



# MICHIGAN MEDICINE HOLIDAY RECIPE BOOK

2020

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Authors: The wonderful colleagues of  
Michigan Medicine



# CROCK POT FRENCH TOAST

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## CHEF

Michelle Nichols - 5C

## CATEGORY

Holiday  
Breakfast

## HOLIDAY

Thanksgiving  
Christmas

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## INGREDIENTS

12 slices of texas toast style bread

8 eggs

1 1/2 cups milk

3 TBSP cinnamon

1 cup chopped pecans or walnuts (optional)

Maple syrup of your choice

## INSTRUCTIONS

1. Whisk together eggs, milk, cinnamon and 1/2 cup of nuts.
  2. In a large crock pot, layer 2 or 3 slices of bread and pour just enough egg mixture to moisten, continue till all bread is in the crock pot pour all remaining egg mixture over bread
  3. Cook on low for 6 hours
  4. I assemble this before going to bed, keeping it in the refrigerator and turn on around 4 am
  5. Serve with warm syrup and garnish with the 1/2 remaining nuts as you plate it up
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MICHIGAN MEDICINE  
UNIVERSITY OF MICHIGAN



# OLIEBOLLEN (DEEP FRIED DOUGHNUT BALLS)

A Dutch New Years Tradition

## CHEF

Jenn Berks - Oral & Maxillofacial Surgery & Hospital Dentistry

## CATEGORY

Sweet Treats

## HOLIDAY

New Years (Eve & Day)

## INGREDIENTS

### Batter:

1 kg all purpose flour  
1 liter lukewarm water  
80 grams fresh yeast (or 30g instant yeast, or 40g active dry yeast)  
2 eggs  
80 grams melted butter  
50 grams caster sugar (or granulated sugar)  
20 grams lemon juice  
10 grams salt

Garnish (optional, you can use as many or as few of these as you like):

75 grams currants  
100 grams raisins  
100 grams candied cherries (cut in pieces)  
200 grams apple

Frying: Sunflower oil for deep-frying (or other oil with high smoke point and little flavor, like peanut oil)

Finishing: Powdered sugar

## INSTRUCTIONS

1. Let the currants and raisins soak in some lukewarm water for a few hours. Drain into a sieve when ready to begin cooking
2. Cut the apples into small cubes of about 3/4 cm and add the currants, raisins and apple pieces together in a small bowl.
3. Dissolve the yeast in the lukewarm milk - if using active dry yeast, let this bloom for 10 minutes or so.
4. Place the flour in a very large bowl and make a well in the center, add the eggs, melted butter, sugar and milk/yeast mixture into the flour. Stir until it forms a nice smooth mass.
5. Add the lemon juice and the garnish, stir everything together and finally add the salt.
6. Cover bowl with damp towel (or plastic wrap) and let it rise for about 30 minutes at a temperature of about 85 F. After about 30 minutes knock the dough down and let it rise again for another 30 minutes.
7. During the second rise - heat oil to 350 F. Use a deep fryer, or a wide stock pot. The oil should be deep enough that the oliebolle will easily float and not get stuck on the bottom.
8. Stir the batter and then using an ice cream scoop dipped in water drop scoops of batter into hot oil. Do not overcrowd the pan.
9. Cook for about 3 minutes (or until golden brown) then flip oliebolle over and continue cooking about 2-3 more minutes (or until golden brown).
10. Remove from oil and either place on a cooling rack, or directly into a paper towel lined bowl.
11. Roll or dust with powdered sugar right before eating.



# SAVORY MEATBALLS

## CHEF

Lynn McCain - Director  
of Communications &  
Senior Writer, Pathology

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

These meatballs are a family favorite during the Thanksgiving Lions Game and on New Year's Eve. They are great for any tailgating setting or if you want some delicious meatball subs. A very easy-to-transport dish to bring for any event! - Lynn

## INGREDIENTS

1 bag of Italian Meatballs, freezer section

OR

Meatball Recipe if you choose to make your own:

1 lb of ground beef (80/20 blend)

1 lb of ground pork (can use all beef if you don't eat pork, or even ground turkey)

1/2 cup of Italian breadcrumbs

1/3 cup of milk

1/4 cup of finely diced onion (can use 2 Tablespoons of dehydrated onion flakes)

1/2 teaspoon garlic powder

1 teaspoon Italian seasoning

1 egg

1/4 cup of fresh, chopped parsley (can use 2

Tablespoons of dehydrated parsley)

1/4 cup shredded parmesan

salt and pepper to taste.

