



## Val's "Recipe Box"



4/18/19

As a former Home Economics teacher, AgVantage Customer Services Representative Valerie Ahlers has accumulated a huge assortment of delicious recipes! In addition to her former career as a teacher, she is a farm wife and mother and has cooked for many 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!

In March, 2019, Val was honored to be a recipient of the Community Service Award from the Minnesota Grain & Feed Association. It was granted for her many hours of lifetime volunteerism with the SE Minnesota Grain Dealers Association and many other groups. Congratulations Val!

Val has been sharing her recipes regularly with her fellow AgVantage employees and her customers in our company newsletter since 2005. Occasionally, other staff members 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, in sort of a cookbook.

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

Lori Campbell  
Retired Conference Manager  
AgVantage Software, Inc.



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—The Recipes appear in this book in the order in which they were featured in the AgVantage Newsletter



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## 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. Let set 10 minutes before cutting. Serves 8.

## 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
- 1 can evaporated milk
- 2 eggs
- ¾ C. sugar
- ½ tsp. salt
- 1 tsp. cinnamon
- ¼ tsp. ginger
- 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 and rich.  
-Valerie Ahlers

## 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.

- Recipe submitted by Valerie Ahlers

## 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. Result should be crudely chopped not mashed.

## 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 sautéing.

## **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, ¼ cup sugar, 2 TBSP cornstarch, 1 cup milk, 20 oz. can crushed pineapple, drained (save juice), 8 oz. container whipped cream (cool whip)

## **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  
½ Cup melted butter

### Filling:

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

### Topping:

1 Cup sugar  
2 eggs, beaten  
½ 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



about 2-3

Beat cake mix with the butter, water, eggs, and flour, 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)



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.

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

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 dipping chocolate. Cool on waxed paper.

## **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 AgVantage 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.

*Printed with permission from Adventure's Milltown Restaurant*

## Chilled Cherry Dessert, February, 13

By Valerie Ahlers, Customer Services Representative

### Crust:

- ¼ C. melted butter
- 2 C. graham cracker crumbs
- 3 Tbs. powdered sugar

Mix together the butter, cracker crumbs and sugar. Using 2/3 of the mix, pat into 9" x 9" sprayed pan. Set aside remaining 1/3 to use for topping. Bake crust for 5 min. in a 350 degree oven.

### Mix together:

- 8 oz. whipped topping (Cool Whip)
- 4 C. miniature marshmallows

### Open:

- 1 can cherry pie filling

### Arrange Layers:

Using your crumb crust, spread half of the whipped topping/marshmallow mix on top. Then place the cherry pie filling over the top. Next, use the last half of the marshmallow mix. Sprinkle with remaining crumbs. Store in refrigerator. You may substitute blueberry, strawberry, mixed fruit or other fruit pie filling.



## Chocolate Éclair Cake, May, 2013

by Valerie Ahlers, Customer Services

- 1 stick Butter
- 1 C. Water
- 1 C. Flour
- 4 Large Eggs
- 8 oz. Cream Cheese
- 1 Lg box Instant Vanilla Pudding
- 3 C. milk
- 8 oz. Cool Whip (only use part)
- Chocolate Syrup or Topping

Preheat oven to 400. Lightly grease a 9 x 13 glass baking dish.

Éclair crust: In a medium saucepan, melt butter and add the water. Bring to a boil. Remove from heat and stir in flour until lumps are gone and balls around wooden spoon. Beat in one egg at a time until all four have been added. The mixture should be smooth and like paste. Spread on the bottom and sides of baking dish. Bake about 30 min. or until golden brown. Check- do not over bake. Remove from oven and cool (do not push down bubbles.)

Filling: Whip cream cheese in a medium bowl. In a separate bowl, mix vanilla pudding and milk—let the pudding set up in your refrigerator. After set, gradually add pudding to cream cheese. Let cool in fridge. When crust is completely cooled, pour filling on crust. Top with Cool Whip (you pick thickness) and drizzle with chocolate. I use sugar free pudding, 1% milk, and sugar free cool whip to make it a lower calorie dessert.



## Key Lime Fruit Salad, August, 2013

by Valerie Ahlers, Customer Services

- 6 oz. Key Lime Pie Yogurt
- 2 Tbs. orange juice
- 2 C. fresh pineapple chunks
- 1 C. strawberry halves
- 2 C. green grapes (cut in half if large)
- 1 C. fresh blueberries
- 2 C. cubed cantaloupe
- ¼ C. shredded angel flake coconut  
(can toast if you want crunchy)

In a small bowl mix yogurt and orange juice.  
In a 2 ½ qt. clear bowl layer fruit as listed.  
Pour yogurt mixture over the top. Sprinkle with coconut. Serve immediately. I have my fruit ready to go and just add topping when ready to serve.



## Holiday Cheese Dip, November, 2013

by Valerie Ahlers, Customer Services

- 2 - 8 oz cream cheese, softened
- 2 c. shredded sharp cheese
- 1/3 c. dried cranberries
- 1/3 c. dried apricots - chopped
- 1/3 c. cashews - chopped
- 1/3 c. red pepper - chopped
- 1/3 c. bacon - cooked and crumbled
- 1 tsp onion powder

Mix and chill. May be rolled into a ball or served as a dip with crackers, veggies or baguettes. The cheese ball in the photo was also rolled in extra chopped red peppers and cashews.



