



Nourish

Body and Soul


unity[®]
of Flagstaff

2021 Recipe Book

Edited by Trina Goetz



Food: The Great Uniter

Communities have gathered together around food for millennia. From ancient Jewish Seders to modern day weddings, birthdays and Super Bowl parties, food weaves a common thread throughout. Unity of Flagstaff, too, has been breaking bread as a community for decades with potlucks, fundraisers, dinners, and after service snacks. So, when the Unity of Flagstaff board brainstormed fundraising ideas last November, a recipe book seemed an obvious choice. Since the pandemic closures began last March, large Unity family gatherings have not been possible. A recipe book allows us to continue to gather and commune over food. Our hope is that it will become a social activity of a new kind, with people connecting virtually over shared cooking experiences and posting images of recipe book successes on our website or Facebook page. Unity of Flagstaff can join together as a community with food, once again, as the catalyst!

It is with this hope that we created Nourish Body and Soul (special thanks to Rev. Penni for the title). Thanks must also be given to the 20 people who contributed recipes. You literally made this book possible. A BIG thank you to Marcia Wiesner and Dave Savage for assisting with proofreading. Additional thanks to Marcia for above-and-beyond, in-the-weeds recipe proofing to ensure as much accuracy and clarity as possible.

Please feel free to explore, modify, cook, eat, discuss, and post photos of these 58 recipes submitted by our Unity of Flagstaff community. Enjoy these recipes in good health until we can one day sit around tables and feast in person again! Namaste.

Trina Goetz, Editor

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Key: V= Vegetarian, VG=Vegan, D=Dairy Free, G= Gluten free, K= Keto friendly * = Requires minor modification

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Salads and Starters

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Moroccan Couscous Salad

Submitted by Helen Ferrell

This is a recipe I got from Anne McGuffey who brought this dish to a Unity potluck. I usually use quinoa instead of couscous.

INGREDIENTS

- 1 ½ cups couscous uncooked
- 1-2 carrots, diced
- 1 red bell pepper, diced
- ¾ cup hazelnuts
- 15 oz. can of garbanzo beans
- 1 cup currants or raisins
- ½ cup olive oil
- ½ cup fresh lemon juice
- ½ cup capers
- 2 cloves garlic, crushed
- Fresh mint
- Fresh or dried basil
- Fresh or dried dill
- Salt and pepper



INSTRUCTIONS

1. Cook couscous by boiling 2 ¼ cups water and stirring in couscous.
2. Cover the pan and let sit for 5 minutes.
3. Fluff with fork. Cool couscous.
4. Combine all ingredients and refrigerate.

A delicious, spicy dip and a sweet, unique cole slaw



Garlic, Cilantro, Jalapeno Dip

Submitted by Susan Wallage

A Susan Wallage original recipe



Prickly Pear Cole Slaw

Submitted by Trina Goetz

I got this recipe from someone at a Unity potluck. I wish I could remember who it was!

Garlic, Cilantro, Jalapeno Dip

INGREDIENTS

- 2 cloves of garlic minced
- 1 or 2 jalapenos roasted and peeled
- 2 bunches of cilantro leaves
- 16 oz. package of cream cheese softened.

INSTRUCTIONS

1. Put ingredients in a food processor or blender.
2. Add a little sour cream if needed to process.
3. Serve with chips or as a topping for a bean and rice casserole.

Prickly Pear Cole Slaw

INGREDIENTS

Salad

- ½ head red cabbage
- ½ head green cabbage
- 2 carrots, grated

Dressing

- ½ cup mayonnaise
- ¼ cup sugar
- ¼ cup apple cider vinegar
- 1 ½ Tbsp. prickly pear syrup
- ½ tsp. cinnamon
- ⅛ tsp. pepper
- Salt to taste

INSTRUCTIONS

1. Whisk dressing ingredients together.
2. Shred cabbage.
3. Mix carrots and cabbage together.
4. Pour dressing over cabbage.

Autumn Pear Salad

Submitted by Trina Goetz

This recipe is from Cooking Classy cooking blog. Andy and I use this homemade dressing as our everyday salad dressing. It goes with just about any salad.

INGREDIENTS

Balsamic Vinaigrette

- 1/3 cup extra virgin olive oil
- 2 ½ Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- Salt and fresh ground pepper to taste
- 1 ½ Tbsp. finely diced shallot or scallion

Salad

- ½ cup chopped walnuts
- 1 Tbsp. salted butter
- 1 Tbsp. packed light-brown sugar
- 7 oz. Spring Salad & Spinach blend
- 2 oz. parmesan cheese, shaved
- 2 red Anjou pears, sliced thin (Bartlett pears work fine)
- 1/3 cup dried cranberries



INSTRUCTIONS

Vinaigrette:

1. Mix olive oil, balsamic vinegar, honey, Dijon mustard, diced shallot and season with salt and pepper to taste (I used ¼ +1/8 tsp. salt and 1/8 tsp. pepper). Blend mixture until well emulsified, about 20 seconds. Store in refrigerator in an airtight container until ready to serve

Salad and Candied Walnuts:

1. In a medium skillet melt butter along with brown sugar over medium heat. Once mixture has melted add walnuts and cook, stirring constantly until caramelized, about 2 min. Transfer to a plate in a single layer to cool.
2. Layer lettuce and pears in a large bowl and toss with dressing, then top with parmesan, dried cranberries and candied walnuts and serve.

Deviled Eggs

Submitted by Helen Ferrell

I have been making deviled eggs since I was 21 years old. I don't remember ever having a recipe, so this is my best guess. Deviled eggs are a favorite at Unity potlucks.



INGREDIENTS

- 1 dozen eggs
- Mayonnaise
- Mustard (I prefer brown mustard)
- Salt and pepper
- Dill
- Paprika (smoked paprika is good, too)

INSTRUCTIONS

1. Boil eggs to make hard boiled eggs. I found the best way to be sure eggs are done, but not too done, is to place eggs in a pan, cover with cold water and bring to a roiling boil. Allow eggs to boil for about 3 min. Remove from heat, cover and let sit for 12-15 min.
2. Peel eggs and slice lengthwise in two. Remove yolks to a bowl. Place whites on a plate.
3. Mash yolks with a fork until completely crumbly.
4. Add mayonnaise, about 2 heaping spoonsful and about 1 tsp. of mustard. Mix well. If consistency is not creamy, add more mayonnaise.
5. Add salt and pepper and about ½ tsp. of dill. Mix thoroughly. Taste and adjust as needed.
6. Fill each half egg white. Sprinkle with paprika.

Cranberry, Ginger, and Lemon Chutney

Submitted by Bob Maher

A recipe from epicurus.com that is also in the Maher Family Cookbook. Not sure who had it first! I have made this at the Family Food Center.

INGREDIENTS

- 1 medium lemon
- 1 bag fresh or frozen cranberries (12 oz.)
- 2 cups granulated sugar
- ½ cup crystallized ginger finely diced
- 1/3 cup finely chopped onion
- 1 garlic clove, minced
- 1 jalapeno pepper, seeded and minced
- 1 cinnamon stick
- ½ tsp. dry mustard
- ½ tsp. salt

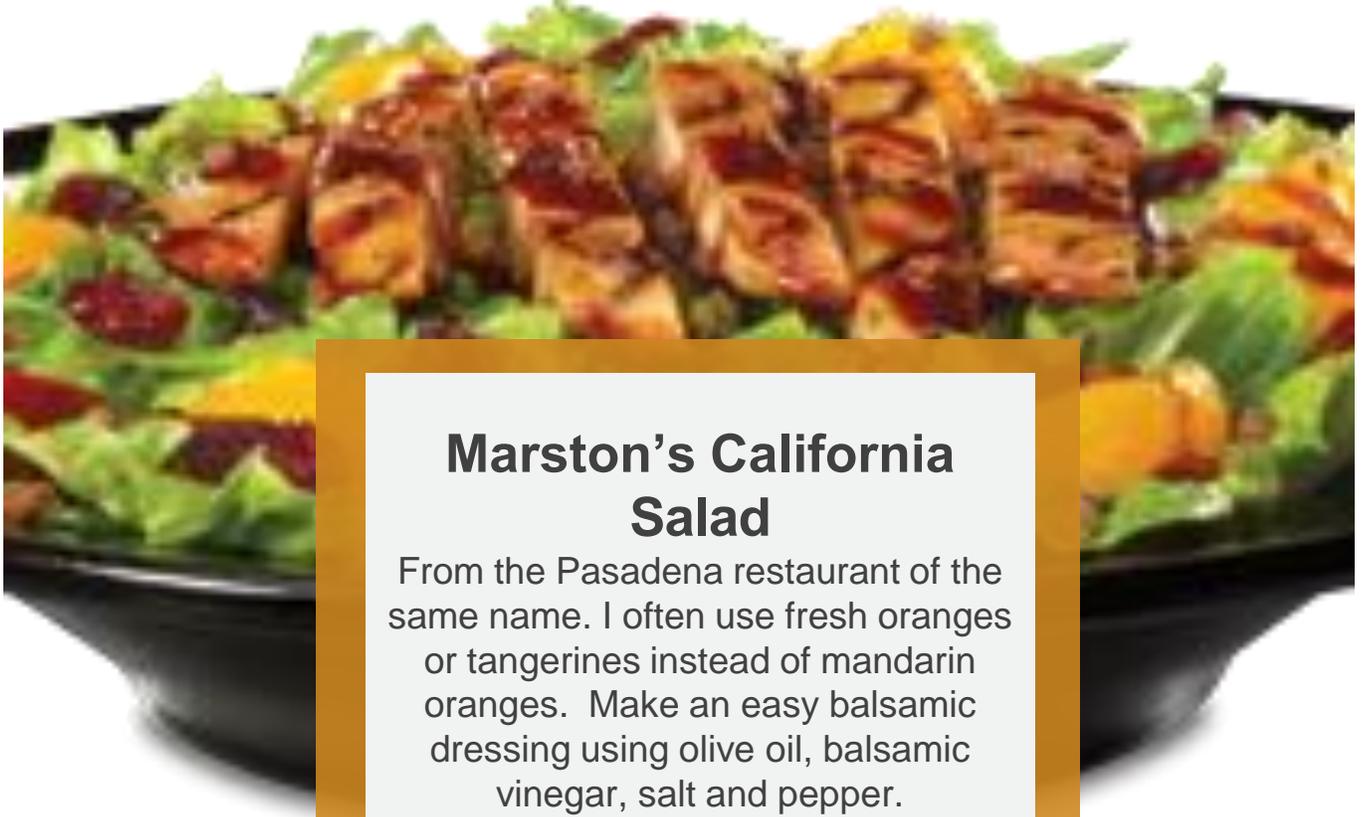
INSTRUCTIONS

1. Grate the zest from the lemon. Using a small sharp paring knife, cut away and discard the thick, white pith. Cut the lemon crosswise in half and pick out the seeds. Dice the lemon into ¼ " pieces.
2. Combine zest, lemon pieces and remaining ingredients in a medium glass or stainless steel saucepan. Bring to a boil, stirring often to help dissolve the sugar. Reduce the heat to low and simmer until the sauce is thick and the cranberries have burst, 10 to 15 min. Let cool completely.
3. Remove the cinnamon stick just before serving. Serve at room temperature.

