

UF

Human Resources



Gator Eats

Chomp the Holidays

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APPETIZERS & SIDES





BACON WRAPPED GREEN BEANS

Submitted by Pamela Zeilman
Department of Neurology

“Around 2014, a wonderful co-worker named Brian brought this dish to a work potluck. Since then, I have made this dish for Thanksgiving and Christmas. I have used several posted recipes and have tweaked it to the recipe above. Enjoy!”

Ingredients

- 1 lb of bacon
- 1 bag of fresh greenbeans
- 1/2 stick Kerrygold grass-fed pure Irish garlic butter
- 1 cup brown sugar (light or dark)
- toothpicks

Directions

- Wash and trim the ends of the green beans. Blanch in boiling water for 2–3 minutes.
- Drain the green beans and give an ice bath (stops the cooking process and keeps the green beans green).
- Pat dry the green beans and set aside.
- Take a pound of bacon and cut in half. Partially cook the bacon. Remove while bacon is still soft.
- Melt 1/2 stick of garlic butter. Most recipes give you multiple spices to make your own garlic butter, but Kerrygold Irish butter is the bomb diggity. You could use a full stick of butter but I find a full stick is too much, but you do you.
- Mix with brown sugar in a large bowl. You could also add more brown sugar. Some recipes say a 1/4 cup brown sugar. You are already making a healthy vegetable a dietician's/cardiologist's nightmare so you might as well upset the endocrinologist with the extra sugar.
- Add the green beans and gently toss until coated.
- Heat oven to 350°F. Grap your toothpicks and sit down.
- Wrap 5 to 6 greenbeans with 1/2 strip of bacon and secure with toothpick. Place in oven safe dish. You can stack the bundles.
- Pour any residue butter/sugar mixture over the greenbeans.
- Place in oven for 30–40 minutes until bacon is cooked to your liking.



BEEF SALAD

Submitted by Raluca Salajan
Department of Psychology

“This Beef Salad, known as ‘Salata de Boeuf’ in Romania, is a popular dish typically served as an appetizer or a side dish at holiday celebrations, such as Easter or Christmas. The salad typically consists of boiled beef, diced carrots, potatoes and pickles, all mixed together with mayonnaise and sometimes other seasonings or herbs.”

Ingredients

- 2 lbs beef (or turkey or chicken, white or dark meat)
- 2 lbs potatoes (peeled)
- 1 lb carrots (peeled)
- 1 1/2 cups pickles (chopped)
- 1 cup frozen peas
- 1 cup mayonnaise
- 1/4 cup mustard
- 1/2 tsp salt (or to taste)
- 1/2 tsp pepper (or to taste)

Directions

- Add the beef to a pot of boiling water and cook it for about 2 hours. If using an Instant pot cook it on high pressure for 1 hour. Transfer the meat to a bowl and let it cool before chopping.
- Add the potatoes and carrots to a large pot and cover with water. Season with a teaspoon of salt. Bring the water to a boil and cook the potatoes and carrots until they are fork tender, should take about 15 minutes. Drain and cool slightly.
- Chop the meat, potatoes, carrots and pickles; they should all be small pieces about 1/4x1/4". Drain all the liquid from the diced pickles and the peas. I usually place them in a paper towel lined bowl to soak up all the extra liquid.
- Add all the veggies and meat to a big bowl, then add the mayo and mustard, season with salt and pepper and mix everything together.
- The salad is often decorated to make it more visually appealing and festive. This typically involves arranging colorful vegetables, herbs and other garnishes on top of the salad in an attractive and creative way.
- Serve the salad immediately or put it in the fridge to stay cold.

BROWNED BUTTER MASHED POTATOS WITH GARLIC AND PARMESAN

Submitted by Chelsea McCall
UF College of Liberal Arts & Sciences

Ingredients

- 5 lbs potatoes (recommend using russet potatoes)
- 10 oz unsalted butter
- 7 cloves garlic crushed
- 3/4 cup parmesan cheese grated
- 1 2/3 cup milk (more if needed)
- 1/4 cup sour cream (more if needed)
- 1/2 cup potato water

Directions

- Peel potatoes and cut into large chunks. Boil in salted water for 20 minutes or until fork tender (not falling apart). Halfway through cooking time, prepare browned butter.
- Heat butter in a small pan over medium-heat.
- When butter begins to foam, add the crushed garlic and reduce heat to medium. Stir continuously and swirl the pan until the butter changes color and turns golden brown with a nutty aroma.
- Remove immediately from heat. Set aside.
- Drain potatoes and transfer them back to the pot (save 1/2 cup of the potato water).
- Strain just over half of the browned butter over the boiled potatoes through a sieve. Reserve crispy garlic pieces to serve later.
- Add the parmesan, cheese and milk. Beat with a hand beater until smooth and creamy (about 1–2 minutes) or use a potato masher.
- Add extra milk if you like a thinner mashed potato consistency.
- Serve with reserved browned butter, extra parmesan cheese and crispy garlic pieces.



CASSANDRA'S WORLD FAMOUS VEGAN GREEN BEAN CASSEROLE

Submitted by Cassandra Williams
Veterinary Hospitals Operations

“I transitioned to a vegan lifestyle when I was freshly 18 years old and living on my own for the first time. My first time going home for Thanksgiving was very emotionally difficult for me ... The next year my angel of a mother sensed my anxieties and fear, and we spent hours in the kitchen turning her classic recipes into vegan versions I could enjoy for years to come. Now I live to share these recipes with others trying to transition to a new lifestyle or even for those who just want to try something new!”

Ingredients

- 1/2 medium onion, diced
- 3/4 cup chopped button mushrooms
- 1 tbsp vegetable oil
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp sage
- salt and pepper, to taste
- 1 1/2 cups unsweetened oat milk (any non-dairy milk should work)
- 1 cube vegetarian bouillon
- 2 1/2 tbsp cornstarch
- 2 tbsp cold water
- 1 can cut green beans
- 1 6 oz can french-fried onions (I buy 2 cans because I like the crunch)

Directions

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a skillet. Add the herbs, salt and pepper.
- Heat the oat milk and bouillon in a saucepan, stirring until the bouillon dissolves. Do not bring to a boil.
- Mix together the cornstarch and water and add to the pan, stirring well.
- Quickly add the green beans, the sautéed veggies and about half of the French-fried onions and stir well.
- Pour the mixture into a casserole dish and top with the remaining French-fried onions.
- Bake for about 15 minutes, or until the onions begin to brown.



CAT HAIR-FREE CRANBERRY SAUCE

Submitted by Victoria Masters
UF College of the Arts

“Inspired by our Director of Finance, Anika Nathan’s, legendary holiday tradition of canned cranberry sauce, Microsoft Copilot and I decided to craft a fun version for this submission. Anika’s tradition is a testament to the beauty of simplicity and the joy of minimal effort. In households like mine, where cats reign supreme and culinary skills are... let’s say, ‘developing,’ this recipe is a lifesaver.

“Picture this: It’s Thanksgiving morning, and you’re frantically trying to prepare a feast. The cat is weaving between your legs, shedding fur like it’s their job. You remember Anika’s tradition and breathe a sigh of relief. You grab the can of cranberry jelly, open it with a flourish, and slide it onto a plate. Voilà! A masterpiece that’s not only delicious but also free of cat hair. Your guests are impressed, your cat is content, and you’ve upheld a cherished holiday tradition with a modern twist.”

Ingredients

- 1 can of cranberry sauce/jelly (the kind that retains the shape of the can)
- 1 plate (preferably cat-free)

Directions

- Head to your local grocery store. Navigate to the canned goods aisle. Locate the cranberry sauce/jelly.
- Choose the can that speaks to you. Maybe it's the one with the slightly dented corner, giving it character. Maybe it's the one on BOGO. Maybe it's sugar free, or vegan even.
- Pay for your can of cranberry goodness. Smile at the cashier and wish them a Happy Holidays. Alternatively, use self check out and speak to no one.
- Back at home, just before the meal is ready, carefully open the can. This is the most critical step. Use a can opener (type is up to you). Make sure your cat is not assisting with this step to avoid cat hair!
- Gently slide the cranberry jelly out of the can onto a plate. Double check there are no cats near you. Take a moment and admire how it retains the perfect cylindrical shape. It's a work of art. And, most importantly, it should still be cat hair-free!
- Quickly place the plate in the center of your holiday table before the cat sees you. Bask in the compliments from your guests on your culinary prowess and your ability to keep the dish free of cat hair.
- Sit back, relax and enjoy the fruits of your labor. You've earned it.

CHEESY LEMON ARTICHOKE DIP

Submitted by Rachel Powers

Community Dentistry and Behavioral Science

“This is my aunt’s recipe that she makes for her annual Christmas in July party. She hosts this party in July with all the holiday trimmings—fake tree, music, lights, ugly sweaters—as a festive way to get together in the summer outside the business of the holiday season.”

Ingredients

- 3 (184g/6 1/2 oz) jars marinated artichokes, drained and coarsely chopped
- 1 (226 g/8 oz) cream cheese
- 170g (6 oz) Gruyère, grated (1 1/2 cups)
- 114 g (4 oz) sharp white cheddar (1 cup)
- 1 cup full-fat sour cream
- 2 tbsp fresh lemon juice
- 1/4 tsp freshly ground black pepper
- parsley for garnish

Directions

- Heat oven to 400°F.
- Combine all ingredients in a bowl and stir until smooth.
- Pour into an 8” oven-proof dish.
- Bake until dip is bubbling and lightly golden on top—approximately 25 minutes.
- Sprinkle with parsley as garnish if desired.
- Let cool for 10 minutes before serving.
- Serve with toasted baguette slices, crackers or veggies/crudites.



CRANBERRY JALAPENO DIP

Submitted by Ruth Vallese
Warrington College of Business

“The idea of trying a recipe with a jalapeño pepper scared me at first, since my tastebuds can’t take much heat, but the combination of flavors comes together very nicely, and it is not spicy at all. It is now one of my favorite dishes to make and bring to potlucks.”

Ingredients

- 12 oz fresh, uncooked cranberries
- 1/4 cup green onion
- 1–2 fresh jalapeño peppers
- 2 tbsp cilantro (optional)
- 3/4–1 cup sugar (according to taste)
- 1 tbsp lemon juice
- 1/8 tsp salt
- 16 oz cream cheese, whipped

Directions

- Chop cranberries, green onion, jalapeño peppers and cilantro.
- In a medium-sized bowl, add chopped cranberries, green onion, cilantro and jalapeños. Add sugar, lemon juice and salt on top of cranberry mixture and stir gently until blended. Cover with plastic wrap and place in refrigerator overnight.
- Take cranberry mixture out of the refrigerator and stir all ingredients together. Strain out all liquid using a collander with small holes.
- Whip softened cream cheese with hand mixer until smooth (about 2 minutes) and spread cream cheese over bottom of a pie plate or 9x9” dish.
- Pour cranberry mixture atop cream cheese and keep in refrigerator until ready to serve. Serve over crackers and enjoy!

CRANBERRY SAUCE

Submitted by Kit Llinás

Pathology, Immunology and Laboratory Medicine

“I heard about this easy dish while listening to public radio one holiday season about 20 years ago. I couldn’t cook anything back then, not even eggs, and this sounded so easy. Plus, I know it’s a bit of a public debate, but I can’t stand canned cranberry sauce.

“I tried the recipe and brought it to my family’s holiday meal. Everyone was so impressed and loved it. So I share the recipe as often as I can, because it’s just so simple and tasty!”

Ingredients

- 1 package cranberries
- 1/2 cup water
- 1/2 cup OJ
- 1/2 cup white sugar
- 1/2 cup brown sugar

Directions

- Boil liquids and sugar until dissolved.
- Add cranberries.
- Simmer about 15 minutes.
- Cool in fridge until ready to eat.

CHRISTMAS TREE FOCACCIA BREAD

Submitted by Mariana Miranda
Department of Biostatistics

“This is fun bread to make on your own or with family and friends. Not only is it delicious but you can create so many different versions of it.”

