll up. Place in lightly greased pan. Pour small amount of scrambled eggs (uncooked) on top of chicken and dust with breadcrumbs. Bake for 20-25 minutes at 375F.

Good with mashed potatoes on the side.