

Heal the Ill Chicken and Dumplins

Chicken and Dumplins

Ingredients:

32 oz Swansons Spicy Chicken Broth

16 oz water

1 whole chicken (can substitute with 3 large chicken breasts)

3 cans Grands Butter Lovin Biscuits

Salt

Pepper

Lawry's Seasoned Salt

Directions:

In a large pot bring water, chicken broth and chicken to a boil. Boil until chicken is completely cooked (approximately 30 minutes). Remove chicken and set aside. Add 1.5 tsp salt and 1 TBSP black pepper to broth. Bring broth to boil. Pull small pinches of biscuits and roll into a ball, dropping them into the boiling broth. As the pot fills with dumplings, push them to the side with a wooden spoon, but do not stir. Stirring causes them to deflate. Once all of the biscuits have been dropped into the boiling broth, turn fire down to low. Shred chicken using a fork or shredding claws and remove all bones. Sprinkle chicken with Lawry's Seasoned Salt. Add chicken back to broth and dumplings, folding it in gently so not to disturb the dumplings. Serve to the sick (or healthy) and enjoy!

Submitted by: Angela Armstrong Meredith

Nurse's Broccoli Medley

Broccoli Salad

Ingredients

- 5-6 cups broccoli florets 1 lb, this was about 2 ½ heads of broccoli for me (450g)
- 1 cup sharp cheddar cheese thicker, not finely shredded (115g)
- ⅔ cup dried cranberries (85g)
- ½ cup crumbled bacon (60g)
- ½ cup salted sunflower seeds (60g)
- ⅓ cup red onion diced into small pieces (50g)

Dressing

- ¾ cup mayo I use olive oil mayo (175g)
- ¼ cup sour cream (70g)
- 1 ½ Tablespoon white wine vinegar
- 3 Tablespoons sugar (40g)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.
Keep refrigerated if not consuming right away.

Notes

- I never blanch my broccoli when making broccoli salad. If you wish to, blanch it in boiling water for 60 seconds. Drain and rinse with cold water immediately until broccoli has cooled, and then dry well before using.
- If cooking and crumbling your own bacon, you'll need about 8 strips. If you prefer to use pre-cooked/crumbled bacon, make sure you buy the kind made with real bacon (it should say it on the label) and not "bacon flavored bits" with imitation flavor.
- Some or all of the sour cream may be substituted with plain Greek yogurt.
- White wine vinegar is my preference, but red wine vinegar, apple cider vinegar or champagne vinegar will also work great here.

Holistic Hummus Pizza

Hummus Pizza

Ingredients:

1 pre-made pizza crust or flat bread

1/4- 1/3 cup of basil pesto

1/4- 1/3 cup of hummus of your choice

Chopped fresh tomatoes, enough to cover the hummus

Shredded mozzarella cheese to cover tomatoes

Directions:

Spread a thin layer of pesto on the crust, followed by a thin layer of hummus. Top with chopped tomatoes and mozzarella cheese. Bake according to the directions on the package of crust or flat bread, usually between 400-425 degrees for 8-10 minutes, until cheese is melted and golden brown.

Submitted by: Lisa Odena

Sloppy Joes Stat!

Sloppy Joes with a Kick

Ingredients:

1.5 lbs. of Ground Beef
2 8oz. cans of Tomato Sauce
2 Tbsp. Barbecue Sauce
1 Tbsp. Yellow Mustard
3 tsp. Brown Sugar
2 tsp. Chili Powder
1 tsp. black Pepper
1½ Tbsp. Minced Garlic
1 Green Bell Pepper
½ Yellow Onion

Directions:

Cook beef and drain excess fat. Cut onion and green bell peppers and cook until soft. Add other ingredients and simmer until ready to serve.

Add Sloppy Joe to a slider buns and enjoy!