Sauce:

In a saucepan, combine:

2/3 cup of catsup

3 Tablespoons of Worcestershire sauce

2 Tablespoons of sugar

4 Teaspoons of chopped onion (or 2 teaspoons of dehydrated onion flakes)

2 Teaspoons of white vinegar

1/2 cup of water

## INSTRUCTIONS

For homemade meatballs:

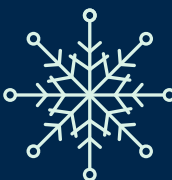
1. Preheat Oven to 400 degrees F
2. Combine all dry ingredients in a bowl until well blended.
3. Whisk egg and add to the milk
4. Combine meat, and all other ingredients in a large bowl and mix until just combined. Do not over mix or your meatballs will be tough.
5. Roll evenly sized meatballs - walnut sized works great (about 1 1/2 Tablespoon each)
6. Place on lined cookie sheet/jelly roll pan and bake for 18-20 minutes or until cooked through.

For Sauce: Bring to a rolling boil, stirring regularly. Remove from heat as soon as rolling boil is achieved.

7. Place cooked meatballs into a slow cooker, pour the sauce over the top and heat in slow cooker on the low setting for at least 1 hour before serving to allow flavors to blend. If you like a lot of sauce with your meatballs, you can double the sauce.

8. Stir to distribute sauce evenly prior to serving.

NOTE: If using frozen meatballs, no need to thaw first. Just dump them in the slow cooker, top with the sauce, heat on high for 45 minutes, then turn to low until ready to serve (up to about 5 hours). If you let them cook on low for more than 5 hours, they will get mushy.



# MINI FRUIT CHEESECAKES

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## CHEF

Susan Blackport -  
Rev Cycle, PB Biller

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving  
Christmas

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## INGREDIENTS

### Servings: 24

Vanilla wafers  
2 (8 oz) packages cream cheese  
3/4 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
1 (21 oz) can fruity pie filling

## INSTRUCTIONS

1. Preheat oven to 350 degrees. Line muffin tins with paper liners
  2. Place a vanilla wafer at the bottom of each paper liner
  3. In mixing bowl, beat cream cheese, sugar, eggs and vanilla until light and fluffy. Fill each muffin liner with this mixture, almost to the top
  4. Bake 20-25 minutes.
  5. Let Cool.
  6. Top with pie filling
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# BEST EVER STUFFED MUSHROOMS

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## CHEF

Susan Blackport -  
Rev Cycle, PB Biller

## CATEGORY

Appetizer

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

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## INGREDIENTS

**Servings: 2-1/2 dozen**

1 pound pork sausage  
1/4 cup finely chopped onion  
1 garlic clove, minced  
1 package (8 oz) cream cheese  
1/4 cup shredded parmesan cheese  
1/3 cup seasoned bread crumbs  
3 teaspoons dried basil  
1-1/2 teaspoons dried parsley flakes  
30 fresh mushrooms, stems removed  
3 tablespoons butter, melted

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
  2. In a large skillet, cook sausage, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles; drain.
  3. Add cream cheese and parmesan cheese; cook and stir until melted.
  4. Stir in bread crumbs, basil and parsley.
  5. Meanwhile, place mushroom caps in a greased 15x10x1-inch baking pan, removed-stem side up.
  6. Brush with butter and spoon sausage mixture into mushroom caps.
  7. Bake, uncovered, 12-15 minutes or until mushrooms are tender.
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# ANYTIME CHEESY POTATOES

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## CHEF

Rebecca Jones-  
MPU-Tech

## CATEGORY

Savory Delights

## HOLIDAY

All year round!

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## INGREDIENTS

1-bag frozen diced hashbrown potatoes  
(regular or O'Brien style)  
1-can of Cream of Mushroom soup  
1-can of Cream of Chicken soup  
1-16oz container of Sour Cream  
2- 8oz. bags of shredded cheese (I use  
a blend of Sharp Cheddar and Colby,  
but you can use whatever kind you  
prefer).

## INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Mix potatoes, soups, sour cream, and 1 bag of cheese in a bowl.
3. Grease 9/13 pan and add potato mixture to pan and bake for 1 hour covered with foil.
4. Put the rest of the cheese on the last 15 minutes and bake uncovered the last 15 minutes.

