



Val's "Recipe Box"

As a former Home Economics teacher, Valerie Ahlers has accumulated a huge assortment of delicious recipes! In addition to being a teacher, she is a farm wife and mother and has cooked for people her entire life. She makes treats for all AgVantage Software staff on their birthdays and in general, spoils us all on a regular basis and we love it!



Val has been sharing her recipes regularly with her fellow AgVantage employees and her customers in our company newsletter since 2005. Theresa Willems and Dawn Wiltschek have also contributed to this recipe collection. After repeated customer requests for recipes that had appeared in old newsletters, we decided to make them all accessible on our website.

Yes, we are a technology company, but we still all have an appreciation for great food! We hope you enjoy her recipes!

Lori Campbell
Conference Mgr.
AgVantage Software



Raw Apple Cake—Fall, '05

Cream together:

- 3/4 C. butter
- 1 C. white sugar
- 1/2 C. brown sugar

Beat & add: 2 eggs

Mix in measuring cup and add to batter:

- 1C. milk
- 1Tbs. lemon juice or vinegar
- 1 tsp. baking soda

Add & mix slowly:

- 2 1/2 C. flour
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. vanilla
- 2 C. diced apples

Pour into greased 9 x 13 cake pan. Sprinkle cinnamon sugar mix (1/3 c. sugar, 1/2 tsp. cinnamon) and 1 c. chocolate chips and/or walnuts on top of cake. Bake at 350° for 40 min or until toothpick inserted in center comes out clean.



Recipe Box—Winter, '06 Val's Chicken-Broccoli Lasagna

- 1 Tbs. Butter
- 4 large chicken breasts, cut in bite-sized pieces
- 1 can of mushrooms
- 1 -16 oz. Jar of Alfredo sauce
- 3 cups broccoli, cut up & partially cooked (or spinach)
- 6-8 lasagna noodles, uncooked
- 6 slices American cheese
- 2 cups mozzarella cheese, divided



Preheat oven to 300 degrees. Melt butter in fry pan. Lightly cook chicken and cover to steam and keep moist. While chicken is cooking, cut up and microwave broccoli. Add broccoli, mushrooms (undrained), and Alfredo sauce to the chicken. Rinse out jar with 1/2 cup of water and add to the mixture.

Spray 9x13 pan with non-stick cooking spray. Place 3-4 noodles across bottom. Spoon 1/2 chicken mixture on top, then top with the American cheese, another layer of noodles and the rest of the sauce. Rinse sauce pan with 1/3 cup of water and pour over all. Sprinkle on 1 1/2 c. of the mozzarella cheese. Cover with foil.

Bake 1 hour. Take off foil, garnish with the remaining 1/2 cup of mozzarella cheese. Bake another 15 minutes.

AgVantage® Celebration Punch

Spring, '06

- 2- 12 oz. cans of frozen Limeade
- 2- 12 oz. cans of frozen OJ
- 1- 12 oz. can of frozen pineapple juice
- 2 pkg. of unsweetened Kool-aid (lemon lime)
- 2 liter bottle of 7up
- 1 qt. Lime Sherbet



Add water as directed on the cans of limeade, OJ and pineapple juice. Add undiluted kool-aid. Before serving, add 7up and float scoops of sherbet on the punch.

This recipe can be adapted to go with most colors for graduation, confirmation, showers, etc. Just change the color of the kool-aid and sherbet.

50 servings

recipe submitted by Valerie Ahlers

Italian Tortellini Salad—Summer, '06

From the kitchen of Valerie Ahlers, Customer Services Representative

- 1 9 oz. pkg. refrigerated 3 Cheese Tortellini
- ½ C. chopped celery
- 1 C. cauliflower, small flowerettes
- 1 C. broccoli, coarsely cut up
- ½ C. small carrots, sliced
- 2 green onions, sliced
- ½ C. Italian dressing
- ½ C. grated Parmesan cheese

Cook tortellini according to directions on package. Drain. In a large bowl, combine tortellini and vegetables. Pour over dressing. Sprinkle cheese over the top. You may substitute other garden vegetables.

Pumpkin Pie Squares—Fall, '06

- 1C. flour
 - ½ C. brown sugar
 - ½ C. oatmeal
 - ½ C. melted butter
- Mix together and pat into 9 x 13 pan. Bake at 350° for 15 min.