Serves 6! Yum

Submitted by: Susan Erickson

Chicken Therapy

Creamy Italian Chicken and Noodles

Ingredients:

4-5 boneless/skinless chicken breasts
2 cans cream of chicken
2 Italian seasoning mix pkts
1 8oz block of cream cheese
1-2 pkgs of egg noodles

Directions:

Combine all ingredients in crockpot and cook low for 6-8 hrs or until chicken can be easily shredded. Cook noodles. Serve chicken over noodles.

Submitted by: Melissa Tillman

Quick Break Meatballs

Cocktail Meatballs

Ingredients:

1 Family size bag of frozen meatballs (either Homestyle or Italian)

1 large jar of grape jelly (30 oz)

2 (Heinz) Chili Sauce (12 oz bottles)

1 Pineapple fruit cup (tidbits)

Pepper and garlic to taste

Optional (few drops of your favorite hot sauce)

Directions:

This can all be mixed at same time in a crock pot but will take a couple hours for meatballs to heat up and the sauces to blend.

But when you are really in a hurry, I pour the grape jelly and chili sauce in a microwave safe bowl and heat it for about 45-60 sec increments. Mix the jelly and the sauce in between. Generally, I only do this 3 times until the jelly softens and blends more with the chili sauce.

Mix in fruit cup of pineapple tidbits.

(Optional add garlic, pepper, hot sauce to taste).

Place defrosted meatballs in crockpot.

Pour sauce mixture over meatballs in crockpot.

Turn on crockpot high the 1st hr., stir occasionally until the jelly and chili are a well -blended sauce.

Reduce crockpot setting to low to keep warm.

The longer the meatballs stay in the sauce the better they taste.

Great for parties and potlucks.

Remember it's Grape JELLY (not jam) &CHILI Sauce (not cocktail sauce)!

If you like the heat, I use 3-5 drops of hot sauce from Mean Pig BBQ in Cabot ("Shut Up Juice").

Submitted by: Valerie Sternberg RN

RX Therapy: Taco Casserole

Taco Casserole

Ingredients:

1 pound Hamburger Meat

½ large onion chopped

1 can Rotel

1 can Cream of Mushroom Soup low sodium preferred

1 can Cream of Chicken Soup low sodium preferred

1 can water

Red Pepper Flakes to taste

Cumin 1 tsp

Salt & Pepper to taste

½ Bag Mexican Cheese Shredded

1 Bag regular Dorito Potato chips crushed

Directions:

Brown hamburger meat. Drain grease,

Sauté onion till tender

Next combine all ingredients in a large pot & simmer for 20-25 minutes & ready to eat.

Submitted by: Lisa Hooks

Just Breathe Sweet Potato **Souffle'**

Sweet Potato Souffle

Ingredients:

3 Cups mashed Sweet Potatoes- boiled and remove skins (not canned)

1 Cup Sugar

1/4 cup milk

3 eggs

1/2 stick Butter

1/2 tsp vanilla

Directions:

Mix all of the above ingredients well: place in baking dish.

Topping Ingredients:

1 Cup brown sugar

1/2 Cup Self rising -flour

1/2 stick butter- melted

1 Cup chopped pecans

Topping Directions:

Sprinkle topping over sweet potatoes and bake at 350 until golden brown.

Submitted by: Melissa Tillman

MAGNET CHAMP

IRISH CHAMP

Ingredients

- 2 pounds Russet potatoes, peeled and quartered
- 1 bunch green onions or scallions, green and white parts chopped
- $\frac{3}{4}$ cup whole milk, or heavy cream
- $\frac{1}{4}$ cup butter, salted Irish butter is best
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground white pepper, or black pepper

Directions

- Start by peeling and chopping 2 pounds of potatoes into large chunks. Place into a large pot and cover with cold, salted water. Bring to a boil and then lower the heat slightly. Boil until fork tender, about 15 minutes.
- Once tender, drain the potatoes and place back into the pot on low heat for a minute or two. Stir gently to dry the potatoes slightly and remove from the heat.
- While the potatoes are cooking, make the scallion infused milk. Chop the white and green parts of the green onions into small pieces. In a small pot or saucepan, melt $\frac{1}{4}$ cup salted Irish butter on medium heat and add the sliced green onions.
- Once the butter has melted, add $\frac{3}{4}$ cup of milk or cream and heat to a simmer, but don't let it boil.
- After the potatoes are done and the milk mixture is heating up, mash the potatoes in the same pot you cooked them in. You can also use a potato ricer if you prefer.