Ingredients

- 5 cups of flour
- 1 tbsp of yeast
- 2 tsp of salt
- 2 1/3 cup of water
- 4 tbsp of olive oil
- 1/2 tsp of dried rosemary
- rosemary sprigs
- grape tomatoes
- garlic
- olives/sundried tomatoes
- bell pepper: red, orange or yellow

Directions

- Measure 5 cups of flour, a tablespoon of yeast and 2 teaspoons of salt into a large mixing bowl and stir.
- Add 2 1/3 cups of cold water. Stir until you have a wet clumpy dough with no dry flour showing. Cover with a lid or a piece of plastic wrap and let it sit in a warm spot for 6 to 8 hours.
- After 6 to 8 hours, your dough should have doubled in size. Turn your oven to 400°F and rub the bottom of a cookie sheet with 2 tbsp of olive oil.
- Pour the dough onto the oiled cookie sheet.
- Dip your fingertips in olive oil, spread the dough out flat and use your fingertips to make small dimples on the top of the dough.
- Drizzle with 2 more tablespoons of olive oil. Sprinkle salt for traditional focaccia.
- Decorate with rosemary sprigs to make a Christmas tree shape, adding grape tomatoes sliced in half, olives and garlic for ornaments. Slice a few olives or sun dries tomatoes to add the bottom of the Christmas tree for the stump.
- Bake for 38-40 minutes at 400° F (202° C) until slightly golden brown and sprinkle with a little more coarse salt.
- Cut into squares with a sharp knife or pizza cutter and serve hot.



EASIEST CORN SOUFFLE EVER!

Submitted by Alyson Rodriguez
Brown Center for Leadership & Service

“A friend introduced this recipe to us about 20 years ago and it has been my go to dish for every holiday, party or potluck. It is soooo easy to make—easily readable ingredients—and an absolute crowd favorite—everyone asks me for this recipe for themselves.”

Ingredients

- 2 boxes Jiffy corn muffin mix
- 2 eggs
- 2 sticks of unsalted butter
- 2 cans creamed corn
- 2 cans of sweet corn (drained)
- 1 16 oz sour cream
- 1 9x13 aluminum pan

Directions

- Mix all ingredients in 9x13” pan and stir together until smooth. Tap pan.
- Bake for 1 hour at 375°F or until the top is slightly golden brown.
- That is it! Delicious and almost like dessert. Fan favorite and so simple.



GINGER-ORANGE CRANBERRY SAUCE

Submitted by Jessie Furman
Department of Recreational Sports

“Homemade cranberry sauce is so delicious and easy to make, it will truly make you wonder why you’ve never made it. There are many variations on homemade cranberry sauce. Tweak it to your preference.”

Ingredients

- 1 bag (12-16 oz) fresh cranberries
- 1 orange, zest and juice
- 3/4 cup sugar
- 1 tsp fresh ginger, minced
- 1/2 tsp cinnamon

Directions

- Over medium heat, add all ingredients and stir.
- Cook 5-7 minutes until most of the berries have popped but not all collapse.
- Delicious warm, or refrigerate overnight.



GRANDMA JUDY'S PUMPKIN BREAD

Submitted by Leland Henry
Annual Giving, UF Alumni Association

“This is my grandmother’s recipe. You can see from the original recipe card, it has been used many, many times over the years. What makes this pumpkin bread unique is the shape! Because it is baked in cans, it comes out in a cylinder shape and is the perfect size for gifting!”

Ingredients

- 1/3 cup Crisco
- 1 1/2 cup sugar
- 2 eggs
- 1 cup pumpkin puree
- 1 2/3 cup flour
- 1/4 tsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/3 cup water

Directions

- Cream Crisco and sugar with electric beaters. Beat in eggs and pumpkin. Add sifted dry ingredients in thirds, alternating with water.
- Bake in 4 greased #303 cans (regular cans, like the one the pumpkin puree came in, fill about 2/3 full) at 350°F for 50-60 minutes. Test with a toothpick.
- Slice and enjoy slightly warmed with a little butter!



KALE APPLE SALAD

Submitted by Michele Dominguez

UF/IFAS Expanded Food and Nutrition Education Program

“I came up with this recipe by combining my favorite elements from three different salads. Kale is packed with nutrients, antioxidants, and vitamins, making it a great base. The key step is massaging the kale. It transforms the leaves, making them softer and much more enjoyable to eat ... I usually serve this as a side salad, but it can easily become a main course by adding your favorite protein. ”

Ingredients

- 1 bunch kale de-stemmed and chopped
- 1 Hass avocado, cut into chunks
- 1/2 bunch parsley chopped
- 1 honey crisp apple diced or thinly sliced (or other apple of choice)
- 1/2 cup raw walnuts chopped (pecans, almonds or pumpkin seeds for a nut free option also work)
- 1/2 cup feta cheese crumbles
- 1/4 cup dried cranberries
- Chick-fil-A's avocado lime dressing

Directions

- Add the chopped kale to a large bowl and add half of the avocado chunks. Use clean hands to massage the avocado into the kale for 45 to 60 seconds, until the kale is tender and has reduced in volume.
- Add the parsley, apple, walnuts, feta cheese and dried cranberries to the bowl with the kale and top with the dressing. Use salad tongs or two large spoons to mix everything together well.



LEEK, APPLE AND BRUSSELS SPROUT BAKE

Submitted by Kim Rose

Organizational Change Management, Empowering UF

“I’m from England. This is a favorite with my British family as everyone has loved Brussels sprouts long before they became trendy! We serve them with crispy roast potatoes, glazed carrots and turkey at Christmas.”

Ingredients

- 2 large leeks (cleaned and sliced into medium discs)
- 2 bags of Brussels sprouts (cleaned, peel outer layers, slice large ones in half lengthwise)
- 2 apples (peeled, cubed - I like Granny Smith tart apples)
- 1 small bag of pecan halves or pine nuts (toasted in a pan or oven with salt)
- 2 tbsp of salted butter
- olive oil
- salt and pepper

Directions

- Par-boil the sprouts for a few minutes till they turn bright green but are not cooked through.
- In a skillet, melt butter and olive oil and sauté the leeks till soft.
- Transfer to baking dish. Add the drained sprouts and chopped apples. Roast for 30 mins at 375°F until everything is cooked and the sprouts are tender and apple has softened.
- Add the pecans on the top right before serving (so they don’t get soggy).

MEATBALLS

Submitted by Helen martin
Lastinger Center for Learning

“These appetizer meatballs are a family favorite for all generations! I looked forward to eating these as part of every family holiday as a child. The torch has been passed to me, and now I make them each holiday for my extended family.

“Now my nieces and nephews request these meatballs at every holiday gathering and even their birthday parties. They are so easy to make, and they are sure to be a crowd pleaser! ”

Ingredients

- 1 bag of frozen Italian all beef meatballs
- Optional: 1 package of little smokies
- 3 jars of Heinz chili sauce
- 1 small jar of Smuckers grape jelly

Directions

- Dump all of the meatballs and little smokies into a crockpot.
- Add chili and grape jelly.
- Stir to mix together the sauces.
- Place the crock pot on low for 3-4 hours.
- Serve as an appetizer.

ONE POT VEGETABLE MAC AND CHEESE

Submitted by Mariana Miranda
Department of Biostatistics

“I am vegan but also from time to time enjoy a vegetarian dish. My family loves mac and cheese, and I add some veggies for some extra flavor. We enjoy eating this meal, and it is a great comfort dish that we love.”

Ingredients

- 2 cups elbow macaroni
- 4 cups vegetable broth
- 1 tsp garlic powder
- salt and pepper to taste
- a pinch of paprika
- red pepper flakes
- 1 cup mixed vegetables -broccoli florets, diced bell pepper, chopped spinach
- 2 cups shredded cheddar cheese or vegan cheese

Directions

- In a large pot, heat olive oil over medium heat. Add the mixed vegetables and saute for about 4 minutes till slightly softened.
- Stir in the macaroni and pour in the vegetable broth. Bring to a boil.
- Lower heat to a simmer, cover and cook for 8 to 10 minutes, stir until pasta is tender and most liquid is absorbed.
- Remove from heat and stir in shredded cheese until melted and creamy. If you want a thicker sauce, add a little milk and some cheese.
- Add garlic powder, salt, pepper and spices. Mix well and serve immediately.



POTATO GRATIN WITH ROSEMARY CRUST

Submitted by Helen Chisolm

Department of Mechanical Aerospace and Engineering

“This dish was introduced to our regular Thanksgiving menu by my dad one year. He found the recipe and decided to change up the normal menu. At first, the whole family was upset for doing something different, but now it is the most requested dish on Thanksgiving.

“There are never any leftovers from this side dish, so you better be first in line to get food once it’s all set up! ”

Ingredients

- 1 package refrigerated piecrusts
- 1 1/2 lbs Yukon gold potatoes
- 1 tbsp chopped fresh rosemary
- 1 1/2 lbs sweet potatoes
- 1/4 tsp freshly ground pepper
- 1 tsp kosher salt
- 2 cups shredded Gruyère cheese, divided
- 2/3 cup heavy cream
- 1 garlic clove, minced

Directions

- Preheat oven to 450°F.
- Unroll piecrusts on a lightly floured surface. Sprinkle rosemary, pepper, and 1/2 cup cheese over one piecrust; top with remaining piecrust.
- Roll into a 13" circle. Press on bottom and up sides of a 9" springform pan, fold edges under.
- Put in refrigerator to chill.
- Peel and thinly slice Yukon gold and sweet potatoes.
- Layer 1/3 each of Yukon gold potatoes, sweet potatoes, and salt in prepared crust. Sprinkle with 1/4 cup cheese. Repeat layers twice, pressing layers down slightly to fit.
- Microwave cream and garlic in a one-cup microwave-safe measuring cup on high for 45 seconds; pour over potato layers in pan.
- Sprinkle with remaining 3/4 cup cheese.
- Cover pan with heavy-duty aluminum foil and place on a baking sheet.
- Bake at 450°F for 1 hour.
- Uncover and bake for 25 more minutes, or until potatoes are crust is richly brown and potatoes are done.
- Remove from oven and let sit for 10-15 minutes. Once cooled, remove the springform pan sides and transfer to dish.
- Garnish with rosemary.



ROASTED CARROTS AND WHIPPED FETA

Submitted by Renee Hancock
UF Information Technology

“An easy appetizer or side option perfect for families needing gluten free and/or vegetarian options.”

Ingredients

Whipped Feta

- 8–10 oz of feta cheese
- 1 cup of Greek yogurt
- juice and zest of one lemon
- 3 cloves of garlic
- splash of olive oil

Garnish

- olive oil drizzle
- fresh chopped parsley
- pomegranate arils

Roasted Carrots

- 1 lb carrots
- 2–3 tbsp olive oil
- 2–3 tbsp honey
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- salt & pepper
- sprinkle of cinnamon

Directions

- Preheat oven to 425°F.
- Wash the carrots well and cut the tops off. If the carrots are larger, peel and cut in half lengthwise.
- Toss carrots in oil and seasoning.
- Arrange on a baking sheet in a single layer.
- Place in oven and bake for 20–30 minutes, until fork tender.
- While the carrots are baking, start on the whipped feta.
- Add the feta—crumbled—into a blender or food processor with one cup of Greek yogurt, lemon juice, lemon zest, minced garlic and a splash of olive oil until the feta mixture is smooth.
- Spread the whipped feta mixture onto your serving plate, gently lay the roasted carrots on top of the mixture, and garnish with a drizzle of olive oil, finely fresh chopped parsley and pomegranate arils.
- Serve and enjoy!



ROASTED GARLIC PARMESAN POTATOES

Submitted by Darrice Montgomery
Department of Pediatrics

Ingredients

- 2 lbs baby potatoes
- 5 garlic cloves
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 parsley, fresh
- 1/2 tsp Italian seasoning
- 1/2 tsp paprika
- 1 tsp pepper
- 1 tsp salt
- 3 tbsp olive oil, extra virgin
- 1/2 cup parmesan cheese

Directions

- Cut the potatoes in half or quarters (if they're extra large) and place them in a mixing bowl.
- Add olive oil, minced garlic, parsley, salt and pepper, and toss everything together until the potatoes are well coated. Then, transfer them to a baking pan.
- Cook the potatoes for 45–55 minutes at 400°F or until they're golden brown. Stir the potatoes halfway through and add freshly grated parmesan cheese in the last five minutes.



SALT AND BREAD

Submitted by Danie Ellsworth
Library West User Services

“You may remember the gift of salt and bread from Game of Thrones, but it’s a tradition that extends back thousands of years across many cultures. Salt and bread (often paired with red wine) are given to wish prosperity and to show friendship and hospitality. In the winter months, the ritual of visiting your neighbors to give salt and bread allowed the chance to see if there was a need you could fulfill—wood to chop, lights to fix, food to gift or even just companionship to share—and make sure your community was ready for the long nights ahead.

“Every year, I make several loaves for Yule and we host a board game night. Salt and bread has become a snack staple, usually along with some cheesy dip or honey.”