## **Pineapple Pretzel Salad, *December, 2013***

by Valerie Ahlers, Customer Services Representative

**1/3- 1/2 bag of tiny twists pretzels, broken up**  
**1 stick butter (1/2 c.)**  
**½ C. Granulated white sugar**  
**8 oz. cream cheese, softened**  
**¼ c. white sugar**  
**8 oz. whipped topping**  
**20 oz. crushed pineapple, drained**

**Preheat oven to 400. Line jelly roll pan with foil and spread crushed pretzels (do not pulverize-broken to small pieces). Bring sugar and butter to boil and boil for 1 min. Pour over pretzels and bake at 400 for 6 min. Break into pieces as soon as you take out of oven.**

**Mix sugar and softened cream cheese. Stir in cool whip and add drained pineapple. Chill. Add pretzels just before serving. Can use as salad or dessert.**



## **Fiesta Corn Chip Salad With Beans**

***February, 2014***

by Valerie Ahlers, Customer Services Representative

**Mix in a large bowl:**

**2 cans (15 oz. each) whole kernel corn, drained**  
**1 can (15 oz.) black beans, rinse and drained**  
**2 C. shredded Mexican cheese blend**  
**½ can diced green chilies**  
**1 medium red pepper, chopped**

**Mix dressing in a separate bowl:**

**1 C. Mayonnaise**  
**¼ tsp. Cumin**  
**Dash of salt**  
**Dash of pepper**



**Stir dressing into the rest of the ingredients in the large bowl. Top with crushed chili-cheese flavored corn chips. You could also use this as a dip and use “scoop” type chips.**

## Cool Cucumber Dip, *May, '14*

by Valerie Ahlers, Customer Services Representative

- 1 Medium Cucumber, peeled & shredded  
(I like to use English cucumbers)
- 8 oz. cream cheese, softened
- 2 shakes of pepper
- 1/8 tsp. garlic salt
- 1/8 tsp. onion powder (may use onion salt)



Peel and shred cucumber. Stir into softened cream cheese.

Add pepper, garlic salt, and onion. Mix and chill for a while for flavors to blend. Great served with ruffled potato chips but it is also great to use with cut up veggies or other types of chips.

## Strawberry Spinach Salad

*AUGUST, '14*

by Valerie Ahlers, Customer Services Rep.

- 1 lb. fresh spinach
- 1 quart fresh strawberries, halved
- 2 green onions, chopped

### Dressing:

- 3/4 c. sugar
- 1/3 c. vinegar
- 2 T. poppy seeds
- 1/2 tsp. salt
- 1/2 T. dehydrated onion
- 1 tsp. dry mustard
- 1 c. oil (Canola, Sunflower, or Veg.)



Place the spinach, strawberries, and onions into a serving bowl. Mix dressing ingredients together in a jar and keep it in your refrigerator until ready to serve. Then toss salad with the dressing and serve. You will have extra dressing left over to use for later, depending upon how heavily you want to coat the spinach. Serves eight people as a side salad. Or add sliced, cooked chicken breasts, pecans/cashews, dried cranberries, feta cheese, and/or other toppings to serve four as a main dish.

## Sweet Potato & Apple Side Dish

NOVEMBER, '14

Valerie Ahlers, Customer Services Rep.

- 2 Sweet potatoes, peeled, sliced 1/2"
- 2 Apples, peeled, sliced 1/2"
- 2 Tbs. Brown Sugar, sprinkled
- 2 Tbs. Butter, dotted
- 2 Tbs. Maple Syrup

Arrange alternating slices of the sweet potatoes and apples in a baking dish sprayed with Pam. Sprinkle on the brown sugar, dot with butter, and drizzle with maple syrup. Bake in a covered dish for 40 minutes at 350 degrees.



## Pasta Sauces—Vodka & Alfredo,

FEBRUARY, '15

by Theresa Willems VP Customer Services & Valerie Ahlers, Customer Services Representative We had an Italian theme at our January AgVantage All-Staff meeting. We cooked and served these sauces along with pasta, garlic bread, a green salad, and dessert!

### Theresa's Vodka Sauce (no alcohol)

- 32 oz. jar of Marinara sauce
- 14-oz. can diced tomatoes
- ¼ C. olive oil
- ½ T. Italian Seasoning
- ½ tsp. black pepper
- 1/8 tsp. red pepper flakes
- ½ c. bacon crumbles
- 1 T. leaf Oregano
- 2 cloves minced garlic
- 2 T. dehydrated onion
- 1 tsp. whole fennel seed
- 1 C. rough chopped mushrooms

Simmer all ingredients together on stovetop or crockpot. Add meatballs or ground meat, if desired. Add ½ C. heavy whipping cream near the end—avoid boiling once the cream is added to avoid separation.

### Valerie's Alfredo Sauce

- ¼ C. butter
- 2 T. minced garlic
- 1 C. heavy whipping cream
- 1 C. half & half
- 1 C. parmesan cheese
- 1 C. Italian cheese blend
- ½ tsp. white pepper
- 1 Tbs. cream cheese
- Optional: Add cooked chicken & broccoli (1-2 c. each)

Melt butter and garlic. Add remaining ingredients and slowly heat, stirring occasionally to blend in cheese as it melts. It thickens as it cooks, or you can add 2 Tbs. flour (mix with a little milk to make a paste) and stir it in to the mix. Optional: Add chopped cooked chicken breast and/or cooked broccoli before serving.