Notes: use your judgement with the sour cream for consistency and use as much cheese as you would like. I also use a foil pan for easy clean up transport!

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# KAY'S SESAME SEED COOKIES

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## CHEF

Karen Kost- Information Strategies & Delivery, EDIS, HITS, Technical Writer

## CATEGORY

Sweet Treats

## HOLIDAY

All year round!

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## INGREDIENTS

- 2 sticks butter (salted, softened = one cup)
- ¼ cup Granulated sugar
- 1 cup Confectioner's sugar
- 1-2 tsp Pure Vanilla Extract (not Imitation) (to taste)
- 2 cups flour, measured

## INSTRUCTIONS

1. Cream butter, both sugars, and vanilla together.
2. Beat in flour.
3. Roll (stiff) batter into 1" balls.
4. Press top of each ball into sesame seeds prior to baking.
5. Use ungreased cookie sheet.
6. Bake for 22-25 minutes in 325-degree oven. Watch the first batch closely to ensure the bottom doesn't burn.

### Tips:

- These cookies do not spread, so you can crowd the pan a little bit but don't let the sides touch.
  - Sifting the flour is not necessary, but it makes a finer crumb.
  - Many people like to roll these in powdered sugar after baking. That was a different cookie at my house (it had anise in it), so I don't like to do that. If you do want to roll them in powdered sugar, please omit the sesame seeds.
  - They should be barely browned on bottom before you remove them from the oven. No browning at all is even ok! Nicely browned = overcooked/dry/tough.
  - This recipe makes up to 4 dozen, if you roll them small.
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# CARIBBEAN SWEET POTATO PUDDING

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## CHEF

Ruth Ann Buntin- Internal  
Medicine-Nephrology,  
Executive Assistant

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

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## INGREDIENTS

12 pounds sweet potato, (peeled and grated small or chopped)

1 13.6 ounce can coconut milk (a 14 ounce can is fine as well)

1 1/4 cup brown sugar (can also use coconut palm sugar)

2 teaspoons vanilla

2 1/2 cups flour (Vegan option: 2 cups Gluten-Free all purpose flour, or brown rice flour)

2 teaspoons cinnamon

1 teaspoons nutmeg

1/4 teaspoon sea salt

1 1/2 allspice (optional)

1 teaspoon ginger, freshly grated (optional)

Topping:

1/2 cup coconut milk

1 tablespoon brown sugar

1/4 teaspoon vanilla

Pinch cinnamon

## INSTRUCTIONS

1. Preheat oven 350 degrees F. Grease a 9-inch round baking pan or an 8X8 baking dish. Set aside.

2. Peel sweet potatoes and grate using the next to the smallest size on a grater.

3. Transfer grated sweet potatoes to a large bowl.

4. Add coconut milk, brown sugar, spices and salt.

5. Shift in the flour to form a mostly smooth batter. (If you don't have a sifter, just add the flour slowly while stirring.)

6. Pour batter into baking pan and bake for 1 hour.

7. Combine all topping ingredients in a small bowl and pour evenly on the top of the pudding.

8. Return pudding to oven and bake for another 45 minutes or until the top is golden brown.

9. Delicious served alone or with whipped cream (Vegan option: coconut whipped cream).



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# APPLE CAKE

## CHEF

Jeanne Riggs, Rehabilitation Services, clinical specialist in OT Hands

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving

## INGREDIENTS

11 1/2 cups oil	Topping:
2 cups sugar	1 cup dark brown sugar
3 eggs	1/4 cup milk
3 cups flour	1/2 cup butter
1 teaspoon salt	1 teaspoon vanilla
1 teaspoon cinnamon	
1 teaspoon baking soda	
1 teaspoon vanilla	
3 cups peeled, cored and thinly sliced apples	
1 cup chopped walnuts	
1 cup raisins	

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Beat oil and sugar together.
3. Add eggs and beat until creamy.
4. Sift together flour, salt, cinnamon, and soda.
5. Stir into batter. Add remaining ingredients and blend.
6. Turn into buttered and floured 9-inch angel food tube pan.
7. Bake 1 hour and 15 minutes or until knife inserted in middle comes out clean.
8. Cool in pan before turning out.

### Topping:

1. Combine and melt over low heat, stirring until smooth.
2. Stir and boil about 3 minutes until topping coats spoon.
3. Pour topping over cake while it is still warm.