Ingredients

- 5 cups all-purpose flour, divided
- 1/2 cup white sugar
- 2 tsp salt
- 2 0.25 oz packages of active dry yeast
- 1 1/3 cup milk
- 4 tbsp butter
- 4 eggs, 2 left whole for baking into the dough
- 1 egg, beaten, for glaze

Directions

- In a large bowl, combine 1 cup flour, sugar, salt and yeast; stir well. In a small saucepan, melt the butter, then add the milk. Remove from heat before it becomes hotter than warm; if too hot, it will kill the yeast.
- Slowly add the milk and butter to the flour mixture while stirring. Add two eggs and half cup more flour and beat well. Add the rest of the flour half a cup at a time, mixing well. When the dough has pulled together, turn it out onto a lightly floured surface and knead 5 minutes or until smooth.
- Lightly grease a large bowl, put the dough in, and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Punch down the dough and turn it out onto a lightly floured surface. Divide the dough into three equal size rounds; cover and let rest for 10 minutes. Roll each of the pieces into long rolls about 1 1/2" thick. Using the three long pieces of dough, form a loose braid. Divide this braid in half, then form each half into a round, sealing the ends together and tucking them under.
- Cover your two whole eggs with butter or oil, then slip them carefully into the middle of each loaf. They should be tucked in about halfway. These whole raw eggs bake in the oven along with the bread.
- Place loaves on a greased baking sheet and cover loosely with a damp towel. Place loaf in a warm place and let rise until doubled in bulk, about 45 minutes. Preheat oven to 350°F.
- Brush risen loaves with beaten eggs, and bake in for 45 to 55 minutes, or until dark golden.
- Allow bread to cool a bit, then remove the eggs and fill the divot with salt for dipping. If you don't have spare eggs, a small oiled oven-safe baking dish will work. Pretzel salt or garlic salt are alternatives to try.



SKINNY POTATO CASSEROLE

Submitted by Jaime Weiser
Compliance and Ethics

“This casserole is my healthier take on a classic comfort food favorite. I wanted all the cheesy, savory goodness of a loaded potato dish while keeping it lighter and guilt-free.

“It has become a go-to recipe for the holiday season. The combination of creamy potatoes, crispy bacon bits, fresh green onion and tangy ranch makes it both flavorful and satisfying.”

Ingredients

- 3 baking potatoes
- 1/4 cup fat-free spray butter (I Can't Believe It's Not Butter)
- 1/4 cup green onion, chopped
- 1 tbsp dried chives or 2 tbsp fresh
- 1/2 lb bacon bits
- 1/2 cup Skinny Girl buttermilk ranch dressing
- 1/2 cup Daisy light sour cream
- 2 cups fat-free shredded cheddar cheese

Directions

- Preheat the oven to 350°F.
- Wash the baking potatoes thoroughly. If you prefer, you can leave some of the peel on; otherwise, peel the potatoes completely. Poke small holes in each potato and place them in the microwave. Cook until they are soft enough to mash.
- Mash the cooked potatoes until coarsely mashed and set aside.
- Grease a shallow casserole dish with nonstick cooking spray, such as Pam.
- Mix all ingredients, including the mashed potatoes, together in a large mixing bowl until evenly combined.
- Spoon the mixture into the prepared casserole dish.
- Bake uncovered for 30–35 minutes or until the casserole is hot and bubbly.



SPINACH AU GRATIN

Submitted by Derek Austin
Division of Enrollment Management

“This treasured family recipe has been passed down for over four decades and is sometimes known as a crustless spinach quiche. It’s so delicious that even spinach skeptics become converts after trying it.

“The preparation is wonderfully simple and you can easily double the ingredients to serve a crowd using a 9x13” casserole dish.”

Ingredients

- 16 oz frozen, chopped spinach
- 1/2 tsp onion powder
- 1/2 tsp pepper
- 1 tsp salt
- 2 tbsp flour
- 4 eggs
- 1 cup sour cream
- 4 tbsp butter, softened (not melted)
- 2 cups shredded/grated cheese

Directions

- Preheat oven to 350°F.
- Butter or spray (Pam) a 2 1/2 quart casserole/baking dish.
- Cook frozen spinach in a pan with enough water to cover spinach, bring to a boil & simmer for 6-8 minutes, drain very well. Press spinach to get most of the water out.
- In a mixing bowl, blend together the onion powder, pepper, salt, flour, eggs, sour cream & softened butter.
- Combine shredded/grated cheese to this mixture.
- Add drained spinach to above mixture and mix well.
- Pour into casserole/baking dish & bake for 40-45 minutes.



SWEET POTATO CASSEROLE

Submitted by David Adams
Career Connections Center

“After trying this recipe, sweet potato casserole quickly became my favorite Thanksgiving side. My stepmom shared this recipe with me from a box of handwritten recipe cards she had collected from her family.

“I began making the casserole every Thanksgiving for my family and eventually started making it for office potlucks to share it with others! The photo is from the Career Connections Center’s annual Thanksgiving potluck, where the recipe has been much requested by colleagues.”

Ingredients

Sweet Potato Mixture

- 4 cups mashed cooked sweet potatoes or canned yams (about 4-5 potatoes)
- 1/2 cup sugar
- 1/2 tsp salt
- 1/2 cups milk
- 2 eggs, beaten
- 1/4 cup butter, melted
- 1 1/2 tsp vanilla

Topping

- 1/2 cup brown sugar
- 1 cup chopped nuts (e.g., walnuts)
- 1/3 cup flour
- 3 tbsp butter, melted

Directions

- Preheat the oven to 400°F.
- Scrub the sweet potatoes, poke holes in them and wrap each potato in foil.
- Roast for one hour or until the potatoes are tender and the skins are soft and loose.
- Use a knife to slit each potato lengthwise, then use a knife or spoon to gently remove the skins.
- Put the sweet potato flesh in a large bowl and mash. If the mixture seems too liquid, add additional cooked, mashed sweet potatoes to thicken it.
- Cool oven to 350°F.
- Mix the sweet potato mixture ingredients in a large bowl. Spread evenly into an oblong pan or casserole dish (13x9", ungreased).
- Mix all the topping ingredients in a medium bowl. If the mixture is too chunky, use two butter knives to "cut" the topping using a crisscross motion until the topping is crumbly. Spread evenly over the sweet potato mixture.
- Bake the casserole for 35 minutes or until the sweet potato mixture is set and the topping is browned and crispy.



SWEET POTATO DUMPLINGS

Submitted by Michelle Jones
IFAS Financial Service Center

Ingredients

- 2 cans crescent rolls
- 1 package frozen sweet potato patties (cut in half, thawed)
- 2 cups sugar
- 2 cups water
- 1 1/2 sticks butter
- 1 tbsp vanilla extract
- 1 tbsp corn starch
- 1 1/2–2 tbsp cinnamon sugar for sprinkling on top

Directions

- Preheat oven to 350°F.
- Cut each patty in half.
- Open and unroll the crescent rolls. Separate the triangles. Place each sweet potato patty on the wide end of each triangle.
- As you roll up each sweet potato half in the crescent roll, tuck the ends in. They don't have to be sealed, so it's okay if the sweet potatoes aren't completely covered.
- After you finish rolling them up, place them in a 9x13" glass baking dish with the pointy end of the crescent roll facing down.
- In a saucepan, combine the water, sugar and corn starch. Mix well. Add the butter. Heat over medium heat, stirring occasionally until the butter has melted and the sugar has dissolved.
- Remove from heat and stir in the vanilla extract.
- Pour the sugar mixture over the dumplings.
- Sprinkle with cinnamon sugar.
- Bake for 35–40 minutes.
- Let sit 15–20 minutes before serving.



WHIPPED SWEET POTATOES AND BANANAS

Submitted by Katy Chapman

School of Special Education, School Psychology and Early Childhood Studies

“Around 2014 a wonderful co-worker named Brian brought this dish to a work potluck. Since then, I have made this dish for Thanksgiving and Christmas. I have used several posted recipes and have tweaked it to the recipe above. Enjoy!”

Ingredients

- 5 medium sweet potatoes, scrubbed
- 4 bananas, unpeeled
- 1 cup (2 sticks) unsalted butter, room temperature
- 1/4 cup honey
- kosher salt
- 1/2 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1 1/2 cups pecans, chopped

Directions

- Preheat oven to 375°F (or hotter, if you want to cook the sweet potatoes faster).
- Prick the sweet potatoes all over with a fork, put them in a roasting pan and roast for 30 minutes (usually for much, much longer in my opinion/experience). Toss the bananas into the pan and continue roasting for 10 to 15 minutes, until both the bananas and potatoes are very soft. Remove the pan from the oven but don't turn the oven off.
- When the potatoes are cool enough to handle, scoop out the flesh into a large mixing bowl. Peel the bananas and add them to the bowl along with 1 stick of the butter, and the honey. Season with salt and beat vigorously with a wooden spoon until everything's well combined and the mixture is fluffy. Spoon into an oven-proof serving bowl and smooth the top.
- In a separate mixing bowl, use your fingers to rub together the remaining stick of butter, the brown sugar, flour and pecans until the mixture is the consistency of coarse crumbs. Sprinkle the crumb mixture over the sweet potatoes and return to the oven. Cook for about 20 minutes, until the crumbs are golden. Serve hot.



WILD RICE WITH MUSHROOM BUTTER

Submitted by Kristin Moorehead
Department of Journalism

“This is my Grandma Sally’s wild rice and mushroom butter recipe. It’s a staple at every holiday meal. My grandma always makes extra because my dad can put away about half of it by himself, it’s his favorite.

“I like to serve the rice and mushroom butter on the table in separate containers, and let people pour the butter over their rice themselves to control how much goes on their plate. It’s not the healthiest recipe, but that’s not really what the holidays are about!”

Ingredients

- 3 cups uncooked wild rice
- 1 tbsp salt
- water, to cover
- 1 cup unsalted butter
- 2 green onions
- 1 lb fresh mushrooms
- salt, to taste

Directions

Wild rice

- Soak the rice in water overnight.
- Rinse the rice three times in warm water.
- Bring about 12 cups of water to a boil with the salt.
- Add rice, return to a boil. Reduce heat to low and simmer for 30–45 minutes, or until rice is beginning to open but not mushy.
- Drain excess water using a fine sieve colander or cheesecloth.

Mushroom butter

- Melt butter over medium low heat until just bubbling.
- Add green onions and simmer 1–2 minutes.
- Add mushrooms and simmer until water cooks off.
- Salt to taste.

Main Courses & Entrees





BLACK EYED PEAS WITH VEGGIES AND HAM

Submitted by Micah Hyle
UF Advancement

“Black eyed peas are a New Years Day tradition in the South, but I love this recipe all year long. This recipe bulks up the veggies that I love: Brussels sprouts and cauliflower. It is easy and fast to put together in your instant pot, great for a fast or slow paced family.

“My family of five loves this recipe because it has meat for the meat lovers and veggies for the veggie lovers (i.e. me!). It also uses a lot of broth to give it a cozy soup vibe. I enjoy putting over riced cauliflower to pack in more veggies and keep the carbs low. I hope you enjoy it as much as my family and I do.”

Ingredients

- 1 1/4 cup dry black eyed peas
- 6 cups broth or water
- 1 onion, diced
- 1 bell pepper, diced
- 1 carrot, diced
- 1 cup Brussels sprouts
- 1 bunch cauliflower
- 1 ham steak, diced
- 3 slices bacon, uncooked
- 1 can tomatoes, diced
- 1 tbsp garlic, diced
- 2 tsps Sazon Completo
- 1 teaspoon fennel seed
- 1 pinch salt
- 1 pinch pepper
- 2 bay leaves

Directions

- Add everything to Instapot for 16 minutes.
- Vent 5 minutes and release.
- Serve over white rice or riced cauliflower.
- Add sour cream and hot sauce/siracha to taste.
- Omit ham, bacon and sour cream for vegetarian/vegan option.

CHICKEN OR PORK ONE POT RICE DISH

Submitted by Pamela Zeilman
Department of Neurology

“A friend shared this one-dish casserole (hotdish if you are from the upper midwest of the U.S.) that is a blast from the past. Mixing good ole dependable Campbell’s soup with easy to throw together ingredients. My family loves this dish, and I have been asked for this recipe from several friends. Enjoy! ”

Ingredients

- 2 cup white rice
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- chicken and/or pork
- 1 packet of Lipton onion soup mix
- 1/2 cup cooking sherry
- 1/2 cup water (or skip water and do full cup cooking sherry)

Directions

- Heat oven to 325°F.
- In an oven safe dish (9x13”) mix rice, cream of celery soup and cream of mushroom soup.
- Place meat over mixture.
- Sprinkle onion soup mix on top of meat.
- Pour sherry/water on top.
- Cover with foil.
- Bake 2 hours and 15 minutes.