- 2 C. pumpkin pie filling
- ½ tsp. salt
- 1 can evaporated milk
- 1 tsp. cinnamon
- 2 eggs
- ¼ tsp. ginger
- ¾ C. sugar
- ¼ tsp. cloves

Beat until well mixed. Pour on baked crust and bake for 20 minutes.

- ½ C. chopped pecans
- ½ C. brown sugar
- 2 Tbs. melted butter

Mix and sprinkle over pumpkin mixture and bake for 15-20 minutes (until a toothpick comes out clean)



Caramel Krispie Bars—Winter, '07

Here is a favorite variation of Rice Krispie bars. Lightly coat a 9 x 13 cake pan with nonstick cooking spray.

Melt in microwave: 14 oz. caramels (unwrapped)
¼ c. butter
1 can sweetened condensed milk



Put together in glass bowl and microwave 1 min, stir, heat another min, stir-continue until blends together (3-4 min).

Over low heat on stovetop, mix: ¾ c. butter, 1 ½ pkg min. marshmallows (about 15 oz) Stir just until melted. Add: 7 C. Rice Krispie-type cereal

Stir until well mixed. It will be sticky. Spread half in the bottom of your greased pan. Sprinkle a layer of min. marshmallows on (use the other half of the bag). Pour the warm caramel over the marshmallows. With buttered hands, spread (or pat) the rest of the krispie mix over the top. Cool before serving. Cut small as they are thick

Chicken Enchiladas—Spring, '07

1 pkg. soft taco flour tortilla (10 small)
4 chicken breasts cut up
½ pkg. taco seasoning
8 oz. sour cream
1 small can chopped green chilies
1 can cream of chicken soup, divided
1 cup shredded cheddar cheese, divided
¾ cup milk
1 small can mushrooms, optional



Cut up chicken and cook until no longer pink. Add taco seasoning, sour cream, mushrooms, ½ c. cheese, ½ can of soup and green chilies and stir until well mixed. Mix milk with balance of can of soup. Spread 1/3 of it across bottom of grease 9 x 13 pan. Put large spoonful of chicken mixture in tortilla and roll up. Place in bottom of pan. Pour remaining soup/milk mix over tortillas, spreading evenly. Cover with aluminum foil and bake for 45 min. at 350. Uncover, sprinkle with ½ c. cheese and bake an additional 15 min. Garnish with lettuce, tomatoes, and sour cream.

Bonnie's Guacamole

Summer, '07

Juice of 1/2 orange
Juice of 1 lime
2 avocados (seeded and scooped out of skin)
Coarse ground salt to taste (sea salt is best)
2 TBSP diced red onion
1/2 cup medium chunky-style salsa
2 tsp chopped fresh cilantro



Directions:

Squeeze juices into bowl. Add avocado and coarsely chop. Add salt, diced onion, medium salsa and cilantro fold into avocado mixture.

Deluxe Crispix Mix—Fall, '07

By Superchef, Valerie Ahlers

- 1-12 oz. box of Crispix cereal
- 1 Cup pecan halves
- 1 Cup almonds (used slivered)
- 7 TBSP butter
- 1 Cup brown sugar
- ½ Cup corn syrup
- 1 TBSP vanilla



Mix cereal and nuts in a large bowl. Heat to a rolling boil the butter, sugar and corn syrup in glass bowl in microwave. Boil 3-4 minutes. Add vanilla. Pour over cereal/nut mix. Gently toss to lightly coat. Spread out on 10 x 15 pan (can use 2 cake pans). Bake at 250 for 1 hour, stirring every 15 min. Spread out to cool- break into pieces. You can add candy corn or M & M's for "holiday" occasions.

White Chicken Chile—Winter, '08

By Theresa Willems

- 6 skinned and boned chicken breast halves, cut into bite size pieces
- 2 cups sweet onions, chopped
- 2-3 garlic cloves, minced
- 1 TBSP olive oil
- 2½ cups chicken broth
- 2 - 15 oz. cans of great northern beans, rinsed and drained
- 2 - 15 oz. cans of great northern beans, drained and mashed*
- 1 - 4 oz. can of chopped green chilies
- 1 tsp kosher salt
- 1 tsp dried oregano, crushed
- 1½ tsp ground cumin
- 1 tsp chili powder
- ½ tsp ground red pepper
- ½ tsp ground black pepper



Garnishes: Sour cream, shredded cheese, chopped cilantro, sliced green onions, salsa, or tortilla strips.