Note: This recipe actually makes more topping than you'll need, but it's great microwaved and poured over ice cream.



# EASY PEASY CHRISTMAS BREAKFAST QUICHE

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## CHEF

Meredith Russell,  
Radiology IT,  
Applications Analyst

## CATEGORY

Savory Delights

## HOLIDAY

Christmas

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## INGREDIENTS

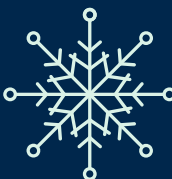
- 1 frozen pie crust, or your favorite crust recipe
- 1 cup chopped broccoli
- 1 cup chopped chicken or ham
- 1 cup grated cheddar cheese
- 1/4 cup chopped black olives, drained, or sweet pepper (optional)
- 4 eggs whisked into 1 cup milk
- Cajun season salt, like Tony Cachere's, or paprika for a nice color on top

## INSTRUCTIONS

1. Pre-heat oven to 400 degrees.
  2. Bake pie crust 15 minutes on a cookie sheet.
  3. Chop everything while crust is baking.
  4. Sprinkle layers of broccoli, meat, cheese and olives into hot pie crust.
  5. Pour milk/egg mixture carefully into pie crust. Don't over fill.
  6. Sprinkle with seasoned salt.
  7. Turn down heat to 350 degrees, bake 50 minutes.
  8. Cool 10 minutes and serve. This freezes well.
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# SMASHED SWEET POTATOES W/ APPLES

## CHEF

Amanda Schutz, Internal  
Medicine - PCCM,  
Research Area Specialist

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving

This is an Ina Garten recipe that I've been making every Thanksgiving for about a decade and it always gets rave reviews!

(<https://www.oprah.com/food/smashed-sweet-potatoes-with-apples>)

## INGREDIENTS

**Serves 15-20**

8 pounds (about 12 large) sweet potatoes  
1 cup freshly squeezed orange juice  
1 cup heavy cream  
8 tablespoons (1 stick) butter, melted  
1/2 cup light brown sugar  
2 teaspoons ground nutmeg  
1 teaspoon cinnamon  
4 teaspoons salt

2 teaspoons freshly ground pepper  
6 tablespoons (3/4 stick) butter  
6 McIntosh or Macoun apples, peeled,  
cored, and cut into eighths  
6 tablespoons light brown sugar

## INSTRUCTIONS

1. Preheat oven to 375°.
2. Scrub potatoes, then prick several times with a knife or fork.
3. Bake 1 hour, or until very soft when pierced with a knife.
4. Combine orange juice, cream, butter, brown sugar, nutmeg, cinnamon, salt, and pepper.
5. Remove potatoes from oven.
6. Once cooled, scoop out the insides with a spoon.
7. Place 1/2 of sweet potato meat into the bowl of an electric mixer. Add 1/2 of juice-and-cream mixture, blend until combined but not smooth, and pour into a large baking dish.
8. Repeat with remaining potatoes and juice-and-cream mixture, and add to baking dish.
9. Melt butter in a large skillet over medium-high heat.

10. Add apple wedges and brown sugar; cook about 10 minutes, turning apples occasionally, until lightly browned on both sides.
11. Place on top of sweet potatoes and bake 30 minutes, until heated through.

(Note: If refrigerating before baking, cook 45 minutes, or until heated through.)

Additional note from Amanda: This recipe makes A LOT of potatoes. I like using leftovers to make cupcake-sized sweet potato pies using pre-made pie crusts (the kind you roll out, not the kind already in a pie tin--they're easy cut into whatever shape/size suits the muffin tin you're using).



# CORN BREAD DRESSING

## CHEF

Krista Golden,  
Pediatrics, Lab Manager

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving  
Christmas

Prep Time: 15 mins | Cook Time: 45 mins | Difficulty: Easy | Servings: 10 |  
Source: Cuisineathome.com

## INGREDIENTS

### Combine:

6 cups prepared corn bread, torn into pieces, and staled  
4 cups French bread, cubed and staled  
3 cups chicken broth  
2 cups whole milk

### Saute in 1 Stick Unsalted Butter:

2 cups celery, diced  
2 cups onion, diced, or 2 cups sliced leeks  
(my variation)  
3 T. minced fresh sage