CHILLI WITH INDIAN AND ITALIAN SPICES

Submitted by Rejoy Varghese
Procurement, CFO Division

“I always loved a good chilli but found the regular ones lacking in flavor. Since I’m used to Indian cuisine, I decided to experiment by adding Indian spices to a chilli, and it turned out really well with my friends and family. I experimented with this with my local church, and it was hit, too.”

Ingredients

- 1 large red onion, sliced and diced
- 5-6 garlic cloves, sliced and finely chopped
- 2 bay leaves
- 2 stalks of celery, finely chopped
- 1 red pepper, finely chopped
- 1 yellow pepper, finely chopped
- 2 lbs minced beef
- 1 can chopped tomatoes with Italian herbs
- 1 fresh tomato, diced
- 1/2 can of tomato paste
- 1 tsp turmeric
- 1 tbsp red kashmiri chilli
- 1 tsp turmeric
- 1 tsp coriander powder
- 1 tsp garam masala powder
- 1 tsp crushed black pepper
- 1 tsp crushed red chilli flakes
- 2 tsp cumin powder
- 2 tsp dried Italian herbs mix
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp nutmeg powder
- 1 tsp/cube stock
- 1 can black beans
- 2 tbsp salt (add or reduce as you wish)
- 5 tbsp olive oil

Directions

- Heat 5 tbsp of olive oil in a large pan over medium heat.
- Once hot, add the diced red onions and Sauté till they become soft and translucent.
- Add the finely chopped garlic to the pan and stir along with the bay leaves.
- Once the onions become well cooked, add the diced red and yellow pepper and diced celery and stir.
- Add more olive oil if needed.
- Once the peppers and celery is well cooked, add the spices one at a time. Start with the Indian spices—red kashmiri chilli powder, turmeric, coriander powder and garam masala powder—and stir well into the vegetables. Add the Italian spices next—oregano, parsley, thyme and nutmeg powder—and add salt.
- Add the stock (preferably meat/beef flavored) and stir.
- Add the tomato paste, diced tomatoes and canned tomatoes to the pan and then add the minced beef and mix and stir really well. The water/fats from the beef will make its way to the top and should give you a medium constancy. If using low fat mince, please add beef broth if you want more gravy.
- Add the can of black beans and mix and stir the beef.
- Once the beef is fully cooked add additional salt to taste.
- Serve alone or with white basmati rice.

GOBBLER'S PIE

Submitted by Jarrett Kenyon
Facilities Services

“A creative way to use up leftovers from Thanksgiving.”

Ingredients

- leftover turkey
- leftover gravy
- leftover vegetables of choice
- leftover mashed potatoes
- shredded cheddar cheese

Directions

- Coarsely chop leftover turkey and mix with leftover gravy.
- Layer in the bottom of an oven safe casserole dish.
- Layer vegetables on top of meat.
- Layer mashed potatoes (or dressing) on top of vegetables.
- Top with shredded cheese.
- Bake at 325°F for 30–40 minutes or until internal temperature reaches 165°F for 10 seconds.
- Cut into squares and serve.



LEFTOVER BISCUIT POT PIE

Submitted by Karen Ehlers
Warrington College of Business

“For the last 20 years, I have been combining Thanksgiving leftovers to make my families favorite ‘day after’ turkey pot pie. A few years ago, I didn’t have any extra pie shells or crust on hand, but I did have Pilsbury biscuits. So, I made a double batch of the normal pie shell recipe, put it in a casserole instead of a pie plate, arranged biscuits on top and... tada! New family favorite!

“By the way, if you don’t have leftover ready-to-bake biscuits, you can also use a raw drop biscuit recipe for the same result. And there you have it! 30-minute prep, 30–45-minute bake and enjoy!”

Ingredients

- 1 Pilsbury flakey layers biscuit (8-count)
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1-2 cloves garlic, chopped
- 1 tsp fresh thyme (1/3 tsp dried)
- 1/2 tsp fresh sage (1/4 tsp dried)
- 1/2 tsp fresh rosemary (1/4 tsp dried)
- 1 tbsp fresh parsley (1 tsp dried)
- 1-2 cups turkey gravy
- 3 cups chopped or shredded turkey (or chicken)
- 1 cup corn
- 1 cup peas
- 1 cup green beans
- 1 cup carrots
- substitute veggies as needed

Directions

- Preheat oven to 350°F.
- Lightly grease a 2–3 quart casserole dish (canola oil or butter).
- Sauté garlic, celery and onions until caramelized.
- Add fresh chopped herbs (or dried).
- Stir in turkey gravy and simmer for 5 minutes.
- Remove from heat.
- Mix turkey and veggies in casserole.
- Add gravy mixture.
- Arrange biscuits in a circle on top.
- Bake for 30–45 minutes until golden brown.
- Serve.



SHISHBARAK

Submitted by Racha Farah
Dean's Office

“We make shishbarak for the holiday as a delicious tradition filled with meaning. The white yogurt sauce symbolizes our wish for a bright and happy year ahead, full of peace and blessings. The dough pockets filled with meat represent our hopes for a year rich in success, prosperity and good fortune. Together, they bring comfort, flavor and heartfelt wishes to the table.”

Ingredients

Dough

- 2 cups all-purpose flour
- ½ tsp salt
- ¾ cup warm water (add slowly as needed)
- 1 tbsp olive oil (optional)

Filling

- ½ lb (225 g) ground beef or lamb
- 1 small onion, finely chopped
- Salt and black pepper to taste
- ½ tsp allspice (optional but traditional)
- 1 tbsp pine nuts (optional, toasted)
- 1 tbsp olive oil or butter

Yogurt sauce

- 4 cups plain yogurt (whole milk preferred)
- 1 tbsp cornstarch
- 1 egg
- 1 tsp salt
- 1 tbsp dried mint (or 2 tbsp fresh)
- 3 cloves garlic, crushed
- 1 tbsp butter or olive oil

Directions

Dough

- In a large bowl, mix the flour and salt.
- Gradually add warm water and olive oil, kneading until you get a smooth, soft dough.
- Cover and let rest for 30 minutes.

Filling

- Heat olive oil or butter in a skillet.
- Add onion and sauté until translucent.
- Add ground meat, salt, pepper and allspice. Cook until browned.
- Stir in pine nuts if using.
- Remove from heat and let it cool.

Dumplings

- Roll out the dough thinly on a floured surface.
- Cut into small circles (about 2" wide) using a cup or cutter.
- Place a teaspoon of filling in the center of each circle.
- Fold into a half-moon and seal the edges tightly.
- Bring the two corners together and pinch to form a small "hat" shape.
- Optional: You can bake the dumplings for 10–15 minutes at 375°F or 190°C for extra firmness before adding to yogurt.

Yogurt sauce

- In a large pot, whisk together yogurt, cornstarch, egg and salt until smooth.
- Place over medium heat and stir constantly in one direction until it starts to boil and thicken (about 10–15 minutes).
- Reduce the heat to low.

Combine

- Gently drop the dumplings into the boiling yogurt sauce.
- Let simmer for 10–15 minutes until the dumplings are cooked through.

Garlic-mint topping

- In a small pan, heat butter or olive oil.
- Add crushed garlic and mint; sauté for a few seconds until fragrant.
- Pour over the yogurt and dumplings.
- Serve warm with a side of rice or flatbread.
- Garnish with extra mint or a drizzle of olive oil if desired.



SHRIMP N' GRITS

Submitted by Helen Chisolm
Mechanical Aerospace and Engineering

“Christmas in the south is never complete unless we have shrimp n’ grits in my family. Backstory: most of my family is from Savannah, GA. Currently, that is where we still host the holidays every year. My nana and Pap come into town to stay during the holidays. My Pap always has one requirement: my dad must cook shrimp n’ grits.

“We always eat the meal in the festive red and green bowls (seen in the picture). What makes it even better is that my family catches the shrimp from the May River every summer. So, we are eating freshly caught shrimp every Christmas!”

Ingredients

- 2 cups water
- 14 oz. chicken broth
- 3/4 cup half-and-half
- 3/4 tsp salt
- 1 cup regular grits
- 1/4 cup grated parmesan cheese
- 2 tbsp butter
- 1/2 tsp hot sauce
- 1/4 tsp white pepper
- 3 bacon slices
- 1 lb medium-size shrimp, peeled and deveined
- 1/4 tsp black pepper
- 1/8 tsp salt
- 1/4 cup all-purpose flour
- 1 cup sliced mushrooms
- 1/2 cup chopped green onions
- 2 garlic cloves, minced
- 1/2 cup low-sodium, fat-free chicken broth
- 2 tbsp fresh lemon juice
- 1/4 tsp hot sauce
- lemon wedges

Directions

- Bring water, half-and-half, salt and chicken broth to a boil.
- Make sure to whisk in the grits in slow amounts and bring the heat to a simmer.
- Add cheese, butter, hot sauce and white pepper to pot. Let thicken for desired thickness (around 10 minutes).
- Cook bacon in a large skillet until crispy. Once drained and patted dry, crumble the bacon into small bits. Set aside.
- Coat shrimp in flour, pepper and salt.
- In the same pan used for bacon, sauté mushrooms and green onions.
- Add in shrimp and garlic. Sauté until lightly browned.
- Stir in chicken broth, lemon juice and hot sauce, and cook for 2 more minutes.
- Serve shrimp mixture over grits. Crumble bacon on the top and serve with a lemon wedge.

SUNDAY'S SOUP

Submitted by Bobbie Corcoran
UF Procurement

“As my mother’s caregiver I do my best to prepare nutritious dishes that are flavorful and sourced locally. And as colder weather approaches, she and I decided together to come up with “Sunday’s soup.” I’ve seen similar recipes and decided to make my own, and it turned out absolutely delicious! I highly encourage making this recipe your own. It’s so versatile and as simple as you make it.”

Ingredients

- 1 butternut squash
- 1 garlic bulb
- 2 large fresh tomatoes
- 4 carrots
- 1 cup of vegetable broth (or heavy whipping cream)
- fresh thyme, measured with your heart to your taste
- fresh basil, measured with your heart to your taste
- fresh rosemary, measured with your heart to your taste
- sea salt, measured with your heart to your taste
- pepper, measured with your heart to your taste
- olive oil, measured with your heart to your taste

Directions

- Preheat oven to 350°F.
- Peel and cube squash. Peel and chop carrots. Peel and slice the top off the garlic bulb. Slice the tops and bottoms off the tomatoes.
- Place prepared ingredients on a cooking sheet. Drizzle with olive oil. Place fresh herbs over the top of the vegetables.
- Cook for approximately 30–45 minutes, until the vegetables are tender.
- Remove the herbs. Place the vegetables in a blender and blend well.
- Transfer blended vegetables from the blender to a soup pot. Place on the stove top over medium heat.
- Add vegetable broth (or heavy cream). Add Salt, pepper and any other seasonings to taste.



SWEET CHILI PORK AND CABBAGE STIRFRY

Submitted by Helen Chisolm
Mechanical Aerospace and Engineering

“I don’t get to see my sister often, so when we both come home for Christmas, this is one of the dishes that my family asks her to make. It is not very “holiday” like, but it holds sentimental value to our family during the season!”

Ingredients

- 10 oz ground pork
- jasmine or basmati rice
- 7 oz sweet Thai chili sauce
- 5 tbsp rice wine vinegar
- 1 tsp garlic powder
- purple cabbage, shredded
- carrots, slivered
- broccoli (optional)

Sauce

- 2 cloves garlic
- ginger powder
- 1/4 cup honey
- 1/4 cup low-sodium soy sauce
- 3 tbsp rice wine vinegar
- 2 tbsp Hoisin sauce
- 1 tbsp sesame oil

Directions

- Cook rice according to directions on bag; set aside.
- Heat a medium-sized skillet and add pork and garlic powder.
- Press into thin layer in the pan so it cooks quicker. Once done, pour onto plate and set aside.
- Pour sauce ingredients into a small pot on high heat.
- Let come to a boil, then cover and reduce heat to medium/low so the sauce thickens.
- Sauté purple cabbage and carrots until cooked to ideal tenderness.
- Add the meat and sauce into the pan for a stir fry finish.
- Plate with rice and extra sauce for dipping!

DESSERTS & DRINKS



(ALMOST) TRADITIONAL BAKLAVA

Submitted by Aubrey Bonsal
Department of Psychiatry

“My stepmom and I have always wanted to go to Greece but haven’t made it over yet. About 20 years ago, we decided to try our hand at making baklava and it’s become a bit of a tradition, with our alterations replacing some of the more precise steps. I make this every year before Christmas, and we end up eating it all the way until New Year’s Eve.

“Every year when I make this, my kids run into the kitchen for the final step of pouring the syrup over the pastry—it makes the most delicious sound and fills your house with the smell of cinnamon sugary sweetness—and we always make a recording of it and send it to my stepmom.”

