

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