The chutney can be prepared up to 1 week ahead, covered tightly and refrigerated.

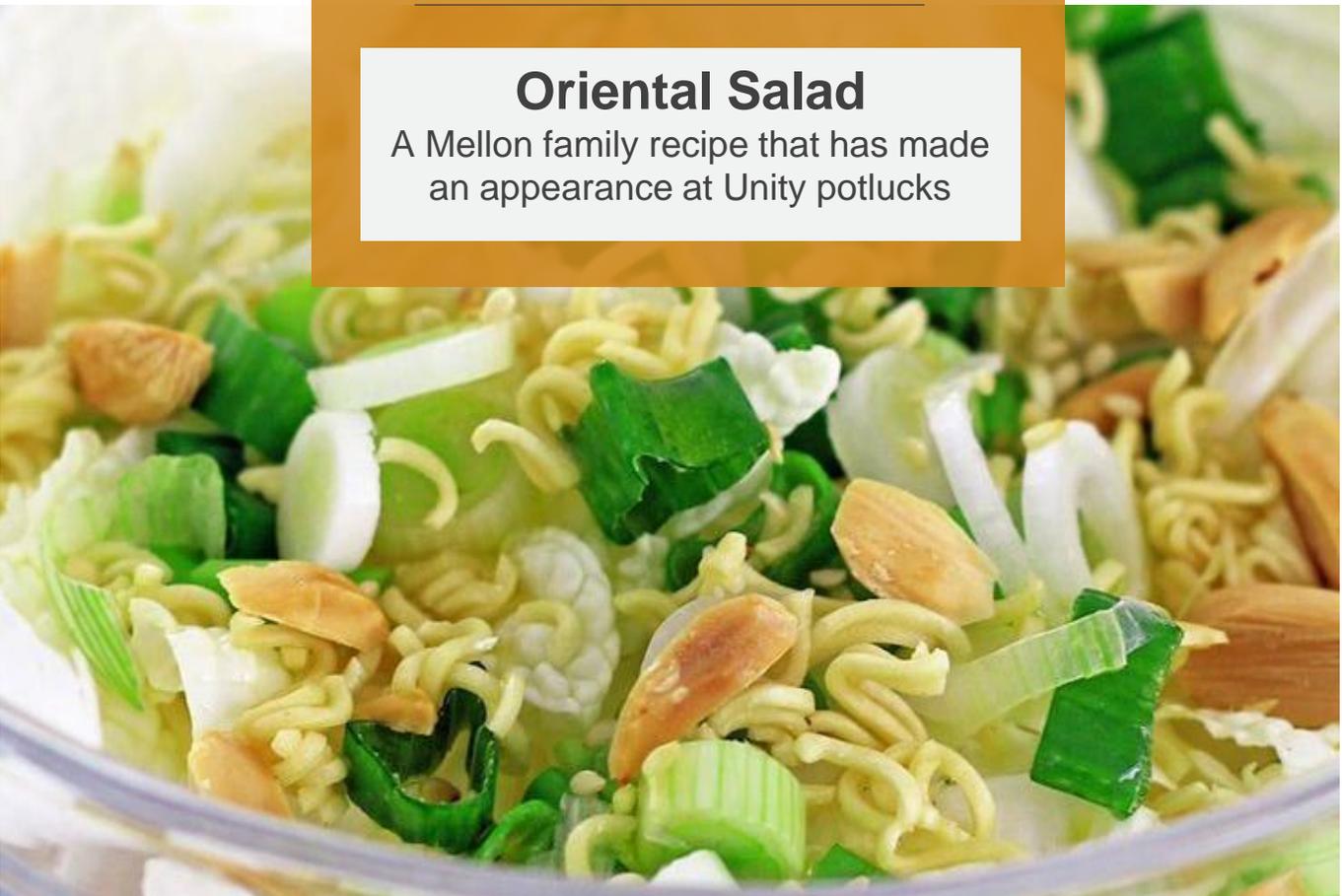


Here are two fabulous salads from Sue Mellon



Marston's California Salad

From the Pasadena restaurant of the same name. I often use fresh oranges or tangerines instead of mandarin oranges. Make an easy balsamic dressing using olive oil, balsamic vinegar, salt and pepper.



Oriental Salad

A Mellon family recipe that has made an appearance at Unity potlucks

Marston's California Salad

INGREDIENTS

- 4 half chicken breasts
- 2 heads iceberg or romaine lettuce, chopped
- 1 head red or leaf lettuce, chopped
- 4 handfuls of pecans
- 6 oz. black raisins
- 1 large green apple (granny smith is best)
- 3 green onions, sliced
- 12 oz. mandarin oranges, drained
- 4 oz. blue cheese crumbles
- Favorite balsamic salad dressing

INSTRUCTIONS

1. Mix all and add dressing.
2. Toss.
3. Makes 6 servings.

Oriental Salad

INGREDIENTS

- 1 Napa cabbage
- 1-2 bunches green onions
- ½ cup butter
- 2 pkgs. Ramen noodles
- 1 cup sliced almonds
- 2 Tbsp. sesame seeds

For Dressing:

- ½ cup sugar
- ¼ cup rice vinegar
- ¾ cup peanut oil
- 2 Tbsp. soy sauce

INSTRUCTIONS

1. Slice cabbage and onions and place in salad bowl.
2. Heat butter in frying pan. Add uncooked noodles (broken into small pieces) to melted butter until light brown. Add almonds and seeds and cook until brown. NOTE: use very low setting when browning, as the butter will burn. Cool.
3. Put all dressing ingredients in a saucepan. Boil 1 min. Cool.
4. Toss into noodle and cabbage mix just before serving.



Soups and Stews

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Chicken Soup

Submitted by Helen Ferrell

This recipe is on the first page of the cookbook [Beyond Chicken Soup](#) that was put together by my mother's Jewish congregation from Lombard, IL. I usually add rice and cut up and return the carrots and celery after straining. Rice, noodles or dumplings can be added.

INGREDIENTS

- Stewing chicken, quartered
- 1 ½ quarts water
- 4 chicken bouillon cubes
- 3-4 carrots
- 3-4 celery stalks
- 2 onions, quartered
- Salt and pepper

Optional:

- Parsley

INSTRUCTIONS

1. Boil chicken and skim the broth.
2. Add bouillon and vegetables (cut into large pieces) and simmer, covered, 1 ½ to 2 hours.
3. Season to taste. Strain vegetables and chicken into a container.
4. Refrigerate broth overnight and skim fat.
5. Skin and bone chicken and return to broth.
6. Cut up vegetables and return to broth.

Note: Stewing chicken is not mandatory, but makes for a richer soup. Chicken broth may be used instead of water and bouillon cubes.



Greek Chili

Submitted by Kathy Neuroth

This is a very easy, tasty, quick recipe that can be taken on camping trips, etc. (Lots of canned stuff).



INGREDIENTS

- 1 lb. ground turkey
- 1 can (8 ½ oz.) artichoke hearts (non-marinated)
- 1 can garbanzo beans
- 1 can pinto beans or kidney beans
- 1 can whole black olives
- 1 can diced tomatoes with chilies
- 1 can Italian stewed tomatoes
- 4 garlic cloves
- 1 onion
- Feta cheese
- Lemon pepper
- Thyme
- Black pepper
- 2 bay leaves

INSTRUCTIONS

1. In large pot heat diced onion, crushed garlic cloves, olive oil and ground turkey. Sprinkle with lemon pepper.
2. Cook until turkey is slightly brown.
3. Add drained garbanzo beans, pintos, artichoke hearts and olives (sliced in half) and un-drained tomatoes.
4. Cook and add ¼ tsp. ground pepper, ¼ tsp. ground thyme, and 2 bay leaves.
5. Stir a lot and finish with 15 min. low heat to mix flavors.
6. Serve with feta cheese topping.



Moqueca de Peixe

Submitted by Elaine McKee

A spicy fish stew similar to the Brazilian menu item offered at Café Daily Fare, Flagstaff. This recipe is based on one from my niece, Janna Mordan.

Moqueca de Peixe

INGREDIENTS

- Juice of 3 large limes
- 6 Tbsp. chopped, fresh cilantro
- 5 cloves of garlic (I use the Dorot frozen cloves)
- Salt to taste
- About 1 lb. fillets of fish (cod, tilapia, grouper, snapper etc. & I like salmon)
- 1 large onion, chopped
- 1 can (approx. 13.5 oz.) coconut cream or coconut milk.
- 1 can plum tomatoes with juice or 4 plum tomatoes, chopped
- ¼ cup extra virgin olive oil (Janna uses red palm oil)
- Additional vegetables to fill out stew, such as carrots, cauliflower, mushrooms, broccoli, etc.

NOTE: Remember to prepare rice ahead of time to serve with the stew.

INSTRUCTIONS

1. Prepare marinade for the fish by combining 2 Tbsp. chopped, fresh cilantro, lime juice, garlic, salt.
 2. Place in a wide dish and cover all sides of fish fillets. Marinate at room temperature for about 30 min.
 3. Heat oil over medium heat in a large, deep skillet. Add chopped onions first and heat until translucent, about 5 minutes; add vegetables and sauté.
 4. Add coconut cream or milk, tomatoes, and salt. Bring all ingredients to a boil.
 5. Reduce heat to medium-low; simmer until sauce is slightly thickened, about 10 min. Nestle fillets of fish in stew (if skin, place skin side up).
 6. Add marinade over the top. Add remaining cilantro. Bring to a boil.
 7. Reduce heat to medium and cook, covered, spooning sauce over filets from time to time until fish is cooked--about 12-15 min. depending upon size of fillets.
- Serve over rice or mix rice into stew. Bon Appetit!

Chicken and Pumpkin Dumplings

Submitted by Helen Ferrell

This healthy twist on chicken and dumplings is from communitytable.com



INGREDIENTS

Soup

- 2 Tbsp. olive oil
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cups chopped onion
- 1 Tbsp. poultry seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 cups low sodium chicken broth
- 4 cups shredded chicken breast

Dumplings

- ¾ cup whole wheat flour
- 1 cup self rising flour or regular flour and 1 tsp. baking soda and ½ tsp. salt.
- 1 tsp. poultry seasoning
- ¼ tsp. pepper
- ½ cup canned pumpkin
- 2/3 cup low-fat buttermilk

INSTRUCTIONS

1. Heat olive oil in a large pot over medium high.
2. Add carrots, celery, onion, 1 Tbsp. poultry seasoning, ¼ tsp. salt and ¼ tsp. pepper.
3. Cook 8 min., stirring occasionally, until vegetables are soft.
4. Pour in chicken broth and stir. Increase heat to high and bring to a boil.
5. Reduce heat to low and simmer 10 min.
6. In a large bowl mix whole wheat flour, self rising flour, 1 tsp. poultry seasoning, and ¼ tsp. pepper.
7. Stir in canned pumpkin and buttermilk.
8. Add shredded chicken breast to the broth.
9. Drop dumpling batter into broth in heaping tablespoonfuls, making about 12 dumplings. Cover and simmer until dumplings are firm and cooked through, about 10 min.