## Lemon Swirl Cake MAY, '15

Valerie Ahlers, Customer Services Representative

**1 White cake mix (and ingredients to make)**

**1 can Lemon Pudding & Pie Filling**

**1 container of Lemon Frosting**

**8 oz. Whipped topping**



Prepare cake mix according to directions. Spread in a sprayed 9 x 13 cake pan. Drop spoonfuls of the lemon pie filling on top of cake. With a knife, swirl though cake 4 or 5 times. Bake according to cake directions. After cake is cooled, mix the lemon frosting with whipped topping and spread on cake. Refrigerate until ready to serve.

You may also prepare this recipe with cherry or blueberry pie filling, and using a yellow or white cake mix. Or, you could use a chocolate cake mix and cherry pie filling. Be creative!

## Strawberry Cheesecake Lush, August, '15

by Valerie Ahlers, Customer Services Representative

1 pkg Golden Oreo Cookies, crushed (about 36)

6 Tbs. butter, melted and mixed in

Pat out in 9 x 13 cake pan and refrigerate while mixing next layer.

8 oz. cream cheese, softened

$\frac{3}{4}$  C. powdered sugar

1 C. Cool Whip (You will need a total of 16 oz., used in three of the layers)

Mix cream cheese, add powdered sugar until blended and then mix in Cool Whip. Spread over top of crust.

2 pkgs (3.4 oz) Sugar free (or regular) Instant Cheesecake pudding mix

3 C. cold milk

Mix pudding mix and milk until thick.

Add 1 C. cool Whip. Spread on as next layer.

Top that layer with 3-4 C. of fruit: sliced strawberries, blueberries, raspberries, blackberries, etc.

Add another layer on top, using the rest of the Cool Whip. Chill until ready to serve.



*This is a light, tasty dessert for fall using pumpkin.  
Great alternative to pumpkin pie for Thanksgiving.*

## **Layered Pumpkin Dessert, November, '15**

by Valerie Ahlers, Customer Services Representative

### **Ingredients:**

1 ½ C. flour	1 tsp. cinnamon
¾ C. butter	3-4 C. Cool Whip
1 C. chopped pecans, divided	4 C. milk
2 ¼ C. powdered sugar	3- 6oz. instant vanilla pudding mix
16 oz. cream cheese	15 oz. can pumpkin puree (not seasoned pie filling)

### **Crust:** 1 ½ C. Flour

¾ C. butter, softened  
¼ C. powdered sugar  
¾ C. chopped pecans

Mix and pat in a 9 x 13 pan. Bake at 350 for 12-15 min.

Mix and spread over the cooled crust:

16 oz. cream cheese, softened  
2 C. powdered sugar  
2 C. Cool Whip

Mix and pour over the cheesecake layer:

4 C. milk  
3 large packages instant vanilla pudding  
15 oz. can of pumpkin puree  
1 tsp. cinnamon

Let set in refrigerator at least 20 minutes and then top with 1-2 C. Cool Whip. Sprinkle with chopped pecans.



## **Cream of Coconut Cake February, '16**

Valerie Ahlers, Customer Services Representative

1 pkg. White Cake Mix  
3 eggs (whites are best for white color, but whole eggs are fine too)  
2 Tbs. oil  
1 1/3 C. milk  
3 C. coconut, divided  
8 oz. whipped topping  
15 oz. Cream of Coconut (used for Pina Coladas)

Mix eggs, oil, milk, cake mix and half of coconut on medium for 2 minutes. Pour into sprayed 9 x 13 cake pan and bake at 350 according to cake mix package directions. After removing from oven and while cake is warm, poke many holes, distributed evenly, in the surface and pour Cream of Coconut over the holes to soak in. Cool completely. Mix whipped topping with balance of coconut and spread on cake. Cake has the best flavor when it has been refrigerated for 24 hours.

This photo has a piece of cake that was decorated with red sprinkles for Valentine's Day. For Easter, you could place tiny jelly beans on top of the cake.



## Fresh (Square) Strawberry Pie

Valerie Ahlers, Customer Services Rep., May, '16

Mix & Pat in bottom of sprayed 9 x 13 pan:

2 C. Flour

2 Tbs. sugar

¾ C. melted butter

Bake at 350 for 12-15 min (lightly browned). Cool.

Glaze: 1 ½ C. sugar

3 Tbs. cornstarch (mix with sugar before adding water)

1 ½ C cold water

Heat in microwave until bubbly thick- stirring every 1-2 min. It will take about 5 minutes.

After it is thick, remove from heat and add:

3 oz. strawberry jello-dry

3 Tbs. butter

1 tsp. vanilla

Few drops red food color

Cool a bit and stir in 3 pts. fresh strawberries, cut up. Pour onto crust and refrigerate.

Serve with whipped cream or ice cream.



### ***Bonus Recipe This Month from Valerie Ahlers!***

## BLT Rollups, May, '16

Valerie Ahlers, Customer Services Rep.