In a large saucepan over medium heat, sauté chicken pieces and onion for 8-10 minutes or until chicken is thoroughly cooked and juices run clear. Stir in garlic, cooking just for a minute or two. Stir in broth and the remainder of the ingredients with the exception of the garnishes. Bring to a boil, cover, reduce heat, and simmer 30 minutes. Makes 10 cups.

*If desired, add ½ to ¾ cup of broth to the two cans of beans to be mashed in a blender to make a smoother puree to add to the chili.

**For more vegetables in this chili, add ½ cup chopped celery and 1 cup of minced carrots to the onions before

Rhubarb Cream Cake—Spring, '08 *(other fruits may be used)*

1 box yellow cake mix
Eggs/oil/water as directed for the cake mix
3 c. chopped rhubarb (can also use peaches,
strawberries, blueberries, raspberries)
½ c. sugar
1 c. half and half



Preheat oven to 350. Spray or grease 9 x 13 cake pan. Mix cake as directed on package. Spread in pan. Sprinkle fruit over the top. Sprinkle sugar over fruit. Carefully pour half and half over top of whole cake. Bake for 40-45 min. The fruit, sugar, and half & half will form a custard and sink to bottom of cake.
Lowfat substitution - recipe actually calls for heavy whipping cream but you can also use evaporated milk for even less calories than the half & half.

Rhubarb grows quite abundantly in Minnesota in the spring but also can be purchased in the frozen fruit section of the grocery store.

Banana Cream Pie Dessert—Summer, '08 *By Theresa Willems*

Crust:

2¼ cups All Purpose Flour
1½ tsp salt
½ cup white sugar
3 TBSP Milk
¾ cup vegetable oil

Filling:

6 bananas
6 cups Half & Half or light cream
2 - large boxes Vanilla instant pudding



Mix the dry ingredients together until well blended. Add in the oil and milk and mix until a dough is formed.

Press the dough into a jelly roll sized pan.

Bake at 350 for 15 - 20 minutes, watching closely that last 5 minutes, until the crust is a deep golden brown. Allow to cool thoroughly. Once the crust is completely cool, slice the bananas onto the crust. In a mixing bowl, pour the 1/2 & 1/2 (or light cream), and stir in the pudding mix. Whisk briskly for 2 minutes. Working quickly, as this thickens quite quickly, pour the pudding over the sliced bananas, making sure all bananas are covered to prevent browning. Refrigerate for a half hour to set. Top with whipped cream. Enjoy!

(It's gotta be healthy, it has bananas in it!!)

Apple Crescents—Fall, '08

By Valerie Ahlers

- 2 med-large apples, (peeled and cut into 1/8's)
- 1 roll crescent dough
- 1/2 C. sugar (scant)
- 1/2 C. orange juice
- 1/4 C. melted butter
- 1/4 c. chopped pecans (*optional*)

Unroll crescent dough and cut eight triangles in half to form 16 smaller triangles. Roll apple slices inside dough from wide end to narrow. Place in sprayed 9 x 13 pan. Sprinkle sugar over crescents, pour melted butter and orange juice over. Sprinkle with pecans, if desired. Bake at 350° for 30 minutes.

Note: Depending upon how strong of a citrus flavor you want, you can also use 1/4 c. orange juice with 1/4 c. water. Or, substitute all Mountain Dew or all water for the orange juice.



Chicken Wild Rice Bake—Winter, '09

By Valerie Ahlers

- 1 lb cut up chicken, cooked
- 2 Tbs. onion (1 tsp. if dehydrated)
- 1 can chicken rice soup (or chicken gumbo works too)
- 1 can cr. of mushroom soup (can use celery or chicken)
- 1 box of Uncle Ben's Long Grain & Wild Rice
- 1/2 C. Minute Rice
- 1 C. chopped celery
- 1 can of mushrooms (juice included)
- 2 1/2 soup cans of water
- 1/4 C. soy sauce (or less if watching salt intake)
- Pepper to taste



Mix and put in sprayed 9 x 13 pan. Bake for 1 1/2 hours at 350. I usually cover for first hour. You can also use browned hamburger. Sometimes I add a package of frozen broccoli when I make the one with chicken.