Lentil Soup with Spinach and Sweet Potatoes

Submitted by Susan Wallage

I never would have thought to put these ingredients together!



INGREDIENTS

- 2 cups lentils
- 6 cups water or stock
- 1 Tbsp. curry powder
- 1 Tbsp. cinnamon
- ½ tsp. cumin
- ½ tsp. coriander
- 1 can of diced tomatoes drained
- 2 small sweet potatoes
- 1 bunch of spinach

INSTRUCTIONS

1. Put lentils, seasonings, and tomatoes in a large pot and cook for about an hour and a half.
2. Add diced sweet potatoes.
3. When nearly done add spinach.

Loaded Potato Soup

Submitted by Char Snipes

A family favorite. Easy crockpot comfort food



INGREDIENTS

- 32 oz. bag frozen diced hash brown potatoes
 - 1 large onion, diced
 - 1 cup shredded carrots
 - 4 cups vegetable broth
 - 3 tsp. minced garlic
 - ¼ cup butter, cut into slices
 - 2 tsp. salt
 - ½ tsp. pepper
 - 1 tsp. celery salt
 - 1 ½ cups heavy cream
- Optional:
- 8 oz. package diced or cubed ham
 - Shredded cheddar cheese
 - Bacon bits

INSTRUCTIONS

1. Add frozen hash browns, onion, carrots, broth, garlic, butter, salt, pepper, celery salt, and ham to crockpot.
2. Cook on high for 5 hours, or low, 7-8 hours.
3. Stir in cream.
4. Top with bacon bits and cheddar cheese.

Quick Lemony Greek Chicken Soup

Submitted by Char Snipes

From cookinglight.com



Quick Lemony Greek Chicken Soup

INGREDIENTS

- 1 Tbsp. olive oil
- $\frac{3}{4}$ cup cubed carrot
- $\frac{1}{2}$ cup chopped yellow onion
- 2 tsp. minced fresh garlic
- $\frac{3}{4}$ tsp. crushed red pepper
- 6 cups unsalted chicken stock
- $\frac{1}{2}$ cup uncooked whole wheat orzo
- 3 large eggs
- $\frac{1}{4}$ cup fresh lemon juice
- 3 cups shredded rotisserie chicken
- 3 cups chopped baby spinach
- 1 $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{2}$ tsp. black pepper
- 3 Tbsp. chopped fresh dill

INSTRUCTIONS

1. Heat oil in a Dutch oven over medium high. Add carrot and onion; cook, stirring often, until vegetables are softened, 3 to 4 min.
2. Add garlic and crushed red pepper. Cook, stirring constantly, until fragrant, about 1 minute.
3. Add stock to Dutch oven, increase heat to high, and bring stock to a boil.
4. Add orzo, and cook, uncovered until orzo is al dente, about 6 min.
5. Meanwhile, whisk together eggs and lemon juice in a medium bowl until frothy.
6. Once orzo has cooked 6 min., carefully remove 1 cup boiling stock from Dutch oven.
7. Gradually add hot stock to egg- lemon juice mixture, whisking constantly to temper the eggs, about 1 min.
8. Pour egg mixture back into Dutch oven and stir to combine.
9. Reduce heat to medium low; stir in chicken, spinach, salt and pepper.
10. Cook, stirring constantly, until spinach wilts, about 1 min.
11. Divide soup among 6 bowls. Sprinkle servings evenly with dill.

Red Lentil Lemon Soup

Submitted by Betsey Williams

From the Natural Gourmet cookbook



INGREDIENTS

- 1 cup chopped onion or 3 Tbsp. dried
- 3 cloves garlic, chopped
- 2 Tbsp. olive oil
- 5 cups water or broth
- 1 ½ tsp. cumin
- ½ cup red lentils (I put 1 cup)
- 1 ½ tsp. vegetable salt
- 1 bay leaf
- 1 Tbsp. lemon juice

Optional:

- Sweet potatoes-canned or fresh

INSTRUCTIONS

1. Sauté onion and garlic in olive oil.
2. Add cumin and broth.
3. Rinse lentils and add with rest of ingredients. Cook 25 min.



Sides

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Dad's Deluxe Sweet Potatoes

Submitted by Bob Maher

"Dad" is my dad. He was the chef of the family. This is also from the Maher Family Cookbook.

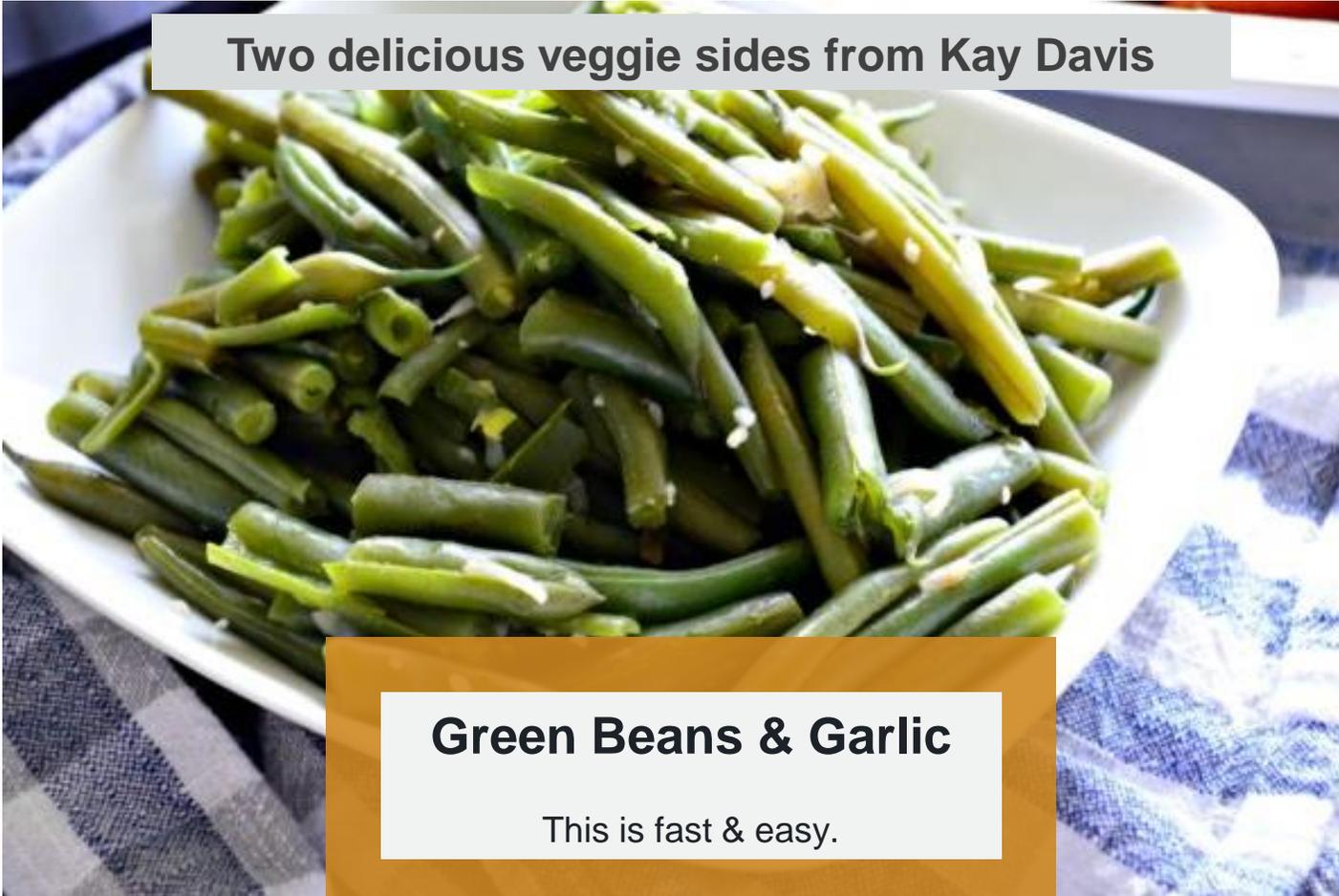


INGREDIENTS

- 3 cups cooked and mashed sweet potatoes (4 large)
- ½ cup sugar
- ½ cup milk
- ¼ cup butter
- 2 eggs, beaten
- 1 tsp. vanilla
- 1 cup flaked coconut
- 1 cup brown sugar
- 1/3 cup flour
- 1/3 cup melted butter
- 1 cup chopped pecans

INSTRUCTIONS

1. Mix potatoes, sugar, milk, ¼ cup melted butter, eggs, and vanilla well and spoon into lightly greased casserole.
2. Combine coconut, brown sugar, flour, 1/3 cup melted butter, and pecans and mix well.
3. Sprinkle over sweet potatoes.
4. Bake at 375 for 40 min.



Two delicious veggie sides from Kay Davis

Green Beans & Garlic

This is fast & easy.



Kale and Bacon

Green Beans and Garlic

INGREDIENTS

- 2-3 cloves garlic, minced.
- 1/3 cup olive oil
- 1 tsp. coarse salt
- Green beans
- ¾ cup water

INSTRUCTIONS

1. Put trivet in the bottom of the instant pot.
2. Add beans and water making sure the beans are above the water level.
3. Set on "steam" for 2 minutes & medium pressure.
4. As soon as done, immediately release the steam & put beans in serving bowl, top with garlic, 1/3 cup olive oil & salt. Toss & serve right away.

Alternate method: set on steam for 1 minutes at high pressure. Release steam right away to avoid overcooking.

It is important to be ready with ingredients as soon as beans are done cooking and not to let them overcook or get cold.

Kale and Bacon

INGREDIENTS

- 4-6 slices of bacon
- 1 head of kale, stems removed, washed and chopped
- 1 clove garlic, minced
- 1 tsp. crushed red pepper
- Salt to taste

INSTRUCTIONS

1. Cook bacon in large frying pan, turning while cooking. Bacon is done when white bubbles appear. Remove bacon and set aside. Pour off fat.
2. Add kale to the pan being careful to aim away from you as it will spit & can burn you.
3. Turn kale, add chopped garlic & crushed red pepper flakes.
4. Add salt last as kale looks like there is more there & it is easy to over salt.
5. Add half cup of water to the pan, cover & cook for between 15-25 min., adding water if needed.
6. Chop up previously cooked bacon & sprinkle on top of kale.