### Add:

Sauteed celery mixture  
3 eggs, beaten  
1/2 cup minced fresh parsley  
1/2 to 3/4 pound browned breakfast or italian sausage  
3/4 cup dried cranberries  
Salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 375° and coat a 3-quart baking dish with nonstick spray.
2. Combine both types of bread, broth, and milk in large bowl, folding gently by hand to incorporate. Let stand about 3 minutes.
3. Saute celery and onion in butter in a skillet over medium-high heat, 3 minutes.
4. Add sage and cook for 1 minute.
5. Add celery mixture, eggs, parsley, sausage, cranberries and seasonings to bread mixture.
6. Mix well, then spoon dressing into the prepared baking dish.
7. Bake 45 - 60 minutes, or until lightly browned.



# GINGER PUMPKIN CHEESECAKE

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## CHEF

Krista Golden,  
Pediatrics, Lab Manager

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving  
Christmas

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## INGREDIENTS

8 oz. gingersnap cookies, finely crushed (I like TJ's Triple Ginger Snaps)  
3 Tbs. butter, melted  
2 Tbs. sugar  
2--8 oz. pkg. cream cheese (light or regular) softened  
3/4 cup firmly packed light brown sugar  
3 large eggs, room temperature  
2 tsp vanilla  
1--15 oz. can pumpkin  
1 Tbs flour  
2 tsp pumpkin pie spice  
Whipped cream/pecan halves

## INSTRUCTIONS

1. Preheat Oven: 325 degrees
  2. Combine crumbs, butter and sugar.
  3. Press into bottom and sides of a 9" springform pan.
  4. Bake 15 minutes. Set aside.
  5. Beat cream cheese and brown sugar until smooth.
  6. Mix in pumpkin, vanilla, flour and spice until smooth.
  7. Add eggs one at a time, blending until smooth.
  8. Pour into crust.
  9. Bake 50 minutes or until filling barely moves when gently shaken.
  9. Cool.
  10. Chill in refrigerator for several hours or overnight.
  11. Garnish with whipped cream and pecans if desired.
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# CRANBERRY SAUERKRAUT MEATBALLS

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## CHEF

Lori Meggitt, Physiology,  
Admin. Asst.

## CATEGORY

Appetizer

## HOLIDAY

All year round!

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## INGREDIENTS

4-6 lbs Meatballs (turkey, beef or any other  
type of your choice)

1 bottle Heinz Chili Sauce

1 cup Brown sugar

2 Cans (14.5oz) Sauerkraut

2 cans whole cranberry sauce

## INSTRUCTIONS

1. Mix the sauce together and pour over meatballs in  
stock pot or crockpot.
  2. Bake 1.5 hrs @ 375 or in crockpot
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# CHRISTMAS TREES SPRITZ

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## CHEF

Laura VanGoor,  
Dermatology, Department  
Faculty Affairs &  
Communications

## CATEGORY

Sweet Treats

## HOLIDAY

Christmas

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Allow ~1.5 hours from start to finish. Requires a cookie press with Christmas tree design disc. Makes ~ 6 dozen.

## INGREDIENTS

1 cup shortening (or: 1/2 cup butter and 1/2 cup shortening)

3/4 cup sugar

1 egg

1 teaspoon almond extract

1-3 drops green food coloring - per preference

2 1/4 cups all-purpose flour

1/8 teaspoon salt

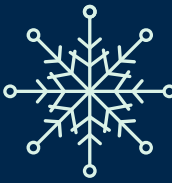
1/4 teaspoons baking powder

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For decoration: colored sugar, nonpareils, sprinkles - per preference

## INSTRUCTIONS

1. Preheat oven to 400 F degrees.
  2. Cream together shortening and sugar until fluffy, adding sugar gradually.
  3. Add unbeaten egg, extract, food coloring and dry ingredients, then mix well.
  3. Spoon dough into cookie press. Press cookies onto cool, ungreased baking sheets.
  4. Decorate very lightly with colored sugar, nonpareils. or sprinkles.
  5. Bake in preheated oven for ~5-6 minutes (depending on oven), monitoring closely to prevent browning. The edges should be at most barely golden.
  6. Cool on baking sheet for ~5-10 minutes then transfer to paper towel or cooling rack. Allow to cool fully before storing in airtight container. These cookies are crisp and light and keep for ~2 weeks -- if they last that long.
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# RUTABAGA CASSEROLE