3 oz. cream cheese, softened

¼ C. mayonnaise

¼ C. Bacon crumbles

2 chopped tomatoes (drain if extra liquid)

2 large flour tortillas

½ C. lettuce (can use shreds or leaf)



Mix cream cheese and mayo in bowl until smooth. Add chopped tomatoes and bacon crumbles. Spread on tortillas. Top with lettuce and roll tightly. Cut into slices to show as a spiral.

## **Marinade for Vegetables, August, '16**

by Valerie Ahlers, Customer Services Representative

- 1/3 c. catsup
- 1/4 c. vinegar
- 1/2 c. oil
- 3/4 c. sugar
- 1 tsp. salt
- 1 tsp. paprika
- Onion or garlic powder to taste

Place all of the ingredients in a covered pint jar and shake it up. Refrigerate for two hours, letting the sugar dissolve.

Cut up 4-6 cups of cucumbers, onions, peppers, and tomatoes (or other vegetables) and place them in a bowl. Pour about half of the marinade over the top and mix it up. Refrigerator for a few hours prior to serving.

This recipe can be used as an appetizer, on lettuce as a side salad, or as a salad by itself. Recipe makes 1 pint of marinade to use as needed. It can be stored in the refrigerator for a couple of months.



## **Brownie Dream Dessert, December, '16**

Valerie Ahlers, Customer Services Representative

- 1 Brownie Mix for a 9 x 13 cake pan (ingredients as listed on box-oil, water, eggs)
- 1 additional egg
- 8 oz. cream cheese, softened
- 1 C. powdered sugar
- 8 oz. Cool Whip, divided
- 3 oz. box instant chocolate pudding
- 3 oz. box instant vanilla pudding
- 3 ½ C. milk
- Chocolate bar, shaved

Preheat oven to bake brownies. Mix brownies according to package directions, adding the additional egg (makes more of a cake-type brownie instead of a fudge-type brownie) Spray 9 x 13 pan and bake as per instructions. Cool.

Mix softened cream cheese, add powdered sugar and blend. Add half of Cool Whip and mix. Spread over cooled brownie layer.

In a large mixing bowl add the instant vanilla and chocolate pudding to 3 ½ C. milk. Mix until it starts to thicken. Pour over the cream cheese layer. Chill until set.

Spread the remainder of the Cool Whip over the top of the pudding layer.

Shave the chocolate bar over the top for a garnish. (I used sugar free pudding, low fat milk and Cool Whip)



## **Bacon Dip, February, '17**

Valerie Ahlers, Customer Services Representative

8 slices bacon, fried crisp & crumbled  
1 C. sour cream  
½ C. mayonnaise  
1 tsp. lemon juice  
1 Tbs. chopped green onion  
1 tsp. chopped parsley



Mix ingredients until smooth. Refrigerate overnight for the flavors to blend. Crackers, pretzels, or vegetables may be used for dipping.

If you don't want the mess of frying bacon, you may use 1/2 c. Real Bacon Crumbles from Hormel- quick and easy.

## **Coconut Cream Dessert, May, '17**

Valerie Ahlers, Customer Services Rep.

**Crust:** 1 C. flour  
½ C. chopped pecans  
1/3 C. powdered sugar  
½ C. butter  
Mix and pat into bottom of 9 x 13 pan.  
Bake 10 minutes at 350.

**Mix:** 8 oz. cream cheese, softened  
½ C. powdered sugar  
After well blended, fold in 1/3 of 16 oz. tub of whipped topping and spread over cooled crust.

**Beat:** 2 packages of instant coconut pudding into 3 C. milk.  
Stir in ½ C. shredded coconut and 1/3 tub of whipped topping and pour onto the cream cheese layer. Let set.

Spread balance of whipped topping over the coconut cream layer. Top with toasted coconut (I toast in microwave, can do in the oven)



## Butterfinger® Dessert, May, '17 (Bonus Recipe)

Valerie Ahlers, Customer Services Rep.

32 oreo-type chocolate cookies, crushed, family size pkg.  
5 Tbs. butter, melted  
8 oz. cream cheese  
1 C. powdered sugar  
¾ C. peanut butter  
12 miniature Butterfinger candy bars, crushed & divided  
16 oz. whipped topping, divided  
Small box instant chocolate pudding  
Small box instant vanilla pudding  
3 C. milk



Mix crushed oreo-type chocolate cookies and butter. Pat into a 9 x 13 pan and refrigerate. Mix softened cream cheese and powdered sugar until smooth. Beat in peanut butter. Add half of whipped topping and half of crushed Butterfingers. Spread over chilled cookie bottom. In a separate bowl beat chocolate and vanilla pudding into the milk. Spread over the cream cheese layer. Refrigerate until set. Spread remainder of whipped topping over pudding layer. Sprinkle with balance of Butterfinger crumbles.

## Cinnamon Bun Poke Cake, August, '17

by Valerie Ahlers, Customer Services Rep.

### 1 pkg. white cake mix

Ingredients to make cake (eggs, oil and water)  
Mix according to directions on cake mix and pour into sprayed 9 X 13 pan. Bake according to directions.

### While cake is baking, mix together in a small bowl:

½ C. butter, melted  
1/3 C. brown sugar  
1 tsp. vanilla  
1 tsp. cinnamon  
½ C. sweetened condensed milk

When cake comes out of the oven, poke about 20 holes in it with the round handle of a wooden spoon and pour the mixture over it, spreading evenly. Cool.