Krissy's "Rad" Broccoli Casserole

Submitted by Laura Lafferty

Krissy is my longtime best friend



INGREDIENTS

- ¼ cup onion
- 6 Tbsp. butter
- 2 Tbsp. flour
- 1 cup water
- ¾ cup parmesan cheese
- Salt and pepper to taste
- 2 packages frozen broccoli-thawed and drained
- 3 eggs well beaten
- ½ cup cracker or bread crumbs

INSTRUCTIONS

1. Sauté onion in 4 Tbsp. of butter.
2. Add flour then water. Bring to a boil, allowing to thicken.
3. Blend in cheese. Season with salt and pepper. Add Broccoli.
4. Add the eggs. Pour in a casserole dish that has been lightly sprayed with cooking oil.
5. Add remaining 2 Tbsp. of melted butter to bread crumbs.
6. Sprinkle on top of broccoli mixture.
7. Bake at 350 for 45 min.

Creamy Bacon Brussels Sprouts

Submitted by Dave Savage

From Simply Happy Electric Pressure Cooking by Sandy Clifton. Although this was sent by mistake, it looked so yummy the editor included it.



INGREDIENTS

- 1 lb. brussels sprouts
- ¾ cup chicken broth-low sodium
- 2 cloves garlic pressed
- 1 Tbsp. butter
- ¼ tsp. pepper
- 4 oz. cream cheese
- 4 slices thick bacon cooked and chopped
- ⅓ -½ cup grated parmesan cheese

INSTRUCTIONS

1. Trim ends of brussels sprouts and rinse them in hot water. Then add them to the inner pot of the pressure cooker. Add the chicken broth, garlic, butter, pepper and cream cheese. Close the lid and set the steam release knob to the sealing position
2. Press the pressure cook/manual button, then the +/- button to select 2 minutes (3 for softer sprouts). The pot will take a few minutes to come to pressure.
3. When cooking cycle has finished, turn the steam release knob to the venting position to do a quick release of the steam/pressure. When the pin drops down, open the lid and stir the brussels sprouts until the cream cheese is smooth. Add parmesan cheese and stir well. Mix bacon in.

Glazed Sweet Potatoes and Apples

Submitted by Steve Huffman

This is a favorite recipe from my Great Aunt
Lalah Fasken



Glazed Sweet Potatoes and Apples

INGREDIENTS

- 6 medium sweet potatoes or yams
- ¾ cup salted butter
- 1 cup brown sugar
- ¼ tsp. salt
- 2 Tbsp. grated orange rind
- 2 large tart apples-such as Granny Smith
- 1 ½ cup fresh squeezed orange juice-2-3 oranges

INSTRUCTIONS

1. Wash potatoes, slice about ½” thick and steam for 20 min.
 2. Wash and slice apples about ¼” thick.
 3. Pre-heat oven to 400.
 4. Melt butter in fry pan. Mixing in orange juice, rind, sugar, and salt.
 5. Stir well to mix in the sugar.
 6. Cook the apples in the butter and juice mixture for 10 minutes, until juice is syrupy.
 7. In a 2 quart shallow baking dish, use a slotted spoon to arrange the potatoes and apples in alternating layers.
 8. Pour half of the remaining liquid over the apples and potatoes and bake covered in foil for 25 min.
 9. Uncover and glaze with the rest of the syrup, then bake another 10 min.
- Using canned yams is an option to make this faster, and I left them cut up as in the can and boiled them instead of steaming

Chile Rice Casserole

Submitted by Anne McGuffey

The editor personally requested this recipe from Anne. It's a Unity potluck treat that I have wolfed down more than once!

INGREDIENTS

- 3 cups cooked brown or white rice
- 8 oz. jack cheese, grated
- 7 oz. diced green chiles (canned), or 3 fresh Hatch chiles of your own heat level preference, diced
- 8 oz. sour cream

Optional:

- Add 1 can black beans to mixture, prior to placing in casserole dish

INSTRUCTIONS

1. Set aside small amount of grated cheese for topping.
2. In large bowl, add cooked rice, grated cheese, diced chiles and sour cream. Stir to combine well.
3. Place in medium casserole dish, and top with remaining grated cheese. Cover the dish with lid or foil.
4. Bake at 350 for 20 min.
5. Uncover and bake 10 more min.
6. Let sit 10 min. before serving.



Cauliflower Mashed Potatoes

Submitted by Trina Goetz

A recipe from Spark Recipes that Penni made for me when I went to her home for dinner.



INGREDIENTS

- 1 head of cauliflower, trimmed and florets steamed
- ¼ cup sour cream
- 2 oz. cream cheese, softened
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- Salt and pepper to taste

INSTRUCTIONS

1. After you have steamed or boiled the trimmed cauliflower florets, drain and return to pan.
2. Mash well and stir in the sour cream, cream cheese, onion powder, garlic powder, and salt and pepper to taste.
3. Put into a round baking dish, cover and bake at 400 for 20 min. Makes 8 servings ½ cup each.

Carrots Glazed with Rosemary and Ginger

Submitted by Marcia Wiesner

Delightful recipe from Cook's Illustrated. A potluck favorite. (From experience, I know it's important to use low-salt broth, since you'll be cooking it down and concentrating the salt.)



INGREDIENTS

- 1" piece ginger, cut to ¼" coins
- ½ cup chicken broth-low sodium
- 1 lb. med. carrots, peeled and sliced ¼" thick on diagonal
- ½ tsp. salt
- 1 Tbsp. butter, cut in quarters
- Ground black pepper
- 3 Tbsp. granulated sugar
- 1 tsp. fresh rosemary, minced
- 2 tsp. lemon juice

INSTRUCTIONS

1. Bring ginger, carrots, salt, 1 Tbsp. sugar, and chicken broth to boil, covered, in 12-inch nonstick skillet over medium-high heat.
2. Reduce heat to medium and simmer, stirring occasionally, until carrots are barely tender when poked with tip of paring knife, about 5 min.
3. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 Tbsp., 2-5 min.
4. Add butter, rosemary, and remaining 2 Tbsp. sugar to skillet; toss carrots to coat and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 min.
5. Off heat, add lemon juice; toss to coat.
6. Transfer carrots to serving dish, scraping glaze from pan.
7. Season to taste with pepper and serve immediately.

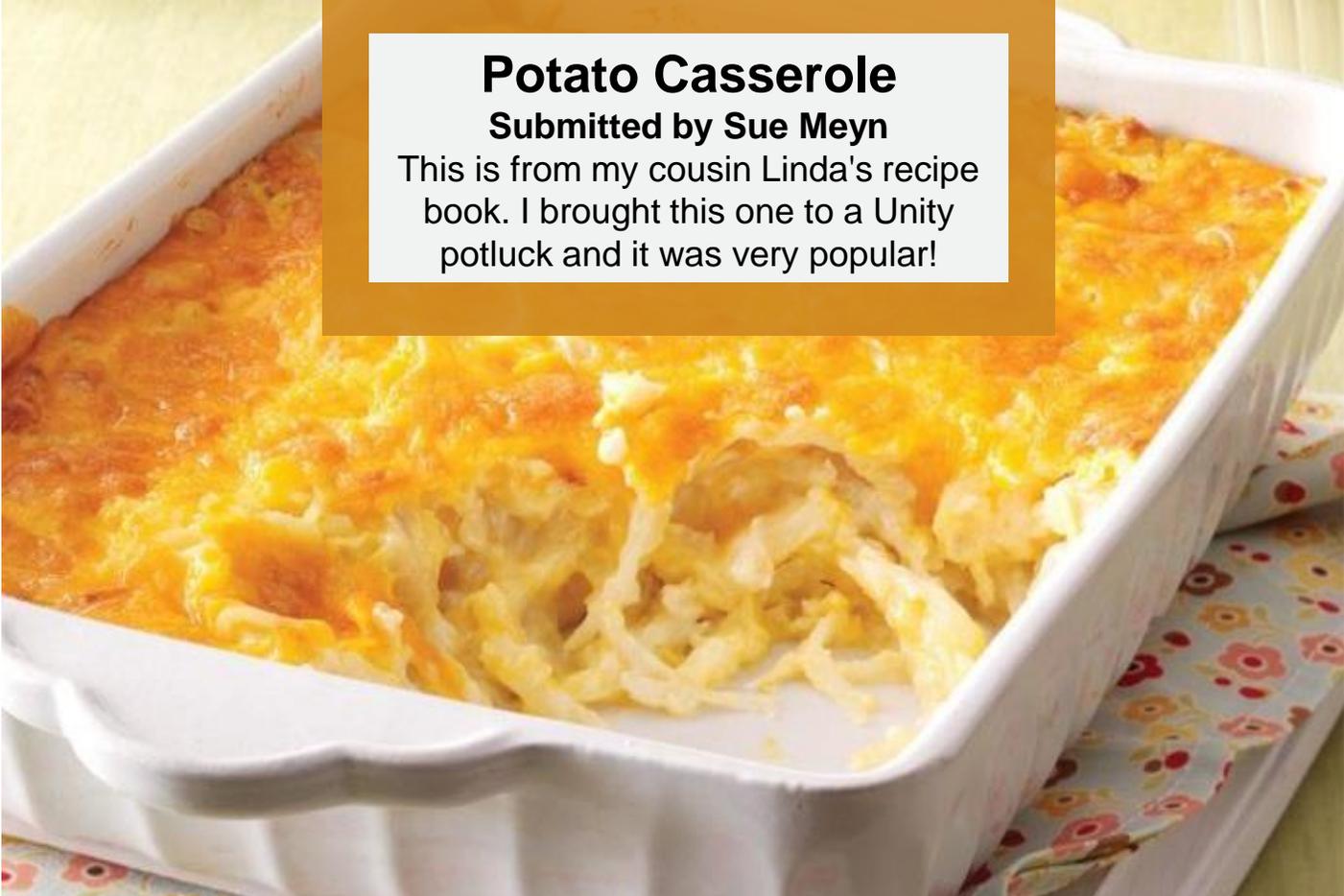


Two delicious sides-one sweet and one savory

Sweet Potato Soufflé'

Submitted by Helen Ferrell
from Doing the Charleston: A
Gourmet's Guide and Cookbook
1982.

This dish is one that is a family holiday favorite. I always bring it to Unity's Thanksgiving potlucks.



Potato Casserole

Submitted by Sue Meyn
This is from my cousin Linda's recipe book. I brought this one to a Unity potluck and it was very popular!

Sweet Potato Souffle'

INGREDIENTS

- 6 medium sweet potatoes
- 3 Tbsp. butter
- 2 eggs, beaten
- ¼ cup sugar
- ½ tsp. salt
- ½ cup light brown sugar (I use less)
- 1 tsp. lemon extract
- ¼ cup raisins
- ¼ cup coconut
- cinnamon

INSTRUCTIONS

1. Peel, cook and mash sweet potatoes.
2. Add butter and eggs to potatoes and beat until light and fluffy.
3. Add all the remaining ingredients, reserving a little coconut.
4. Place in a buttered 2-quart casserole and sprinkle with cinnamon.
5. Bake at 350 for about 30 min.
6. A few minutes before removing from oven, sprinkle with remaining coconut and brown.