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## CHEF

CareyLynn Flaughter,  
C&W Administration,  
Manager

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

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## INGREDIENTS

- 2 or 3, or about 1 1/2 lbs. - Rutabagas (yellow turnips, or swedes)
- 1 sleeve- Saltine Crackers crushed
- 1 cup - Milk 2%
- 2 - Eggs, beaten
- 1/2 cup - Butter
- Salt and Pepper to taste

## INSTRUCTIONS

1. Preheat oven to 350°F.
  2. Peel the rutabagas, then cut them into large chunks.
  3. Place the rutabagas in a large saucepan and add water to cover and a big pinch of salt.
  4. Bring to a boil over medium-high heat, then reduce heat to medium and boil until cooked through and tender, about 15 to 20 minutes.
  5. Drain and set aside to steam dry.
  6. Add the saltine crackers, milk, eggs, butter, salt and pepper to a large bowl and whisk together.
  7. Use a ricer or potato masher to mash the rutabagas until they are smooth.
  8. Adjust seasoning with salt and pepper.
  9. Transfer the mashed rutabagas to a buttered casserole dish and make a decorative pattern on the top using a fork or spoon.
  10. Dot the top of the rutabagas with the butter and place in the oven.
  11. Bake for about 45 minutes, or until cooked through and browned on the top.
  12. Serve hot.
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# GRANDMA COOKIE'S EGG NOODLE RECIPE

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## CHEF

Jessica Virzi - Precision  
Health, Clinical  
Informaticist

## CATEGORY

Savory Delights

## HOLIDAY

Any family  
event!

This egg noodle dish is a great complement to many meals! My mother (A.K.A Grandma Cookies) makes this dish for almost every family celebration. The noodles take on the texture of a dumpling noodle. You can also use this as a main dish by adding poultry, such as cooked chicken or leftover turkey.

### Notes:

The dough will be slightly dry. If the dough is too wet, slowly add flour until the dough is the right consistency. Rolling out the noodles to 1/8 or 1/4 will yield better noodles! You don't want them to be too thick because as they cook they will naturally thicken up a bit. You can increase this recipe by using this simple ratio: for every 1 cup of flour you add one additional egg and 1-2 additional tablespoons of milk.

## INGREDIENTS

The recipe below serves 6-8.

- |  |  |
|--|--|
| 2-3 Cups Chicken, Turkey, Vegetable Stock  | 1 small onion diced  |
| 2 cups of flour  | 2 tablespoons olive oil  |
| 2 eggs slightly beaten   | Cooked chicken or turkey (if desired-if you would like to serve as a main dish). I've used rotisserie chicken or leftover turkey |
| 2-4 tablespoons of milk of choice (I've used non-dairy oat or soymilk as an alternative for my non-dairy friends and family) | Salt and Pepper to taste   |
| 1 bunch of fresh carrots cut to your size preference   |  |
| 2-3 stalks of celery cut to your size preference   |  |

## INSTRUCTIONS

1. Pour flour into large bowl and make a well in the center of the flour
2. Add eggs and milk to center of the flour well
3. Slowly incorporate flour and egg mixture with whisk (or fork)
4. Knead dough until smooth (about 2 minutes)
5. Roll dough into ball, cover, rest in refrigerator for 1-2 hours
6. On a floured surface, roll out dough to 1/8 or 1/4-inch thickness
7. Cut dough into desired length and shape of noodle (I use a pizza cutter)
8. Allow noodles to air dry while preparing next steps
9. Sauté carrots, celery and onion until onion is transparent
10. Add Chicken, Turkey or Vegetable stock, and cooked poultry (if desired) and bring to boil
11. Drop noodles into boiling stock
12. Cover and simmer until desired consistency (about 20-25 minutes) stir occasionally



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# GREEN JELL-O SALAD

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## CHEF

CareyLynn Flaughter,  
C&W Administration,  
Manager

## CATEGORY

Sweet Treats

## HOLIDAY

Christmas

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## INGREDIENTS

- 1 cup hot water
- 1 (5 ounce) package lime Jell-O gelatin
- 2 (8 ounce) container heavy whipping cream
- 1 (10 ounce) can crushed pineapple, drained
- 1 (8 ounce) cream cheese, softened
- 1/2 cup chopped pecans
- 1 cup small curd cottage cheese
- 1 cup celery chopped