Strawberry Angel Dessert—Spring, '09

By Valerie Ahlers

This is a low calorie, light dessert

Prepared angel food cake.
6 oz. pkg. of sugar-free strawberry gelatin
1 ½ C. boiling water
1 qt. strawberries (fresh or frozen)
8 oz. container of light whipped cream
(i.e. Cool Whip)



Boil water and add gelatin, stirring until well dissolved. Add strawberries (cut up if fresh) to gelatin mix and chill in refrigerator until set. Meanwhile, tear half an angel food into small pieces and put on bottom of 9 x 13 cake pan. After gelatin mixture is set, stir whipped cream into it. Pour half of mixture over cake pieces. Add another layer of cake pieces and then top with the balance of gelatin/whipped cream mix. Chill until ready to serve.

(Other variations of this recipe)

Chocolate Angel Dessert: Prepared angel food cake, 6 oz. chocolate chips, 2 TBSP water, 2 eggs, separated, 8 oz. container whipped cream (cool whip)

Melt chocolate chips and water in microwave. Separate eggs, add yolks to chocolate mixture and microwave 30 sec. Put in refrigerator to cool. Tear cake and put half in 9 x 13 cake pan. Beat egg whites until they hold peaks. Stir egg whites and whipped cream into cooled chocolate mixture. Spread half over cake pieces, add rest of cake broken into pieces and top with balance of chocolate mix. Chill until ready to serve..

Pineapple Cream Angel Dessert: Prepared angel food cake, 2 eggs, separated, ¾ cup sugar, 2 TBSP cornstarch, 1 cup milk, 20 oz. can

Summertime Salad—Summer, '09

By Valerie Ahlers

1 small pkg. ring macaroni, cooked and cooled
2 C. shredded cabbage
1 cucumber, peeled and cut in small pieces
1 small onion, chopped
¼ C. chopped green pepper
Other garden vegetables- carrots, tomatoes, etc
½ C. sugar (Splenda may be used)
¼ C. vinegar
1 C. Miracle Whip



Combine macaroni and vegetables. Blend sugar, vinegar and Miracle Whip and mix with salad. Refrigerator 2 to 3 hours (overnight is best to blend flavors) before serving.

You may also add cubed ham, chicken, or tuna.

Lasagna Soup—Fall, '09

By Dawn Wiltscheck and Val Ahlers

- 1 lb. hamburger
- 1 tsp dried onion
- 2-14 oz cans chopped tomatoes
- 1 46 oz can tomato juice
- 1 tsp beef soup base
- 1 C water
- 1 Tbsp brown sugar
- 3 tsp Italian Seasoning
(basil, oregano, & thyme)
- 2 C uncooked mini lasagna noodles
(any pasta-I like bow ties)
- ¼ C. grated parmesan cheese
- 1 ½ C. grated mozzarella cheese



Brown beef and onion. Add tomatoes, juice, base mix, seasoning and brown sugar. Bring to boil and simmer 15 min. Add pasta and simmer another 20 min. Stir in parmesan cheese. Garnish each bowl with mozzarella cheese. You can use tomato sauce instead of the juice and can chop up your own fresh tomatoes from the garden. Cooked mushrooms and/or other vegetables may also be added.

Mock Filet Mignon

Winter, '10

Place 8-10 slices of uncooked, lean bacon slightly overlapping on wax paper or cutting board. Set aside.

Mix & form into a 10" roll:

- 2# lean ground beef
- 1Tbsp dried onion
- 1 beaten egg
- 1 C. shredded cheddar cheese
- 3 Tbsp catsup
- 2 Tbsp Worcestershire sauce
- ½ tsp pepper



Place beef roll on bacon strips. Roll and fasten with a toothpick in each piece of bacon. Cut into 1" slices and place in baking pan or cook on the grill. If using the oven, bake at 350 degrees for about 45 minutes, or until center tests done.