This is good hot, warm, or cold.

Potato Casserole

INGREDIENTS

- 32 oz. package frozen Country Style Ore-Ida shredded hash brown potatoes
- 1 can cream of chicken soup
- ½ cup butter (one stick), melted
- 2 cups sour cream
- ½ tsp. salt
- 2 cups cheddar cheese, grated
- 1 onion, chopped

INSTRUCTIONS

1. Mix ingredients together, adding potatoes last.
2. Pour into 13x9x2 inch baking dish.
3. Bake for 50 min. at 350.



Main Dishes

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Shredded Crockpot Chicken

Submitted by **Betsey Williams**

This recipe can be used to make tacos, enchiladas, sandwiches, nachos, etc.



INGREDIENTS

- 2 bone-in skinless chicken breasts
- 1 sweet onion cut into 8ths
- 1 can chopped green chiles
- 1 small can of tomato sauce
- 1-2 cups chicken broth
- 4 crushed garlic cloves
- 2 Tbsp. chopped cilantro

INSTRUCTIONS

1. Put onion in bottom of crockpot
2. Put chicken breasts on top of onion
3. Layer chiles, then garlic, tomato sauce, and cilantro
4. Set pot for 4 hours on high or 6 hours on low.
5. Take the breasts out and allow to cool and remove bones.
6. Shred chicken with a fork and add sauce from crockpot to desired consistency.

Spicy Thai Peanut Sauce

Submitted by Trina Goetz

From Earl Mindell's Soy Miracle cookbook. I used seitan with this recipe years ago when I was a vegetarian and now I use it over chicken

INGREDIENTS

- ½ cup diced onion
- 1 garlic clove, minced
- ¼ cup peanut butter
- 1 Tbsp. honey
- 2 Tbsp. lemon juice
- ½ tsp. ginger
- Dash of cayenne pepper
- 1 Tbsp. vinegar
- 1 cup water
- 1 Tbsp. soy sauce

Additional ingredients:

- Protein of choice-
chicken or seitan-I
have used both
- Broccoli
- Spaghetti or rice

INSTRUCTIONS

1. Coat a large skillet with cooking spray, then sauté the onion until tender-about 5 min.
2. Add remaining ingredients and heat until boiling.
3. Reduce to simmer until desired thickness.
4. Pour sauce over a bed of protein, steamed broccoli and spaghetti or rice.



Corn Chile Strata

Submitted by Kathy Neuroth

A recipe that I just love. It is great for brunch and is vegetarian.

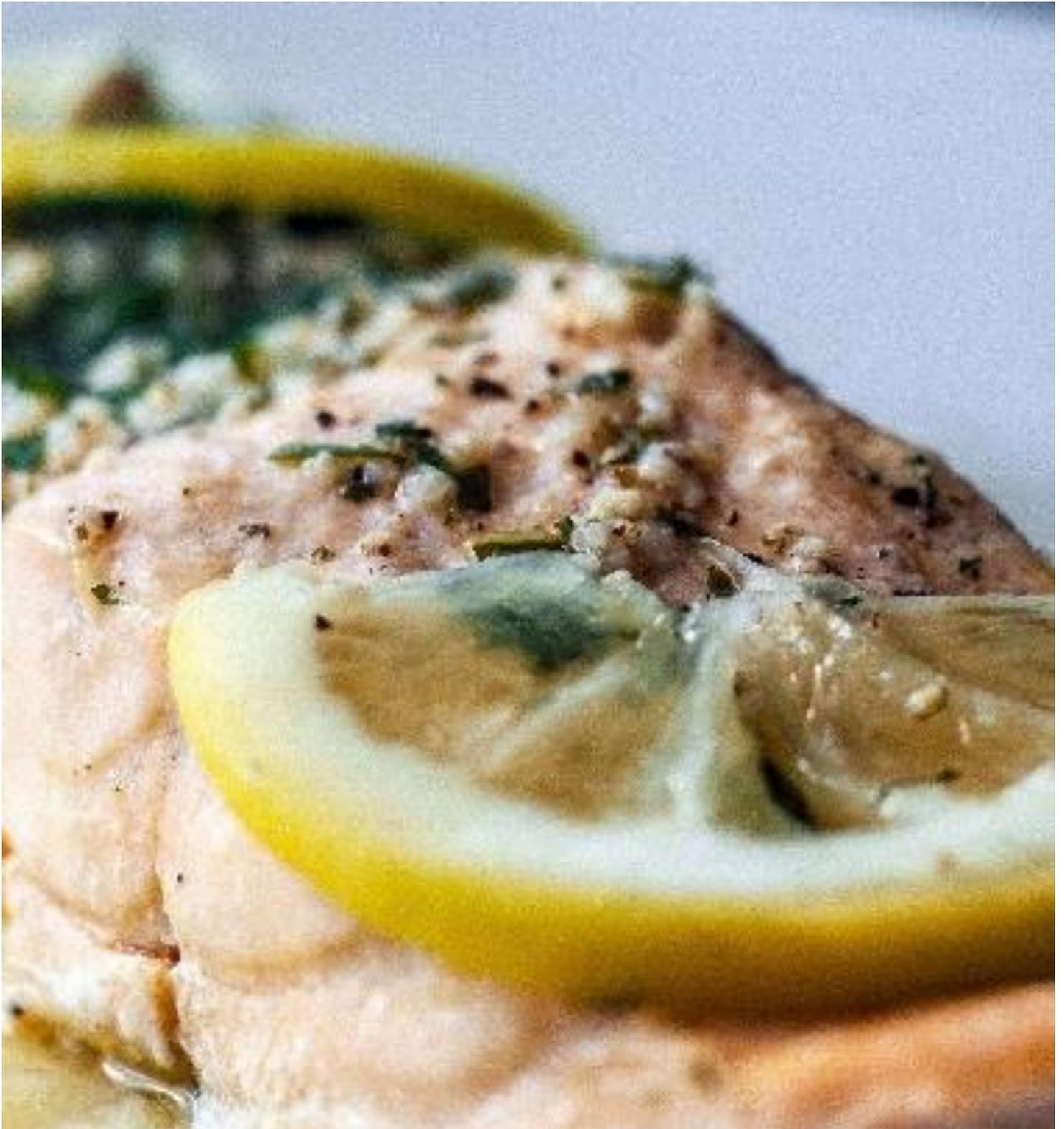
INGREDIENTS

- 6 slices whole wheat bread
- 1-1 ½ Tbsp. butter or margarine, softened
- 1 can (1 lb.) whole kernel corn, drained
- 2 cups thinly sliced zucchini or crookneck squash
- 2 cups (8 oz.) shredded jack, Longhorn, or mild cheddar cheese
- 4 oz. can diced green chile peppers
- 4 eggs
- 2 cups milk
- ½ tsp. salt
- 1/8 tsp. pepper

INSTRUCTIONS

1. Trim crusts off bread.
2. Lightly spread slices with butter and fit into a lightly buttered 7 x 11 in. baking dish.
3. Distribute corn in an even layer over bread, then arrange zucchini over corn.
4. Sprinkle chiles and cheese evenly over zucchini.
5. Beat eggs lightly, then beat in milk, salt, and pepper.
6. Pour egg mixture over cheese.
7. Cover and refrigerate for at least 4 hours or overnight.
8. Bake, uncovered, at 375 for 30-40 min. or until lightly browned and puffed; a knife inserted in center should come out clean.
9. Let stand for 10 min. before cutting into squares to serve.





Lemon Butter Salmon

Submitted by Dave Savage

This is from Simply Happy Electric Pressure Cooking by Sandy Clifton, one of my 5 Instant pot cook books. Penni and I had planned a lunch so I wanted to make it a second time (I did it once to make sure). We both like salmon and capers so I added the capers to the recipe.

Lemon Butter Salmon

INGREDIENTS

- 1 cup water for pressure cooker 2 cups for 8 quart
- 2 5-6 oz. salmon fillets w/skin
- ¼ tsp. salt
- Pinch of pepper
- 2 cloves garlic
- 1 Tbsp. fresh chopped dill or 1 ½ tsp. dried
- Capers
- 2 Tbsp. butter
- 2 Tbsp. water or white wine
- 2 Tbsp. fresh lemon juice

You will need a metal trivet/rack for pan to sit on
7x3 or 6x3 metal cake pan
Cooking spray

INSTRUCTIONS

1. Pour 1 cup of water into inner liner of pressure cooker then set trivet/rack inside.
2. Spray pan with cooking spray. Place the salmon fillets into the pan, skin side down.
3. Sprinkle the fillets with salt, pepper, and garlic
4. Place the dill on the salmon, followed by the lemon slices, then the butter pats and then the capers on top.
5. Add the water or white wine and lemon juice to the pan.
6. Place the pan in the pressure cooker on the trivet.
7. Close the lid and set the steam release knob to the sealing position.
8. Press the pressure cooker manual button then the +/- button to 5 min., high pressure (use low pressure for thinner fillets as well as shorter cook time).
9. When the cook cycle has finished, immediately turn the steam release knob to the venting position to quick release the pressure.
10. When the pin in the lid drops back down, open the lid and carefully remove the pan. Serve immediately with some lemon butter sauce over the fillets.

Garbanzo and Cheese Loaf

Submitted by Trina Goetz

A very old recipe from [Recipes for a Small Planet](#) by Ellen Buchman Ewald.

INGREDIENTS

- ½ cup dry garbanzo beans, cooked and drained
- 1 cup bread crumbs (may be gluten free)
- 1 cup pineapple juice
- 1 cup chopped onion
- ½ cup chopped celery
- 3 Tbsp. oil
- ¼ cup chopped parsley
- 1 egg, beaten
- 1 Tbsp. miso
- 1 tsp. salt
- A few dashes hot sauce
- 2 pinches cayenne
- 1 cup grated cheese (try a pepper cheese)

INSTRUCTIONS

1. Combine breadcrumbs & juice to soak.
2. Coarsely chop garbanzo beans (for nutty texture)
3. Combine the garbanzos, crumb mixture, and remaining ingredients in order given. Make sure to first dissolve miso in a small amount of hot water.
4. Turn into an oiled loaf pan or small casserole. Bake at 350 until edges are browned, about 40 mins.



Chicken Cacciatora

Submitted by Bob Maher

This is a Morrison Wood recipe I would use to impress my dates. I made variations of it at the Flagstaff Family Food center all the time. It, too, comes from the Maher Family Recipe Book. In it my father noted “This is Bobby’s favorite dinner. He always requested it be served on his birthday.”



