



# THE BENESCH COOK BOOK

## RECIPE NAME:

Chicken Matzo Ball Soup

## INGREDIENTS:

Chicken, Whole: ~3 lb

Chicken Broth: 96 oz

Carrots, Large: 4 (diced)

Celery Stalks: 4 (diced)

Leek: 1 (chopped)

Onion: 1 (diced)

Parsnips: 2 (diced)

Turnip, Large: 1 (diced)

Dill, Fresh: 1/2 cup (chopped)

Matzo Ball Mix: 1.5 cups

Eggs: 4

Vegetable Oil: 1/3 cup

Water: 1/2 cup

## DIRECTIONS:

- Place chicken into large pot and cover with water; bring to a boil.
- Reduce heat to low and simmer until meat is very tender (~1.5 hrs).
- Remove chicken from pot.
- When chicken is cool enough to handle, skin and debone.
- Shred chicken meat.
  
- Bring broth to a boil in large pot.
- Stir in meat, carrots, celery, leek, onion, parsnips, turnip and dill.
- Reduce heat to low and simmer until vegetables are tender (~20 min).
  
- Stir matzo ball mix, eggs, vegetable oil and water together in a bowl.
- Form mixture into 1-inch balls (use wet hands to prevent sticking).
  
- Return broth to a boil.
- Gently drop in matzo balls.
- Reduce heat to low and simmer until matzo balls have increased in size and cooked through (~20 min).
  
- Wait for soup to cool, then enjoy!

## RECIPE PROVIDED BY:

Bob Bernard

## APPROXIMATE TIME:

PREP: 40 min

COOK: 2 hrs 10 min

TOTAL: 2 hrs 50 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Yogurt Pies

## INGREDIENTS:

Two 5.3 oz. containers of your favorite yogurt  
One 8 oz. container whipped topping  
One Ready Made graham cracker pie crust, I like to use the minis (6 in a pack)  
One cup fresh fruit (optional) ex. use strawberry yogurt use fresh strawberries

## DIRECTIONS:

Mix yogurt and whip cream together till smooth. (Optional fruit can be added if desired)

Fill each graham cracker pie shell with filling. It will be heaping.

Add fruit to top if desired and refrigerated for one hour. (I've also put in freezer for an hour without the fruit on top for really "cool" treat)

Enjoy!

## RECIPE PROVIDED BY:

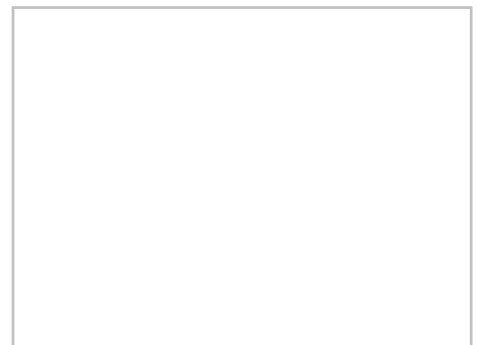
Cheryl Bolich

## APPROXIMATE TIME:

**PREP:** 10 minutes

**COOK:** None

**TOTAL:** 10 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Roasted Butternut Squash Chowder (Dairy free!)

## INGREDIENTS:

1 large butternut squash, peeled, seeded & cut into 1/2-inch cubes  
2 Tbsp. extra-virgin olive oil  
1 Spanish onion, diced  
2 cloves garlic, finely minced  
4-5 large Yukon Gold potatoes, peeled & cut into 1/2-inch cubes  
4 celery ribs, diced  
3 large carrots (or 2-3 handfuls baby carrots), peeled & chopped  
6 cups low-sodium vegetable or chicken broth  
1/4 teaspoon dried thyme  
1/4 cup parsley, chopped  
salt and pepper to taste  
Oyster crackers or bread, for serving

## DIRECTIONS:

Preheat oven to 400F. While oven is preheating, prepare ingredients.

Once oven is to temperature, place cubed butternut squash on a baking sheet drizzled with 1 tablespoon olive oil. Roast until very tender and some pieces are beginning to brown, about 20 minutes.

In a large pot or dutch oven, heat 1 tablespoon oil over medium heat. Add onion and cook, stirring frequently, until onion is translucent. Add garlic in the last minute of sautéing. Add potatoes, celery, carrots, stock and thyme and bring to a boil. Reduce heat, cover partially and simmer until potatoes are tender, about 20 minutes.

Once the squash and soup mixture are finished cooking, transfer squash to a large bowl (or blender if you have one). Ladle approximately 1/3 of liquid from heavy pot into bowl with squash. Use an immersion blender to puree squash mixture until very smooth. Stir the puree into the soup pot and season with salt and pepper to taste. Stir in the parsley and serve with oyster crackers.

Notes:

\*Depending on the size of the potatoes, a little more broth might need to be added.

\*This recipe makes a lot, and it keeps great if stored in air tight containers (such as mason jars) in the fridge for the week.

\*Original recipe (above has been modified) & photo from:

<http://morethanburnttoast.blogspot.com/2011/10/roasted-butternut-squash-chowder-with.html>

## RECIPE PROVIDED BY:

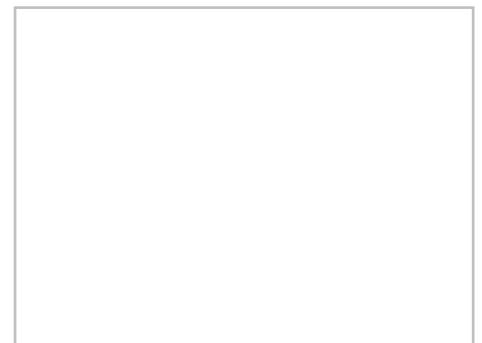
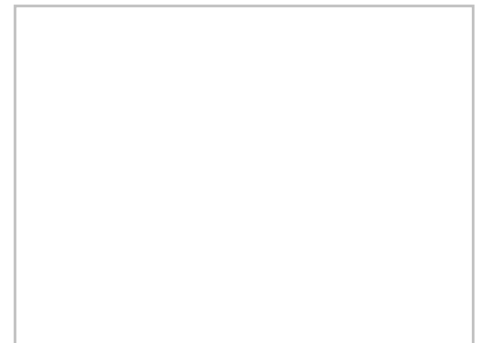
Ashley Bomely

## APPROXIMATE TIME:

PREP: 20

COOK: 30

TOTAL: 50





# THE BENESCH COOK BOOK

## RECIPE NAME:

Penne with Yogurt-Tahini Sauce

## INGREDIENTS:

3 tablespoons tahini  
1/8 cup lemon juice  
1 cup plain yogurt  
3/4 cup water  
3 cloves garlic  
1/4 cup olive oil  
1 onion, chopped  
2 large portobello mushrooms, sliced  
1/2 red bell pepper, diced  
1 (16 ounce) package penne pasta  
1/2 cup chopped parsley  
ground black pepper to taste

## DIRECTIONS:

### Step 1

In a large pot of lightly salted boiling water, cook pasta 10 to 12 minutes, or until al dente.

### Step 2

While pasta is cooking, stir together tahini and lemon juice. Place in a food processor with yogurt, water, and garlic cloves; process until smooth.

### Step 3

Heat the oil in a saute pan over medium heat. Add the onion, and cook until soft. Add the mushrooms, and cook until soft. During the final few minutes of cooking add the bell pepper; the pepper should be still crispish.

### Step 4

Drain the pasta. Toss with the yogurt-tahini sauce, chopped parsley, and freshly ground black pepper. Serve the vegetable saute over the noodles.

## RECIPE PROVIDED BY:

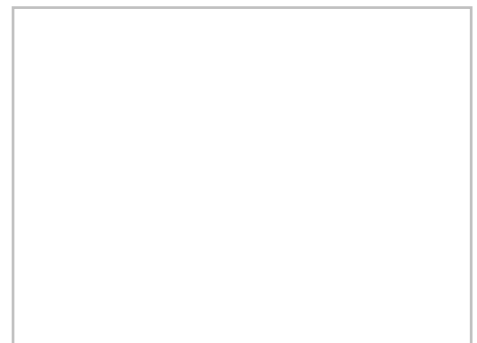
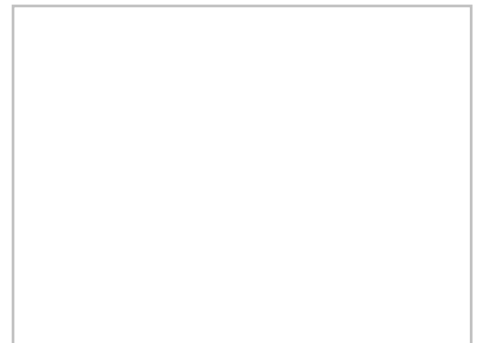
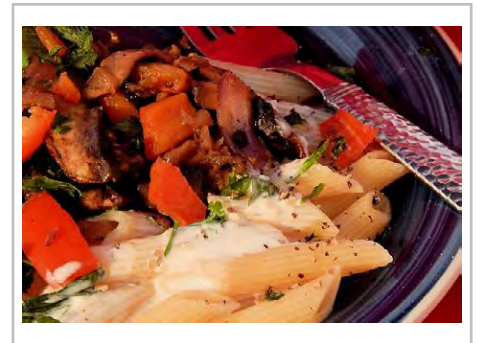
Emily Bousaada

## APPROXIMATE TIME:

PREP: 20 minutes

COOK: 20 minutes

TOTAL: 40 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Ukrainian Red Borscht Soup

## INGREDIENTS:

1 (16oz) package pork sausage  
3 medium beets, peeled and shredded  
3 carrots, peeled and shredded  
3 medium baking potatoes, peeled and cubed  
1 tablespoon vegetable oil  
1 medium onion, chopped  
1 (6oz) can tomato paste  
3/4 cup water  
1/2 medium head cabbage, cored and shredded  
1 (8oz) can diced tomatoes, drained  
3 cloves garlic, minced  
salt and pepper to taste  
1 teaspoon white sugar, or to taste  
1/2 cup sour cream, for topping  
1 tablespoon chopped fresh parsley for garnish

## DIRECTIONS:

1. Crumble the sausage (if using) into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.
2. Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, and the can of diced tomatoes.
3. Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.
4. Ladle into serving bowls, and garnish with sour cream, if desired, and fresh parsley.

## RECIPE PROVIDED BY:

Jeffrey Brashears

## APPROXIMATE TIME:

**PREP:** 25 min

**COOK:** 40 min

**TOTAL:** 1 hr 5 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Guacamole

## INGREDIENTS:

3 avocados  
1 lime  
1 tsp salt  
1 onion  
3 tbsp fresh cilantro  
2 roma tomatoes  
1 tsp garlic

## DIRECTIONS:

Peel and pit avocados.  
Peel and dice onion (approx 1/2 cup)  
Dice tomatoes.

In a medium bowl, mash together the avocados. Squeeze juice from lime into bowl. Mix in salt, onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.

## RECIPE PROVIDED BY:

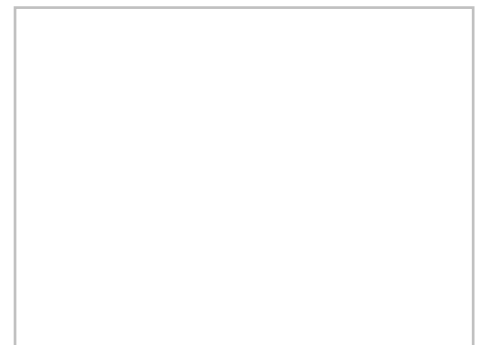
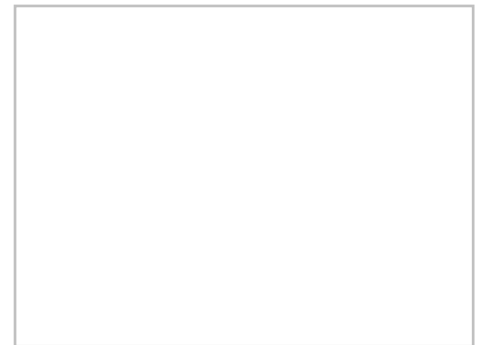
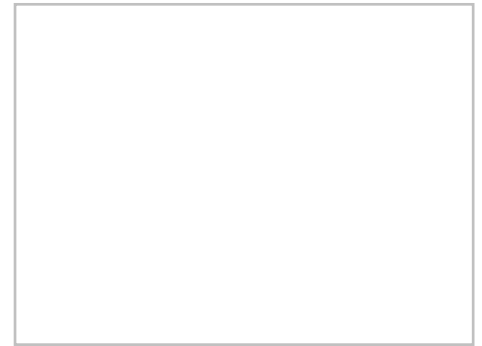
Nicole Brown

## APPROXIMATE TIME:

PREP: 10 min

COOK: 0 min

TOTAL: 10 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Picky Eater's Favorite Light Pasta