- Add 1 teaspoon salt, ½ teaspoon ground pepper and the milk mixture to the mashed potatoes and stir until fully combined. You may not need all the milk, so stir until you reach the desired consistency. The champ should be creamy and smooth, but still be able to form peaks when spooned into a bowl.
- Serve hot with a small indentation in the middle for more butter to melt into.

Submitted by: Christine Fox

Nurses Delight Apple and Pecan Cake

Fresh Apple and Pecan Cake

Ingredients:

2 cups all-purpose flour

1 tsp baking soda

½ tsp baking powder

2 tsp cinnamon

½ cup unsalted butter softened

1 cup sugar

1 cup packed light or dark sugar

2 large eggs

1 tsp vanilla extract

½ sour cream or if no sour cream available can use same amount of mayonnaise which works great

3 cups peeled diced apples-granny smith work well

1 cup chopped pecans

Instructions:

Preheat oven to 350 Degrees

In Medium bowl whisk together the flour, baking soda, baking powder and salt. Set aside

In a large bowl, beat the softened butter, granulated sugar and brown sugar until light and fluffy

Beat in eggs one at a time, then mix in the vanilla extract.

Add the sour cream (or mayonnaise if that is what you are using instead of sour cream) and mix until smooth.

Gradually add in the dry ingredients, mixing until just combined.

Gently fold in the chopped apples and pecans.

Pour the batter into a bundt pan which has been sprayed with pam spray or shortening and add dusting of flour to prevent cake from sticking.

Bake for 45-50 minutes until a knife inserted comes out clean.

Let set about 10 minutes before trying to remove from pan.

Can serve with a good quality caramel topping.

Approximately 12 servings.

Submitted by: Brenda Ramsey

Inclement Weather Creamy Potato Soup

Creamy Potato Soup

Makes 4 side servings or 2 large bowls

In a large pot, mix these ingredients:

3 potatoes, cut into 1" cubes

½ cup onions diced

1-2 stalks celery cut small

2 cans of chicken broth

1 tbsp dried parsley

1 bay leaf

Salt and pepper to taste

Cook until potatoes are soft (about 20 minutes)

In a separate saucepan mix:

½ cup milk

4 oz shredded cheese

2 tbsp butter

Pour the milk and cheese mix into the main saucepan and stir well

Submitted by: Devin Terry

Nurses AR Spud-Tacular

Loaded Baked Potato Soup

Ingredients:

- ½ lb of margarine (use at least 60% vegetable oil content)
- 1 c. Kentucky Kernel seasoned flour (you can get this in the baking aisle at Wal-Mart)
- 2 c. heavy cream
- 3 quarts milk
- 1 lb. Velveeta cheese
- Peel and dice 5-7 pounds of potatoes (depending on how many you like in yours! We use 5 lbs.)
- 3-4 TBSP Franks Red Hot sauce (depending on your taste. We use 4)
- Crumbled bacon, chopped green onion, and shredded cheese for garnish

Directions:

- Peel and dice potatoes and simmer in water until tender (do this first and they will be done about the same time as your soup).
- Melt margarine over medium-high heat, once beginning to bubble, add Kentucky Kernel and stir to make a roux, cook for about a minute until it begins to thicken then add heavy cream.
- Once well combined, add the milk.
- Reduce to medium heat.
- You MUST stir constantly to avoid scorching. Keep stirring until it thickens. (It will begin to “breathe” which is just short of a boil.) This will take about 30 minutes.
- Once thickened, add the Velveeta and stir until melted. Then add hot sauce and stir until combined.
- Drain potatoes and fold into the soup.
- Garnish as desired with bacon, cheese, and green onions.

Yields 1.5 gallons.