INGREDIENTS

- 2 tender chickens about 2 lb. each
- Flour
- Salt
- Pepper
- 1 ½ oz. butter
- 2 ½ oz. pure olive oil
- 1 large garlic clove, minced
- 2 medium-sized onions, chopped
- 2 small green peppers, chopped
- 2 slices canned pimento, chopped
- 2 cups canned tomatoes
- 1 Tbsp. tomato paste
- 2 Tbsp. chopped parsley
- Generous pinch of oregano
- Generous pinch of thyme
- 1 cup dry red wine
- 2 cups sliced mushrooms

INSTRUCTIONS

1. Cut chickens into serving pieces and shake them in a bag with flour, salt, and pepper.
2. In a heavy skillet, put butter, olive oil, and garlic. When the fat is hot, add the chicken pieces.
3. Sauté until the chicken pieces are a nice golden brown. Then add onions and green peppers, pimento, canned tomatoes, tomato paste, salt, pepper, parsley, oregano, thyme, and wine.
4. Cover and simmer for about an hour. Then add mushrooms and simmer 30 min. longer or until chicken is tender. Serve as hot as possible with spaghetti *al burro*, which is boiled spaghetti well buttered.

Spinach and Rice Souffle

Submitted by Betsey Williams

INGREDIENTS

- 2 cups cooked rice
- 2 eggs, beaten
- 1/3 cup milk
- 1 tsp. Worcestershire sauce
- 1 clove garlic or garlic salt
- ½ onion, chopped
- 1-2 cups grated cheese
- 1 box frozen spinach, thawed and squeezed
- 2 Tbsp. butter

INSTRUCTIONS

1. In large bowl, combine all ingredients.
2. Stir to combine well.
3. Place in round casserole dish.
4. Bake at 350 for 35 min.



Southwestern Tofu

Submitted by Susan Wallage

An original recipe of mine



Southwestern Tofu

INGREDIENTS

- 1 container extra firm tofu drained and diced
- 1 bell pepper
- 1 small can of green chiles
- 1 cup corn
- 1 small can of hominy, drained
- 1 can of Mexican tomatoes, drained
- Grated cheese for the topping
- 1 small onion, chopped
- Season to taste with chili powder and cumin

INSTRUCTIONS

1. Heat a skillet with oil and sauté pepper and onion.
2. Add tofu and sprinkle with spices.
3. Add canned tomatoes and chiles and add more spice.
4. Add the corn and hominy.
5. Transfer to baking dish.
6. Cover with cheese and bake at 350° for approximately 30 min.

Fiesta Rice

Submitted by Sue Meyn

This is a recipe from my childhood which has been upgraded a bit! Simple, filling, tasty!

INGREDIENTS

- 1 pound ground beef or turkey
- 1 small onion, chopped
- ½ green and/or red pepper, chopped
- 15 oz. can diced tomatoes
- 15 oz. can black beans
- 15 oz can tomato sauce
- 1 cup white or brown rice
- 1 cup water
- ½ cup corn
- Dash cumin
- Dash garlic powder

INSTRUCTIONS

1. Brown the ground beef or turkey and then add diced onion and chopped green pepper and cook until softened.
2. Add tomatoes, beans, tomato sauce, rice, water and corn.
3. Let simmer for at least 45 min.
4. Serve with sour cream on the side if you choose!



Crockpot Cranberry Meatballs

Submitted by Josie Devlin



INGREDIENTS

- 12 oz. jar chili sauce
- 12 oz. can jellied cranberry sauce
- 10.5 oz jar red pepper jelly
- 2 Tbsp. brown sugar
- 32 oz. bags Farm Rich Frozen Meatballs

INSTRUCTIONS

1. Mix all ingredients except for meatballs in crockpot.
2. Add meatballs & stir to coat them well.
3. Put in crockpot on low for 6-8 hours or on high for 2-2.5 hours.

Note: If you have a newer crockpot, you can probably reduce the cooking time some.

Yummy Stuffed Peppers

Submitted by Laura Lafferty



INGREDIENTS

- 4 red or orange bell peppers
- 16 oz. package of Morningstar Crumbles or 1 lb. ground turkey or lean beef
- ½ cup instant brown rice
- ½ cup water
- 1 jar (24 oz.) favorite pasta sauce (chunky veggie/mushroom is great)
- 4-6 oz. shredded cheese

INSTRUCTIONS

1. Cut off tops of peppers and remove seeds.
2. Boil for 10 min. and remove peppers from boiling water when done. Set aside.
3. Brown meat. Add rice and water, then pasta sauce.
4. Let cook 2-3 min. until bubbly. Stir in cheese.
5. Spoon mixture into peppers.
6. Place in a casserole dish. Cover with foil. Bake for 30 min. at 350.



Chicken Lombardy

Submitted by Sue Meyn

Here is a recipe from my cousin Linda. She is one of my few relatives and more like a sister than a cousin. This particular recipe is one she has fixed for us numerous times and now is our own favorite for special occasions. Highly recommended!!

Chicken Lombardy

INGREDIENTS

- 4 chicken breast halves, boneless and skinless, each cut in half again. 8 pieces altogether
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ stick of butter
- Salt and pepper
- $\frac{1}{2}$ box mushrooms, cleaned and sliced
- $\frac{1}{4}$ cup dry white wine
- 1 can chicken broth
- $\frac{1}{2}$ cup grated mozzarella cheese
- $\frac{1}{2}$ cup grated parmesan cheese
- Cooked rice

INSTRUCTIONS

1. Flatten chicken breasts between plastic wrap with a rolling pin. Dredge chicken in flour. Melt 2 Tbsp. butter in skillet. Brown half of the chicken pieces for 3 or 4 min. until golden. Remove to shallow baking dish. Repeat procedure until all chicken pieces are browned, adding another Tbsp. of butter as needed. Salt and pepper the chicken.
2. Add remaining Tbsp. of butter to the skillet. Whisk in 1 Tbsp. of flour. Slowly add about half a can of broth and the wine. Whisk slowly until the sauce thickens. Add additional broth until the desired consistency. Season with salt and pepper.
3. In the meantime, sauté the mushrooms in a separate pan. Top chicken with mushrooms. Spoon sauce over all. Combine cheeses and sprinkle over chicken. Bake at 450 for 10-12 min. Serve with rice.

Pad Thai with Peanut Sauce

Submitted by Betsey Williams

This recipe can be used with shrimp, chicken, beef, pork, tofu-you name it!



INGREDIENTS

Pad Thai

- 1 Tbsp. peanut oil
- 1 tsp. ginger and lemongrass (in tubes)
- 2 cloves minced garlic
- Cilantro, parsley, scallions for garnish
- Protein of choice, cut into bite size pieces
- Cooked Pad Thai noodles

Peanut sauce

- 1 can light coconut milk
- 1 can beef or chicken broth
- 2 Tbsp. soy sauce
- $\frac{3}{4}$ cup creamy peanut butter
- 1 Tbsp. molasses or 2 brown sugar
- $\frac{1}{4}$ tsp. sesame oil
- 1 tsp. hot sauce
- 1 tsp. cayenne powder

INSTRUCTIONS

Pad Thai

1. Sauté all ingredients in a pan 4-8 min. until protein is cooked.

Peanut Sauce

1. Heat all ingredients in a pan until reduced to desired thickness.
2. Serve with stir fry over Pad Thai noodles.

Chile Relleno Casserole

Submitted by Laura Lafferty

INGREDIENTS

- 2 (7 oz.) cans of whole green chiles
- 2 (5 oz). cans of evaporated milk
- 4 eggs
- 2 Tbsp. flour
- ¾ lb. jack cheese cut into strips
- ½ lb. cheddar cheese cut into strips
- 1 tomato sliced for garnish

INSTRUCTIONS

1. Layer chiles and cheeses in 1½ qt. baking dish.
2. Beat eggs, milk and flour together.
3. Pour over chiles and cheese.
4. Place tomato on top.
5. Bake at 450 for 50-60 min. until egg is firm and cheese is light brown.



Crab Stuffed Salmon

Submitted by Rev. Penni Honey

This recipe is not only paleo and low carb, it's also gluten-free. It contains no nuts, coconut, or any other flour substitutes. Sometimes simple is truly the best way to go! It originated from wholesomeyum.com, but I love to experiment so I have added a few things here and there.

So what's in this stuffed salmon recipe? Salmon, crab, mayonnaise, butter, and a few spices to add an irresistible flavor.



Crab Stuffed Salmon

INGREDIENTS

Salmon

- 2 lb. salmon (wider filet works best- it makes the “stuffing” easier)
- 2 tsp. lemon zest
- 2 Tbsp. butter (melted)
- Sea salt
- Black pepper
- Toothpicks (keeps the salmon held together so the yummy stuffing doesn’t spill out)

Crab Filling

- 8 oz. lump crab meat (you can use the canned crab meat also)
- ½ large onion (chopped)
- 2 Tbsp. mayonnaise (not Miracle Whip- real mayo!)
- 2 Tbsp. fresh parsley (chopped) or Italian cilantro!
- 2 cloves garlic (minced) or more if you love garlic like I do!
- 1 Tbsp. lemon juice
- 1 tsp. Old Bay Seasoning (this is part of the magic!)

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Line a baking sheet with foil or parchment paper. Highly recommend this.
2. In a pan over medium heat, sauté onion for about 7-10 minutes, until translucent and browned (or cook longer to caramelize if desired).
3. Meanwhile, whisk together the mayonnaise, minced garlic, fresh parsley, lemon juice, and Old Bay Seasoning.
4. Stir in the sauteed onion. Gently fold in the lump crab meat, try not to break the chunks.
5. Place the salmon filet on the baking sheet. Arrange the crab mixture lengthwise down the middle of the salmon. Starting from the thinner edge of the filet, fold over the long way.
6. Whisk together the melted butter and lemon zest. Brush the lemon butter over the top of the salmon. Sprinkle lightly with sea salt and black pepper. I like to hold some of this back to serve as an au jus.
7. Bake for 16-20 min. until the fish flakes easily with a fork. Sprinkle with additional fresh parsley. Cut cross-wise into individual filets to serve.
Serves 4 Generously.

Egg Fried Rice and Stir Fry

Submitted by Trina Goetz

These recipes are from Konrad Kaserer. He had a friend named Mei who taught him these recipes. I came over for lunch one day and he taught them to me.

INGREDIENTS

Egg Fried Rice

- Cooked rice
- 2 Tbsp. canola oil
- 1 tsp. salt
- 4 eggs, scrambled, with a pinch of salt
- 3 green onions, chopped

Stir Fry

- ½ lb. lean pork or chicken
- Broccoli, Bok choy, peppers-you choose!
- Sliced fresh ginger roots-I use a tsp. of ground ginger since I do not like a lot of ginger
- 2 garlic cloves, minced or pressed
- 1 tsp. corn starch
- 1 Tbsp. soy sauce
- 1 Tbsp. cooking wine or dry sherry-optional
- 1 Tbsp. red pepper flakes
- Ground pepper to taste
- 2 Tbsp. canola oil

INSTRUCTIONS

Fried Rice

1. In a skillet, heat canola oil. Pour eggs into skillet and break into pieces as they cook.
2. Add rice and salt and toss with egg pieces.
3. Add green onion and cook another minute.
4. Add soy sauce to rice if desired.