- Valerie Ahlers

Broccoli Salad

Spring, 2010

Salad:

Broccoli – one large head, broken or chopped
Celery – 2 to 3 stalks, chopped
½ cup raisins or craisins
1 lb green or red grapes, cut in half
6 green onions, sliced
1 lb bacon, cooked and crumbled
Pecans or cashews – add as much as you'd like

Dressing:

1 cup mayo
1 cup sugar – this can be reduced if you don't like it as sweet
1 Tablespoon vinegar

Mix salad ingredients together. Just before serving toss with dressing.



- Valerie Ahlers

Ice Cream / Sherbet Frozen Dessert

By Val Ahlers Summer, 2010

Crust:

1½ Cup crushed Ritz Crackers (1 tube)
3 TBSP sugar
⅓ Cup melted butter

Filling:

½ gallon vanilla ice cream, softened
1 qt lemon sherbet, softened

Topping:

1 Cup sugar
2 eggs, beaten
⅓ Cup butter
4 TBSP lemon juice



Mix crust ingredients together. Pat into bottom of 9x13 pan. Put in freezer to set. Mix together filling ingredients. Spread over crust. For topping, mix sugar and eggs until creamy. Add butter and lemon juice and stir until well blended. Microwave on high 1 min. Stir. Microwave another minute. Stir. Microwave 30 sec. Stir. Continue until thick. Cool and then spread over ice cream-sherbet mixture. Freeze until ready to serve. Remove from freezer 10-15 min before serving. *Optional: top with toasted coconut or chopped pecans.*

You may substitute other flavors of sherbet and topping (i.e. with green sherbet, use lemon or lime juice; with orange sherbet, use orange juice; with strawberry/raspberry sherbet, use strawberry pineapple juice).

Triple Chocolate Cream Cheese Cake

By Val Ahlers, November, 2010

Cake Batter

1 box chocolate butter cake mix
1/2 Cup butter, softened
1 Cup water
3 eggs
2 TBSP flour

Cream Cheese Mixture

8 oz. cream cheese, softened
1 egg
1/4 Cup sugar
1 tsp. vanilla
1/2 Cup chocolate chips (add after mixed)

1/4 Cup sugar
1/2 Cup chocolate chips



Beat cake mix with the butter, water, eggs, and flour, about 2-3 minutes. Spread into a 9 x 13 pan that has been sprayed.

In a separate bowl, with a mixer, beat together the cream cheese, egg, sugar, and vanilla until smooth. Then stir in 1/2 cup chocolate chips. Pour this mixture over the top of the cake. Swirl it with a knife, running the knife through three times in each direction to give it a "ribbon" effect.

Sprinkle 1/4 cup sugar over the top of the entire cake. Bake at 350 degrees for 35-45 minutes or until a toothpick comes out clean. Cool the cake and then melt 1/2 cup chocolate chips in the microwave and drizzle it over the top.

Easy Cheesy Potato Soup

By Valerie Ahlers, February, 2011

Makes 12 servings, serving size is 3/4 cup

2 cups water
1 large can chicken broth (48 oz.)
1 8-oz. pkg, cream cheese, cubed
32 oz. pkg. frozen hash brown potatoes, or 3 large potatoes, peeled & cooked
1 T. dehydrated onion
1 tsp. garlic powder
1 tsp. dill weed
1/2 c. shredded or cubed cheddar or colby jack cheese

1. Combine water and chicken broth in a large soup pot over heat.
2. Add cheeses and stir until melted
3. Microwave potatoes in a small amount of water for 5 minutes and add to soup pot. (Or add frozen hash browns)
4. Add all other ingredients and simmer 20 minutes.

Optional: add chopped ham, chicken, or beef if desired. (Photo has chopped ham added.)

This is a creamy soup that is gluten-free.



Peanut Buster Dessert

By Valerie Ahlers, May, 2011

- 24 ice cream sandwiches
- 16 oz. jar hot fudge topping
- 12 oz. tub of whipped topping
- ½ C. peanuts



Layer 12 ice cream sandwiches on the bottom of a 9 x 13 pan. Layer ½ of hot fudge topping (softened but not heated) over top of sandwiches. Sprinkle on peanuts. Layer ½ of whipped topping. Add 12 sandwiches as next layer and then put balance of fudge topping on dessert. Freeze until ready to serve. May garnish with rest of whipped topping and a cherry.

This is a quick and simple summer recipe.