Submitted by: Keirah McWilliams

Next Level of Care Waldorf Salad with a Twist

Lisa's Waldorf Salad with a Twist

Ingredients:

8 medium sized Fuji Apples diced
2 lb Red Grapes seedless
2 lb Green Grapes seedless
2 cups Craisins
4 cups Celery diced
2 cups Toasted Almonds
One Bottle Brianna's New American Creamy Balsamic Dressing
7 oz bag flaked unsweetened Coconut on the side

Directions:

1. In a large bowl, mix red grapes, green grapes, craisins, diced celery with dressing
2. Put mixture in a serving container 9" x 14", cover and store overnight in fridge
3. Morning of event, chop apples into bite size pieces, place layer of chopped apples on top of mixture in container. Cover apples with toasted almonds evenly.
4. Cover and place back in fridge until ready to serve.
5. Serve with shredded coconut on the side

Submitted by: Lisa Bobo

Nurses ABC (Awesome, Brave and Caring) Broccoli Salad

No Mayo Broccoli Salad

Ingredients:

- 1 ½ pounds of fresh broccoli, cut into bite-size pieces
- 1 cup fresh blueberries
- ¼ cup finely chopped red onion
- ½ cup dried cranberries
- ¼ cup sunflower seed or ½ cup chopped walnuts
- 1 large apple, chopped into bite-size pieces
- 1 tablespoon lemon juice

For the homemade dressing:

- 1 cup plain Greek Yogurt, low fat will also work
- ¼ cup honey
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon poppy seeds

Instructions

1. Place broccoli, blueberries, red onion, cranberries and sunflower seeds in a large bowl. In a small bowl, toss apple with 1 tablespoon lemon juice. Add to the big bowl of salad.
2. In a small bowl, whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. Once tossed with the dressing, it's best served within one day.

Submitted by: Shelia Maxwell

Orange Fluff

Orange Salad

Ingredients:

- 1 lg container - cottage cheese
- 1 lg box orange jello
- 1 lg can pineapple tidbits - drained
- 2 cans mandarin oranges - drained
- 1 1/2 8oz cool whip

Directions:

Mix together cottage cheese and jello. Add in drained fruit, don't over mix. Once combined, fold in cool whip until all combined. Stir gently. Chill for a couple hours and enjoy.

Submitted by: Melissa Tillman

Slice of Life

Veggie Pita Pizza

Ingredients:

3 tablespoons olive oil
1 cup peeled and chopped eggplant
1 cup chopped yellow squash
1 cup chopped zucchini
½ cup chopped onion
1/4th teaspoon minced garlic
1 pita round for each serving
½ cup chopped tomato (any kind)
¼ cup sliced black olives
1 tablespoon Italian salad dressing
¼ cup shredded mozzarella cheese

Directions:

Heat skillet to medium high.
In oil, Sauté eggplant, squash, zucchini, onion and garlic until tender.
Toast Pita bread rounds
Spoon desired amount of veggie mixture on top of Pita bread.
Top with tomato and olives
Drizzle with Italian dressing
Top with mozzarella cheese
Broil until cheese melted.
Makes 2 servings

Submitted by: Janice Lee

Comfort Measure Pimento Cheese

Chipotle Pimento Cheese

Adapted from *The Homesick Texan* by Lisa Fain

Makes 2 cups

Ingredients:

- 1 cup freshly grated Cheddar cheese (4oz.)
- 1 cup freshly grated Monterey Jack cheese (4 oz.)
- 1 teaspoon grated yellow onion
- 2 garlic cloves, minced
- 1/2 cup mayonnaise
- 1/4 cup jarred sweet pimentos, diced
- 1 canned chipotle chile in adobo, diced and some additional adobe sauce
- 1/2 cup chopped cilantro
- 1/2 teaspoon ground cumin
- 1 teaspoon lime juice
- salt and black pepper, to taste

Directions:

In a large bowl, mix together the cheddar cheese and the Monterey Jack cheese, onion, garlic, mayonnaise, pimentos, chipotle, cilantro, cumin, and lime juice. Taste and add salt and black pepper as needed.