**For frosting, you may choose one of two options:** Cream Cheese Drizzle (pictured above) or spread an 8 oz. container of whipped topping over the cooled cake.

### Cream Cheese Drizzle:

3 oz. cream cheese, softened      ½ tsp. vanilla  
1 C. powdered sugar                2 Tbs. milk (or water)  
Mix until thin consistency and drizzle over cake.



## **Apple Squares, November, '17**

by Valerie Ahlers, Customer Services Rep.

This one is a little extra work but it is a favorite of our staff and apples are so plentiful in the fall. I often use two to four different varieties of apples to blend the flavors. Or you can just use one.

### **Mix in bowl and set aside:**

10 apples, peeled & sliced  
1 ¼ C. white sugar  
1 tsp. cinnamon

**Crust:** 2 ½ C. flour  
2 Tbs. white sugar  
1 tsp. salt  
1 C. shortening

Cut shortening into the crust ingredients and then mix in: 2 egg yolks & enough milk to make 2/3 C. liquid. Mix with fork until it clumps into a ball. Divide in half. Roll out one to fit a 10 x 15 pan.

Crumble 1 C. corn flakes (I use Honey Bunches of Oats sometimes) over the crust. Spread the apples over the crumbs. And then top with the remainder of the crust rolled out. Beat the 2 egg whites until frothy and spread over the crust. Bake in a 400 degree oven for 30 minutes.

While hot, drizzle with a glaze mix of 1 C. powdered sugar and 2 Tbs. lemon juice.



## **December Bonus Party Recipe!**

### **Cracker Snack Mix, December, '17**

by Valerie Ahlers, Customer Services Rep.

**1 large bag Nacho Cheese flavored Bugles**  
**6 C. miniature pretzels**  
**11 oz. box Keebler buttery flavored miniature crackers**  
**10 oz. box Wheat Thins**  
**9 oz. box Cheez-its**  
**6 oz. package Parmesan flavored Goldfish**  
**1 bottle Orville Redenbacher's Popping & Topping Oil**  
**2 envelopes ranch salad dressing mix (dry)**

**In a large bowl combine all crackers. In a small bowl, mix oil and salad dressing dry mix. Pour over crackers, toss and coat evenly. Transfer to four cake pans and spread out evenly. Bake at 250 degrees for 45 min, stirring every 15 min. Cool completely.**



## **Crockpot Taco Chicken Chili, February, '18**

by Valerie Ahlers, Customer Services Representative

- 1 tsp. dried onion
- 15 oz. can black beans, drained
- 15 oz. can chili beans, use liquid
- 8 oz. can tomato sauce
- 10 oz. frozen corn
- 2-10 oz. cans diced tomatoes with chilis
- 4 oz. chopped green chilis
- 1 packet taco seasoning mix
- 1 tsp. cumin
- 1 Tbs. chili powder
- 3 chicken breasts



Easy to make. Just dump all the ingredients other than the chicken into crock pot and mix well. Add chicken breast and press down into other mixture. Cook on low for 8-10 hours or high for 4 to 6 hours. A half hour before the finish, take out the chicken breast, shred it and add back to chili mixture.

Serving suggestions: over rice, with whole-grain chips, topped with sour cream or shredded cheese. My daughter also likes to add quinoa to this chili.

## **Chicken-Broccoli Empanadas, May, '18**

By Valerie Ahlers, Customer Services Rep.

- 2 large chicken breasts, cut in bite-size pieces
- ½ C. chopped broccoli
- 1/3 C. sliced mushrooms
- ½ tsp. minced garlic
- ¼ tsp. salt
- Dash pepper
- ½ tsp. Italian seasoning
- ¾ C. shredded cheese (I used cojack & mozzarella)
- 1 can Pillsbury Grand biscuits (8 in a can)
- 1 egg, divided



Brown chicken pieces, broccoli, mushrooms, and garlic in 1 tsp. butter. Add seasonings and cheese. Heat a couple minutes. Separate egg. Flatten each biscuit into a "round" on a non-stick or sprayed jelly roll pan. Spread beaten egg white on the biscuit. Add a large spoonful of meat mix on half of biscuit. Fold over other half and seal the seam, making a crescent. Beat egg yolk and lightly brush over the top of the biscuit. Bake in a preheated 400 degree oven for 12-15 min.

This also can be made with a hamburger mixture, or ham and cheese—be creative!

## **Parmesan Halibut, August, 18**

By Bonnie Fohrman, VP Programming Dept.

- 2 lb. halibut, cut into serving sizes
- 2 T. lemon juice
- 1 c. Parmesan Cheese, shredded
- 3 T mayo
- 3 T green onion, chopped
- 1/4 t. salt
- 4 T butter
- 1/2 t. red pepper, ground
- 1/4 t. black pepper
- 1/4 c. peppers, red, finely chopped



Preheat oven to 350 degrees. Place halibut in a baking pan and spread lemon juice over each piece and let set for 10 minutes to absorb juice. Then bake for 10 minutes, or until flaking and almost done. (Baking time varies depending upon thickness of pieces. Do not overcook.) Mix the rest of the ingredients in a small bowl and spread on top of halibut and then broil on high until topping has browned a little, about 5 minutes.