## INGREDIENTS:

Celtic Sea Salt  
1 Pound Linguine or Fettuccine  
1/3 Cup of Extra Virgin Olive Oil  
2 Cups of Sliced Organic Cherry Tomatoes  
1/3 Cup of White Balsamic Vinegar  
5 Gloves of Garlic, thinly sliced  
3 Tablespoons of Organic, Grass-Fed Butter (Kerrygold Preferred)  
1.5 Teaspoons of Red Chile Flakes  
6 Tablespoons of Minced Organic Italian Parsley  
Zest and Juice of 1 Organic Lemon

## DIRECTIONS:

1. Cook pasta according to instructions on package
2. In a pan, heat olive oil and add garlic, chile flakes, sliced cherry tomatoes and balsamic vinegar. Stir frequently until balsamic reduces
3. Add pasta to the pan, increase heat and add butter, stirring frequently to cover pasta. Add splashes of pasta water for thinner sauce if needed
4. Remove from heat and toss in parsley, half the lemon zest and half the juice. Season with salt and more juice for taste

Serves 4

## RECIPE PROVIDED BY:

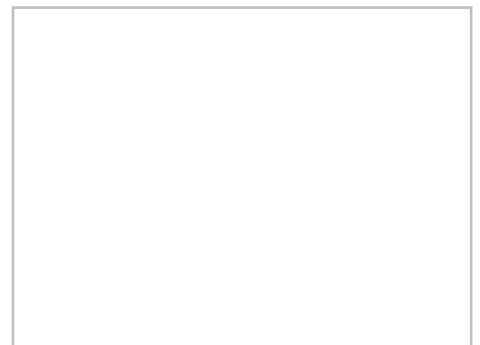
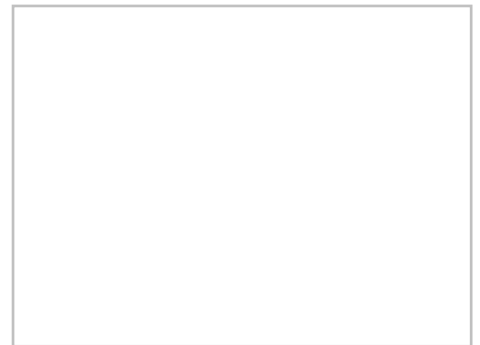
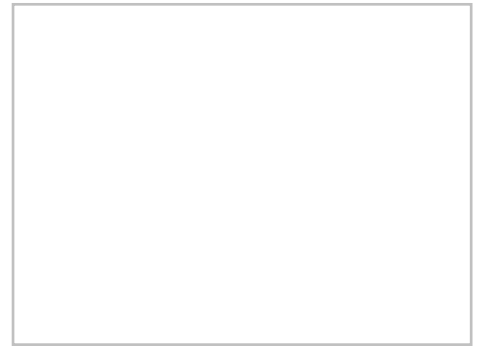
Chloe Cahill

## APPROXIMATE TIME:

**PREP:** 10 minutes

**COOK:** 5 minutes

**TOTAL:** 15 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Healthy Ground Turkey Casserole

## INGREDIENTS:

- 2 cups uncooked quinoa
- 2lbs ground turkey
- 1medium onion, finely chopped
- 4large garlic cloves, grated
- 11 oz package baby spinach
- 14 oz can tomato sauce (I used low sodium)
- 1/2 cup whole wheat bread crumbs
- 3 cups cheddar or mozzarella cheese, shredded
- 2 tsp basil, dried
- 1/4 tsp thyme, dried
- 1/2 tsp salt
- Ground black pepper, to taste

## DIRECTIONS:

1. Cook quinoa as per package instructions undercooking by 4 minutes. Transfer to a large mixing bowl. Preheat oven to 375 F degrees and spray 9 x 13 baking dish with cooking spray. Set aside.
  2. Preheat large non-stick skillet on medium heat and add ground turkey. Saute for 5 minutes, breaking into pieces with spatula while stirring. Transfer to the bowl with quinoa.
  3. Return skillet to medium heat and swirl 1 tbsp of oil to coat. Add dried basil and thyme, saute for 30 seconds, stirring constantly. Add garlic and onion, saute until golden brown. Add spinach in batches while stirring, and cook until it's wilted. Transfer to a bowl with quinoa and turkey, along with tomato sauce, bread crumbs, 2 cups of cheese, salt and ground pepper. Stir just enough to combine.
  4. Transfer mixture into a baking dish, sprinkle with remaining 1 cup of cheese and bake uncovered for 25 minutes.
  5. Cut into 8 pieces. Serve immediately garnished with tomatoes and green onions, no need to let casserole cool down.
- Store: Refrigerate in an airtight container for up to 3 days or freeze leftovers for up to 3 months.
- Freeze: Assemble, tightly wrap with plastic and then foil, and freeze for up to 3 months. Thaw in the fridge overnight and bake as per instructions + 15 minutes.

## RECIPE PROVIDED BY:

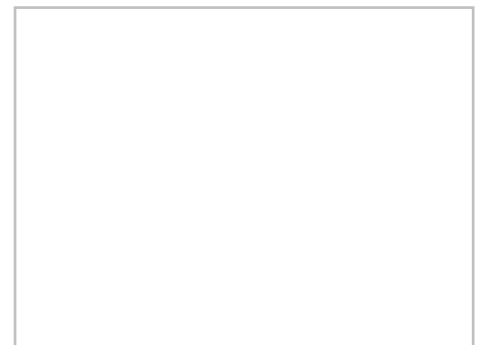
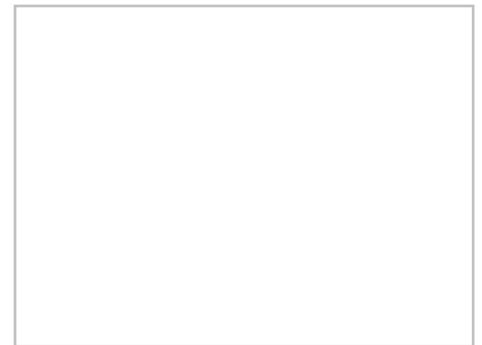
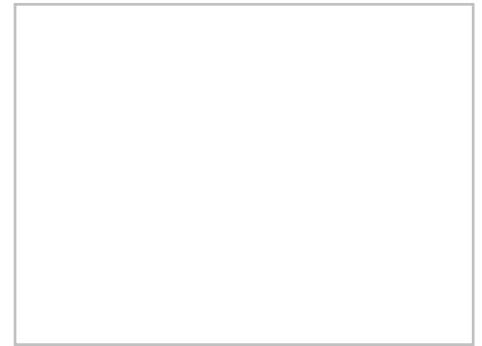
Diane Campione

## APPROXIMATE TIME:

**PREP:** 5 to 10 minutes

**COOK:** 40 minutes

**TOTAL:** 45 to 50 minutes







# THE BENESCH COOK BOOK

## RECIPE NAME:

Grilled Hawaiian Chicken Teriyaki Bowls

## INGREDIENTS:

6 chicken tenders (or 3 chicken breasts)  
2 zucchinis , sliced  
2 bell peppers , any color, chopped  
1/2 pineapple , peeled and cut into spears  
1 red onion , sliced thin  
Coconut Rice:  
2 cups water  
1 1/2 cups canned unsweetened coconut milk  
2 tsp light brown sugar  
1 tsp salt  
2 cups Jasmine rice (about 13 oz.), well rinsed and drained  
Toasted Coconut

## DIRECTIONS:

For the Coconut Rice:

Add the water, coconut milk, sugar, and salt to a large saucepan.

Bring to a boil, then stir in rice. Return to a boil.

Reduce heat to low, cover and cook for 20 minutes.

Remove from heat and let stand, covered, 10 minutes, before fluffing with a fork.

For the Teriyaki Sauce:

Make the teriyaki sauce by adding all of the sauce ingredients to a small saucepan over medium heat. Bring to a boil, stirring constantly, and boil for about 1 minute. The sauce should be thick enough to coat the back of the spoon.

Pour 1/4 cup of the teriyaki sauce over the raw chicken and set aside to marinate for at least 15 minutes.

Using a grill or grill pan:

Prepare your grill and heat it to medium.

Drizzle some olive oil over the vegetables and over the pineapple spears. Grill the vegetables for just a few minutes on each side and then remove to a plate or roast in the oven at 400 degrees for about 10 minutes.

Grill the pineapple next by placing the pineapple spears directly on the grill. Grill for about 2 minutes on each side, and remove to a plate.

Lastly, place the chicken on the grill. Cook for few minutes on each side until cooked through. Remove to a plate to rest before slicing.

To serve:

Add coconut rice to each serving bowl. Top with grilled veggies, pineapple and

## RECIPE PROVIDED BY:

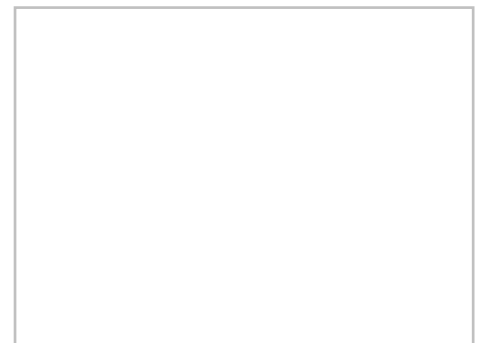
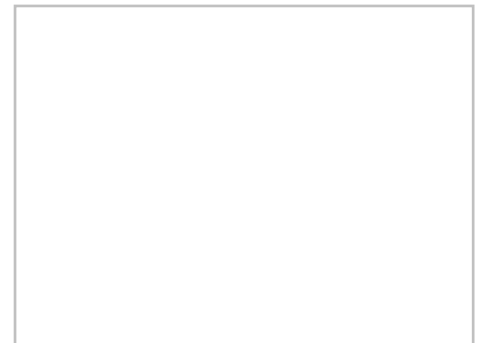
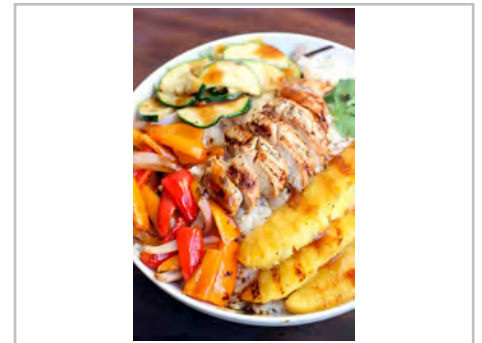
Karen Compas

## APPROXIMATE TIME:

**PREP:** 20 Minutes

**COOK:** 40 Minutes

**TOTAL:** 1 hour





# THE BENESCH COOK BOOK

## RECIPE NAME:

Grilled Chicken with Avocado Salsa

## INGREDIENTS:

1 1/2 pounds boneless skinless chicken breasts

For the Marinade:

2 garlic cloves finely minced

3 tablespoons olive oil

1/4 cup cilantro chopped

Juice of 1 lime

1/2 tsp. cumin

1/2 tsp paprika

1/2 tsp salt or to taste

1/4 tsp black pepper

Avocado Salsa:

2 avocados diced

## DIRECTIONS:

In a large bowl, whisk all the ingredients for the marinade and set aside.

Pound the chicken to an even thickness or slice in half horizontally to get evenly sized and add to the bowl of marinade. Mix through until the chicken is fully coated in the marinade. Marinate for 30-minutes or up to 12 hours. Grill chicken over medium-high heat or in a large heavy-duty skillet on the stove-top until the inside is cooked through and the outside is charred. Top with fresh avocado salsa and serve immediately.

Avocado Salsa:

Combine all the ingredients for the salsa in a small bowl. Cover with plastic wrap in the fridge until ready to use.