Ingredients

- 1 lb nuts, somewhere between chopped and crushed.
- “Some years I do all walnut, or walnut and pecan. Sometimes I clean out the assorted bags and jars of nuts that live on top of my fridge. Last year I did a mix of walnut, pecan, pistachio and almond.”
- 1 tsp cinnamon
- 1 box of frozen Phyllo dough, brought to room temperature
- 1 cup butter
- 1 cup sugar
- 1/2 cup whiskey or bourbon or honey
- “A lot of recipes call for honey—truly traditional recipes will call for rosewater. Somewhere along the line we started using booze in my family for this step—Captain Morgan has always served us well, but sometimes I get inspired and do a flavored bourbon or whiskey, like Jim Beam Honey or Fireball.”

Directions

- Preheat oven to 350°F.
- Melt butter in a small pot on stove and keep on warm.
- Mix nuts and cinnamon in a bowl.
- Layer two sheets of Phyllo dough in pan of choice and coat generously with melted butter (I use a silicon pastry brush). Repeat until you have a total of eight sheets of dough, then spread on 1/3 of nuts.
- “I’ve done baking sheets before, but prefer a Pyrex dish—no matter what, you want to make sure it’s at least an inch or two deep. If you are a perfectionist, working with Phyllo dough will draw this recipe out. I am not a perfectionist—I layer and parse together torn sheets and I have never had a complaint.”
- Two more sheets of dough, then butter, then 1/3 of nuts. Two more sheets of dough, then butter, then rest of nuts. Two sheets of dough, then butter—and repeat until you have 6–8 total sheets of dough on top.
- Paint butter generously on top—you want the dough pretty soft. Using a sharp knife (and offering a prayer to the Greek gods), cut your dough.
- “I make 4 long rows across the pan, then make diagonal cuts to produce diamonds. Common sense will tell you to make these diamonds smaller, but the smaller you go the more difficult it will be to work with the dough as you cut. It will also produce crumbly baklava. My method is to make big pieces, then stand next to someone you’d be willing to share with when you eat it.”
- Once your pan is properly cut, pop into oven for 50 minutes and immediately start the next step.
- Now, for the syrup. Some recipes might tell you to discard the melted butter and use a new saucepan. I say, “You’re making baklava—now is not the time to worry about calories or extra dirty dishes.” Add one cup of water to whatever butter is left in your original pot, one cup of sugar and your booze (or honey—no judgement). Bring to a boil, then simmer on low until your baklava comes out.
- When your timer goes off, your baklava should be golden brown. Once you pull it out of the oven, immediately pour your syrup over. It will sizzle, bubble and steam, and your house will smell amazing. Let it sit overnight (or longer) at room temp, then eat these little morsels of heaven.

Watch the Video



ANDES CANDIES MINT COOKIES

Submitted by Eve Banks
College of Medicine

Ingredients

- 1 1/2 cups brown sugar
- 3/4 cup butter
- 2 tbsp water
- 2 eggs
- 2 1/2 cup flour
- 1 1/4 tsp baking soda
- 1/2 tsp salt
- 2 boxes Andes mints
- 1 12 oz package semisweet chocolate chips

Directions

- Cook brown sugar, butter and water over low heat until butter is melted.
- Stir in chocolate chips until partially melted. Remove from heat and stir until all blended. Cool 5 minutes.
- Add eggs, beating well. Add flour, baking soda and salt until well mixed. Use a mixer on low speed until blended. Chill in refrigerator for dough 1 hour.
- Roll into balls and bake on an ungreased cookie sheet.
- Bake at 350°F for 10 minutes.
- While still hot, top each cookie with an Andes candy mint. Swirl mint with a spoon. Cool and enjoy!



BECCA'S SPICED PECANS

Submitted by Rebecca DeCesare
Department of Compliance and Ethics

"This is a recipe adapted from a Star Wars Holiday cookbook (how nerdy!) The recipe originally called for almonds, but swapping them out for pecans gives the nuts a more tender texture paired with the sweet/spiced crunch of the coating.

"I have been making these for a couple of years now, giving them out as holiday goodies to family and work colleagues. I have been told by a handful of people that they look forward to my spiced pecans every year!"

Ingredients

- 1 large egg white
- 2 cups of pecans (whole or halves)
- 1 tsp vanilla extract
- 3/4 cup packed light brown sugar
- 1 tsp ground cinnamon (or more!)
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- “You can substitute the individual spices for pumpkin or apple pie spices, as long as you have at least 1 1/4 tsp of spices total.”
- “This recipe calls for pecans, but you can swap out the type of nut based on your preference.”

Directions

- Preheat oven to 250°F and prep a baking sheet with parchment paper.
- Using a hand mixer, whip the egg white until frothy (1–2 minutes). Stir in the pecans and vanilla extract, tossing to coat.
- In a large resealable bag, add the brown sugar, spices, salt and pecan mixture. Shake until the pecans are fully coated.
- Spread the pecans evenly on the prepped baking sheet. Bake for 1 hour, stirring the pecans every 15 minutes. This ensures the sugar melts and that the pecans do not stick to the baking sheet.
- Let cool completely and then serve.



THE BEST CHOCOLATE CHIP COOKIES

Submitted by Kristin Moorehead
Department of Journalism

“This recipe comes from a 1979 Betty Crocker cookbook that has been in my family for three generations. Hidden among the tuna jello salads and pot roasts, this cookie recipe is the only recipe we still use from it. The pages have been warped where it has fallen open and been stained with batter over the years.

“These are the cookies I grew up with. My mom would make them for every special occasion, including Christmas. I remember standing on a step stool and helping her measure ingredients into the stand mixer, and sneaking batter from the bowl when she wasn’t looking. They are perfectly soft and chewy on the inside with just a hint of crust on the bottom.”

Ingredients

- 2/3 cup shortening
- 2/3 cup butter or 2/3 cup margarine, softened
- 1 cup granulated sugar
- 1 cup brown sugar (packed)
- 2 eggs
- 2 tsp vanilla
- 3 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 12 oz package semi-sweet chocolate chips

Directions

- Heat oven to 375°F.
- Cream the butter, shortening and sugars. Add eggs and vanilla.
- Stir in remaining ingredients until just combined (don't over mix the flour). If using self-rising flour, omit baking soda and salt.
- Drop dough by rounded spoonfuls 2 inches apart onto ungreased baking sheets.
- Bake 8–10 minutes or until light brown.
- Cool slightly before removing from baking sheet.



BIG EGG TART

Submitted by Erica Chow
Warrington Teaching and Learning Center

“Egg tarts are a popular dessert in Hong Kong. You can find them at any bakery, and they have an iconic pink box they’re typically packaged in. Because they’re usually palm sized, you can buy a pack of four and give them as gifts when you visit a friend or relative. It became a ritual for me to show up at my grandma’s with a box of tarts, so it’s no question that my family is fond of them. Since there aren’t many bakeries in America, we’ve had to be more creative. Being the lazy person that I am, I didn’t want to hand make so many little tarts with my tiny oven. So I just poured all the mix into a single pie crust one day. Is this still a tart? Is this a pie now? Not sure, but it’s definitely easy to make.”

Ingredients

- 3 eggs
- 1/2 cup sugar
- 1/2 cup milk
- 1 cup hot water
- 1 tbsp vanilla extract
- 1 frozen pie crust (or make your own)

Directions

- Preheat oven to 350°F.
- Mix sugar with hot water until fully dissolved.
- In a separate bowl, whisk eggs until fully beaten.
- Gently mix eggs with milk and vanilla.
- Gradually add and mix in sugar water mixture.
- Scoop out any bubbles or unbeaten whites.
- Use a fork to poke holes all along the bottom of the pie crust. You may need to let the pie crust thaw for a few minutes to avoid the whole crust cracking.
- Pour in mixture.
- Bake for anywhere from 15–20 min. To avoid the crust from overcooking, you can wrap only the edges with aluminum foil.
- Let tart cool for a few minutes so hot liquid mixture can solidify to create a soft, smooth, flan like texture



BISCOFF BANANA PUDDING

Submitted by Vanessa Colon
Payroll & Tax Services

“While classic banana pudding is already pretty amazing, I wanted to give it a fun twist. My sister and I used to love getting cookie butter lattes in the mornings, so I decided to work that flavor into a traditional banana pudding.

“I brought it to our Payroll & Tax Services Thanksgiving lunch, and by the end of the day, there wasn’t a single bite left. Safe to say it was a hit!”

Ingredients

- 2 8.8 oz package Biscoff classic cookies
- 2 tbsp Biscoff creamy cookie butter spread
- 3 medium bananas, sliced into small rounds
- 1 8 oz tub Cool Whip frozen whipped topping
- 1 1 oz package JELL-O instant sugar free pudding
- 1 3.4 oz JELL-O instant pudding & pie filling
- 1 8 oz Philadelphia whipped cream cheese spread
- 1 14 oz can sweetened condensed milk
- 4 cups milk

Directions

- In a separate bowl, whisk together both pudding mixes and 4 cups of milk until smooth and thick. Set aside.
- In another bowl, beat the cream cheese, sweetened condensed milk and vanilla extract. Mix until creamy.
- In that same bowl, gently fold in the Cool Whip until smooth and fluffy. Try not to overmix this.
- Now combine the pudding mixture with the Cool Whip mixture until fully combined.
- Grab a large casserole dish to start assembling.
- Add a layer of cookies on the bottom and a big heaping of pudding mixture, smoothing it over the cookies.
- Layer in the banana slices, crush up two Biscoff cookies and melt the 2 TBSP of cookie butter to drizzle a little over the layer.
- Repeat the layers until everything is used, ending with the pudding and banana slices on top.
- Cover your dish and chill it in the fridge for at least 4 hours or overnight to set.
- To serve the dish, top it off with crushed Biscoff cookies, any extra banana slices and melted cookie butter.
- Enjoy!

CARSON PIE

Submitted by Lyrissa Lidsky
College of Law

“This pie is unusual. I’ve never had or seen a similar one outside of my family. It’s our favorite pie, but it may be an acquired taste; the vinegar and raisins give it a bit of a tang. It comes from my mother Lynetta Barnett’s grandparents in Texas.

“I also grew up with Texas Thanksgiving dishes such as pea and cheese salad and Texas sheet cake, not to mention pecan pie with the best pecans in the world.”

Ingredients

- 1 cup sugar
- 2 eggs
- 1 tsp flour
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp cloves
- 1/8 tsp allspice
- 1/2 cup melted butter
- 1 tbsp vinegar
- 1 cup raisins

Directions

- Mix all ingredients by hand.
- Bake in an uncooked pie shell at 375°F until done.
- The pie turns dark brown on top and has a custardy raisin filling. You can tell it’s done when the middle is set and a knife comes out clean.

CHOCOLATE CHIP OAT COOKIES WITH ESPRESSO

Submitted by Kelsi Matwick
Department of Journalism

“This was the first recipe I mastered, often baking it with my twin sister and discovering our shared love for food. These cookies—with their tender centers, toasted oats and rich chocolate—have grown with us, now featuring espresso and darker chocolate for a more sophisticated flavor. Perfect with a cup of coffee or an iced mocha, they reflect my journey and research into the language of food in cookbooks and cooking shows. Enjoy an updated nostalgic classic that’s just as satisfying now as it was then.”

Ingredients

- 1/2 cup butter, room temperature
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 tsp vanilla
- 1 cup flour
- 1 1/4 cups rolled oats, ground
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 2 tsp espresso powder
- 12 oz bag of semi-sweet chocolate chips
- 2 oz Hershey’s bar, grated (or your favorite dark chocolate bar for less sweet chocolate)
- 1/3 cup nuts (pecans/walnuts), chopped

Directions

- Preheat oven to 375°F.
- Cream butter, sugars, egg and vanilla until very smooth and fluffy.
- In a separate bowl, mix together flour, salt, baking powder, baking soda, cinnamon and espresso powder.
- In a food processor, blend oatmeal until fine. Add to flour mixture.
- Stir butter mixture into flour/oatmeal mixture. Blend well.
- Add chocolate chips, grated chocolate and nuts. Stir until blended.
- Optional: Add 2 tbsp cacao nibs for extra crunch and a richer chocolate flavor. These raw, “nibbed” (chopped) cocoa beans can be found online and at natural food stores.
- Roll into golf balls size and bake for 7–9 minutes.
- Note: To make flatter cookies, bake 5 minutes and flatten, then bake an additional 3 mins.

COQUITO

Submitted by Jacqueline Hoang
Department of Physical Chemistry

“Coquito is traditionally made during the Christmas season, especially for Nochebuena (Christmas Eve), Navidad (Christmas) and Día de Reyes (Three Kings Day). It’s a drink that brings people together—passed around at gatherings, gifted in decorated bottles and lovingly prepared in big batches by abuelas, tíos and cousins.