*Photo depicts Parmesan Halibut served with oven roasted asparagus with olive oil & balsamic vinegar.*

## **Baked Egg Framed in Squash, November, '18**

Valerie Ahlers, Customer Services Representative

- 1 acorn squash
- 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbs. olive oil
- 4 eggs



1. Heat oven to 425. Line jelly roll pan (15x 10) with foil. Spray with cooking spray.
2. Wash and dry squash. Make 6 slits in it with a sharp knife. Microwave for 2 1/2 minutes. Cool. Cut off both ends and then slice the body of the squash into 4 slices (rings). Remove seeds and stringy tissue. Put the squash rings on the baking sheet.
3. Mix dry ingredients in a small bowl. Brush squash with oil and sprinkle seasoning (saving a small amount for the egg). Bake 25 minutes.
4. Remove from oven and crack an egg into center of each ring. Sprinkle rest of seasoning on egg and bake for another 10-15 minutes, depending on doneness desired.

## **Bacon Sauerkraut Buns, December, '18**

Valerie Ahlers, Customer Services Representative

- 1 pkg. Rhodes frozen buns (36 pack)
- 1 15 oz. can sauerkraut, well-drained
- 1 Lb. package bacon, cut-up, fried and NOT drained

Place buns on a cookie sheet to begin rising, according to package directions.

While buns are rising, fry the bacon and let cool in the bacon drippings. Then mix in the sauerkraut.

After the buns have risen, flatten each one slightly and place a half spoonful of sauerkraut and bacon with some of the drippings in the middle and then close the bun around it. Place pinched side down on a sprayed baking sheet. Bake according to the directions on the bun package.



## **Cheesy Brat Dip, December, '18**

Valerie Ahlers, Customer Services Representative

- 8 oz. Brat sausage meat
- 1 small onion, chopped fine
- 1 C. chopped mixed sweet peppers (red /yellow)
- 1 C. sauerkraut, well-drained and chopped
- 2 Tbs. spicy mustard
- 8 oz. pale beer
- 12 oz. Velveeta cheese, cut up

Brown sausage and onion in a skillet. Mix in the rest of the ingredients and heat everything in a slow cooker on high until cheese is melted, then switch to low for serving at a party.

Serve with scoops or other tortilla chips.



## **Cheesy Ranch Potatoes**

**Spring '19**

**2 T. Butter**

**5# Red Potatoes, washed & Diced**

**1 pkg. Ranch Seasoning**

**1# Shredded Cheddar Cheese**

**1/2 c. Real Bacon Bits**



**Preheat oven to 350 degrees. Wash and dice up Red potatoes. Fry them in a skillet with a couple tablespoons of butter until lightly browned and softened. Sprinkle one package of ranch seasoning and mix into the potatoes. Put in lightly greased pan and sprinkle with shredded cheddar cheese and bacon bits. Put in oven until cheese is melted. (could add chopped green onions also)**

**Note: You may change amounts of butter, cheese and bacon per personal preference. For a crowd, I typically figure one potato per person.**



## **Lemon-Lime Poke Cake**

**Spring '19**

**1 package lemon cake mix , including ingredients needed for cake**

**14 oz. can sweetened condensed milk**

**1/2 C. lime juice**

**8 oz. container of whipped topping**

**Mix up cake mix and bake according to instructions on package. Cool 5 minutes and then poke holes with handle of a wooden spoon. While the cake is cooling, Stir lime juice into the sweetened condensed milk. Pour slowly into the holes that have been poked in the cake. Chill for at least an hour (I do overnight). Spread the whipped topping over the chilled cake.**

## Can't Leave Alone Bars

Summer '19

- 1 lemon cake mix
- 2 eggs
- 1/3 vegetable oil (I use canola)
- 14 oz. sweetened condensed milk
- 1 C. semisweet chocolate chips (I use both milk and semisweet)
- 3Tbs. butter

In a bowl, combine cake mix, eggs and oil. Pat 2/3 of mix into greased 9x13 pan. Keep rest of mix for the topping.

Put chips, sweetened condensed milk and butter in a microwave bowl. Heat for 1 minute and stir until smooth (may need to heat for an extra 15 sec.) Pour over the crust.

Drop the remaining batter over the top of the bars, trying to spread as much as possible. Bake at 350 for 20-25 minutes or lightly browned. Cool before cutting.

This is also good with a white cake mix or a chocolate cake mix.



## Easy Éclair Dessert

Fall '19

- 1 box Graham Crackers
- 2 small boxes of white chocolate instant pudding (can also use Chocolate, French vanilla, banana—I use sugar free when possible)
- 3 1/2 cold milk
- 8 oz. whipped topping
- 1 can Chocolate fudge frosting
- 1/4 c. dark chocolate chips (or can use milk chocolate chips with milk choc. Frosting)

Mix 2 packages pudding with 3 1/2 C. cold milk and refrigerate for 30 minutes. Stir in whipped topping.

In a 9x13 pan layer 1 package of graham crackers. Spread half the pudding mix over crackers. Put another layer of graham crackers on pudding and then spread the rest of the pudding on crackers. Top off the pudding with another of crackers.

Microwave the frosting for 35 seconds, add the chips and stir until melted. Spread over the entire top layer of graham crackers and chill at least 10 hours.