## RECIPE PROVIDED BY:

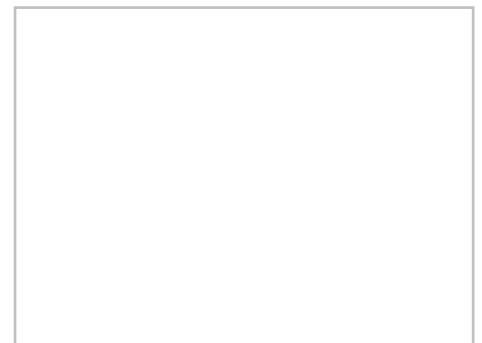
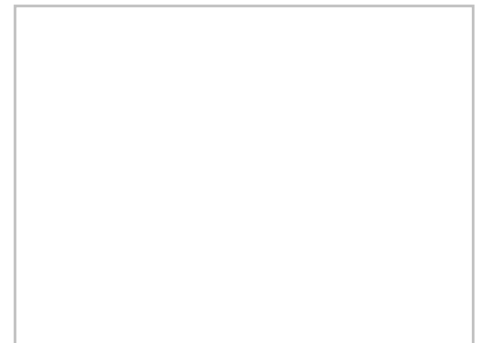
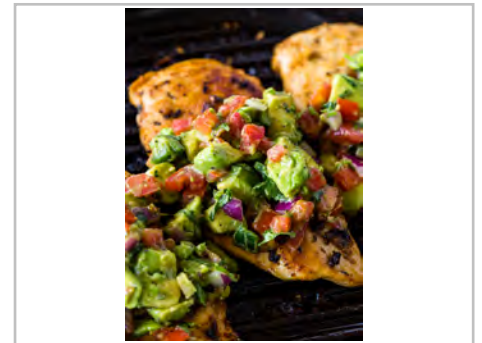
Karen Compas

## APPROXIMATE TIME:

**PREP:** 10 Minutes

**COOK:** 15 Minutes

**TOTAL:** 25 Minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Jerk Chicken Wings

## INGREDIENTS:

6 split chicken wings  
1 tbs of vegetable oil (can substitute olive oil)  
3 tbs jerk seasoning  
cilantro  
lime wedges (optional side)

## DIRECTIONS:

toss wings with oil and seasoning  
place in foil and wrap into a packet  
grill on high heat for 25 minutes  
remove from packet and top with cilantro  
serve with lime wedges

## RECIPE PROVIDED BY:

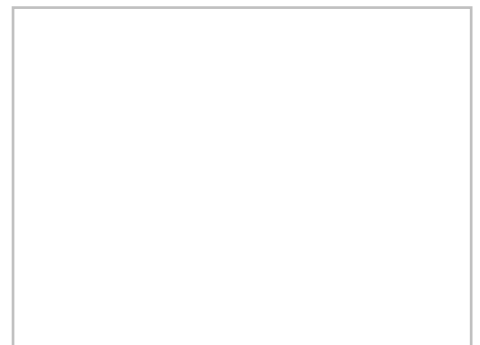
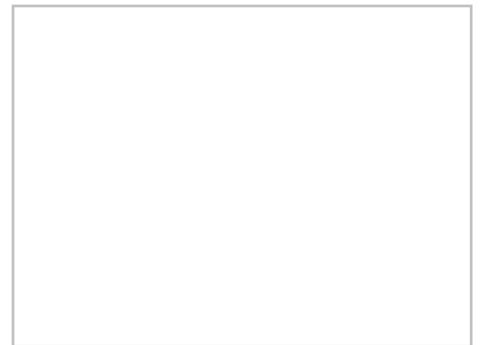
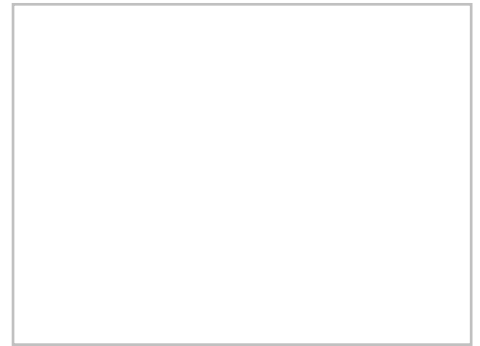
Kirby Demott

## APPROXIMATE TIME:

PREP: 5 min

COOK: 25 min

TOTAL: 30 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Veggie & Beer Brat Skillet

## INGREDIENTS:

Sweet potatoes  
Tomatoes  
Green beans  
Red and/or yellow pepper  
Zucchini  
Portabello mushrooms  
Garbanzo beans  
Skinless beer bratwurst  
Uncle Ben's Ready Rice or quinoa

## DIRECTIONS:

- First, dice up the sweet potato, add water or vegetable oil, cook in a skillet on medium. Let that cook, stir frequently.
- Cut the brat into 1/2 inch pieces and cook in a separate skillet. Stir frequently.
- Dice up the remaining ingredients: tomatoes (or canned), green beans (or canned), pepper, zucchini, mushrooms
- Once the sweet potato is a soft texture, add the tomatoes, green beans, pepper, zucchini, mushrooms and garbanzo beans.
- Microwave the ready rice, then add to your veggie skillet.
- Once the brat is fully cooked, add to the veggie skillet. Stir and enjoy!

## RECIPE PROVIDED BY:

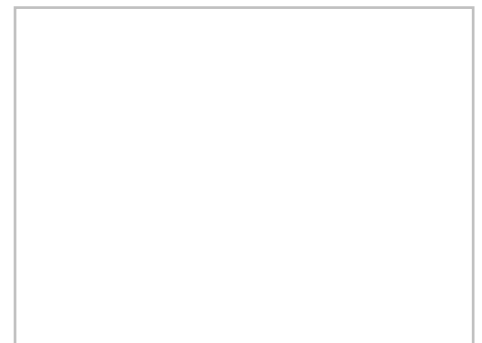
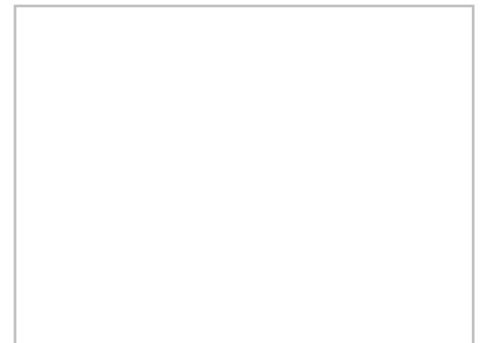
Nikki Divis

## APPROXIMATE TIME:

**PREP:** 10-15

**COOK:** 15-20

**TOTAL:** 25-35





# THE BENESCH COOK BOOK

## RECIPE NAME:

Taco Salad

## RECIPE PROVIDED BY:

Steve Drechsler

## INGREDIENTS:

1 lb. Ground Beef or Ground Turkey or Diced Chicken Breast  
1 Packet Taco Seasoning  
1 Head Iceburg Lettuce  
1 Large Onion  
2 Medium Tomatos  
1 Small Can (4 oz) Black Olives - Sliced  
2 Cans (15 oz) Red Kidney Beans  
2 Cups Shredded Cheese - Cheddar or Mexican Blend  
2 Cups Crushed Fritos

Sour Cream  
Thousand Island Dressing

## DIRECTIONS:

Preparation:  
Shred lettuce, dice tomatos and chop onion

- 1.) Cook ground beef (or other protein) in skillet as directed on taco seasoning packet.
- 2.) Add lettuce, tomatos and onion into large salad bowl.
- 3.) Drain olives and kidney beans and add to bowl.
- 4.) Add seasoned meat to the top of the salad.
- 5.) Add shredded cheese on top of the meat (allow to melt slightly).
- 6.) Add crushed Fritos and mix all ingredients.
- 7.) Serve

-Add sour cream or thousand island dressing to taste.

-For a healthier recipe, use ground turkey or chicken and reduce / omit cheese, Fritos.

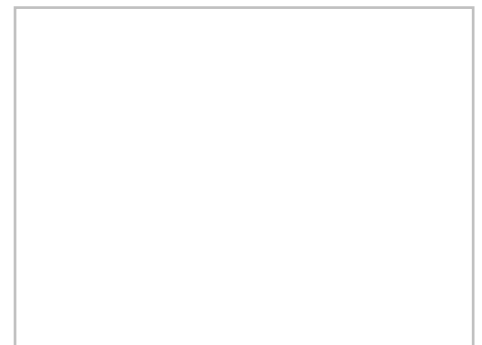
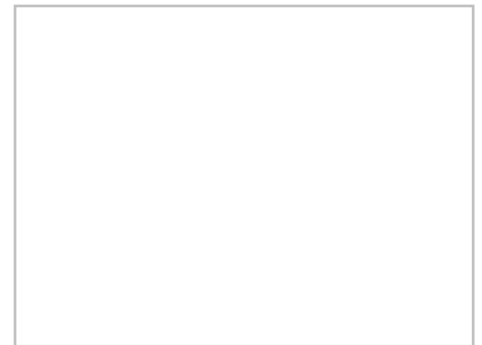
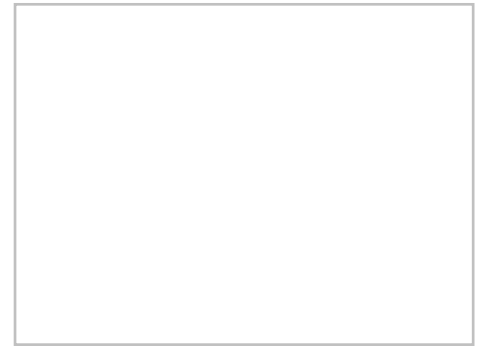
-For added kick, add jalapeno peppers.

## APPROXIMATE TIME:

PREP: 10 min

COOK: 20 min

TOTAL: 30 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Pasta Salad

## INGREDIENTS:

Servings: 4

3 organic zucchini

1/2 cup organic cherry tomatoes, quartered

2 Tablespoons olive oil

1 clove garlic, crushed

juice from 1/2 a lemon

1 teaspoon dried basil

dash of salt and pepper

\*optional balsamic vinegar glaze

## DIRECTIONS:

1. Trim the zucchini ends. Peel down the length of each zucchini until you reach the seeded center, creating long, noodle strands.
2. Place the noodles in a medium bowl, add the quartered cherry tomatoes.
3. In a small bowl combine the oil, garlic, lemon juice, dried basil, salt and pepper. Pour over the noodles and mix to combine.
4. Chill for at least 20 minutes in the fridge.

## RECIPE PROVIDED BY:

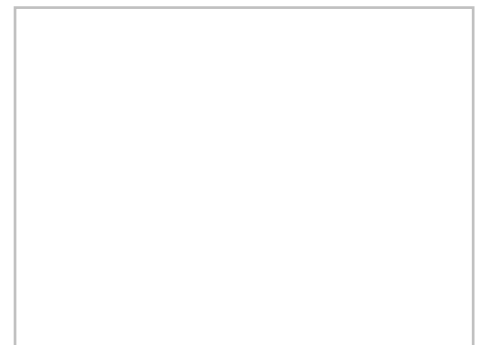
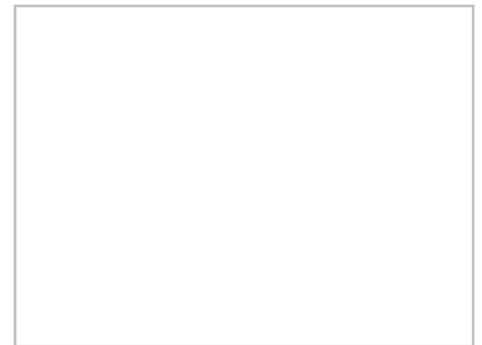
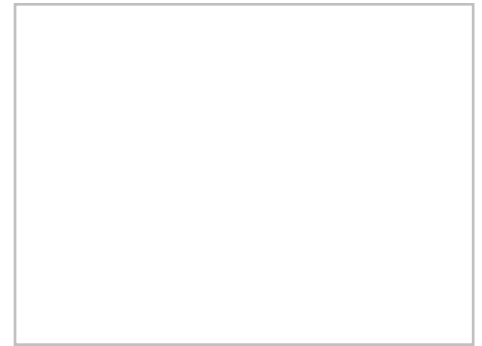
Ludmila Dudin

## APPROXIMATE TIME:

PREP: 15

COOK: 20

TOTAL: 35





# THE BENESCH COOK BOOK

## RECIPE NAME:

Som Tum - Thai Papaya Salad

## INGREDIENTS:

Salad:

- 1 medium green papaya
- 1 large carrot, peeled and julienned
- 1 or 2 Persian cucumbers, julienned
- 1/3 cup mint leaves, chopped
- 4 tablespoons of toasted sunflower seeds

Dressing:

- 1/3 cup rice vinegar
- 1-3 tablespoons maple syrup
- 1 tablespoon soy sauce
- 1 teaspoon kosher salt
- 2 cloves minced garlic

## DIRECTIONS:

Prepare the dressing: Mix all the dressing ingredients in a small bowl and set aside.

Prepare the papaya: Slice off the ends of the green papaya. Using a vegetable peeler, peel the outer skin. Hold the peeled papaya with one hand and tap the papaya with a sharp knife with the other hand. You should see shallow sharp knife marks on the papaya. Carefully slice off a layer of the papaya (where you have been tapping), creating green papaya shreds. You will only need about four 1/2 cups of shredded papaya.

Toss the salad: In a large bowl, mix the green papaya, carrots, cucumber, mint, and sunflower seeds. Pour in the dressing that's been marinating and toss to coat the vegetables with the dressing.

Serve immediately.