Grilled Peaches

By Valerie Ahlers, August, 2011

- 4 peaches
- 1 pkg. Honey Nut Cream Cheese Spread

This is another easy thing to do on the grill during “peach” season. Place whole peaches in boiling water for 1 min and then pull skin off. Cut peaches in half and place a spoonful of Cream cheese with honey and nuts on top. Heat on foil on grill for About 5-8 minutes on low heat, or until cream cheese is melted.



Note: You can make your own honey nut cream cheese spread by mixing:
8 oz. package of cream cheese
1 tsp honey
1/4 c. walnuts or pecans
1/2 tsp. ground cinnamon (optional).

Pizza on the Grill

By Valerie Ahler, August, 2011

Pizza Crusts (ready-made from grocery store)
Olive Oil
Sauces: pizza sauce, spaghetti sauce, alfredo sauce, BBQ sauce
Meat: sausage, chicken, hamburger, & pepperoni
Vegetables/Fruit: chopped onion, peppers, mushrooms, olives, tomato, pineapple, etc.
Aluminum foil (heavy duty is best or double it)



Main Course Pizzas



Peach Dessert Pizza

I have used both charcoal and gas grills for this recipe and either is fine. Just remember to use **low heat**. Cover grill grates with foil. With a brush or paper towel, brush one side of a ready-made crust with olive oil. Warm crust on grill while brushing the second side with oil. Flip crust and place toppings on each pizza. Heat by putting grill cover down. The heat will circulate and melt the cheese. It only takes a few minutes, so watch these carefully.

Some of my favorite combinations: BBQ and Chicken, Alfredo and Chicken, Sausage and sauerkraut, Canadian bacon and pineapple, hamburger and green olive, veggie with peppers, onion, mushroom - THE SKY'S the LIMIT. For dessert, you can make a dessert pizza using cream cheese and fruit, similar to what is listed in the recipe below. For a final step, sprinkle a little bit of brown sugar on top of the peach dessert pizza.

Note: Pizza crusts are usually located either by the pizza ingredients or in the deli section of the grocery store.

Cream Danish

By Valerie Ahlers, November, 2011

2 packages crescent rolls

Filling

1 egg, separated
2 8 oz. packages cream cheese, softened
1 C. sugar
1 tsp. vanilla
Mix egg yolk, cream cheese, sugar and vanilla together until smooth.

Topping

¼ c. sugar
½ tsp. cinnamon
½ c. chopped pecans (optional)



Spray 9 x 13 pan with Pam. Line bottom of pan with 1 package of crescent rolls and spread filling on top of it. Cover with second layer of crescent rolls. Beat egg white until frothy and brush over top of crescent rolls. Sprinkle with cinnamon sugar mix. Sprinkle with pecans. (optional)

Bake at 350 for 30 min. Refrigerate 2-3 hours before cutting.

Red Velvet Bon Bons

(for your Valentine?)

Yield: about 5 dozen February, 2012

By Kristi Wendricks, Customer Services Representative

Start by making a Red Velvet Cake:

½ cup butter
1½ cup sugar
1 tsp vanilla
2 eggs
1 oz. red food coloring
2 TBSP cocoa
1 tsp salt
2¼ cup cake flour
1 cup buttermilk
1 tsp baking soda
2 tsp vinegar
dipping chocolate (Ghirardelli or other brand)



These were decorated with green for Christmas. Use pink, red, or white to decorate for Valentine's Day.

Cream butter, sugar, and vanilla. Add eggs and beat with mixer. Combine red food coloring with the cocoa and add to the creamed mixture. In a separate bowl, sift together the salt and cake flour. Gradually add flour mixture, alternating with the buttermilk, to the creamed mixture. Combine baking soda and vinegar together and then add to the cake batter. Pour into a greased and floured 9 x 13 inch pan. Bake at 350 for 25-27 minutes. Let cake cool.

In a large bowl crumble pieces of the cake and mix in one can of Pillsbury Cream Cheese Frosting. Mix Well. Roll dough into 1½ inch balls. Place on cookie sheet and freeze, about 2 hours. Dip balls in melted

Cabbage Salsa

By Valerie Ahlers, May, 2012

Customer Services Representative

We enjoyed this recipe when we are at La Laguna restaurant, while installing our new customer Wallowa County Grain Growers in Enterprise, OR. There were no set amounts, so I tried to come as close as I could to what they used. You may alter to your personal taste.