“Each family has its own secret recipe, often passed down through generations. Some recipes are fiercely guarded, while others are joyfully shared. The variations are endless: some add nutmeg or cloves, others infuse it with coconut cream or chocolate.”

Ingredients

Spiced Tea

- 2 cups water
- 3-4 cinnamon sticks
- 1 tbsp whole cloves
- 3 star anise pods
- 3-inch piece of fresh ginger, thinly sliced (optional)
- whole allspice berries (optional)
- pinch of salt (optional)

Coquito Mix

- 1 12 oz can evaporated milk
- 1 14 oz can sweetened condensed milk
- 1 13.5 oz can coconut milk
- 1 15 oz can cream of coconut (e.g., Coco Lopez)
- 1/2–1 cup of the cooled spiced tea (adjust to desired thickness and flavor)
- 1–2 cups white or dark rum (to taste)
- 1 tsp vanilla extract
- ground cinnamon and/or cinnamon sticks for garnish

Directions

- In a small saucepan, bring the water, cinnamon sticks, cloves, star anise and any optional spices to a boil. Lower the heat to a simmer and cook for about 10–20 minutes, allowing the liquid to reduce and become fragrant.
- Remove the saucepan from the heat and let the tea cool completely. Once cooled, strain the mixture through a fine mesh sieve to remove all solid spices, discarding the solids. You should have roughly 1/2–1 cup of concentrated tea.
- In a large blender, combine the evaporated milk, sweetened condensed milk, coconut milk, cream of coconut, vanilla extract and cooled spiced tea.
- Blend the mixture until smooth and well combined. Then, pour in the rum and blend again for another 10 seconds. Taste and adjust the amount of rum or tea if desired.
- Pour the coquito mixture into glass bottles or an airtight container and refrigerate for at least 2 hours, or preferably overnight. The longer it chills, the better the flavors will meld.
- Serve well-chilled in small glasses, garnished with a sprinkle of fresh ground cinnamon or a cinnamon stick.



CREAMY BANANA PUDDING

Submitted by Angie Hingson
Office of Admissions

“Banana pudding is a crowd favorite at tailgates in the fall! It is super easy to make ahead of time and just keep cool. Go Gators!”

Ingredients

- 2 1/2 cups milk
- 1 8 oz cool whip
- 1/2 cup sour cream
- 3–5 bananas
- 1 box vanilla wafers
- 2 small packages vanilla instant pudding

Directions

- Mix first four ingredients together.
- Line bottom of 9x13” pan with vanilla wafers. Cut up bananas and spread over wafers. Then pour pudding mixture on top of bananas.
- Top pudding with wafer crumbs.



FLAN CHEESECAKE

Submitted by Anita Stephen
College of Nursing

“This recipe was given to me by my friend 30 years ago. The original recipe was to steam the flan in a double broiler. I didn’t have one at that time so I decided to bake it in a dish and also cut the sugar in half for the caramel base. This did not affect the recipe in anyway. It still tastes great and is easy to make. This is my husband’s favorite dessert.”

Ingredients

- 4 eggs
- 1 12 oz can evaporated milk
- 1 14 oz can condensed milk
- 1 8 oz package cream cheese, room temperature
- 1 tsp vanilla extract
- 1/2 cup white sugar
- 1/4 cup water

Directions

- Mix the first five ingredients in a blender till well incorporated and in liquid consistency.
- Combine sugar and water on medium high heat till it boils and starts to brown. Once it starts to brown turn of heat and transfer into the middle of a baking pan. I recommend a 9” round glass or corning wear pan. Sugar will be sticky. Don’t worry if it looks like it doesn’t cover the bottom of the pan. The baking will melt it again.
- Now, pour the blended mixture into the pan. Slowly transfer dish into the oven. Bake at 350°F for 30–45 minutes till knife inserted in the center comes out clean.
- Cool for 15 minutes and serve. You can also flip the flan to a flat dish and decorate with seasonal berries.



GRAN'S APPLE CAKE

Submitted by Helen Chisolm
Mechanical Aerospace and Engineering

“My grandmother, Harriett Sanders, makes this cake whenever it’s officially the Fall season in Savannah. It goes great with a cup of tea or coffee in the mornings!”

Ingredients

- 4 cups diced apple
- 2 cups sugar
- 1 1/2 cups Wesson oil
- 3 cups all-purpose flour
- 3 eggs
- 2 tsp vanilla
- 1 tsp salt
- 1 tsp baking soda
- 2 cups nuts

Directions

- Preheat oven to 325°F.
- Beat eggs and oil. Add sugar slowly into egg mixture.
- In a separate bowl, combine flour, salt and baking soda. Slowly add mixture to wet ingredients.
- Fold in apples, vanilla and nuts.
- Bake for 45 minutes, or until toothpick is clean.



GRANNY'S CARROT CAKE

Submitted by Helen Chisolm
Mechanical Aerospace and Engineering

“Great Granny was my great-grandmother who loved to bake. She would make delicious baked goods over the holidays for her friends at the Asbury Memorial Methodist Church. This is a picture of me [holding the cake after] baking her cake recipe. It is my favorite cake of hers, and the spices give you the warmth of the holidays!”

Ingredients

Cake

- 2 cups sugar
- 2 cups all-purpose flour
- 2 1/2 cups carrots, grated
- 1/2 cup pecans, chopped
- 1/2 tsp salt
- 1 tsp baking soda
- 1 1/3 cups cooking oil
- 4 eggs
- 1 tsp apple pie spice

Frosting

- 8 oz cream cheese, softened
- 1 1/2 cups powdered sugar (or more!)
- 1 tsp almond extract
- 1 tsp vanilla extract
- 1/2 cup butter
- 1 cup nuts

Directions

Cake

- In a medium-sized bowl, mix all wet ingredients together.
- In a separate bowl, mix sugar, flour, salt, baking soda, apple pie spice and pecans.
- Slowly add in dry ingredients to the wet ingredients while stirring.
- Fold in carrots once batter is completely combined.
- Bake at 350°F (1 hour and 15 minutes in a tube pan, 45 minutes in sheet pan or 35 minutes in 3 round pans)

Frosting

- Blend cream cheese, sugar and butter until whipped consistency forms.
- Fold in vanilla, almond and nuts.
- Spread on cake, once it's completely cool.

GRINCH OREO BALLS

Submitted by Emily Hinds
Astraeus Space Institute

Ingredients

- 1 14–15 oz package Oreo cookies (about 36 cookies)
- 1 8 oz block cream cheese, softened
- 12 oz green candy melts (or white chocolate + green food coloring)
- 24 red heart sprinkles (for the Grinch’s heart!)
- 1 tsp vegetable oil or shortening to thin chocolate (optional)

Directions

- In a food processor, pulse cookies (filling included) into fine crumbs. Reserve about 1 tbsp of crumbs for garnish, if desired.
- In a large bowl, combine Oreo crumbs with softened cream cheese. Mix until smooth and well blended.
- Roll mixture into 1-inch balls and place on a parchment-lined baking sheet. Freeze for 20–30 minutes, or until firm.
- Melt green candy melts in a microwave-safe bowl in 30-second intervals, stirring until smooth. Add a little oil if too thick.
- Using a fork, dip each chilled Oreo ball into the melted coating, letting excess drip off. Place back on the parchment paper.
- Immediately press a red heart sprinkle onto each before the coating sets. Sprinkle a little crushed Oreo dust on top if desired.
- Refrigerate for at least 1 hour until set.
- Note: Store in the fridge for up to 1 week, or freeze for up to 2 months. For a “Grinchier” look, use neon green melts or mix green and yellow food coloring.

HOLIDAY GRAPE SALAD

Submitted by Sarah Alsop
Department of Surgery

Ingredients

- 1 cup green and red grapes
- 1 package cream cheese
- 8 oz sour cream
- chopped walnuts
- brown sugar (to sprinkle on top)

Directions

- Take stems off of grapes and wash.
- Whip cream cheese and sour cream together until blended, then stir in grapes and walnuts.
- Add more grapes to taste
- Sprinkle brown sugar on top. Tada! So refreshing and so good!

LEMON SOUR CREAM POUND CAKE

Submitted by Lakeshia Cason
Human Resources, College of Medicine

“Growing up with my grandparents, I always had the privilege of helping bake delicious goods for family friends during the holidays. Sour cream pound cake was one of those highly items.

“As the holiday season draws near, I am always reminiscent of those times I spent with loved ones in the kitchen, filled with chatter and laughter, and making this cake now brings a little joy to my own family every year.”

Ingredients

Pound cake

- 3 cups sifted all purpose flour
- 6 eggs, room temperature
- 3 cups sugar
- 1 cup butter, room temperature
- 1 cup sour cream
- 1/4 tsp baking soda
- 1/4 tsp salt

- 1 tsp vanilla
- 1 3.4 oz package instant lemon pudding

Glaze

- 1 1/2 cups powdered sugar
- 2 tbsp lemon juice
- 1 tbsp butter, melted

Directions

- Cream butter and sugar until light and fluffy. Add 1 egg at a time and mix well after each addition.
- Mix flour, baking soda, lemon pudding mix and salt.
- Add dry mix to egg mix, a little at a time until blended.
- Add sour cream and vanilla.
- Pour into bundt pan, place in cold oven and heat to 325°F. Bake 1 hour and 45 minutes.
- Mix together the powdered sugar, lemon juice and butter in a medium-size mixing bowl. Drizzle over cooled cake.



MANGO LASSI CHEESECAKE

Submitted by Prajakatta Mulay
Materials Science and Engineering

“Baking became a hobby during my graduate school. As a materials scientist, I see it as the ideal mix of science and art. The precise chemistry of baking sparked my interest in crafting my own fusion desi desserts.

“Being from India, where mangoes are devoured in the summer, I wanted to combine the bright, seasonal flavors with the richness of a cheesecake—an idea that ultimately led to this holiday recipe.”

Ingredients

Crust

- 18 graham crackers (18 sheets) – depends on how thick you want the crust. Any other salty crackers can be used instead.
- 75 g salted butter (do not add more or your crust will be hard)
- 2 tbsp granulated sugar

Filling

- 2 8 oz packs of cream cheese
- 1 cup sugar
- 2 whole eggs, or 2 tbsp of cornstarch for vegetarian option
- 8 oz full fat sour cream
- 1 can of Kesar/Alphonso mango pulp (the canned one from an Indian grocery store) – use 16 oz for filling and rest for topping
- 3 tsp vanilla extract
- 2 tsp cardamom powder
- pinch of salt

Topping

- 8 oz full fat sour cream
- 1/2 cup sugar
- remaining mango pulp
- chopped almonds and pistachios, for decoration
- saffron, for decoration
- Note: Set out the butter, sour cream, and the cream cheese for a period of time long enough to soften them before preparing the crust and filling. Set the oven temperature to 300°F.

Directions

Crust

- Detach the base of an 9” springform pan from its ring. Cut a square piece of parchment paper enough to cover the base of the springform pan and lay it over the base. Clip the ring of the springform pan to its base now.
- Crush the graham crackers in a plastic bag using a rolling pin until all the crackers are of the same fine consistency.
- Melt the butter in a microwave for a minute and add in the crushed crackers. Mix it well.
- Press the crushed crackers on the bottom of the ungreased springform pan and set it in the freezer.

Filling

- Using an electric blender beat the cream cheese and sugar together until smooth.
- Add in eggs, cornstarch and a pinch of salt and beat it smooth.
- Add in sour cream, beat until smooth.
- Add in the mango pulp, vanilla extract and cardamom powder, and beat it until smooth. Make sure there are no lumps.
- Gently spoon the filling evenly over the graham cracker base.
- Place the springform pan in a steel plate or any metal or ceramic plate. Place a container filled with water on the bottom oven rack.
- Bake the cake mixture for an hour on the top oven rack until a slight film-like crust forms. Do not allow filling to brown.

Topping

- Prepare the topping while the filling is baking.
- Whisk sour cream, mango pulp and sugar until they are blended smoothly.

After baking

- When the filling is baked, turn off the oven.
- Spoon the topping very gently and evenly over the filling.
- Keep the cheese cake back in the oven (do not turn it on) for 5 minutes.
- Cool the cake till room temperature and then cover it with foil.
- Place it in the refrigerator for a minimum of 4 hours (24 is best if you can wait).
- Cut the cake around the edges with a knife. Loosen the clip on the springform pan and lift the ring. Decorate the cake with almond, pistachios and saffron.