## RECIPE PROVIDED BY:

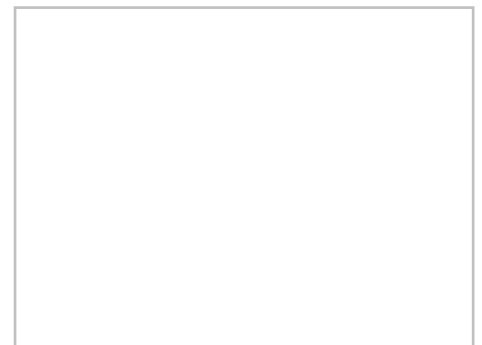
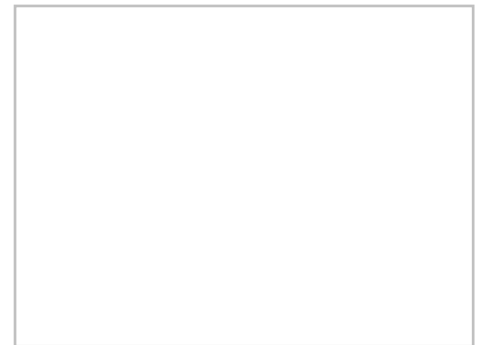
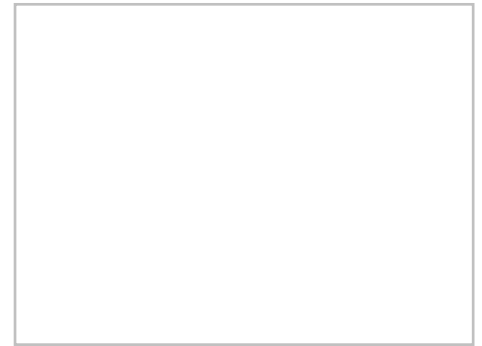
Cassandra (John) Eagan

## APPROXIMATE TIME:

**PREP:** 30 minutes

**COOK:**

**TOTAL:** 30 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

The Oatmeal Beast Breakfast

## INGREDIENTS:

1 cup quick oats with water/milk  
1 egg  
1 tbsp vanilla whey protein  
1/4 cup blueberries (frozen or fresh)  
1 tsp ground flaxseed  
1/4 c vanilla yogurt (with cottage cheese for more protein)  
1/2 sliced banana

## DIRECTIONS:

Combine and mix the oats, water/milk, egg, whey, blueberries and flaxseed.  
Microwave for 1:30 minutes.  
Remove, stir and microwave additional 30 seconds if needed.  
Top with sliced bananas and yogurt.  
Eat.

## RECIPE PROVIDED BY:

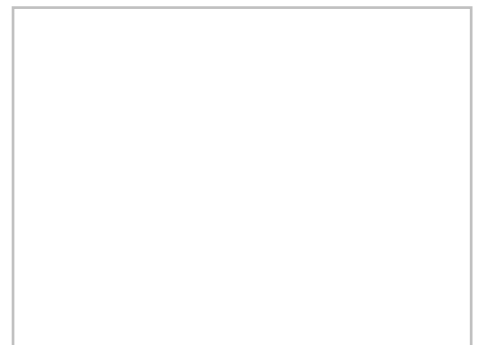
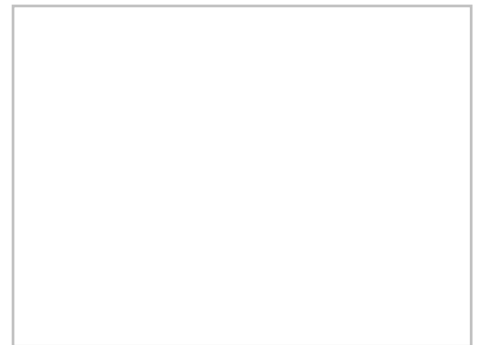
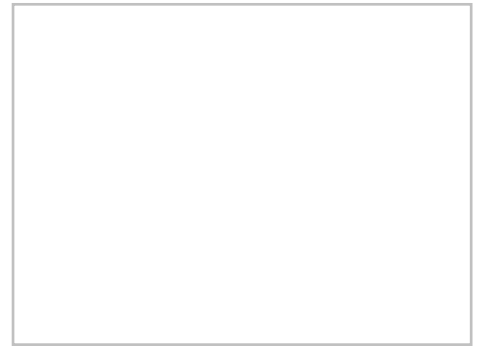
Ryan Fasnacht

## APPROXIMATE TIME:

PREP: 3 minutes

COOK: 2 minutes

TOTAL: 5 minutes







# THE BENESCH COOK BOOK

## RECIPE NAME:

Broccoli Casserole

## INGREDIENTS:

2 packages chopped broccoli  
2 cups grated sharp cheddar  
1 chopped onion  
1/2 cup mayonnaise  
2 eggs  
1 can cream of mushroom soup  
1 can cream of onion soup  
French Fried onion rings

## DIRECTIONS:

Cook broccoli then mix in other ingredients except onion rings.  
Put in large casserole dish and cook at 350 degrees for 45 minutes - 1 hour. (Casserole should have set before taking it out.)  
Last 10 minutes add onion rings on top.

## RECIPE PROVIDED BY:

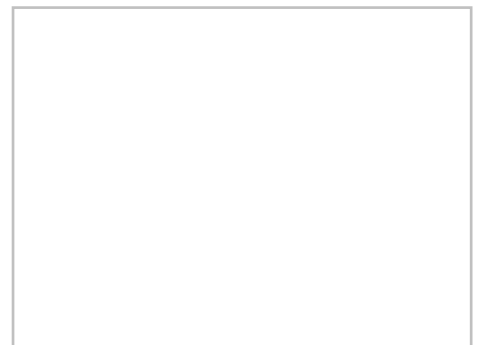
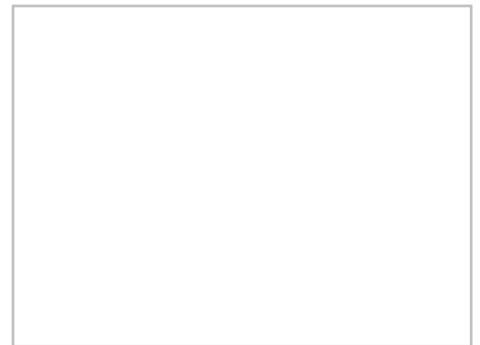
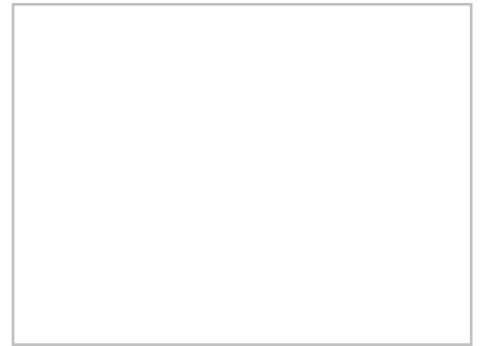
Laura Fisher

## APPROXIMATE TIME:

**PREP:** 15 min

**COOK:** 45 min - 1 hour

**TOTAL:** about an hour





# THE BENESCH COOK BOOK

## RECIPE NAME:

Stuffed Chicken Roll-ups

## INGREDIENTS:

Thinly Sliced Chicken Breasts  
Bread Crumbs  
Bell Peppers (any color you prefer)  
Asparagus  
Mozzarella Cheese (fresh preferred, but shredded works too)  
Italian Dressing

## DIRECTIONS:

Lightly coat chicken with bread crumbs and place on a baking sheet.

Slice peppers and mozzarella into strips and asparagus into 2-3" pieces. Place 3 pepper slices, 2 piece of asparagus, and 1 piece of mozzarella on each piece of chicken.

Pour about 1 tablespoon of the Italian dressing on each.

Fold the ends of the chicken over each other and hold together with a toothpick.

Bake at 350 for approximately 25 minutes or until chicken is thoroughly cooked.

## RECIPE PROVIDED BY:

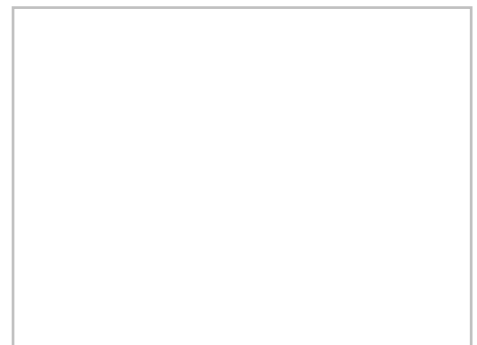
Bri Gurniak

## APPROXIMATE TIME:

**PREP:** 15 minutes

**COOK:** 25 minutes

**TOTAL:** 40 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Spicy Veggy dip - Zero Points

## INGREDIENTS:

2 cups fat free Greek yogurt - Fage  
1 package Knorr Vegetable mix  
1 small can of diced jalapeños

## DIRECTIONS:

Mix all ingredients together

Serve with crackers or vegetables

Makes a great spread for sandwiches

## RECIPE PROVIDED BY:

Larry Haas

## APPROXIMATE TIME:

PREP: 5

COOK: 0

TOTAL: 5



# THE BENESCH COOK BOOK

## RECIPE NAME:

Roasted Brussels Sprouts

## INGREDIENTS:

2.25 pounds Brussels sprouts, trimmed and halved  
3 tablespoons olive oil  
1 tablespoon water  
Salt and Pepper

## DIRECTIONS:

Adjust oven rack to upper-middle position and heat oven to 500 degrees. Toss Brussels sprouts, oil, water,  $\frac{3}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in large bowl until sprouts are coated. Transfer sprouts to rimmed baking sheet and arrange so cut sides are facing down.

Cover sheet tightly with aluminum foil and roast for 10 minutes. Remove foil and continue to cook until Brussels sprouts are well browned and tender, 10 to 12 minutes longer. Transfer to serving platter, season with salt and pepper to taste, and serve.

## RECIPE PROVIDED BY:

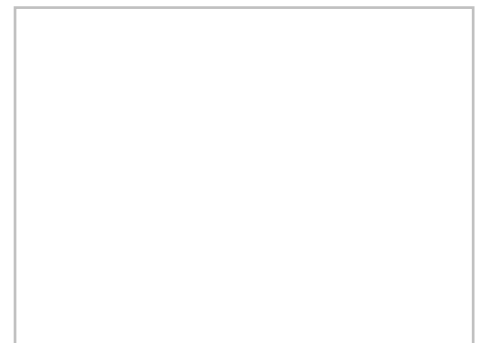
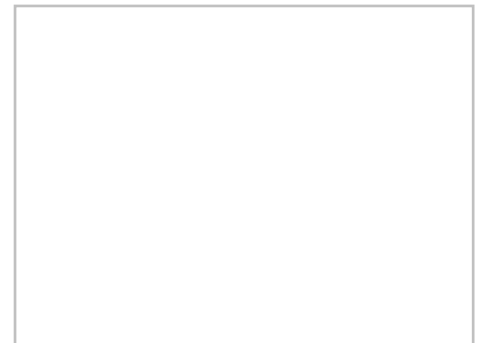
Amelia Harris

## APPROXIMATE TIME:

**PREP:** 15 min

**COOK:** 20 min

**TOTAL:** 35 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Banana Oat Cookies

## INGREDIENTS:

- 1 cup quick oats (can use gluten-free)
- 1 large ripe banana
- 1/2 cup add-ins (optional)

Add-in examples:

- chocolate chips (dairy-free for vegan)
- dried fruits (blueberries, cranberries, etc.)
- coconut flakes/shreds
- chia seeds
- flax seeds
- cocoa powder
- 1/2 tsp vanilla extract

## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Peel and mash large banana in a medium mixing bowl.
3. Add in quick oats and your favorite add-ins.
4. Stir until well combined
5. Spoon heaping tablespoon of "batter" onto parchment lined baking sheet.
6. Smash tops of cookies before placing them in the oven.
7. Bake for approximately 10-12 minutes. Cool cookies and ENJOY!

Other tips:

- Use overly ripe bananas for a sweeter cookie.
- If you do not have quick oats, pulse rolled oats in a food processor.
- Store in refrigerator for up to a week and freezer for up to 3 months.