6-8 Roma tomatoes, chopped
¼ onion, chopped
¼ c. fresh cilantro, chopped
3 c. cabbage (I used cole slaw mix) chopped
Canned or fresh jalapenos, chopped
½ c. lime juice
¼ c. white wine vinegar
1 T. sugar
Salt
Pepper
½ tsp. oregano



Mix liquids together and pour over the rest of the ingredients. Let it sit at least 2 hours before serving, overnight in refrigerator is best. Serve with tortilla chips.

Summer Cake

By Valerie Ahlers, August, 2012

This is a recipe shared by an employee at TruPointe when we were on-site for a merger. It is light and refreshing.

1 Box Yellow Cake Mix
11 oz. can of Mandarin oranges with the juice
2 eggs
½ C. water
½ C. oil

Mix together according to cake directions and pour into a greased 9 x 13 pan. Bake at 350 for 40-45 min.

While cake is cooling, mix together and refrigerate—
1 can crushed pineapple with the juice
1 small box instant vanilla pudding.

When the cake is cooled, add
8 oz. Cool Whip
To the pineapple mixture and spread over cake. Refrigerate to store.

You can make this a “low calorie “ cake by substituting sugar free cake mix, sugar free pudding and lite whipped cream.



Sweet 'n Salty Toffee

By Valerie Ahlers, Customer Services Representative
December, 2012

1 pkg. bow tie pretzels
2 sticks butter
1 cup brown sugar
12 oz. package chocolate chips (semi-sweet or milk chocolate)

Cover jelly roll pan with foil. Spray with cooking spray.
Layer with bow tie pretzels, without overlapping them. Set aside.

In a sauce pan, while stirring constantly, heat butter and brown sugar until thick – 280 degrees. Pour over pretzels and spread evenly. Bake five minutes in oven at 350 degrees.

Sprinkle with chocolate chips. Bake one minute to melt chocolate chips. Spread evenly.

Optional—you may lightly sprinkle the top with coarse salt.

If in a hurry, you can put the finished toffee in your freezer for 15 minutes to set up quickly.

Break up toffee into serving sized pieces. Store in an airtight cookie tin or glass container for up to a month.
To keep longer, store in your freezer.



Adventure's Milltown Meatloaf

November, 2012 Here is a tasty meatloaf recipe we were served at the Adventures Restaurant in Rice Lake, WI. They shared the recipe with us last Fall, as we were in the area installing our new customer, Lakeland Coop. This recipe has been featured by food editors in Twin Cities newspapers and is a favorite at Ag-Vantage monthly staff meetings.

- Valerie Ahlers, Customer Services Representative

- 1 C. diced portabella mushrooms
- ¼ C. diced onion (I use 1T. dehydrated onion)
- 1 Tbs. minced garlic
- 2 Tbs. olive oil
- 1 C. cooked wild rice
- 1 ½ # ground beef
- 1 # ground pork
- 1 C. bread crumbs
- 1/3 C. ketchup
- ¼ C. finely chopped parsley
- 1 tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. paprika
- ¼ tsp. salt



Sautee mushrooms, onion and garlic in olive oil. Add wild rice and stir. Cool and add to rest of ingredients. Knead to mix (do not over mix). Pat into pan and bake at 350 for 40 minutes to 1 hour (internal temperature reads 165 degrees in center)

Wild Mushroom Gravy

- 4 oz. butter
- 8 oz. diced portabella mushrooms
- 8 oz. sliced white mushrooms
- ¼ c. fine diced onion (I use 1 Tbs. dehydrated onion)
- 1 Tbs. minced garlic
- 1 tsp. thyme
- ½ C. red wine (or liquid)
- 1/3 C. flour
- 3 C. water
- 1 tsp. beef base
- ½ C. sun dried tomatoes
- 2 Tbs. tomato paste

Sautee mushrooms, onion, garlic and butter until tender. Add thyme and red wine until reduced. Stir in flour and mix so you will not get lumps. Whisk in water, beef base and tomato products and simmer until thick. Taste and adjust seasonings and thickness if necessary.

Pour Mushroom Gravy over individual slices of meatloaf.

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