MOLASSES SUGAR COOKIES

Submitted by Lisa Bacorn
Diabetes Research Program

“This recipe was perfected by my childhood next door neighbor, Mrs. Ross, who has since passed from breast cancer. As you can see from the photo of the copied recipe card, this recipe has been a staple in our family since the early 1980’s when it was shared with my mother. Every year during the 80’s one of the children in my family made a batch to enter into the Dade County Youth Fair in Miami, FL. Each entrance won either 1st or grand prize in the division.

“In 1989 my family relocated to a rural area just south of Cleveland, Ohio, where we continued the tradition of entering this same recipe into the local fairs until the youngest of my siblings graduated high school in 2016, always winning 1st prize or better. All 5 of my siblings, myself and our mother are expected to bring these Molasses Sugar Cookies to all functions involving food, but especially throughout the holidays!”

Ingredients

- 3/4 cup Crisco
- 1 cup sugar (plus additional for coating)
- 1/4 cup molasses
- 1 egg
- 2 tsp baking soda
- 2 cups all purpose flour
- 1/2 tsp cloves
- 1/2 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp salt

Directions

- Melt Crisco. Cool.
- Add remainder of ingredients and combine.
- Chill dough for 15 minutes.
- Form balls and roll in additional sugar. Place on greased cookie sheet.
- Bake 8 minutes at 325–350°F until the cookies flatten and begin to crack on top.
- Remove from oven and cool slightly on sheet before moving to rack to continue cooling. Cookies should be slightly crisp on outside and melt in your mouth on the inside.
- “If you double the recipe as I do, begin to keep an eye on your cookies at the 5–6 minute mark as they will get done faster as the heat rises in your oven. They are still tasty when they are fully crisped, but I prefer them to be melt in your mouth yummy.”



PEACHES N' CREAM DANISH

Submitted by Kaylee Corbin
SHCC Pharmacy

“I was going through a phase where I was craving fresh peaches all the time, and I would normally make my own version of a peach cobbler or crumble but after a while I wanted to try something new ...

“I followed a decent puff pastry recipe to make the dough, but when it came to the filling, I let my imagination take over and went with pure vibes. It was my very first time making a danish pastry and I will most definitely be making more in the future. The finished product was exactly what I envisioned in my head, and it hit every flavor profile I was looking for. I hope whoever tries this recipe next enjoys it just as much as my fellow coworkers and I did!”

Ingredients

Pastry Dough

- 3 cups all-purpose flour, spooned/ leveled
- 1/3 cup granulated sugar
- 1 cup cold butter, shredded
- 1 large egg
- 1 cup cold whole milk
- 2 1/4 tsp instant yeast (1 sachet)
- 1/2 tsp salt

Peach Filling

- 2 fresh peaches, peeled & sliced
- 2 tbsp light brown sugar
- 1 tbsp granulated sugar
- 1 1/2 tsp cornstarch
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp vanilla bean paste or extract

Cream Cheese Filling

- 8 oz cream cheese, softened
- 1/2 cup granulated sugar
- 1/4 tsp almond extract (optional)

Glaze

- 1/8 cup butter, melted
- 2 cups powdered sugar
- 1/2 tsp vanilla
- 2–3 tsp heavy cream

Directions

Peach Filling

- Peel and slice (or dice) fresh peaches.
- Mix and evenly coat peaches with sugar, brown sugar, cinnamon and nutmeg.
- In a saucepan on medium heat, layer peaches evenly and let simmer until their juices release (about 8 minutes) stirring frequently.
- Pour in cornstarch slurry, stirring constantly, until mixture begins to thicken (just a couple minutes).
- Remove from heat, stir in vanilla and let the mixture chill until completely cooled down.

Cream Cheese Filling

- In a mixing bowl, whisk together cream cheese, sugar and extract until smooth.
- Let chill in fridge until ready for assembly.

Pastry Dough

- In a large bowl, grate cold butter. Leave it loose (don't press it down), and place in freezer for 10 minutes to chill.
- Warm 1/2 cup of milk in the microwave or a small saucepan, just until it is warm to the touch (about 40°C or 104°F) (if the milk is too hot, the yeast will die, if it is too cold, the yeast won't bloom).
- Whisk 1 tbsp of sugar and 1 sachet of yeast to the warm milk, let it sit for about 10 minutes to become frothy. If it doesn't look frothy, the yeast is no good and you'll need to start again with fresh yeast.
- To the large bowl of grated butter, add the flour, remaining sugar and salt. Give it a light toss to coat, then very lightly, with your fingertips or with a pastry cutter, cut the butter into the flour until the pieces are about the size of a lentil. Be careful not to melt the butter. If it becomes too warm, place it in the fridge for a few minutes to cool again.
- Whisk the remaining 1/2 cup of milk and the egg into the yeast mixture until well combined, then pour it into the dry ingredients.
- Use a spoon or spatula to mix the ingredients together, just until you have a very rough and sticky dough.
- Cover the bowl with plastic wrap and chill in the fridge for 8-24 hours.
- On a lightly floured surface, turn over the dough and form a simple rectangle (not too much flour or the dough will dry out).
- Roll out the dough into a large rectangle, about 6mm & 1/4" thick (about 27cm x 45cm). Fold, letter style, in thirds (fold the top over the middle third, then the bottom over third over that).
- Repeat this roll and fold 3 more times for a total of 4 times, ending with a much smoother folded dough. The dough will feel much tighter with the last roll and fold (add a touch of flour if you see it sticking to the counter or your rolling pin at any point, but try not to add too much).
- Chill in fridge for 1-2 hours to relax.
- Preheat oven to 400°F.
- While the oven is preheating, roll out dough and assemble pastries (for a golden brown crust, brush some egg wash on to the tops of the pastries).
- Bake for 15-25 minutes or until golden brown, then remove and let cool.

Glaze

- Melt butter in microwave or small saucepan.
- Mix in powdered sugar and vanilla until smooth.
- Add in heavy cream 1 tsp at a time until desired thickness.
- Drizzle over pastries and serve.



PECAN PIE BREAD PUDDING

Submitted by Katie Barnes
Clinical Research Hub, College of Medicine

“I saw someone online mention making this, and my very Southern family likes both pecan pie and bread pudding, so I figured I’d try it out. This is sweeter and gooier than most recipes for these two dishes. There is definitely a bit of “measure things with your heart” with the ingredients, so it can easily be adjusted.

“It is great with some ice cream, and it is also really good as a leftover dish that can be reheated.”

Ingredients

- 1 day old package of small butter croissants from Publix
- 3 1/2 cups of sweetened condensed milk
- 4 large eggs, lightly beaten
- 1 cup granulated sugar
- 1 tbsp vanilla extract
- 1/8 tsp salt
- 1/2 cup butter, softened
- 1 1/2 cups packed brown sugar
- 1 cup of chopped pecans (more is recommended, especially if you use a large casserole dish)
- splashes of rum or brandy

Directions

- Preheat oven to 350°F.
- Rip apart the croissants with your hands. Put the pieces into a large bowl.
- In a different bowl, beat the eggs, condensed milk, sugar, salt, vanilla and a splash of the alcohol. Pour over the bread, mix it all in, and allow to sit for 5–10 minutes.
- In another bowl, combine with a fork softened butter, brown sugar, pecans and a splash of the alcohol. It should end up with the consistency of wet sand.
- Pour half of the bread mixture into a casserole dish. The original recipe recommended 8x8. I say go with whatever size you have. If it is big, you will need more of the pecan mixture to layer in.
- Pour half of the pecan mixture to layer over top of the bread mixture.
- Pour the rest of the bread mixture on.
- Pour the rest of the pecan mixture on.
- Place the pan on a cookie sheet just in case it spills over.
- Cook for about 45–50 minutes until it looks good.
- Allow to cool before serving.



POMEGRANATE CAKE WITH CREAM CHEESE FROSTING

Submitted by Angelina Sobchenko
Department of Ophthalmology

“I am from Ukraine, so I have baked many variations of this cake using a European Sponge Cake Base. It is very simple to make and is always fluffy, moist, flavorful and scrumptious. I’ve shared this recipe with friends, family and coworkers who have said they’re never going back to using boxed cake mix. One family member even took a bite while on a Keto diet because he ‘had to see what all the fuss was about.’ That’s when I knew this cake would be a hit with all audiences.

“The pomegranate filling and topping is always my go to for any Holiday dinners or potlucks. I do adapt the recipe to include other fruits or berries when they are in season. My favorite for the summertime is a mango puree for the layers and arranging the mango slices in a rose formation on top. I’ve also made a secondary cake with gluten free flour on occasion and have not been able to tell a noticeable difference in flavor between the two. This cake can also be baked in a rectangular pan for larger gatherings; I would just use 1.5x or 2x the ingredients depending on the size of your pan, and for the frosting I would recommend making 1.5x the amount regardless.”

Ingredients

Cake Layers

- 6 large eggs, room temperature
- 1 cup sugar
- 1/2 tsp baking powder
- 1 cup unbleached all-purpose flour (or substitute with gluten-free flour)
- 1/2 tsp vanilla

Syrup

- 1 1/2 cups pomegranate juice (POM brand)
- 2 tbsp sugar

Pomegranate cream cheese frosting

- 2 sticks unsalted butter, softened to room temperature
- 3 cups powdered sugar
- 1/4 tsp fine sea salt
- 16 oz (2 blocks) cream cheese, softened to room temperature and cut into 16 pieces
- 4 tbsp of pomegranate juice (POM brand)

Pomegranate topping

- 6 oz (3/4 cup) pomegranate juice (Pom Wonderful)
- 2 tsp unflavored gelatin powder (I used Knox brand)
- 1 tsp vanilla
- 2 tbsp sugar
- seeds of one large pomegranate (1 1/4–1 1/2 cups)

Directions

Cake layers

- Preheat Oven to 350°F. Line the bottoms of two 9" cake pans with parchment paper.
- Combine 6 eggs and 1 cup sugar in the bowl of your electric mixer and beat on high speed for 12 minutes or until tripled in volume and fluffy. Whisk together 1 cup flour and 1/2 tsp baking powder then sift it into the beaten eggs in 2 additions, folding it in with a spatula just until all of the flour is incorporated. Add 1/2 tsp vanilla and blend together. Remember that you are relying on the fluffy air-infused batter for the cake to rise. Do not overmix or your cake won't rise well. Transfer your batter to your lined cake pans. Set aside.
- Bake at 350°F for 25–28 minutes or until the top is golden brown and a toothpick comes out clean (poke the side, not the center so your center won't cave) and don't open the oven until 25 minutes have passed. Let the cakes cool down on wire racks, then remove from the pans.

Syrup (for soaking cake layers)

- Combine 1 1/2 cups pomegranate Juice (POM brand) with 2 tbsp sugar and stir to combine.
- Set aside to and stir occasionally until sugar is all dissolved.

Frosting

- In the bowl of a stand mixer fitted with the whisk attachment, mix the 2 sticks of butter with 3 cups powdered sugar and salt on low speed or until combined (1 min.) Increase speed to medium-high and beat until the mixture is pale and fluffy (2 min.)
- Add cream cheese one piece at a time and mix until combined. (I waited maybe 3 seconds in between each piece; it's one after another, really. Once all of the cream cheese is incorporated, continue to beat 1 more minute.
- Add 4 tbsp POM juice, 1 tbsp at a time and mix until combined (1 min). Refrigerate frosting until ready to use.

Assembling your cake

- Cut the cake layers in half so you end up with 4 layers. Place the first layer, cut-side-up on your serving platter. Brush 1/4 of the POM/sugar syrup over the first layer. Frost the top. Do this with all 4 layers. You only need a very small amount of frosting on the very top of the cake since you are going to have the Pomegranate topping.
- Wipe any excess syrup from the cake platter, then frost the sides. I used My large Wilton 1M star tip. You want a border that will contain a generous layer of pomegranate topping. Refrigerate your cake for at least 30 minutes before adding the pomegranate topping.

Pomegranate topping

- Make this after your cake is done and in the fridge.
- Place 3/4 cup of POM juice in a small saucepan, add the 1 tsp vanilla and sprinkle in 2 tsp gelatin, then let stand 1 minute to soften gelatin before putting it on the heat.
- Wisk in 2 tbsp sugar and cook over medium heat, stirring, until sugar dissolves and mixture is steaming.
- Remove from heat and let it cool down a bit (or transfer into a mixing bowl if you don't want to wait) then set the saucepan into a larger bowl of ice water, stirring gently until it is cold and slightly thickened but not set. It doesn't take long so stay with it. Remove from the ice bath.
- Stir in pomegranate seeds and immediately spoon topping onto the chilled cake. Refrigerate your cake until the topping is set (about 1 hour).