## RECIPE PROVIDED BY:

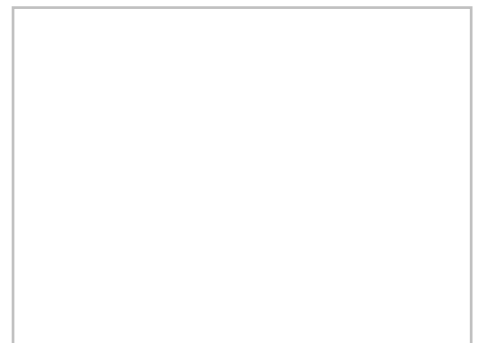
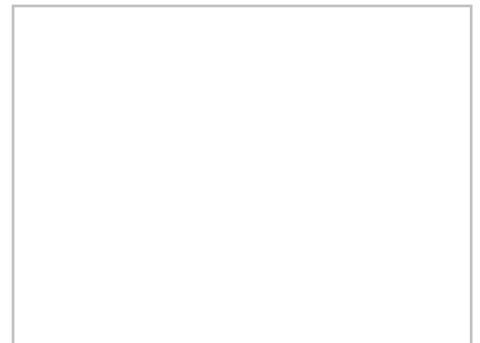
Kendall Hayward

## APPROXIMATE TIME:

PREP: 5 min

COOK: 10 min

TOTAL: 15 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Romano (Parmesan) Crusted Beans

## INGREDIENTS:

2 cans cut green beans  
2 tablespoons plain bread crumbs  
4 tablespoons grated Romano or Parmesan cheese  
1 teaspoon salt  
1 teaspoon pepper  
1/4 cup olive oil

## DIRECTIONS:

Open & drain Beans  
Put in pie plate  
Sprinkle with salt, pepper, bread crumbs & cheese  
Drizzle with olive oil  
Boil until brown/crusty

## RECIPE PROVIDED BY:

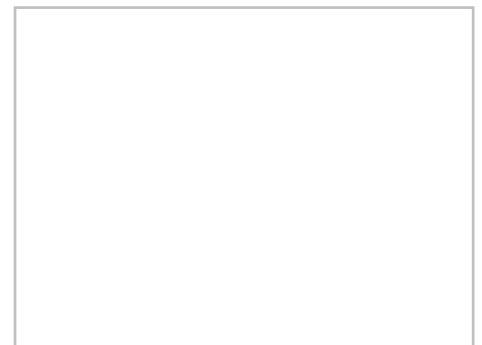
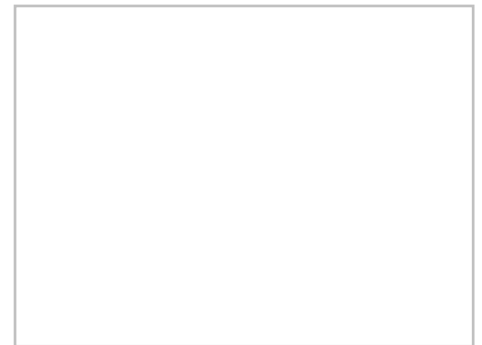
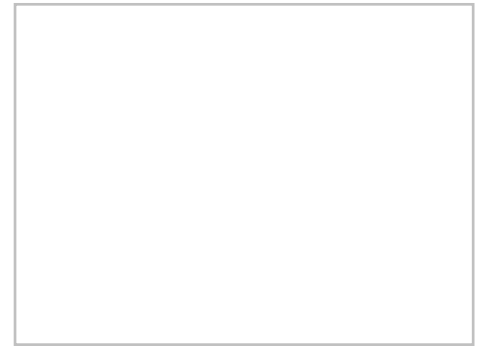
Stacie Herditsky

## APPROXIMATE TIME:

**PREP:** 5 minutes

**COOK:** 10 minutes

**TOTAL:** 15 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Vegetable Lasagna

## INGREDIENTS:

1 head broccoli  
1 head cauliflower  
2 zucchini  
1 chopped onion  
4 cloves garlic  
2 tablespoons olive oil  
32 oz whole milk ricotta cheese  
4 eggs  
24 oz pasta sauce (my favorite is Zia Italiana from Dillon's/Kroger)  
2 packages gluten-free oven-ready lasagna noodles (recommend green lentil)  
16 oz fresh mozzarella

## DIRECTIONS:

1. Chop and blend the veggies into small chunks. Saute the onion and garlic in the oil over medium high heat. Add veggies, 1 tablespoon black pepper, and one tablespoon salt, and saute until tender. Set aside.
2. Whisk eggs and mix with ricotta cheese. Add Italian seasoning and black pepper to ricotta cheese mixture.
3. Pour a little sauce (enough to cover the bottom with a thin layer) in the bottom of a greased 9x13 pan. Top with 6 lasagna noodles, 1 cup ricotta mixture, 1/3 of the veggies, and 3/4 cup sauce. Repeat until you have 3 full layers; top entire pan with noodles, remaining sauce, mozzarella cheese, and Italian seasoning.
4. Follow bake time and temperature on lasagna noodle box (will differ depending on what kind you buy).

Enjoy! This is a healthier version of my guilty pleasure.

## RECIPE PROVIDED BY:

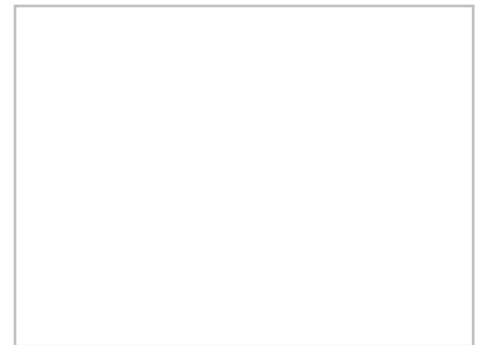
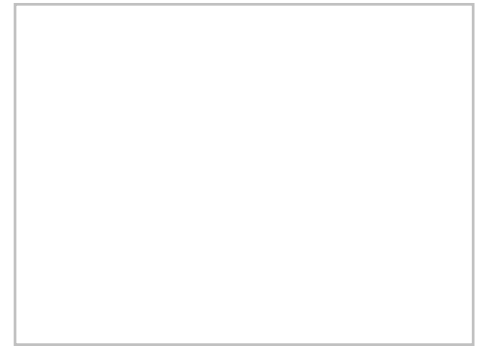
Jessica Iszczyszyn

## APPROXIMATE TIME:

PREP: 45 minutes

COOK: 50 minutes

TOTAL: 1 hour 35 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Frozen Fish in the Air Fryer

## INGREDIENTS:

Frozen Fish of your choice - Haddock was used in this recipe

Lemon

Salt

Pepper

Parsley

## RECIPE PROVIDED BY:

Jennifer Kowalonek

## APPROXIMATE TIME:

PREP: 5

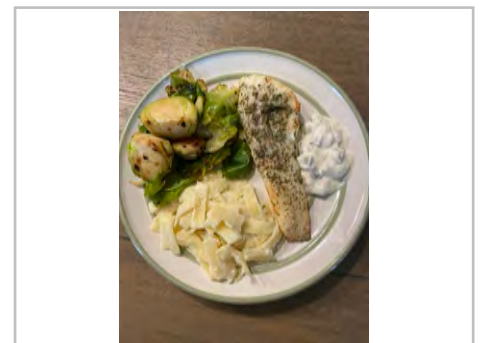
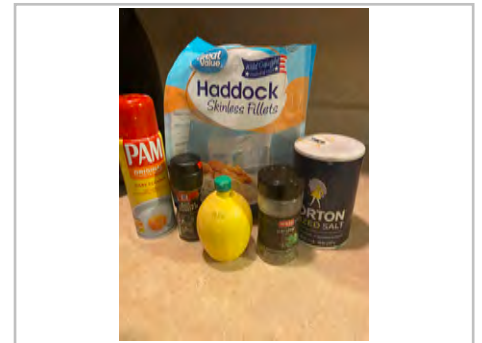
COOK: 12-15 minutes

TOTAL: 20 minutes

## DIRECTIONS:

This is a super quick week night meal.

1. Preheat Air Fryer to 390 degrees
2. Spray basket with non-stick cooking spray
3. Place fish into basket while frozen.
4. Season with Salt and Pepper
5. Squeeze lemon juice on each piece of fish. If you have fresh lemon you can cook with a slice of lemon on the fish too.
6. Sprinkle with Parsley.
- 7 Cook at 390 degrees for 12 minutes.
8. Fish is done when it is white and flakes easily. If not cooked add 2 minutes to cooking time until it flakes with a fork.
9. Serve. We served with pan seared brussel sprouts and noodles.







# THE BENESCH COOK BOOK

## RECIPE NAME:

Buffalo Grilled Chicken Salad

## INGREDIENTS:

Chicken Breasts  
Marinate (Buffalo Hot Sauce + Italian Dressing + Lemon Juice)  
Romaine Lettuce  
Spinach, Arugula, Watercress, Baby Kale  
Cucumber  
Red Peppers  
Red Onion  
Avocado

## DIRECTIONS:

Prepare chicken breast: First remove the fat. Then slice in half and wash under cold running water. Season with salt and pepper. Set aside as you prepare a marinade consisting of one part each Frank's Buffalo Hot Sauce, Italian dressing and lemon juice. Allow chicken to marinate for 20 to 30 minutes.

Next grill the chicken until it is fully cooked but still juicy and tender.

To prepare your greens and vegetables, wash all under cold water. Then cut into desired size pieces. Cut cooked chicken breast and place the chicken with the veggies inside the bowl. Finally, top it off with your favorite salad dressing, or just lemon juice to cut calories. Enjoy the great taste of this healthy meal. It's perfect for lunch!

## RECIPE PROVIDED BY:

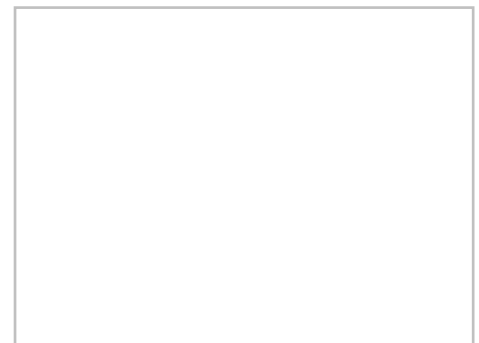
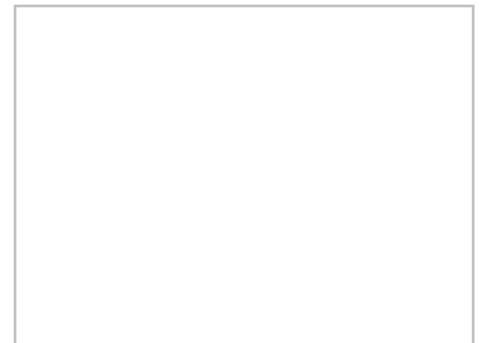
Slawomir Lachcik

## APPROXIMATE TIME:

PREP: 45

COOK: 15

TOTAL: 60





# THE BENESCH COOK BOOK

## RECIPE NAME:

Sweet Potato Bagel Snack

## INGREDIENTS:

2 Sweet potatoes  
1 Ripe Avocado  
2 Tbs Olive Oil  
Everything But the Bagel Seasoning

## DIRECTIONS:

Pre-heat oven to 425 degrees  
Slice sweet potatoes into 1/2 inch coins or less  
Toss potatoes in olive oil to lightly coat both sides  
Bake on foil lined cookie sheet for 15 minutes, flipping half way through  
While potatoes are baking, mash your avocado  
Let potatoes slightly cool, then add avocado and bagel seasoning  
Enjoy!

## RECIPE PROVIDED BY:

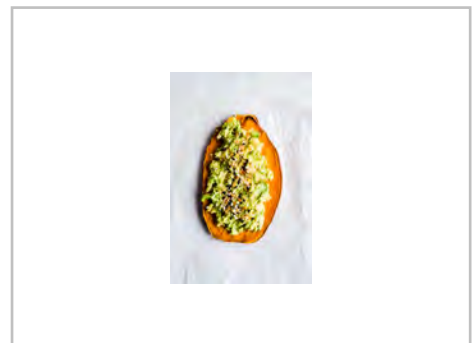
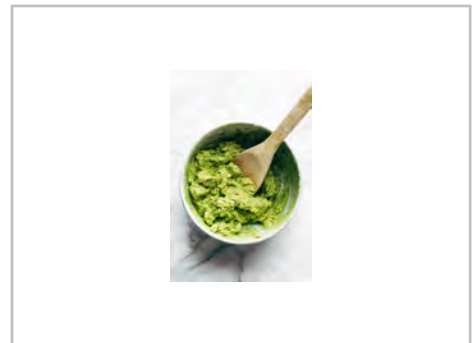
Tami McBurney

## APPROXIMATE TIME:

PREP: 10

COOK: 15

TOTAL: 25





# THE BENESCH COOK BOOK

## RECIPE NAME:

Frozen Salad

## INGREDIENTS:

8-ounce no-fat creme cheese  
2/3 cup sugar  
16-ounce package of frozen strawberries (thawed)  
2 bananas, diced  
8-ounce fat-free Cool Whip

## DIRECTIONS:

Creme together creme cheese and sugar.  
Add strawberries and bananas.  
Fold in Cool Whip.  
Freeze.  
Remove from freezer and allow to sit at room temperature for one hour prior to serving.

## RECIPE PROVIDED BY:

John McClannahan

## APPROXIMATE TIME:

PREP: 20 minutes

COOK: 60 minutes (thaw time)

TOTAL: 80 minutes



# THE BENESCH COOK BOOK

## RECIPE NAME:

Cajun Goulash - Instant Pot - taken from Instantloss.com

## INGREDIENTS:

2 tablespoons salted butter or ghee  
1 red bell pepper, sliced thinly  
1 green bell pepper, sliced thinly  
1 large yellow onion, sliced thinly  
1 teaspoon sea salt  
1/2 teaspoon black pepper  
1 pound ground turkey or pork sausage  
1 tablespoon minced garlic  
4 roma tomatoes, diced  
2 cups chicken or vegetable broth  
1 cup canned coconut milk  
8 oz chickpea pasta (can use any gluten free or regular pasta)

## DIRECTIONS:

1. Pre-Heat your Instant Pot using the SAUTE function. When the display panel reads HOT add the butter, bell peppers, onion, sea salt, and black pepper. Sauté for 3 minutes, stirring periodically, then add ground turkey and minced garlic.
2. Cook the until the turkey has browned, about 5 minutes. Add the tomatoes, broth, coconut milk, chickpea pasta, and cajun seasoning. Stir to combine.
3. Put the lid on the pot and turn the vent valve to the SEALING position. Press CANCEL and select the MANUAL/PRESSURE COOK function. Use the +/- buttons to set the pot for 4 minutes.
4. When the pot is finished cooking open the vent valve to quickly vent the pressure. Once the pin drops remove the lid, press the CANCEL button and let sit so that the noodles absorb all of the yummy juice. It will be a bit soupy when you remove the lid, the longer it sits and cools the more water is absorbed. Top with cayenne pepper and green onions or chives, Enjoy!