## Apple Cake Fall '19

### INGREDIENTS:

1/2 cup butter, softened  
2 cups sugar  
1/2 tsp vanilla extract  
2 large eggs  
2 cups all-purpose flour  
1 1/2 tsp ground cinnamon  
1 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
6 cups peeled & chopped tart apples

### BUTTERSCOTCH SAUCE:

1/2 cup packed brown sugar  
1/4 cup butter, cubed  
1/2 cup heavy whipping cream



1. In a large bowl, cream the butter, sugar and vanilla. Add eggs, one at a time, beating well after each addition. Combine the flour, cinnamon, nutmeg, salt and baking soda; gradually add to creamed mixture and mix well (batter will be stiff). Stir in apples until well combined.
2. Spread into a greased 13" x 9" baking dish. Bake at 350° for 40-45 minutes or until top is lightly browned and springs back when lightly touched. Cool for 30 minutes before serving.
3. Meanwhile, in a small sauce pan, combine the brown sugar and butter. Cook over medium heat until butter is melted. Gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Remove from heat. Serve with cake.

## Roasted Green Beans and Mushrooms Winter '19

### INGREDIENTS:

Fresh Green String Beans (or a bag of fresh beans)  
8 oz. fresh sliced mushrooms  
Olive Oil  
Garlic Salt  
Shredded Parmesan cheese

Place green beans and mushroom in a single layer on a foil-lined jellyroll pan. Sprinkle with olive oil. Lightly sprinkle garlic salt. Sprinkle with 1 c. shredded Parmesan cheese. Bake at 350 for 10-15 minutes until cheese is slightly melted.

This can be done with other vegetables- broccoli, asparagus, julienne carrots, etc.

Nice way to add color to the plate and "eat your vegetables"



## Berrylicious Icebox Cake Spring '20

### Ingredients:

19 oz. graham crackers  
8 oz cream cheese, softened  
2 pkg. instant white chocolate pudding mix  
2 ½ c. cold milk  
12 oz whipped cream topping (like Cool Whip)  
3 c. sliced strawberries  
1 ½ pt. blueberries  
2 oz. white chocolate chips, melted (optional)

### Directions:

Whip cream cheese until smooth. Gradually add dry pudding mix until well blended. Slowly add the milk and blend until well mixed. Gently stir in the whipped topping.

Spread a thin layer of pudding mix on the bottom of a

9 x 13 cake pan. Make a layer of graham crackers, using about 7-8 graham crackers. Spread another layer of the whipped topping mix. Sprinkle on 1/3 of the fruit. Cover with another layer of graham crackers. Spread about a third of pudding/whipped topping mix. Sprinkle with another 1/3 of fruit mix. Cover that with a last layer of graham crackers, then the balance of whipped topping/pudding mix, followed by the remaining fruit. It should pretty well fill the pan. Chill for a minimum of 4 hours (overnight is best). Before serving, melt white chocolate chips and drizzle over the dessert.

This is a perfect for a summertime dessert or for a 4<sup>th</sup> of July celebration. You can substitute other fruit for a change of color or what is in season.



## Chicken Burger Summer '20

### Ingredients:

3# chicken breast, boneless  
1# bacon  
2 tsp. minced garlic (optional)  
1 tsp. black pepper  
1 tsp. Tender Quick

### Directions:

Trim fat and tendons from chicken and then cut into strips. Put a couple strips of chicken through a grinder, then a strip of bacon. Continue alternating adding garlic periodically. After grinding, sprinkle with pepper and Tender Quick. Mix with hands. Can put in baggies to freeze or shape in patties, freeze on a cookie sheet and then put in baggies for ready to use.

These are great for grilling, baking or frying. Love to make burgers, top with some sweet and sour sauce, and leftover pulled pork. (We will triple this batch so have a quick easy thing to pull from the freezer.)



## French Dip Sandwich Fall '20

### Ingredients:

3 # Beef sirloin roast  
1 can Beef Consome soup  
1 can Beef Broth soup  
1 can French Onion soup  
Sliced Provolone or Swiss cheese  
6-8 Crusty Kaiser rolls

### Directions:

Place roast in crockpot (I use a liner for easy cleanup) and pour the 3 soups over it. Cook on low for 8 hours until pulls apart easily. Trim fat and coarsely shred the beef. Slice buns open and lay out on cookie sheet. Put in 350 oven for 5 minutes to warm. Then place beef on bun and top with sliced cheese. Place back in oven open faced for 10 minutes or until cheese is slightly melted. Pour au jus from crock pot into individual bowls for dipping.



## Sheetcake Pancakes Fall '20

### Whisk together:

2 C. Flour  
¼ C. Brown Sugar  
1 T. Baking Powder  
¼ tsp. Salt

### Add and mix until smooth:

2 Eggs  
1 ¾ C. Milk  
¼ C. Butter, melted  
1 tsp. Vanilla  
Mix in 1 C. Berries



Spray 9 x 13 pan with Pam or line with parchment paper. Bake 15-18 min at 425. Can lightly spread butter on top when it comes out of oven. Have used strawberries, blueberries, raspberries, blackberries or fruit of taste. (You can use pancake batter mix - follow directions)

## Quick & Easy Dessert Winter '20

### Ingredients:

Muffin or cupcake  
Pie filling or pudding  
Whipped cream

### Instructions:

Make a hollow from the top into the muffin. Spoon filling and top with whipped cream. I used chocolate, chocolate chip muffins from Kwik Trip, filled with cherry pie filling and topped with spray Redi Whip. You can use cupcakes or regular muffins and a variety of fillings- ex. Blueberry muffins w/blueberry pie filling, yellow cupcakes with raspberry filling or chocolate pudding, white cupcakes with cheesecake pudding or coconut cream. There are lots of combinations—use your imagination. Makes a fun individual dessert.