Chill for one hour before serving. Serve open-face on your favorite crusty bread such as sour dough. Theoretically, this will last a week in the refrigerator, but I've never known it to last more than one meal.

Administered for acute cravings. Repeat as necessary—no max dose established.

Submitted by: Lisa Odena

CAD in a dish

Corn Casserole

Ingredients:

- 1 Jiffy corn muffin mix
- 1 stick butter
- 1 8 oz tub sour cream
- 1 can whole kernel corn (drained)
- 1 can creamed corn

Directions:

Preheat oven to 350 degrees.

Melt stick of butter in casserole dish.

Add all other ingredients and mix up.

Bake for about 45 minutes. Should look "set up with some brown on top" - if not continue for a few more minutes.

Submitted by: Chris Tidwell

MEDICINE KIT MAC-n-CHEESE

GG's Mac N Cheese

Ingredients:

1 lb elbow macaroni or small shells

1 lb Velveta Cheese

5 TBS butter

5 TBS Flour

5 Cups Whole Milk

½ Tsp Dry Mustard

½ Tsp Paprika

Salt and Pepper to taste

Directions:

Preheat oven to 350 degrees

Melt butter and flour in saucepan. Sitr for 2 minutes. Gradually add milk. Add cheese cute into small cubes or freshly grated cheese of choice (I like sharp cheddar, mixed with velvetta).

Cook and stir over low heat. Add dry mustard, paprika, salt and pepper to taste.

Cook Macaroni and cheese, drain and put into a buttered baking dish.

Pour sauce over the noodles and mix. (It will be soupy and that is good!)

Bake in oven for 30-45 minutes.

Submitted by: Tracy England

Nurses Fun Time Dip

Dazzling Razzmatazz Dip

Ingredients:

- 6 green onions chopped (both green and white parts)
- 2 cups chopped pecans
- 2 cups shredded sharp cheddar cheese
- $\frac{3}{4}$ mayonnaise (or enough to hold dip together)
- 1 jar hot pepper raspberry preserves

Instructions:

- Mix the green onions, pecans, cheese and mayonnaise in a medium mixing bowl until well combined. Spread dip into a shallow dish
- Chill until ready to serve

Submitted by: Shelia Maxwell

Ready For the Weekend Beans

Bootlegger Beans

Ingredients:

- 3 (3 ounces) sliced bacon
- ¼ cup yellow onion, chopped
- 1 can (28 ounce) pork and beans
- 1 tablespoon brown sugar
- 2 tablespoons vinegar
- 2 tablespoons ketchup

Directions:

- Dice the bacon and fry in pan
- When about ½ way done, add the onion
- Pour off most of the grease
- Add the rest of the ingredients, stir well and cover
- Let simmer for at least 30 minutes
- Best if simmered for 2 hours.

Goes great with hamburgers, hot dogs, etc.

Submitted by: Dan Hovis

Bariatric Lava

Baklava

Ingredients:

1 – For Syrup:

1.5 cups of sugar

0.5 cup of water

Squeeze of lemon

1 tablespoon of orange blossom water

2- For the Baklava:

1 Package of Fillo Dough

Melted ghee preferably if not butter about a pound

3 cups of nuts of your choice: walnuts, pistachios or pine nuts

2 tablespoons of sugar optional, you make skip

Directions:

Prepare the syrup first to allow to cool down.

Place in a pan the sugar and water and mix , than place on the stove medium heat and keep on mixing until all sugar dissolve. When it starts to bubble add the squeeze of lemon and stir for a minute and turn off the heat. You may add the Rose water if available. Take it of the stove to allow to cool.

Prepare the Baklava now:

Pulse the nuts in food processors and add the sugar. It should stay little rough . Maybe 3 pulses depending on your food processor.

Grease the pan of your choice with ghee or butter.

The quickest way to assemble is to place half of the fillo dough the greased pan, pour some melted ghee, than spread the nuts and add the remaining of the fillo dough package and spread the remaining ghee than cut in squares or the shape you desire.

Heat the oven to 350 degree Fahrenheit and bake.