## INSTRUCTIONS

1. In a large multi-cup measuring cup (I use my 4 cup Pyrex), add all of the reserved pineapple juice and then add enough water to the juice to make a total of 2 cups.
  2. Pour into pot and bring just to a boil.
  3. Add the lime Jell-O mixes to the boiling pineapple juice/water and stir until dissolved.
  4. Remove from heat, allow to cool just slightly.
  5. With an electric hand mixer, blend softened cream cheese into lime gelatin mixture until smooth.
  6. In your stand mixer bowl, beat whipping cream until soft peaks form. Fold into gelatin/cream cheese/pineapple mixture, until combined. Fold in the crushed pineapple, cottage cheese, celery and pecans.
  7. Pour mixture into an 8x8" glass casserole pan or a pretty glass serving bowl.
  8. Cover and refrigerate for at least 4 hours or overnight (preferred).
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# HARVEST STUFFIN' MUFFINS

## CHEF

Jill Miller, Office of Medical  
Student Education, MD  
Verification & Credentialing  
Coordinator

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

## INGREDIENTS

- 1 cup shredded carrot
- 1 cup chopped celery
- ½ cup chopped onion
- ½ cup unsalted butter
- 1 teaspoon ground sage or poultry seasoning
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 1/8 teaspoon ground pepper
- 8 cups dried bread cubes
- 2 cups finely chopped, peeled apple
- ½ cup chopped walnuts
- ½ cup wheat germ
- ½ to ¾ cup turkey broth (may use chicken or vegetable)
- Pam cooking spray

## INSTRUCTIONS

1. Preheat oven to 350.
2. Coat a 12-muffin tin with Pam cooking spray and set aside.
3. In a skillet cook carrot, celery, and onion in butter until tender but not brown.
4. Stir in sage (or poultry seasoning), salt, cinnamon, and ground pepper.
5. In a large mixing bowl combine bread cubes, chopped apple, walnuts, and wheat germ.
6. Add cooked vegetables mixture.
7. Drizzle with enough broth to moisten, tossing lightly.
8. Divide equally in the muffin tin, cover with foil and bake for 1 hour.
9. Remove the foil during the last 10 minutes of baking to crisp the tops of the muffins.



# CRAB DIP

(from Laurie O'Grady, All Recipes)

## CHEF

Submitted by a  
colleague

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving

## INGREDIENTS

Prep: 15 mins | Cook: 30 mins | Total: 45 mins | Servings: 16 | Yield: 16 servings

- 11 ounces cream cheese, softened
- 1 small onion, finely chopped (very important!)
- 5 tablespoons mayonnaise
- 2 (6 ounce) cans crabmeat, drained and flaked
- ½ teaspoon garlic powder
- salt and pepper to taste
- 1 (1 pound) loaf round, crusty Italian bread

## INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, combine the cream cheese, onion, mayonnaise, crabmeat, garlic powder, salt and pepper. Spread mixture into a 1 quart baking dish.
3. Bake for 20 minutes in the preheated oven. While the dip is baking, cut a circle in the top of the bread, and scoop out the inside to create a bread bowl. Tear the removed bread into pieces for dipping.
4. Remove baked crab dip from the oven, and stir well. Spoon the mixture into the hollowed out loaf. Place bread bowl and chunks of bread on a medium baking sheet, and bake for an additional 10 minutes.
5. Serve hot.

### Nutrition Facts

#### Per Serving:

199 calories; protein 8.4g 17% DV; carbohydrates 15.3g 5% DV; fat 11.5g 18% DV; cholesterol 41.8mg 14% DV; sodium 318mg 13% DV.



# VEGAN GOLDEN MILK LATTE

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## CHEF

Dianne Singer, CHEAR  
Center, MHealthy  
Champion

## CATEGORY

Warm comforting  
drink

## HOLIDAY

Thanksgiving  
Christmas  
New Years (Eve & Day)

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Recipe modified from my son's vegan blog and recipe site:  
[www.lettuceliveinpeas.com](http://www.lettuceliveinpeas.com)

## INGREDIENTS

- 4 Cups Plant based milk
- 3 tsp Turmeric powder
- 1 1/2 tsp Ginger powder or grated fresh ginger
- 1/2 tsp Cinnamon powder
- 1/4 Clove Clove powder
- 1/4 tsp Cardamon powder
- 1/8 tsp Black pepper
- 1 Tbsp Coconut oil or vegan butter
- 2 Tbsp Maple syrup or agave syrup
- 1 Pinch Nutmeg