## Swedish Meatball Soup

### Winter '21

With the cold weather this country has been experiencing, here is a yummy soup. You can substitute purchased meatballs if you like. Easy to make ahead of time and then just heat up (or put in crock-pot to simmer).

#### Ingredients

##### Meatballs

1 # ground beef  
½ chopped onion  
1 egg  
3 Tbs. milk  
½ C. oatmeal

##### Soup

3 Tbs. butter  
3 Tbs. flour  
1 tsp. beef soup base  
½ tsp pepper  
½ tsp. garlic salt  
3 C. water  
Red Potatoes, chopped  
1 pkg. frozen peas  
3 sliced carrots  
2 C. half & half  
½ C. sour cream



#### Instructions

Mix meatballs together and bake in a jelly roll pan for 15 min at 375.

On your stovetop heat flour, butter, beef base, pepper and garlic salt in a dutch oven stirring until smooth. Gradually add water and bring to a boil. Reduce heat and cook 2 minutes until thickened. Add potatoes, carrots and meatballs. Cover and simmer 25 minutes. When potatoes are tender, add peas and cream. Heat. Add 1 C. soup to ½ C. sour cream and mix. Pour both back into the soup. Serve hot.

## Sunshine Rhubarb Juice

### Spring '21

Spring is a time for rhubarb and here is a way to keep the taste of that good flavor all year round. This is a juice that can be canned (hot water bath) and it will keep for many months. Just open jar and add a little "spritz" and it is nice and refreshing.

#### Ingredients

12 C. rhubarb, cut up  
1 orange  
1 ½ C. sugar  
4 C. water  
1 lemon

#### Instructions

Place rhubarb and water in kettle. Zest the orange and lemon peel into water. Boil about 15 minutes until rhubarb is broken down. Strain in cheesecloth overnight. Add the juice of the lemon and orange to the rhubarb juice and heat in kettle with the sugar until the sugar is dissolved. If you can it for later, hot water bath is 10 minutes for pints and 20 minutes for quarts.



## Cucumber Salsa Summer '21

### Ingredients

2 C. finely chopped cucumber, peeled and seeded  
¼ C. chopped red onion  
½ C. finely chopped seeded tomato  
1 jalapeno pepper, seeded and finely chopped  
1 tsp. minced garlic  
1 ½ T. finely chopped fresh cilantro  
2 Tbs. finely chopped fresh parsley  
¼ C. sour cream  
2 tsp. lemon juice  
2 tsp. lime juice  
¼ tsp. Lawry's salt  
Tortilla chip scoops



### Instructions

Mix the first 7 ingredients in a bowl, being sure to seed your cucumbers, tomatoes and jalapenos so the mixture is not watery. In another bowl mix the sour cream, lemon and lime juices, Lawry's salt. Pour over cucumber mixture and gently stir to coat. Serve with chips.

\*\*\*\* Excellent to serve over grilled salmon.

## Christmas Dessert Fall '21

### Ingredients

**"Red" Layer:** Package of Sugar cookie mix (17.5 oz)  
½ C. softened butter  
1 egg  
2 Tbs. flour  
Red food color

**"White" Layer:** 8 oz. cream cheese, softened  
1 C. powdered sugar  
8 oz. whipped topping (split a 16 oz. tub)  
½ tsp. peppermint flavoring

**"Green" Layer:** 2- 3.3 instant white chocolate pudding mix  
3 C. milk  
½ C. white chocolate chips, melted  
Green food color

**Topping:** 8 oz. whipped topping (rest of the whipped topping tub)  
1/3 C. Andes crème de menthe bits



### Instructions

1. Preheat oven to 350.
2. Mix together "Red" layer adding red a little at a time until you get desired color and pat in sprayed 9 x 13 pan. Bake 20 minutes and cool.
3. Beat cream cheese until smooth, gradually add powdered sugar and peppermint flavoring to make the "White" layer. Fold in whipped topping and spread over cooled "Red" layer.
4. Blend milk and 2 packages of white chocolate instant pudding mix until it starts to set up. Add melted white chocolate chips, stirring to mix together. Gradually add drops of green food to get "pleasant" color. Spread the "Green" layer over the "White" layer. Let set for an hour or so.
5. Lightly spread the balance of the whipped topping over the "Green" layer. Sprinkle the Andes chocolate mint bits over the top.

## Sweet & Salty Pecans

### Winter '21

#### Ingredients

- 1 C. white sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 Tablespoon water
- 1 egg white
- 1 # pecan halves

#### Instructions

1. Lightly spray jelly roll pan. Preheat oven to 250.
2. Mix sugar, salt and cinnamon together in a bowl.
3. Beat egg white lightly, add water and beat until frothy.
4. Add the pecans and mix until well coated.
5. Pour sugar mixture over pecans and mix until evenly covered.
6. Spread on the jelly roll pan.
7. Bake in preheated oven for an hour, stirring every 15 minutes to break apart.
8. Let cool on pan, stirring occasionally to keep them separate.