It will take 15 to 20 min depending on your oven. Please watch closely when it has color means it is done.

Please remove from oven and pour cold syrup on it and allow to absorb for at least 1 h than enjoy!!

Bon Appetit!!

Submitted by: Souraya Irani

Fabulous Strawberry Specimen Dessert

Strawberry Cake

Ingredients:

1 box white cake mix

1 box (3 oz) strawberry Jello

½ cup water

¾ cup oil

2 cups fresh or frozen chopped strawberries (I like to use the frozen ones)

4 eggs

1 cup pecans chopped



Instructions:

Preheat oven to 350 degrees.

Combine cake mix, Jello and water. Add oil and eggs, one at a time beating well between. Add strawberries. Beat 2 minutes. Pour batter into greased and floured 9 x 13 pan. Bake for about 45 minutes or until toothpick inserted comes out clean. Set aside to cool

Icing:

1 stick butter softened

8 oz pkg of cream cheese softened

1 cup frozen or fresh chopped strawberries

3 cups powdered sugar

1 cup nuts

1 cup coconut (you don't have to use this, but I love it in this cake)

Add all ingredients to a mixing bowl and mix with mixer until creamy. Pour over cake after it cools.

Eat and enjoy.

Submitted by: Brenda Ramsey

Healthcare Hero Dip

Cookie Dip

Ingredients:

8 oz. Cream Cheese

1 Stick of Butter

$\frac{3}{4}$ C. Powdered Sugar

2 TBSP Light Brown Sugar

1 TSP Vanilla

1 heaping cup of mini chocolate chips

Directions:

In a bowl, add cream cheese and butter, beat with mixer until fluffy

Add Powdered Sugar, Light Brown Sugar and Vanilla to the bowl.

Mix again with mixer

Add 1 heaping cup of mini chocolate chips stirring with a spoon

Serve with graham crackers, animal crackers, fruit, etc.

Submitted by: Katie Broadus

NURSES ARE BETTER TOGETHER COOKIES

ANZAC BISCUITS

Ingredients

- ½ cup unsalted butter melted
- 1 cup light brown sugar packed
- 2 tablespoons honey (golden syrup may be substituted)
- 2 tablespoons maple syrup (golden syrup may be substituted)
- 1 cup all-purpose flour
- 1 cup old-fashioned whole rolled oats not instant or quick cook
- heaping ¾ cup sweetened shredded coconut
- pinch salt optional and to taste
- 2 tablespoons boiling water
- 1 teaspoon baking soda

Instructions

1. In a large, microwave-safe bowl melt the butter, about 1 minute on high power.
2. Add the brown sugar, honey, maple, and stir to combine. (If you prefer drier cookies, reduce honey and maple to 1 tablespoon each)
3. Add the flour, oats, coconut, optional salt, and stir to combine; set aside.
4. In a small microwave-safe bowl, add the water and heat on high power to boil, about 1 minute.
5. Slowly and very carefully add the baking soda to the water. Use caution because it will bubble up vigorously. Stir to dissolve the baking soda.
6. Pour water-baking soda mixture over dough and stir to combine. Dough will look like streusel topping. Fluffy and loose, but when squeezed together, compacts to form a dough.
7. Using a medium 2-inch cookie scoop, form heaping two tablespoon mounds (I made 15). Place mounds on a large plate, flatten mounds about halfway with your palm, cover with plastic wrap, and refrigerate for at least 3 hours, or up to 5 days, before baking. Do not bake with warm dough because

cookies will spread and bake thinner and flatter, and these cookies are already prone to spreading and baking flat.

8. Preheat oven to 350F, line baking sheets with Silpats, or spray with cooking spray. Place mounds on baking sheets, spaced at least 2 inches apart (I bake 8 cookies per sheet).