## RECIPE PROVIDED BY:

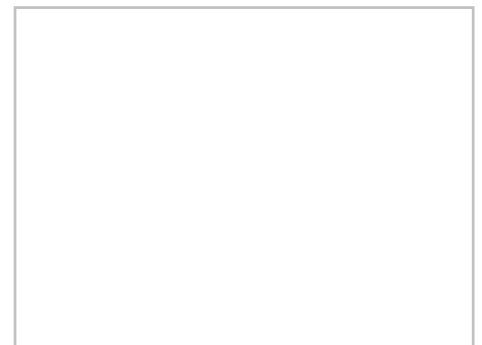
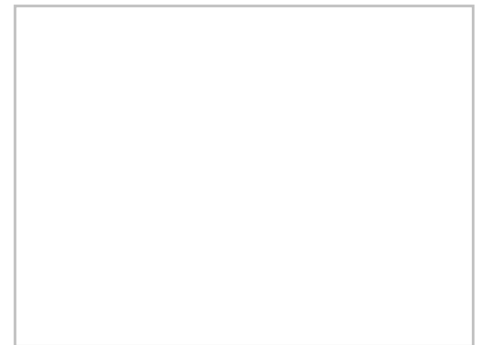
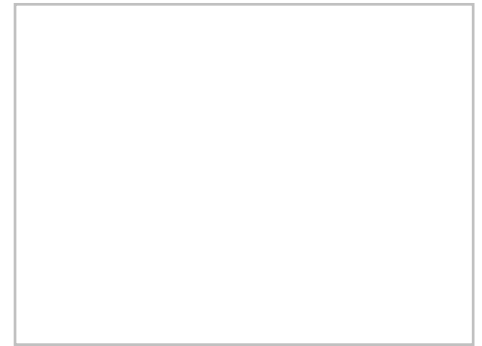
Alison Mitchell

## APPROXIMATE TIME:

PREP: 10 min

COOK: 20 min

TOTAL: 30 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Paleo Spaghetti Pie (Grain, Gluten and Dairy Free)

## INGREDIENTS:

1 large spaghetti squash, cut into rounds and seeded  
1 pound ground turkey sausage (either mild or hot to taste)  
1/2 cup diced onion  
1 cup pizza sauce  
1 cup coarsely chopped baby spinach leaves  
1/2 cup diced red bell pepper  
1/4 cup unsweetened applesauce  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon dried oregano  
1/4 teaspoon ground black pepper  
3 eggs, beaten

## DIRECTIONS:

Preheat oven to 400 degrees F. Place spaghetti squash on a baking sheet.

Bake squash in the preheated oven until cooked through, about 25 minutes. When cool enough to handle, scoop out the strands of squash with a spoon and place in an 8-inch square baking dish. [Can also cook in microwave.]

Reduce oven temperature to 350 degrees F.

Cook and stir turkey sausage, onion and pepper in a large skillet over medium-high heat until turkey is browned, 4 to 6 minutes. Remove from heat and drain. Stir pizza sauce, spinach, red bell pepper, applesauce, basil, garlic powder, oregano and black pepper into turkey mixture. Spread mixture over squash in baking dish.

Pour eggs over turkey mixture and toss egg, turkey mixture and squash together until egg is just combined.

Bake in the preheated oven until mixture is bubbling and eggs are set, about 1 hour.

Serve with extra pizza sauce.

Variations: I like to top with grated cheese in the last five minutes of baking (no longer Paleo/dairy free). I also like to add mushrooms or switch turkey to ground beef or

## RECIPE PROVIDED BY:

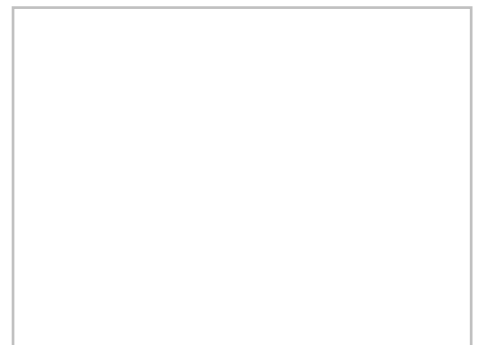
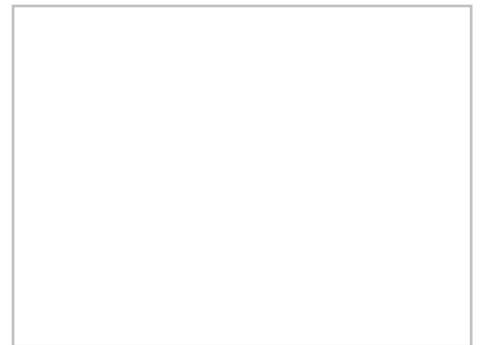
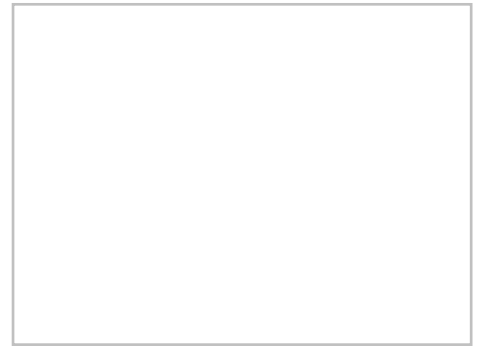
Martha L. Moore

## APPROXIMATE TIME:

**PREP:** 15 min

**COOK:** 1 hr 30 min

**TOTAL:** 1 hr 45 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Spicy Peanut Tofu Bowls

## INGREDIENTS:

## RECIPE PROVIDED BY:

John Moschovich

## APPROXIMATE TIME:

PREP: 10

COOK: 30

TOTAL: 40

## DIRECTIONS:



# THE BENESCH COOK BOOK

## RECIPE NAME:

Sweet Potato Hash

## INGREDIENTS:

3 Tbsp olive oil  
2 small to medium sweet potatoes cut into ~1/2" cubes  
1 medium onion chopped  
1 medium bell pepper (red, orange, or yellow) chopped  
1/2 lb ground sausage (or chorizo)  
1/2 tsp paprika or smoked paprika (omit if using chorizo)  
1 pinch red pepper flakes  
Sea salt  
Pepper  
4 large eggs

## DIRECTIONS:

**\*\*Note - You will cook the sausage in the same pan with the onions and peppers and the potatoes separately, until the end.**

1. Preheat oven to 400 degrees (you will use it to bake the eggs into the skillet at the very end)
2. Heat a large skillet, preferably cast iron, over medium heat and add 1 Tbsp of the olive oil. Once sizzling, crumble the sausage into the pan, and stir while cooking to evenly brown. Sprinkle with a pinch of red pepper flakes.
3. When sausage is about 3/4 of the way done, add the onions and peppers and continue to cook and stir until the sausage is browned and the onions and peppers are soft and fragrant. Remove from heat and set aside until the potatoes are done.
4. Meanwhile in a separate skillet over medium heat, add the remaining 2 Tbsp of olive oil to melt. Add the chopped sweet potatoes and stir to coat. Sprinkle with smoked paprika, sea salt and pepper to taste.
5. Cook and stir, uncovered, until the outside begins to brown, then cover the skillet and continue to cook to soften the inside of the potatoes, uncovering to stir once in a while. Adjust the heat if necessary to prevent burning, and add a bit more olive oil if necessary. This step should take about 7 minutes total.
6. Once the potatoes are softened and browned, transfer them to the

## RECIPE PROVIDED BY:

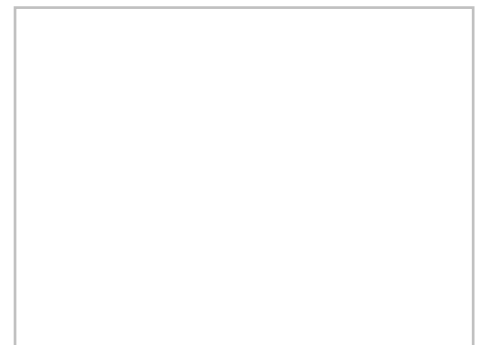
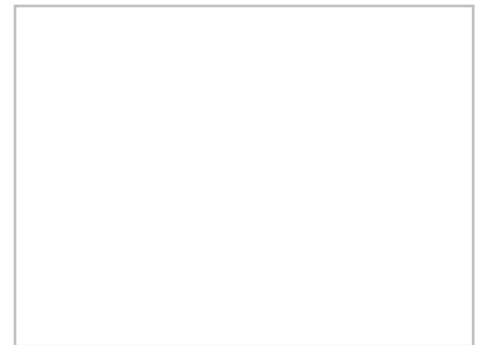
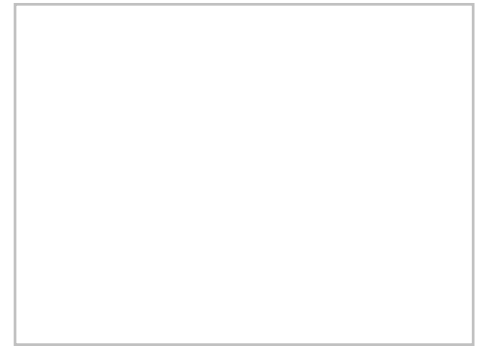
Chris Nanovic

## APPROXIMATE TIME:

**PREP:** 10 minutes

**COOK:** 25 minutes

**TOTAL:** 35 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Spicy Turkey

## INGREDIENTS:

- 1 package ground turkey (8% fat)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 carrot, peeled and diced
- 1 can (14.5oz) fire roasted diced tomatoes
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 tsp grated fresh ginger
- 1 tsp ground tumeric powder
- 1/2 tsp ground red chile powder + 1/2 tsp sea salt
- 3/4 tsp ground coriander/cumin mix (or 1/2 tsp coriander + 1/4 tsp cumin)
- 3/4 tsp garam masala powder

## DIRECTIONS:

1. Brown 1 package ground turkey, drain fat, set aside
2. Saute onion, garlic and carrot in a little olive oil on medium heat until onion is golden and softened
3. Add diced tomatoes (undrained), green pepper and celery to onion mixture and cook on medium high for approx 5 minutes stirring often
4. Add ginger, turmeric, red chile and sea salt to vegetable mixture and combine thoroughly
5. Mix turkey into vegetable mixture, reduce heat to low and simmer in a covered pan for approx. 20 minutes
6. Add coriander/cumin and garam masala, mix well, continue cooking on low with lid on pan until you're ready to eat

Good served with brown rice and whole wheat Naan bread

## RECIPE PROVIDED BY:

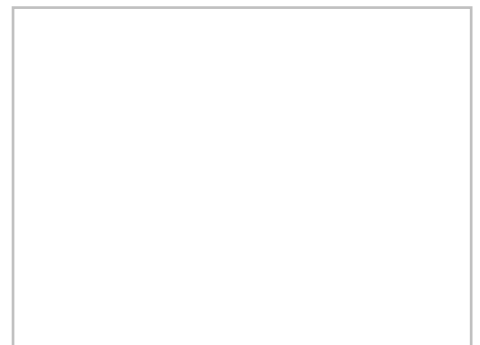
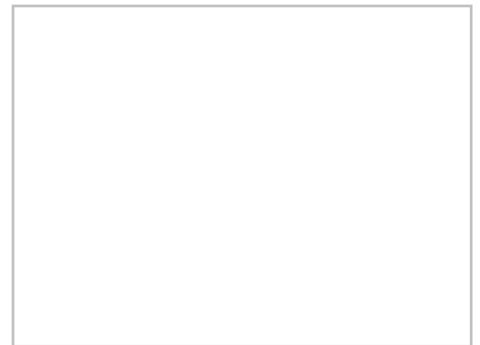
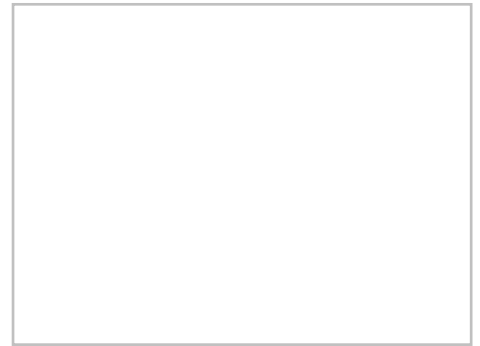
Kim Parsons

## APPROXIMATE TIME:

**PREP:** 20 Minutes

**COOK:** 20 Minutes

**TOTAL:** 40 - 60 Minutes







# THE BENESCH COOK BOOK

## RECIPE NAME:

Carissa's Concasse Pasta

## INGREDIENTS:

8 Roma Tomatoes (add more if you like tomatoes)  
1 lb Pasta (works best with angel hair)  
6 tbsl Extra virgin olive oil  
3 tbsl fres basil, chopped (No stems)  
2 tbsl mines garlic  
pinch ground pepper  
pinch sea salt  
PArmesan Reggiano cheese

## DIRECTIONS:

1. Bring pot of water to boil. Add pasta and stir.
2. Quarter the tomatoes. Take a spoon and "gut" the tomatoes.
3. in a large pan add the olive oil over medium heat. Once hot, add the tomatoes. Sprinkle salt and pepper over the tomatoes and stir.
4. Once the skin of the tomatoes begins to loosen, add the garlic. Toss garlic and tomatoes until the garlic is fragrant. \*\* If you would like more oil for your pasta, add it now\*\*
5. Drain pasta - Do not rise.
6. In a service dish toss pasta with tomato mixture.
7. Add basil.
8. Once served, grate the parmesan cheese over the pasta to liking.