Stir Fry

1. Combine pork or chicken in a bowl with ginger, garlic, corn starch, soy sauce, cooking wine, red pepper flakes, and salt
2. Heat oil in a large skillet. Add pork mixture.
3. After about two minutes, add peppers, Bok choy, or broccoli
4. Cook until vegetables are tender-about 3-5 min.
5. Serve fried rice and stir fry together.



Chicken Marengo

Submitted by Helen Ferrell

I got this recipe from my mother-in-law, Vera Hudgens, in 1965. She had won a cash award for it from a magazine she submitted it to. I often made it for company for many years. I made it twice for Unity traveling dinners, the second time at the request of members.

INGREDIENTS

- 6 slices bacon in 1" pieces
- 2 chickens cut into pieces
- ½ cup flour
- ¼ tsp. pepper
- 2 tsp. salt
- 1 large onion, chopped
- 1 clove garlic minced
- 3-4oz. mushrooms (canned) or 8 oz. fresh
- 2 cans of tomatoes
- A few drops of red pepper seasoning or red pepper flakes
- ¼ cup parsley
- Golden Croutons

INSTRUCTIONS

1. Fry bacon until crisp in large frying pan. Drain on paper towel and set aside for later.
2. Shake chicken in a mixture of flour, salt and pepper. Save leftover flour mixture.
3. Brown chicken in bacon drippings. Place in large baking dish.
4. Sauté onion and garlic in same frying pan. Stir in flour and liquid from mushrooms (If canned). Add tomatoes, parsley and red-pepper seasoning (and mushrooms, if fresh).
5. Pour over chicken in baking dish. Cover and bake in oven at 350 for 1 hour and 10 minutes.
6. Uncover and sprinkle with bacon pieces and mushrooms (if canned) and bake 20 min. longer.
7. Just before serving, sprinkle with croutons.
8. Golden Croutons: trim crust from 2 slices of white bread, cut into ½ " cubes, spread on cookie sheet and toast in oven at 350 for 10 min. or until brown.





Desserts and Snacks

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Biscotti Bianchini

Submitted by Marcia Wiesner (Eva Bianchini's recipe)

This recipe is one of my most treasured inheritances from my husband Ray's side of the family. I never met Auntie Eva Bianchini, but Ray said she "looked like one of those apple dolls."

INGREDIENTS

- 3 cups sifted all-purpose flour
- 2 tsp. baking powder
- Pinch salt
- ¼ lb. plus 3 Tbsp butter, room temp
- 1 cup sugar
- 3 eggs, well beaten
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 1 tsp. (or less) anise extract
- 1 tsp. anise seed
- 1 cup chopped or sliced almonds



INSTRUCTIONS

1. Preheat oven to 325°. Grease cookie sheets, or place silicone baking mats on pans.
2. Whisk together flour, baking powder, and salt.
3. Beat butter until fluffy. Add sugar and continue beating until fluffy. Beat in eggs, and three extracts.
4. Mix in dry ingredients, anise seeds and nuts with a spoon, in 3 portions. Knead briefly.
5. Separate dough into two portions. On two separate cookie sheets, form into long loaves ½" high by 3" wide.
6. Bake 15-20 min. until firm but not browned.
7. Remove from oven and cool slightly. On cutting board, cut into ¾" slices. Place cut side down on cookie sheet, packing closely.
8. Bake 15 min. until slightly browned and toasted. (Note that biscotti toast faster on the pan side. May need to turn over once.)
9. Cool on rack and store in an airtight container.

Better the next day if you can wait!

Keto Chocolate Mousse

Submitted by Trina Goetz

This recipe comes from Low Carb Diem cooking blog. I made it for Rev. Penni when she made dinner for me at her house.



INGREDIENTS

- 2 oz. unsalted butter
- 2 oz. cream cheese
- 3 oz. heavy whipping cream, whipped
- 1 Tbsp. cocoa powder
- Fresh raspberries for topping
- Sweetener, to taste

INSTRUCTIONS

1. Soften butter and combine with sweetener, stirring until completely blended.
2. Add cream cheese; blend until smooth.
3. Add cocoa powder and blend completely.
4. Gradually add the whipped cream to the mixture. (You may also add 1 tsp. of coconut oil.)
5. Spoon into small glasses and refrigerate for 30 min.
6. Top with fresh raspberries

Two sweet treats from Betsey Williams

Beer Bread

This is from Susie Allely, an old friend in Sisters, Oregon. She teaches Scottish county dance classes and a performance group that I was a member of. This bread is quick and easy and is great with stews and beans and soups.

Rosemary Sugar Cookies

My family requests these every holiday season

Beer Bread

INGREDIENTS

- 3 cups self rising flour or 3 cups flour and 4 ½ tsp. baking powder and 1 ½ tsp. salt
- 1/3 cup sugar
- 1 can of beer

INSTRUCTIONS

1. Preheat oven to 350°.
2. Combine all ingredients together.
3. Form into a ball.
4. Pour into greased and floured bread pan.
5. Butter top.
6. Bake for 50 min. until golden brown.

Rosemary Sugar Cookies

INGREDIENTS

- 1 cup butter unsalted
- ½ cup sugar
- 1 tsp. vanilla extract
- 2 cups flour
- 2 Tbsp. fresh rosemary, minced
- ½ tsp. sea salt

INSTRUCTIONS

1. Mix flour, rosemary and salt.
2. Cream butter and sugar. Add vanilla.
3. Mix wet and dry ingredients together.
4. Divide into rolls and wrap in plastic.
5. Refrigerate overnight.
6. Pre-heat oven to 350.
7. Cut into ¼" rounds.
8. Place 2" apart on ungreased cookie sheet lined with parchment paper.
9. Bake for 11-13 min.

Cranberry Sherbet

Submitted by Alice Hagerman

Cranberry Sherbet has been a family tradition for holiday meals since I was in Jr high. My mother told me that she found this recipe in a Fannie Farmer cookbook. Since we all liked it, it became the palate cleanser before holiday dinners. My young grandchildren were delighted to begin one Thanksgiving dinner with ice cream and gobbled it up. They joined other family members who enjoyed the tradition. (It is hard to imagine somebody that doesn't like cranberries, but they do exist.) Even if there is no one to celebrate with, I sometimes make the sherbet for myself. I discovered that it tastes good in chardonnay wine, also.

INGREDIENTS

- 12 oz. pkg. cranberries
- 1 ½ cup water
- 1 ½ cup sugar
- ½ cup orange juice
- 2 Tbsp. lemon juice
- 1 tsp. grated orange rind
- ½ tsp. grated lemon rind
- ¼ tsp. salt
- 2 egg whites, beaten

INSTRUCTIONS

1. Boil berries and water until the berries are soft.
2. Press through a sieve and add sugar.
3. Boil 1 min.
4. Cool and add the juices and rinds.
5. Freeze until nearly firm.
6. Add salt and egg whites.
7. Beat well and freeze until stiff.

For extra flavor, add 2 Tbsp. finely chopped candied ginger when mixing in the egg whites.



Pumpkin Currant Muffins

Submitted by Steve Huffman

Faye and I just made these last weekend and they turned out great. We used cranberries instead of currants. A great way to use pumpkin left over from baking a pumpkin pie.

INGREDIENTS

- 1 cup canned pumpkin
- ½ cup brown sugar
- 2 Tbsp. sugar
- ½ cup canola oil
- 2 eggs
- 2 tsp. vanilla
- 1 ¾ cup flour
- ½ cup whole wheat flour
- 1 Tbsp. baking powder
- 2 tsp. pumpkin pie spice
- ¾ tsp. salt
- 2/3 cup dried currants or cranberries
- 1 cup buttermilk or plain yogurt
- 2 Tbsp. water

INSTRUCTIONS

1. In a bowl mix pumpkin, sugars, canola oil, eggs, and vanilla.
2. Add dry ingredients.
3. Add buttermilk and water.
4. Drop batter into well greased muffin tins.
5. Sprinkle cinnamon sugar or streusel on top of batter.
6. Bake at 400 for about 25 min. or until tops spring back when lightly tapped.





Flourless Chocolate Beet Cake

Submitted by Helen Ferrell

This was served at Penni's birthday gathering. A sugar substitute can be used to reduce the carbohydrates.
From relish.com.

Flourless Chocolate Beet Cake

INGREDIENTS

Cake

- 9 oz. bittersweet or semisweet chocolate
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) butter
- $\frac{1}{4}$ cup olive oil
- 6 eggs, separated
- $\frac{3}{4}$ cup granulated sugar
- 1 cup pureed fresh cooked beets or one 15 ounce can, drained and pureed

- $\frac{3}{4}$ cup almond meal or flour
- 2 Tbsp. powdered sugar

Glaze

- 4 oz. semisweet or bittersweet chocolate
- $\frac{1}{4}$ cup heavy cream
- 2 Tbsp. butter

INSTRUCTIONS

1. Preheat the oven to 350.
2. To make cake, combine chocolate, butter and olive oil in a bowl set over simmering water. Stir until the chocolate is melted and smooth. Let cool.
3. Whisk together egg yolks and granulated sugar until light and well blended.
4. Add cooled chocolate to egg mixture, whisking well.
5. Stir in the pureed beets and almond meal.
6. With an electric mixer, beat egg whites with powdered sugar until soft peaks form. Fold egg whites into chocolate mixture until just combined.
7. Pour mixture into 6 greased cups and bake about 15 min.
8. Remove from oven. Centers will be jiggly. Let cool on a wire rack, Chill.
9. To make glaze, combine chocolate, cream and butter and microwave on low for 30 sec. Stir and microwave another 30 sec. until chocolate is melted.
10. Pour or spoon over cakes. Chill until ready to serve. Sprinkle with powdered sugar and serve.

Granola

Submitted by Betsey Williams

INGREDIENTS

- 4 cups oats
 - $\frac{3}{4}$ cup shredded coconut
 - $\frac{3}{4}$ cup almond slivers and other nuts
 - $\frac{1}{2}$ cup dried fruit
 - 1 Tbsp. cinnamon
 - 1 tsp. coriander
 - $\frac{2}{3}$ cup molasses
 - $\frac{1}{3}$ cup coconut oil
- Optional:
- $\frac{1}{2}$ cup sesame seeds

INSTRUCTIONS

1. Preheat oven to 325.
2. Mix dry ingredients. *do not add dried fruit yet*
3. Mix wet ingredients and combine with dry ingredients.
4. Spread on cookie sheet.
5. Bake for 30-40 min. stirring every 10 min.
6. Allow to cool and add the dried fruit.



Spelt Sweet Potato Coffee Cake

Submitted by Marcia Wiesner

This recipe is from a Joy of Cooking blog. No longer available online! This is always gobbled up at Unity of Flagstaff potlucks.