9. Bake for about 9 minutes, or until edges have set and will be just beginning to brown (the coconut in the dough is prone to burning so watch them) and the tops are just beginning to set, even if undercooked, pale, and glossy in the center. Do not bake longer than 9 to 10 minutes for soft cookies because they firm up as they cool; bake for 10 to 12 minutes if you like firmer, crisper cookies (The cookies shown in the photos were baked with dough that had been chilled overnight, allowed to come to room temp for 10 minutes while oven preheated, and were baked for exactly 9 minutes).

10. Allow cookies to cool on the baking sheet for about 5 minutes before removing and transferring to a rack to finish cooling.

Notes

Storage: Store cookies airtight at room temperature for up to 1 week, or in the freezer for up to 4 months. Alternatively, unbaked cookie dough can be stored airtight in the refrigerator for up to 5 days or in the freezer for up to 4 months.

Submitted by: Christine Fox

Nurse Prescribed CPR for the Sweet Tooth Grape Salad

Easy Grape Salad

Ingredients

- 8 ounces cream cheese softened (regular, light or fat free)
- 1 cup sour cream (regular, light or fat free)
- ¼ cup granulated sugar (can use Splenda in place of sugar)
- 1 teaspoon vanilla extract
- 4 pounds red seedless grapes chilled (about 10 cups)
- ½ cup brown sugar (can use Splenda Brown sugar blend in place of brown sugar)
- 1 cup walnuts or pecans, toasted and chopped

Instructions

1. In a large bowl, add cream cheese, sour cream, granulated sugar, and vanilla and stir to combine. (If the cream cheese is not softened to room temperature, the cream cheese and sour cream won't combine well (the mixture will be lumpy). If this happens, stir it quickly with a whisk.)
2. Carefully fold in the grapes and gently toss until evenly coated. Meanwhile, in a small bowl, mix brown sugar and walnuts. (Chilled red grapes (the sweetest you can find), and preferably seedless. If you know small children will be eating the salad, consider quartering the grapes.)
3. Sprinkle the brown sugar mixture on top of the grapes. Cover and chill at least 1 hour or overnight. Serve cold.

Submitted by: Christine Fox

Bayou Scrub Bowl

Jambalaya

Ingredients:

1 lb chicken breast

1 package kielbasa sausage (your brand choice)

1 onion

3-4 celery stalks

1 green bell pepper

1 32 oz chicken broth

1 can diced tomatoes

2 cups rice

Butter

1 tsp. Tony Chachere (more depending on preference)

Chopped garlic to taste preference

Directions:

Place butter in large deep dutch oven. Cook chicken to just done and remove. Add sliced sausage and cook until has some crisp. Add vegetables and sweat down until tender. Add chicken broth, diced tomatoes, Tony's' and garlic. Bring to a boil and add chicken and rice. Continue to boil for 5-8 minutes on med-high. Reduce to low and cover and simmer until liquid is gone and rice is tender. Stir frequently to avoid sticking/burning of rice.

Submitted By: Deborah Johnson

Charge Nurse Chicken Spaghetti

Chicken Spaghetti

I have a big family, and this makes a large serving (feeds 10-15 people).
Feel free to cut the ingredients in half!

Ingredients:

1-2 lb boneless chicken breasts or rotisserie chicken

2 16oz box spaghetti

2 22.6oz cans cream of mushroom soup

2 cans cream of chicken soup

4 cups milk

1 28oz can Rotel

1-2 16oz Velveeta cheese blocks

3 celery stalks

2 sticks butter

salt and pepper, seasoning (I use salt, pepper, onion powder, garlic salt, paprika)

Instructions:

1. Cut chicken breasts into very small pieces or if using rotisserie shred into small pieces and add to spaghetti pot
2. Cook spaghetti following the directions on the box
3. Cut cheese into small slices (I use 1.5 blocks)
4. Chop celery into small pieces

5. Drain spaghetti and throw everything else in the pot and stir! add Rotel, cream of mushroom, cream of chicken, seasoning, butter, celery, cheese

6. Cook over medium heat and STIR AND KEEP STIRRING! (ABOUT 15-20MINS OR WHEN CHEESE AND BUTTER IS ALL MELTED)

TIPS:

Stir everything together well. **Everything will be extremely hot so please be careful mixing and stirring!** Season to liking, keep stirring the pot so cheese does not burn, Enjoy!