Enjoy.

## RECIPE PROVIDED BY:

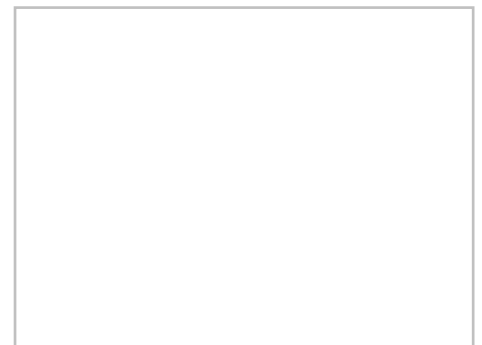
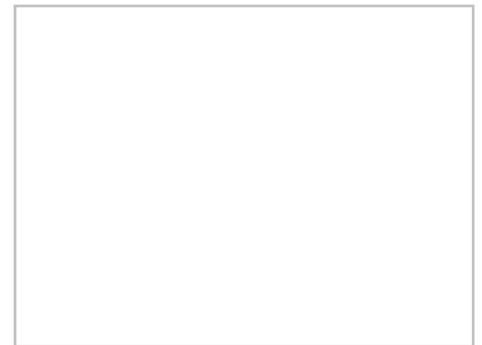
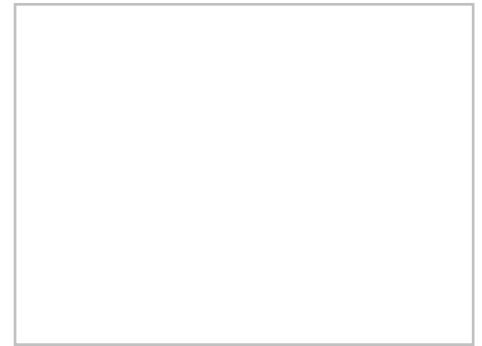
Michael & Carissa Peleschak

## APPROXIMATE TIME:

**PREP:** 20 Minutes

**COOK:** 15 Minutes

**TOTAL:** 35 Minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Tahini Medjool Date Chunk Cookies

## RECIPE PROVIDED BY:

Victoria Prybell

## INGREDIENTS:

1 cup rolled oats  
1/2 cup almond flour  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 cup tahini (can sub with any nut/seed butter)  
1/4 cup maple syrup  
1 tsp vanilla extract  
1/2 cup chopped medjool dates

## APPROXIMATE TIME:

PREP: 10 minutes

COOK: 10 minutes

TOTAL: 20 minutes

## DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. In a mixing bowl, stir together the oats, almond flour, baking soda, and salt.
3. Add the tahini, maple syrup, and vanilla.
4. Mix to form a thick dough.
5. Fold in the chopped medjool dates.
6. Scoop/roll into balls and arrange on a cookie sheet lined with parchment paper (they will spread so don't overcrowd).
7. Bake for 10-12 minutes or until golden around the edges.
8. Remove from oven and cool for at least 10 minutes.
9. Enjoy!





# THE BENESCH COOK BOOK

## RECIPE NAME:

Beef Stir Fry

## INGREDIENTS:

Cooked & Cubed Beef/Steak  
1 bag frozen mixed vegetables  
1 can diced potatoes  
1 sliced zucchini  
Teriyaki Sauce, to taste  
Soy Sauce, to taste  
1 tablespoon Butter  
garlic powder, sprinkle  
onion powder, sprinkle

Minute Rice

## DIRECTIONS:

1. Cook beef or steak to your liking. (I like to use left overs from a previous dinner to make this meal.)
2. Heat all ingredients on medium heat in a large skillet or wok.
3. Add sauces and spices to taste.
4. Prepare rice per box instructions.
5. Serve stir fry over rice.

## RECIPE PROVIDED BY:

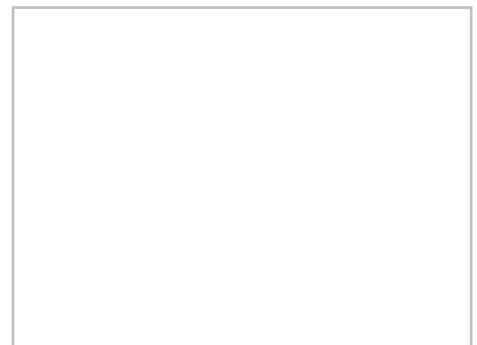
Jessica Rehrig

## APPROXIMATE TIME:

PREP: 10 minutes

COOK: 15 minutes

TOTAL: 25 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Turkey Burger with Spinach and Feta Cheese

## INGREDIENTS:

1 1/4 pounds lean ground turkey  
1 1/2 cups packed fresh spinach , finely chopped  
4 ounces crumbled feta cheese  
2 cloves garlic , minced  
1/4 cup Italian seasoned bread crumbs  
1/4 teaspoon black pepper  
1 1/2 tablespoons extra-virgin olive oil  
4 hamburger buns , toasted  
mayonnaise  
cucumber slices  
thin red onion slices

## DIRECTIONS:

In a large bowl, mix together with your hands the turkey, chopped spinach, feta, garlic, bread crumbs, black pepper, and olive oil until combined.

Divide into 4 equal portions ( approximately 4 inches in diameter, 1 inch thick.) Transfer to a plate and chill in the refrigerator for at least 4 hours. Preheat a grill to medium. Oil the grates and grill burgers until no longer pink and juices run clear, about 5 minutes per side. Serve on buns with mayonnaise, cucumber, and red onion.

## RECIPE PROVIDED BY:

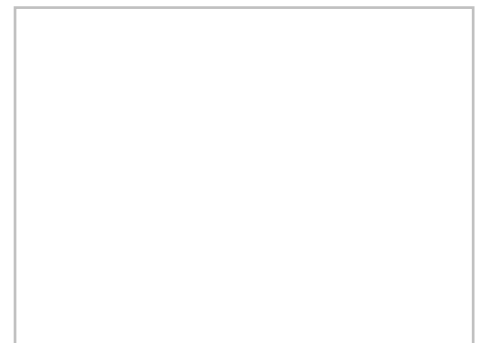
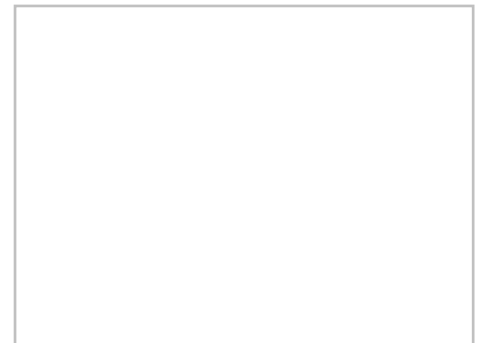
Shane Ryan

## APPROXIMATE TIME:

**PREP:** 15 min, 4 hours chill

**COOK:** 10 min

**TOTAL:** 4 hrs 25 mins





# THE BENESCH COOK BOOK

## RECIPE NAME:

Salmon with Kale, White Wine, & Lemon

## INGREDIENTS:

4 (6-ounce) Skinless Salmon Fillets  
Salt & Ground Black Pepper  
2 Tbsp Olive Oil  
4 Tbsp Unsalted Butter  
1/2 Tsp. Crushed Red Pepper Flakes  
8 Cups Thinly Sliced Kale Leaves (Remove Rough Ribs Before Chopping)  
1/2 Cup Dry White Wine  
1 Tsp. grated Lemon Zest

## DIRECTIONS:

1. Put a large Dutch oven over medium-high heat. Season the salmon on both sides with salt and pepper. Add the olive oil to the pan. Arrange all 4 pieces of fish in the pan and cook until the salmon begins to brown, about 2 minutes. Flip and cook until the other side is lightly browned and the fish is cooked to medium, about 1 minute. Remove to a plate.
2. Drain any oil from the pan. Add the butter, red pepper flakes, and kale, and season with salt and pepper. Cover and cook until the kale is wilted, about 1 1/2 minutes. Add the wine and cook uncovered until the liquid reduces slightly, about 30 seconds. Remove from the heat and stir in the lemon zest. Taste and adjust the seasoning, adding salt and pepper as needed.
3. Serve the fish on top of the kale. Enjoy!

## RECIPE PROVIDED BY:

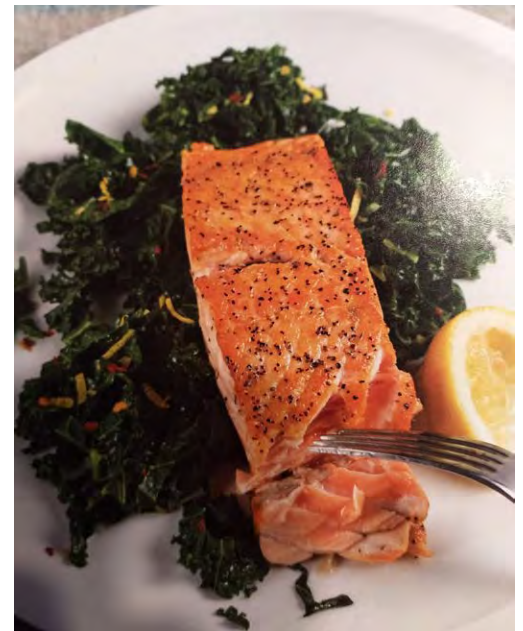
Darwin Schafer

## APPROXIMATE TIME:

**PREP:** 10 min.

**COOK:** 10 min.

**TOTAL:** 20 min.





# THE BENESCH COOK BOOK

## RECIPE NAME:

Slow Cooker Chickpea Curry

## INGREDIENTS:

1 large onion, chopped  
1 small red bell pepper, chopped  
4 cloves garlic, minced  
1 tablespoon ginger, grated  
1 teaspoon olive oil  
1-13 ounce can lite coconut milk  
2 teaspoons garam marsala  
2 teaspoons ground tumeric  
1 teaspoon ground cumin  
1 tablespoon honey  
1/4 teaspoon crushed red pepper  
2-14 ounces can chickpeas, drained  
3 cups sweet potatoes, peeled and diced

## DIRECTIONS:

Add oil to skillet and sauté onion, garlic, ginger and pepper (3-5 min). Take off heat. Add coconut milk, spices and honey and stir. Pour mixture into slow cooker. Add chickpeas and sweet potatoes. Mix well. Cook on low 5-6 hours. If you would like a thinner mixture, add approximately 1 cup of low sodium broth.

Serve with flatbread or rice.

## RECIPE PROVIDED BY:

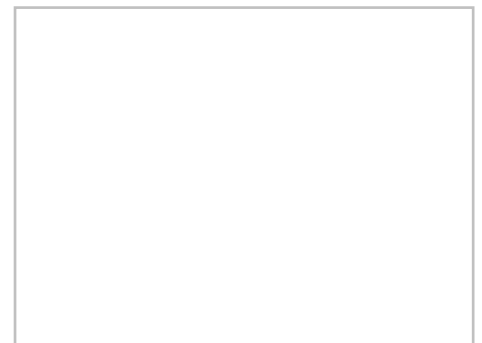
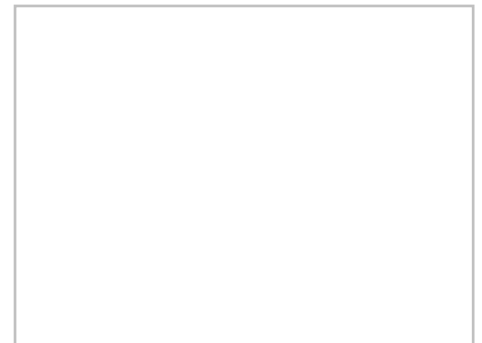
Angie Schmidt

## APPROXIMATE TIME:

PREP: 20 min

COOK: 6 hrs

TOTAL: 6 hrs 20 min





# THE BENESCH COOK BOOK

## RECIPE NAME:

Prosciutto & Egg Pasta

## INGREDIENTS:

1 lb Spaghetti  
4 ounces of thinly sliced Prociutto cut into small pieces  
2 eggs  
1 cup freshly grated parmesan cheese  
6-8 quarts of water  
1 tsp salt  
4 tbs soft butter (unsalted)  
1/2 cup heavy cream or whole milk

## DIRECTIONS:

In a small bowl cream the soft butter by heating it against the sides of the bowl with a wooden spoon until soft and fluffy. In another small bowl beat the eggs with a fork or whisk until they are well blended. Then stir in the Parmesan cheese. Set both bowls aside.