Spelt Sweet Potato Coffee Cake

INGREDIENTS

Crumb Topping

- ¼ cup + 2 Tbsp. whole grain spelt flour
- 2 Tbsp. wheat germ or oat bran
- 2 Tbsp. dark brown sugar
- 1 Tbsp. sugar
- 1/8 tsp. salt
- 1 ½ Tbsp. oil

Coffee Cake

- 1 cup whole grain spelt flour*
- ¾ cup all-purpose flour
- ¼ cup wheat germ or oat bran
- 1/3 cup dark brown sugar
- ¼ cup sugar (or less)
- ½ tsp. cardamom (or substitute cloves and cinnamon)

- ¼ tsp. nutmeg
- ½ tsp. cinnamon
- ½ tsp. salt
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 ½ cups coarsely grated sweet potato
- ¼ cup oil
- 1 cup buttermilk or yogurt (add more liquid if using Greek yogurt)
- 1 beaten egg

*Note: Whole grain spelt flour (available at health food stores) makes the cake tender and flavorful. If substituting whole wheat flour, add ¼ cup more liquid. This book's editor made this with sprouted spelt flour from Sprouts using ½ cup buttermilk and ½ cup + 2 Tbsp. skim milk and it made a delicious, moist cake.

INSTRUCTIONS

1. Preheat oven to 350°. Grease and flour a 9" spring form pan or 8 really big muffin tins.
2. Mix first 6 (topping) ingredients in small bowl. Add oil, mix with fingers to make a crumbly topping. Set aside.
3. Mix remaining dry ingredients in larger bowl.
4. Stir in grated sweet potato.
5. Add oil, buttermilk, and egg. Mix until just combined. Scrape into prepared baking pan. Sprinkle with topping.
6. Bake for 32-35 min. for large muffins, 42 min. for coffee cake, until skewer comes out with moist crumbs. Cool before removing spring form pan sides.

Avocado Chocolate Mousse (really-it is Awesome!)

Submitted by Rev. Penni Honey

Perfect for sugar free/Keto/just-paying-attention-to my-carbs diet

INGREDIENTS

- 4 large firm but ripe avocados chopped into small chunks
- ½ cup cocoa powder (I like to use ¼ dark and ¼ regular)
- 6 Tbsp. maple syrup or Keto maple syrup (use Keto maple syrup to keep it sugar free) You can use Swerve or Monk Fruit. Add until it meets your desired sweetness.
- 2 cans of coconut cream. Buy the canned coconut cream so you can refrigerate and let the cream rise and set at the top. The cream is the only part you will use for this recipe. **Do not tip the can when opening it. You want the liquid and the cream to stay separated.** (Use the coconut water that is left in the can in a smoothie!)

INSTRUCTIONS

1. A high speed blender or food processor makes it easier but I use a regular mixer. The trick is to chop your avocado up in to relatively small pieces and smash with a whisk before blending. Blend until smooth.
2. Add the rest of your ingredients and blend until completely smooth and combined.
3. I like to serve the mousse in small ramekins. This will make enough for 6. Good idea to refrigerate for at least 30 min., to firm up. If it seems a bit thick- add just a smidge of coconut milk- *just a smidge*.

4. Then to top it off with:

Homemade Coconut Whip Cream

1. Scoop the cream off the top of a chilled can of coconut milk using a regular spoon.
2. Put hardened coconut cream in a chilled bowl and chill your metal mixer thingys. **(this is important- you will be very disappointed if you skip this step. This is what helps to turn the cream into “whipped cream”)** .
3. Sweeten to taste with Stevia or powdered sugar (if you are non-Keto) Blend in.
4. **DO NOT OVER BLEND. YOUR WHIP CREAM WILL BECOME COCONUT MILK AGAIN!**

I like to serve it with a few organic raspberries and a mint leaf. Fancy huh? Enjoy!!



Almond Flour Biscuits

Submitted by Helen Ferrell

I got this recipe from my Naturopath when I decided to go gluten-free. It came from The Gluten Free Almond Flour Cookbook by Elana Amsterdam. I use it as a base for several versions, all of which have been provided at Unity gatherings over the past several years.

INGREDIENTS

- 2 ½ cups almond flour
- ½ tsp. sea salt
- ½ tsp. baking soda
- ¼ cup oil (can use butter or oil of your choosing)
- ¼ cup or less of honey (maple syrup works well, too)
- 2 large eggs
- 1 tsp. fresh squeezed lemon juice

Optional:

- 4-6 chopped dates, ½ cup chopped walnuts, orange zest, chocolate chips, blueberries or raspberries, lemon zest, nutmeg, or cranberries (see below)

INSTRUCTIONS

1. Preheat oven to 350°.
2. Grease cookie sheets or line with parchment paper.
3. Combine almond flour, baking powder, and salt.
4. In a medium bowl, mix together the honey, oil, eggs, and lemon juice.
5. Stir the wet ingredients with the dry.
6. Drop the batter in scant ¼ cups 2" apart onto a baking sheet. (if you want it more cookie-like, use tablespoon size.)
7. Bake for 15-20 min. or until golden brown.

These freeze well.





Pomegranate Cheesecake

Submitted by Trina Goetz

I found this recipe on [bakespace.com](https://www.bakespace.com) last summer during the pandemic. It turns out I am a total stress baker! Cheesecakes are very versatile, so try other fruits, praline, or chocolate for an alternate topping.

Pomegranate Cheesecake

INGREDIENTS

Crust

- 1 ¼ cup graham cracker crumbs
- 4 - 5 Tbsp. melted butter
- 4 Tbsp. sugar

or

- 1 premade graham cracker crust

Filling

- 3 - 8oz. packs of cream cheese at room temperature
- 4 eggs
- 1 cup of sugar
- 2 Tbsp. vanilla
- ½ tsp. lemon juice

Sour Cream Topping

- 16 oz. sour cream
- 1/3 cup plus 1 Tbsp. sugar
- 1 Tbsp. vanilla

Pomegranate Topping

- 1½ Tbsp. cornstarch
- ½ cup plus 3 Tbsp. pomegranate juice
- 2 Tbsp. sugar
- 1½ cups pomegranate arils
- 2 Tbsp. orange liqueur
- ½ tsp. orange zest

INSTRUCTIONS

Crust

1. Preheat the oven to 325.
2. Combine ingredients. Pat on the bottom of a springform pan and up the sides a little. (I like to use the bottom of a glass to get up along the edges....works wonderfully.)
3. Place in the refrigerator while mixing the filling together.

Filling

1. Beat the cream cheese until smooth. Blend in remaining ingredients. Pour into your graham cracker crust.
2. Place in the middle rack in your oven. Pour 1 cup of hot water into a dish on a rack below your cheesecake. Bake for 1 hour, turning the cake 90' halfway through. If needed, add another cup of hot water to the baking dish. This helps prevent big cracks by providing a humid atmosphere within your oven.

Sour Cream Topping

1. Combine ingredients and pour on top of the cheesecake.
2. Bake for an additional 10 minutes. Cool and refrigerate.

Pomegranate Topping

1. Dissolve the cornstarch in 3 Tbsp. of pomegranate juice.
2. In a saucepan, over medium heat, bring the remaining ½ cup pomegranate juice and sugar to a boil. Stir in the cornstarch mixture and heat, stirring constantly until everything thickens. Stir in the pomegranate arils. Add zest and liqueur. Pour everything into a bowl and set the bowl inside a larger bowl that contains ice water.
3. Stir to cool. Spread over the top of your chilled cheesecake. Chill an additional 2 hours or more.

Gluten Free Banana Bread

Submitted by Bettina Woolard

INGREDIENTS

- 2 cups sifted rice or other non-gluten flour
 - 2 $\frac{3}{4}$ tsp. baking powder
 - $\frac{1}{4}$ tsp. salt
 - 2 tsp. xanthan gum
 - $\frac{3}{4}$ cup sugar (the recipe in my cookbook calls for that, but I cut it down to $\frac{1}{2}$ cup because ripe bananas are so sweet)
 - $\frac{1}{2}$ cup oil (I use canola, but any kind that doesn't have a strong taste)
 - 2 eggs
 - 2 to 3 medium sized bananas, the riper the better
 - Optional: $\frac{1}{2}$ cup chopped nuts (I use walnuts)
- Optional:
- raisins or chopped dates or chopped apricots

INSTRUCTIONS

1. Heat oven to 350. Grease and flour 9x3x5 in. loaf pan.
2. Sift flour, baking powder, salt, and xanthan together.
3. Beat sugar, oil, and eggs until smooth. Mash in bananas until smooth.
4. Add sifted dry ingredients alternately with bananas, beginning and ending with flour mixture (I don't know why this is important).
5. Blend well after each addition. Stir in nuts and fruit.
6. Pour into loaf pan, bake for about an hour, or until a knife comes out clean when inserted into the center.
7. Cool completely on wire rack. Wrap in aluminum foil or Saran wrap. Leave overnight at room temperature before slicing.

When I make this I always make 2 loaves-- one for now, one for later or one for us, one for someone else. The loaves freeze well.



Chocolate Cake with Raspberries and Ganache

Submitted by Trina Goetz

Pure decadence! This cake recipe comes from the Hershey's Cocoa container (I added the ganache and raspberries). My mom started making it about 20 years ago for birthdays. I eventually started making it, too. It is a requested family favorite. I have made this for Dinner for Eight groups where it seemed I was always the dessert person!

INGREDIENTS

Chocolate Cake

- 2 cups sugar
- 1 $\frac{3}{4}$ cups all purpose flour
- $\frac{3}{4}$ cup Hershey's cocoa
- 1 $\frac{1}{2}$ tsp. baking powder
- 1 $\frac{1}{2}$ tsp. baking soda
- 1 tsp. salt
- 2 eggs
- 1 cup milk
- $\frac{1}{2}$ cup vegetable oil
- 2 tsp. vanilla extract
- 1 cup boiling water
- 2 pints raspberries

Ganache

- 1 pint whipping cream
- 12 oz. Ghirardelli dark chocolate chips

INSTRUCTIONS

Cake

1. Heat oven to 350. Grease and flour two 9 in. round cake pans.
2. Combine dry ingredients in a large bowl
3. Add eggs, milk, oil, and vanilla and beat on med. speed 2 min. (Beating for 2 min. is important. It helps with proper rising.)
4. Stir in boiling water. Batter will be thin.
5. Pour into pans equally.
6. Bake for 30-35 min. , or until a wooden toothpick comes out clean when inserted into the center.
7. Cool completely on wire rack.

Ganache

1. Leave cream out so it is room temperature.
2. Put chocolate chips in a small sauce pan.
3. Fill a larger sauce pan with 1 $\frac{1}{2}$ inches of water and put on stove with a low flame.
4. Set pan with chocolate inside pan of water. Stir chocolate as it melts.
5. When chocolate is melted, slowly stir in cream, stirring continually until thoroughly mixed.
6. Pour half of ganache over one cooled chocolate cake and spread evenly around it.
7. Place 1 pint of raspberries on top of frosted cake.
8. Carefully place second cake on top of first cake.
9. Pour remaining ganache on top and spread around the sides, too.
10. Top with remaining raspberries.





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