Submitted by: Amelia Hernandez

Code Brown Clearer

Chicken Spaghetti

Ingredients:

4-5 Boneless chicken breast

1 green bell pepper

1 large white onion

1 stick of butter

16 oz thin spaghetti

1 can mild Ro-tel

1 lb Velveeta cheese

Directions:

Boil chicken and chop in small pieces. Save the broth for later. Sauté bell pepper and onion in butter over low heat then add cheese. Cook spaghetti and drain. Place spaghetti back in large pot and add all other ingredients. Mix until cheese is melted. Add broth to thin out as needed.

Submitted by: Matthew Mitchell

Code Brown with Immature Tapeworms

Sausage Casserole Quick and Easy

Ingredients:

1 can cream of mushroom soup

1 can French onion soup

1 cup long grain rice

1 lb sausage

Directions:

Preheat oven to 350 degrees.

Cook Sausage until crumbly on stove. (drain off grease).

Mix rice, the two soups and add cooked sausage in circular casserole dish.

Bake for about 45 minutes.

Submitted by: Chris Tidwell

Great Start to a Nurses Day Casserole

Hashbrown and Egg Breakfast Casserole

Ingredients:

1lb of sausage Cooked and Crumbled

½ cup butter

32 or 30 oz of frozen shredded hashbrowns

½ yellow onion sauteed

8 large eggs

¼ tsp dry mustard (optional)

½ tsp black pepper

½ tsp salt

1 cup mushrooms (optional)

½ cup green pepper (optional)

½ cup red pepper (optional)

1 ½ cup shredded sharp cheddar cheese

1 ½ cup shredded Monterey Jack cheese

½ cup cheddar for topping

1 1/3 cup milk

Instructions:

Preheat the oven to 350 degrees F.

Mix all the ingredients together and place in a 9 x 13 pan that has been sprayed with cooking spray, sprinkle top with ½ cup cheddar.

Bake at 350 for approximately 35-45 minutes until bubbly and starting to brown.

Can be mixed up the night before

Goes great with fresh fruit

Submitted by: Brenda Ramsey

Let's "roast" for a job well done

Mississippi Roast

Ingredients:

- 1 (4 pound beef chuck roast)
- 1 stick of butter
- ½ 8 ounce jar of pepperoncini pepper juice
- 5 pepperoncinis (may slice or leave whole)
- 1 packet ranch dressing mix
- 1 packet dry au jus mix

Directions:

Place roast in to a slow cooker.

Pour the au jus and ranch mix packet over the top of the roast

Pour pepperoncini juice and pepperoncinis on top

Place stick of butter in the middle of the roast

DO NOT STIR OR MIX

Cook on low for 8 hours or high for 6 hours

Gravy from the juices is perfect for mashed potatoes.

Submitted by Moniqueca Helms

STATatouille

“Ratatouille”

Ingredients:

- Minced garlic
- Olive oil
- 1 white onion
- 1 red bell pepper
- 2 eggplants
- 2 yellow squash
- 2 zucchini
- 4 Roma tomatoes
- Fresh parsley
- Fresh basil
- Dried thyme
- Prego Chunky Garden sauce (large can)
- Salt and Pepper

Directions:

- Preheat oven to 350 degrees F
- Sauté 3 cloves minced garlic in olive oil on medium heat. When lightly browned, add half a chopped white onion and a diced red bell pepper.
- After the vegetables are soft, add 1 ½ cups of Prego sauce, let simmer
- In the meantime, slice the eggplants, zucchini, squash, and tomatoes into thin slices (about ¼ of an inch thick)

- Pour tomato sauce mixture into an oven safe pan and arrange vegetables in circular formation, working towards the center
- Brush top of vegetables lightly with olive oil and top with a small bunch of finely chopped parsley, dried thyme, and a few basil leaves
- Sprinkle with salt and pepper
- Bake for 35 minutes



Submitted by: Alyssa Fawbush, RN