Heat a large oven proof serving bowl or casserole in a 200 degree oven. At the same time, bring the water and salt to a bubbling boil in a large soup pot or kettle. Drop the spaghetti into the water and stir. Cook for 7-12 minutes. Meanwhile heat the prosciutto over moderate heat until they are crisp. Pour in the milk and bring to a simmer.

When the spaghetti is cooked, drain it thoroughly. Transfer to serving bowl and stir in creamed butter, tossing to coat evenly. Then stir in the prosciutto and milk mixture and finally the beaten eggs and cheese, mixing thoroughly. The heat of the ingredients will cook the raw egg on contact.

Serve and enjoy!

## RECIPE PROVIDED BY:

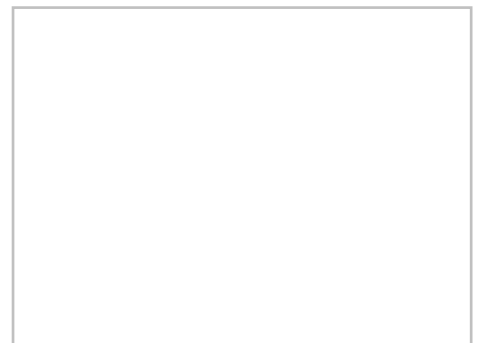
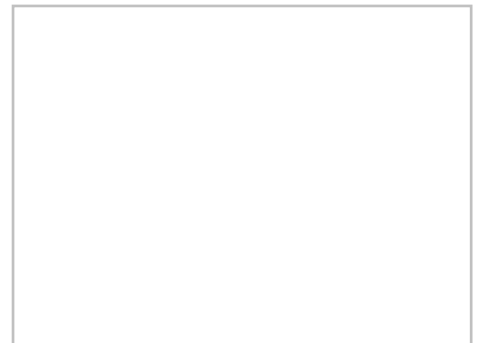
Ryan Scrittorale

## APPROXIMATE TIME:

PREP: 5 minutes

COOK: 20 minutes

TOTAL: 25 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

Cowboy Caviar Salsa

## INGREDIENTS:

Quantity:	Item:	Quantity:	Item:
1 - 15 oz. can	Black beans	1/8 cup	Sugar (or stevia alternative)
1 - 15 oz. can	Black eyed peas	1/2 cup	Olive oil
1/2 cup	Cilantro	1/4 cup	White wine vinegar
1/4 tsp	Garlic powder		
1/2 cup	Bell pepper		
1	Jalapeno		
1	Lime		
1/2 cup	Red onion		
2	Roma tomatoes		
1 1/2 cup	Sweet corn		
1 tsp	Salt		

## DIRECTIONS:

1. In a large bowl, whisk together the olive oil, sugar, lime (juiced), white wine vinegar, garlic powder and salt.
2. Chop finely the bell pepper, jalapeno, red onion, cilantro and roma tomatoes. Add to the mix. Stir in remaining items (black beans, black eyed peas and corn).
3. Cover and chill for 30 minutes or until ready to serve. Serve with tortilla chips.

## RECIPE PROVIDED BY:

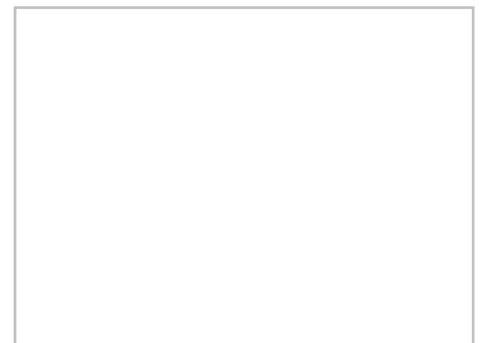
Morgan Seelinger

## APPROXIMATE TIME:

**PREP:** 20 mins

**COOK:** Chill - 30 mins

**TOTAL:** 50 mins







# THE BENESCH COOK BOOK

## RECIPE NAME:

Quinoa Stuffed Avocados

## INGREDIENTS:

2 large, ripe avocados  
2 cups of cooked quinoa  
1 medium tomato, diced  
1 cup of crumbled Feta cheese  
Salt and pepper, to taste

## DIRECTIONS:

1. Heat oven to 375 degrees
2. Slice avocados in half lengthwise and remove the pit carefully.
3. With a small kitchen knife, carefully make criss-cross cuts in the avocado flesh, making sure not to break through the skin of the avocado.
4. Using a spoon, gently scoop out the avocado flesh and place it in a medium, mixing bowl.
5. Add cooked quinoa and diced tomato to the avocado pieces and mix together gently. For a creamier consistency, use more pressure while mixing.
6. Place hollow avocado shells in a baking dish large enough to hold all four halves, but not so large they fall over. Fill each with the mixture, but do not overfill.
7. Generously layer crumbled Feta cheese on the top of each and place in the oven for 10-12 minutes, or until the Feta has sufficiently melted.
8. Add salt and pepper to taste and serve immediately.

## RECIPE PROVIDED BY:

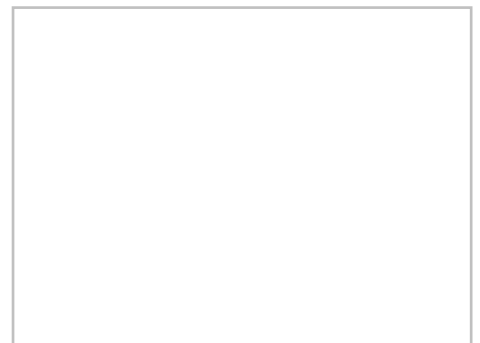
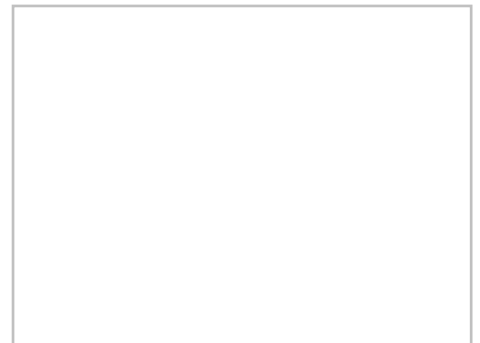
Jeff Simons

## APPROXIMATE TIME:

**PREP:** 10 minutes

**COOK:** 12 minutes

**TOTAL:** 22 minutes





# THE BENESCH COOK BOOK

## RECIPE NAME:

BBQ Chicken

## INGREDIENTS:

Basics:

8 Pieces of Chicken (Leg, Breast, or Thighs)

Favorite Chicken Rub

1/2 Pound of Brown Sugar

Jacuzzie Sauce Mixture:

1 Bottle of Favorite BBQ Sauce

1 Cup of Honey

3/4 Cup of Tiger Sauce

2 Cups of Beef Bouillon

1/2 Cup of Red Wine Vinegar

## DIRECTIONS:

Step 1: Cut & Trim Chicken

Step 2: Put your favorite chicken rub on all sides of Chicken

Step 3: Make Jacuzzi Sauce and place in a tin foil pan

Step 4: Place Chicken on Grill and Sear both sides, but as to not fully cook the meat.

Step 5: Remove Chicken and place on the side

Step 6: Put Jacuzzi Sauce on Grill and Wisk in 1/2 Pound of Brown Sugar once it starts to boil.

Step 7: As soon as Brown Sugar is in, add Chicken back into the Jacuzzi Sauce for 30 minutes.

Step 8: After 3 minutes remove chicken from the sauce and place back on grill for just a minute or so to caramelize the sugars.

Step 9: Remove chicken and Enjoy! I like to save some of the sauce to dip the chicken in.

## RECIPE PROVIDED BY:

Bret Tremblay

## APPROXIMATE TIME:

PREP: 10 Minutes

COOK: 40 Minutes

TOTAL: 50 Minutes



# THE BENESCH COOK BOOK

## RECIPE NAME:

Homemade Sloppy Joes

## RECIPE PROVIDED BY:

Stephen Vaicik

## INGREDIENTS:

1 Tbsp butter  
1 tsp olive oil  
1 lb. lean ground beef (or turkey or chicken)  
1/3 red bell pepper, minced  
1/2 large yellow onion, minced  
3 cloves garlic, minced  
1 Tbsp tomato paste  
2/3 cup ketchup  
1/3 cup water  
1 Tbsp brown sugar  
1 tsp yellow mustard  
3/4 tsp chili powder  
1/2 tsp Worcestershire sauce  
1/2 tsp kosher salt  
1/4 tsp black pepper

## APPROXIMATE TIME:

PREP: 15

COOK: 20

TOTAL: 35

## DIRECTIONS:

1. Cook Beef, drain fat.
2. In separate pan, heat butter and oil in large skillet over MED/MED-HIGH heat. Add onion and bell pepper to skillet and cook 2-3 minutes, until soft. Add garlic and cook 30 seconds or so, until fragrant. Add beef to the skillet and add tomato paste. Stir well.
3. Add ketchup, water, brown sugar, mustard, chili powder, Worcestershire sauce, salt, and black pepper. Stir well to combine. Can add hot sauce or red paper flakes for some heat if you like.
4. Cook over MED heat for 10-15 minutes, until mixture has thickened.



# THE BENESCH COOK BOOK

## RECIPE NAME:

Cinnamon Sugar Apples

## INGREDIENTS:

5 large Honey Crisp Apples  
1/4 c Brown Sugar  
1 tsp Cinnamon

## DIRECTIONS:

Preheat oven to 350 degrees. Cut apples into slices. Put apple slices into a baking dish and sprinkle brown sugar cinnamon over slices. Cover baking dish and bake for 35 - 40 min or until apples are tender.

## RECIPE PROVIDED BY:

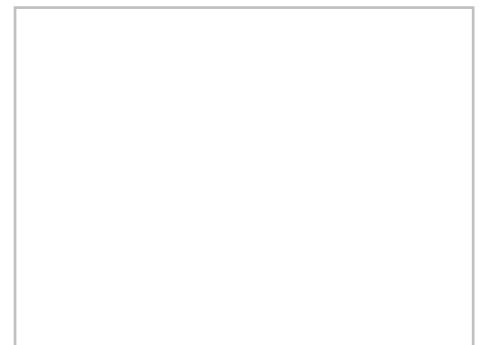
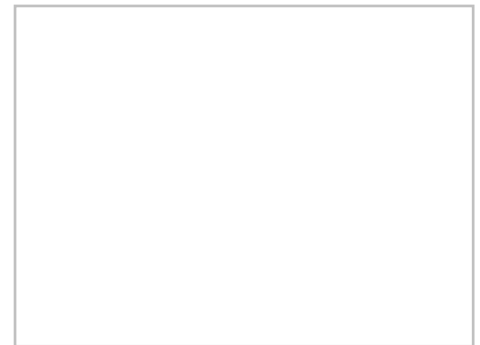
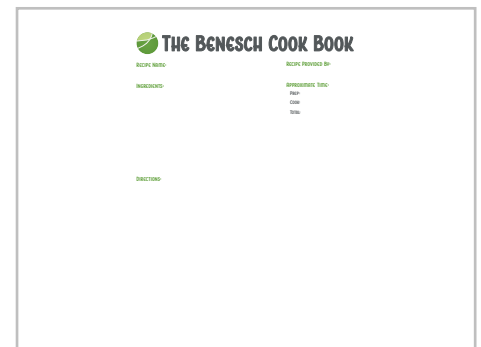
Jen Worthington

## APPROXIMATE TIME:

PREP: 10

COOK: 35 - 40

TOTAL: 45 - 50





# THE BENESCH COOK BOOK

## RECIPE NAME:

Prosciutto and Kale Pasta

## INGREDIENTS:

1 lb of pasta of your choice  
8 oz of prosciutto cut into small cubes  
8 cups of rough chopped kale stems removed  
28 oz can of crushed tomatoes  
8 oz can of tomato sauce  
2 - shallots fine sliced  
1 - medium onion of choice chopped small  
4 - garlic cloves chopped small  
4 oz. mascarpone cheese  
basil and oregano flakes (spice)  
red pepper flakes (spice)  
black pepper (spice)  
8 oz - parmesan reggiano grated  
EV olive oil

## DIRECTIONS:

pre-heat oven to 200 and place dishes in oven

heat pasta water to boil with some salt (1/2 of pasta water to be used)  
need large sautee pan use medium heat  
crisp prosciutto with olive oil set aside in dish, keep fond bits  
saute' shallots and onions in olive oil until cooked, same pan as  
prosciutto with fond bits  
add garlic to onions about half way through and set aside  
partially wilt kale in olive oil  
Add tomatoes/sauce and to cooked onion/garlic to kale add spices to  
taste, reduce heat and simmer

cook pasta until al dente do not overcook as will get soft break apart

remove pasta with handled strainer  
add pasta to sautee pan and toss, add about half of pasta water stir, fold  
in mascarpone cheese, med. heat.

serve onto preheated dishes use grated cheese to taste

## RECIPE PROVIDED BY:

Dominic Yannuzzi

## APPROXIMATE TIME:

PREP: 20

COOK: 20

TOTAL: 40

