

## **Senior Center Cookbook for sale now**

A project in the making over the course of the year, the Caribou County cookbook is now for sale at the Caribou County Senior Center. Most of the recipes in the book were collected from familiar names from around the valley, and the book also contains a lot of useful cooking tips and serving ideas, as well as nutritional information.

The recipes have been collected over the last year by ShaLayne Bartschi, Melissa McDowell, Fiona Benson, and others at the Senior Center.

You will recognize some of the dishes as those that are made at the Senior Center on Wednesdays and Fridays. You will also notice the names of many of the employees and guests of the Senior Center, who contributed to the volume. Other recipes come from historically entertaining cookbooks, such as the Grays Lake Relief Society + True 66.

The volume is available for sale at the senior center for \$15 a copy. Here is a sampling of the recipes included in the book, with a recipe or two from each category. Stop by the Senior Center during their normal hours and get yourself a copy!

### **Appetizers**

#### **Spinach Artichoke Dip**

- 1 (8oz) Cream Cheese
- ¼ C mayonnaise
- ¼ C parmesan cheese
- ¼ C romano cheese
- 1 clove garlic, peeled and minced
- ½ tsp basil (dried)
- ¼ tsp garlic salt and pepper to taste
- 1 (6.5 pz) jar artichoke hearts, drained and chopped
- ½ C frozen chopped spinach, thawed and drained
- ¼ C shredded mozzarella cheese

Preheat oven to 350. Lightly grease a small baking dish. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in preheated oven for 25 minutes, until bubbly and lightly browned. Serves 12.

Melissa McDowell.

#### **Ramaki**

- 2 cans whole water chestnuts (drained)
- 1 lb bacon, cut in half
- 1 ½ cups ketchup
- ½ cup brown sugar
- ¼ tsp salt
- ¼ tsp pepper
- ½ tsp dried mustard (can use wet)
- 1 tsp worchestershire sauce

¼ cup pineapple

Wrap chestnuts in bacon, (soak toothpicks in water) secure bacon with toothpicks, dip bacon and chestnuts in sauce, coat thoroughly and place on foil lined cookie sheet. Bake 350 for 45 minutes.

Michele Robbins

## **Soup and Salad**

### **Chicken Noodle**

2 or 3 bone-in chicken breasts  
8 cups water  
3 tbsp chicken soup base or chicken bouillon  
2-3 carrots peeled and diced  
1 stalk of celery diced  
2 tbsp diced onion  
4-5 cups uncooked noodles of your choice  
1 can cream of chicken soup  
1 cup sour cream  
Salt and pepper to taste

Cook chicken in broth till tender, about 45 minutes. Remove chicken and take off skin and bones. Cut chicken into bite size pieces. Bring broth back to boiling and add carrots, celery, onion, and noodles. Simmer until cooked. When vegetables and noodles are done, add chicken back into pot along with cream soup and sour cream. Salt and pepper to taste. Mix and cook on med-low until warmed through. Enjoy!

Annette Elsmore

### **Layered Crab Salad**

1 head lettuce, chopped  
6 hard-boiled eggs, chopped  
3 stalks celery, chopped  
1 cup frozen peas, thawed  
1 pkg imitation crab  
2 cups mayonnaise  
2 tbsp sugar  
2 cups shredded cheese  
Bacon bits

Mix together mayonnaise and sugar. Layer lettuce, eggs, celery, peas, and crab. Cover with mayonnaise mixture to seal. Add cheese and sprinkle with bacon bits.

LaRae Harris

## **Sides**

Mexican Street Corn (Traditional)

4-6 ears of corn  
Salt  
Mayonnaise  
Chili powder  
Grated parmesan cheese  
Lime juice (in spray bottle)

In a large pot of salted water, boil ears of corn. When done, drain water. Spray corn cobs with lime juice, slather with mayonnaise and roll in grated parmesan cheese. Sprinkle with chili powder and serve.

Craig Boswell

## **Entrée**

### **Baked Spaghetti**

1 ½ C chopped onion  
¾ C chopped mushroom  
1 medium green pepper, chopped  
3 (15.5 oz) cans diced tomatoes  
8 oz chopped olives  
2 ½ lb hamburger (cooked and drained)  
1 T oregano  
8 oz cheddar cheese (shredded)  
1 lb spaghetti (cooked)  
2 (12.5 oz) cans cream of mushroom soup  
½ C water  
8 oz parmesan cheese

In a skillet, brown and then drain hamburger. Add in onions and green peppers, saute until tender. Add in chopped mushrooms, tomatoes, olives and oregano. Add in cream of mushroom soup and water. Heat through. Layer ½ sauce mixture on bottom of a sprayed baking pan. Then ½ cooked spaghetti layer and then ½ parmesan cheese and shredded cheddar. Repeat layers.

Bake at 350 for 30-45 minutes.

Caribou County Senior Center.

## **Dessert**

### **SimpleCinammon Rolls**

3 ½ C warm water  
6 tbsp yeast  
1 cup vegetable oil  
¾ cup sugar  
1 tbsp salt  
3 eggs beaten  
10 ½ C flour

Mix warm water, yeast, vegetable oil,  $\frac{3}{4}$  C sugar and let stand for 15 minutes. Then add salt, eggs, and flour. Roll out, cover with butter, cinnamon, and sugar. Roll up and cut into slices. Put on greased pans. Let rest 10 minutes. Bake at 400 degrees for 10-12 minutes.

Heidi Rigby