POPPY SEED ROLL

Submitted by Diana Adams
Department of Geological Sciences

“This recipe is one of the few treasures my great-grandmother brought with her when she emigrated from Austria in 1910. Passed down through generations of women in our family—from great-grandmother to grandmother to my mother, and now to me—these poppy seed rolls carry more than a century of love and tradition. I make them every New Year’s Day to bring luck for the year ahead.”

Ingredients

- 3/4 cup milk
- 1/2 cup sugar
- 1 stick butter
- 1 tsp salt
- 2 packages active dry yeast
- 1/2 cup warm water
- 1 egg
- 4 1/2 cups flour
- 2 12.5 oz cans poppy seed filling (Solo brand)
- additional melted butter for brushing

Directions

- Begin by scalding the milk in a saucepan over medium heat. Remove from heat and stir in the sugar, salt, and butter until the butter melts and everything is well combined. Allow the mixture to cool to lukewarm temperature.
- While the milk mixture is cooling, dissolve the yeast in the warm water and let it sit for a few minutes until foamy. Once the milk has cooled to lukewarm, add the dissolved yeast mixture and stir well.
- Allow the mixture to cool slightly if needed, then add the egg and mix thoroughly. Gradually mix in the flour until well incorporated and a soft dough forms.
- Transfer the dough to a greased bowl, cover with a kitchen towel and let it rise in a warm place for 2 hours, or until it has doubled in size or more.
- Once risen, punch down the dough and divide it into 4 equal portions. On a lightly floured surface, roll out each portion to your desired thickness (about 1/4" works well).
- Brush each rolled-out piece generously with melted butter, then spread the warmed poppy seed filling evenly over the butter, leaving about 1" of space around the edges of the dough.
- To form the rolls, fold 4–5" of dough over the filling. Continue folding the dough over itself until you've created a complete roll, similar to a jelly roll.
- Place the rolls seam-side down in a greased baking pan and bake at 325°F for 45 minutes, or until golden brown. Allow to cool slightly before slicing and serving.

PUMPKIN BARS

Submitted by Bri Henebury

Department of Restorative Dental Sciences

“My mom and I make these every year to share with our family, friends, neighbors and co-workers! They are not too ‘pumpkiny’ tasting either, so even people who aren’t fans of pumpkins enjoy them!”

Ingredients

Cake layers

- 1 cup vegetable oil
- 2 cups granulated sugar
- 4 eggs
- 1/2 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 1/2 tsp pumpkin pie spice (or 1/2 tsp ginger, 1/2 tsp cloves, and 1/2 tsp nutmeg)
- 2 cups flour
- 2 tsp baking powder
- 1 can of pumpkin puree

Frosting

- 3 oz cream cheese
- 1 stick butter (1/2 cup)
- 1 3/4 cup powdered sugar
- 1 tsp milk
- 1 tsp vanilla

Directions

- Mix in the ingredients in order. Add the pumpkin after you’ve mixed everything else well.
- Grease or butter a 12x18” pan and spread mix as evenly as possible.
- Bake at 350°F for 20–25 min.
- Allow to fully cool before adding the frosting.
- To make the frosting, mix all of the ingredients together until smooth.
- After they are frosted, keep them refrigerated. Served best a little chilled.



PUMPKIN CHEESECAKE WITH GINGER SNAP CRUST

Submitted by Katherine McKelvery
Office of Physician Billing Compliance

“I make cheesecakes as a holiday hobby. I wanted to find a great recipe for a pumpkin cheesecake, but I wanted it to be a little unique. My husband LOVES ginger snaps, so I modified a graham cracker crust recipe and substituted ginger snaps and it gave the cheesecake a warm but slightly bright flair. Now it’s a must every year with my crew.”

Ingredients

Crust

- 7 1/2 oz gingersnaps (~1 1/2 cups ground gingersnap crumbs)
- 1/4 cup granulated sugar
- 4 tbsp unsalted butter, melted

Filling

- 4 8 oz blocks cream cheese, softened
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 4 large eggs
- 1 15 oz can pumpkin puree
- 1 1/2 tbsp cornstarch
- 1/3 cup sour cream
- 1 tbsp vanilla extract
- 1/4 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg

Directions

Crust

- Preheat the oven to 325°F and set a rack in the lower middle position.
- Wrap a 9–10” springform pan with with one large piece of heavy-duty aluminum foil, covering the underside and extending all the way to the top so there are no seams on the bottom or sides of the pan. Repeat with another sheet of foil for insurance. Spray the inside of the pan with nonstick cooking spray.
- Pulse the gingersnaps, sugar and melted butter in a food processor fitted with the metal blade until finely ground.
- Transfer the moistened crumbs into the prepared pan and press into an even layer.
- Bake until fragrant and set, about 15 minutes.
- Cool on a wire rack while you prepare the filling.

Filling

- Preheat the oven to 350°F.
- Beat the cream cheese and sugars in a large bowl with an electric mixer at medium-high speed, 2–3 minutes, until combined and fluffy. Scrape down the sides and bottom of the bowl with a rubber spatula.
- Lower the mixer speed and beat in the eggs, one at a time, until just incorporated. Beat in the pumpkin, sour cream and vanilla until combined.
- With the mixer on low, beat in the cornstarch, salt, cinnamon, ginger, nutmeg and cardamon.
- Bring a pot of water to a boil for the water bath.
- Pour the filling into the crust. Place the cheesecake in the center of a large roasting pan. Carefully pour the boiling water into the roasting pan. (The water should come about halfway up the sides of the pan).
- Bake the cheesecake for 65–75 minutes, until the cheesecake is firm around the edges, but the center has a slight jiggle. Turn the oven off, crack the oven door just slightly (you can use a wooden spoon to keep the door slightly open), and allow the cheesecake to rest in the oven for 1 additional hour.
- Carefully remove the cheesecake from the water bath. Place the springform pan on a cooling rack until it cools to room temperature. Cover and refrigerate for 12 hours.
- When ready to serve, remove the sides of the springform pan and top the cheesecake with chopped pecans, caramel sauce and whipped cream.



PUMPKIN GUT PIE

Submitted by Xenia Romanoff-Wacasey
Computing Services

“One Halloween, I was dismayed by how much pumpkin gets wasted when carving Jack-o’-Lanterns. So, I decided to try making my own puree. I took a wild stab at it and ended up with enough puree for 16 pies!

“What started as a 12-hour marathon became a streamlined 4-hour ritual. Along the way, I perfected a recipe passed down from the far North (Canada!) and mastered the steps for a silky-smooth custard. Now, it’s tradition—I’m not allowed to show up at Thanksgiving without one of these pies. It’s my way of turning what was once waste into something warm, spiced, and unforgettable.

“From my kitchen to yours, may your holidays be sweet and your pies unforgettable.”

Ingredients

- 14 oz (prepared or canned) pumpkin puree
- 1 can of sweetened condensed milk
- 2 eggs, beaten
- 1/4 cup brown sugar
- 2 tbsp flour
- 1/2 tsp ginger
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

Directions

- If using your own homemade pumpkin puree, weigh out your pumpkin to ensure you only have 14 oz.
- Mix pumpkin and sweetened condensed milk first. In a separate bowl beat the eggs, then mix in the seasonings, flour and brown sugar (this allows you to break up any lumps in the dry ingredients).
- Add egg mix to pumpkin bowl.
- Gently mix until all ingredients until smooth.
- Pour into your pie crust and jiggle the pan to settle the custard and pop any air bubbles.
- Bake for 40–45 minutes.
- Notes: If you are using a store-bought pie crust, take 1 tbsp of butter, softened, stir in 1/4 tsp of cinnamon sugar mix. Evenly spread over your pie crust, and pre-toast the pie crust in your pre-heated oven for 10 minutes.
- A nice optional topping: 1/2 cup of brown sugar, 1/4 cup of butter, 1/2 cup of finely chopped pecans. After the pies are done baking, smooth over the pie & bake for additional 5 minutes.

PUMPKIN PIE (VEGAN)

Submitted by Lynda Chapaprieta
Print and Mail Services

“My mother used to always make the recipe for Libby’s Pumpkin Pie when I was growing up, so that is the recipe that I always loved. When I became a vegetarian as a teenager, I adapted the recipe to make it egg-free, and I used that recipe for decades. However, when my adult daughter and her husband became vegans, I was challenged to find a recipe that was as delicious as the original Libby’s recipe, but with no eggs or dairy products. I finally found a recipe that was really good, and then tweaked that a bit to come up with a pumpkin pie recipe that I’m really happy with and that satisfies the whole family when they come to our house for Thanksgiving dinner!”

Ingredients

- 1 15 oz can pure pumpkin puree
- 8 ounces silken tofu (the shelf-stable kind in the aseptic packages; can be found at Wards or Asian food stores)
- 2/3 cup sugar
- 2 tbsp cornstarch
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/2 tsp pure vanilla extract
- pastry for 1 pie crust, unbaked

Directions

- Preheat oven to 350°F.
- Line a 9” glass or ceramic pie pan with with pie crust pastry, trimming and fluting the edges of dough. Set aside.
- Add all filling ingredients to the bowl of a food processor, and process until filling is completely smooth, scraping down the sides of the bowl as needed.
- Pour filling into unbaked pie crust, and bake ~45 minutes or until filling is set and a knife inserted into center of pie comes out clean. Edges of crust should also be golden brown.
- Remove pie from oven and cool to room temperature, and then chill pie overnight in the refrigerator. Serve chilled with a dallop of vegan whipped cream.



SOUR CREAM POUND CAKE

Submitted by Vanessa Fayó
School of Forest, Fisheries and Geomatics Sciences

“I grew up going to family reunions in Georgia and sour cream pound cake was always a family favorite. I searched for recipes and then ‘tweaked’ it, so it tasted more like the ones I grew up on and added the ‘grease pan and sprinkle sugar instead of flour’ so it gives you the ‘crunchies’ you remember from your grandmother’s cakes.”

Ingredients

- 1 tsp vanilla
- 1/2 tsp baking soda
- 6 large eggs
- 3 cups all-purpose flour
- 1 cup sour cream
- 3 cups sugar
- 2 sticks butter

Directions

- Preheat oven to 325°F.
- In a large mixing bowl, combine and cream the butter and sugar.
- Once combined, add the sour cream.
- Sift the baking soda and flour together.
- Add the sifted flour to the creamed mixture alternating with eggs, beating each egg one at a time, starting with flour and ending with flour.
- Add the vanilla.
- Grease a bundt pan and sprinkle grease with sugar (not flour).
- Pour mixture into pan and sprinkle a small amount of sugar on top of the batter (this adds the additional 'crunchies' you find on your grandmother's pound cake).
- Bake for 1 hour and check 'doneness' with a toothpick. It is done when the toothpick comes out clean and you'll notice it slightly pulling away from the sides of the pan.

A SWEET DREAM

Submitted by Tabitha Hill
Finance, Student Engagement

“This dish is simple and really good. I made this years ago and I have family every year ask if it will be part of the spread just to make sure. There are so many heavy dishes at thanksgiving that I though a fruity light dessert would be a nice change, and it worked. The most requested plate by my family!”

Ingredients

- 8 oz block cream cheese
- 13 oz jar Jet Puff marshmallow fluff
- 1 container strawberries

Directions

- Allow the cream cheese to soften on counter for 10 min.
- Mix cream cheese & marshmallow together well and place in serving bowl.
- Cover bowl with plastic wrap.
- Wash & cut tops off strawberries.
- Arrange a round plate placing bowl in middle and strawberries with cut side down around bowl.
- Keep cool in fridge until party. It tastes like candy!



SWEET POTATO PIE

Submitted by Alyson Rodriguez
Brown Center for Leadership & Service

Ingredients

- 1/4 tsp ginger, ground
- olive oil
- salt
- 2 lb bag of sweet potatoes
- 2 eggs
- 1/2 cup evaporated milk
- 1/2 cup brown sugar
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tbsp vanilla
- 1 pie crust (Pillsbury ready to bake)
- 1/2 cup butter, unsalted
- 1 cup granulated sugar

Directions

- Preheat the oven to 400°F, then wash the sweet potatoes until clean.
- Prick each potato four times with a fork and place them onto a baking sheet. Drizzle olive oil and salt onto them and bake for 45–50 minutes until the sweet potatoes are tender. Remove from the oven and allow to cool.
- Add pie crust to round pie dish and fold over edges.
- Peel the skin from the sweet potatoes and place the sweet potatoes into a large mixing bowl.
- Reduce the oven heat to 350°F and add butter to the sweet potatoes and mash until smooth.
- Add white sugar, brown sugar, vanilla extract, milk and eggs. Mix until well combined.
- Add cinnamon, nutmeg and ground ginger and mix.
- Pour into the unbaked pie crust and bake the pie until the center of the pie is set, about 1 hour. Remove the pie from the oven and allow to cool.