## INSTRUCTIONS

1. Pour milk into a pot and set to simmer.
  2. Whisk the turmeric, ginger, cinnamon, cloves, cardamom, and black pepper to the milk.
  3. Allow the mixture to simmer for 5-10 minutes.
  4. After whisk in the coconut oil and maple syrup.
  5. Allow the mixture to simmer for another 2 minutes.
  6. The Golden milk is now ready to serve with a pinch of nutmeg!
- 



# BEST BEEF STEW EVER

[www.onceuponachef.com](http://www.onceuponachef.com)

## CHEF

Mary Bergeron; Surgery,  
Vascular; Administrative  
Assistant

## CATEGORY

Savory Delights

## HOLIDAY

Sunday dinner

A family favorite and the Best Beef Stew Ever! and the gravy is perfect every time. I add additional fresh vegetables I have on hand and serve over Zoodles (spiralized zucchini). Take a break from turkey. This recipe is too good not to share.

## INGREDIENTS

Servings: 6

Total Time: 3 Hours 30 Minutes

3 pounds boneless beef chuck (well-marbled), cut into 1-1/2-inch pieces  
2 teaspoons salt 1 teaspoon freshly ground black pepper  
3 tablespoons olive oil  
2 medium yellow onions, cut into 1-inch chunks  
7 cloves garlic, peeled and smashed  
2 tablespoons balsamic vinegar  
1-1/2 tablespoons tomato paste  
1/4 cup all-purpose flour  
2 cups dry red wine  
2 cups beef broth

2 cups water  
1 bay leaf  
1/2 teaspoon dried thyme  
1-1/2 teaspoons sugar  
4 large carrots, peeled and cut into 1-inch chunks on a diagonal  
1 pound small white boiling potatoes (baby yukons), cut in half  
Fresh chopped parsley, for serving (optional)

## INSTRUCTIONS

Preheat the oven to 325°F and set a rack in the lower middle position. Pat the beef dry and season with the salt and pepper. In a large Dutch oven or heavy soup pot, heat 1 tablespoon of the olive oil over medium-high heat until hot and shimmering. Brown the meat in 3 batches, turning with tongs, for about 5 minutes per batch; add one tablespoon more oil for each batch. (To sear the meat properly, do not crowd the pan and let the meat develop a nice brown crust before turning with tongs.) Transfer the meat to a large plate and set aside.

Add the onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon and scraping the brown bits from bottom of the pan, for about 5 minutes. Add the tomato paste and cook for a minute more.

Add the onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon and scraping the brown bits from bottom of the pan, for about 5 minutes.

Add the tomato paste and cook for a minute more. Add the beef with its juices back to the pan and sprinkle with the flour. Stir with wooden spoon until the flour is dissolved, 1 to 2 minutes. Add the wine, beef broth, water, bay leaf, thyme, and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, transfer to the preheated oven, and braise for 2 hours. Remove the pot from the oven and add the carrots and potatoes. Cover and place back in oven for about an hour more, or until the vegetables are cooked, the broth is thickened, and the meat is tender. Fish out the bay leaf and discard, then taste and adjust seasoning, if necessary. Serve the stew warm -- or let it come to room temperature and then store in the refrigerator overnight or until ready to serve. This stew improves in flavor if made at least 1 day ahead. Reheat, covered, over medium heat or in a 350°F oven. Garnish with fresh parsley.



# SWEET POTATO PIE

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## CHEF

Sharon Walker -  
Nephrology-  
Administrative Specialist

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving  
Christmas

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## INGREDIENTS

- 3 Large Sweet Potatoes
- ¼ cup butter
- ½ cup canned evaporated milk
- 2 eggs, separated
- 2/3 cup sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla extract
- 1 teaspoon brandy extract (optional)
- 1 9-inch unbaked pie shell

## INSTRUCTIONS

1. Boil sweet potatoes until tender.
  2. Peel and Mash.
  3. Melt butter in milk and add to sweet potatoes, mixing well.
  4. Beat egg whites until stiff and set aside.
  5. Add yolks and remaining ingredients to potatoes.
  6. Gently fold in egg whites.
  7. Pour into pie shell
  8. Bake at 350 degrees for 30 minutes or until toothpick inserted in center comes out clean.
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# SAVORY OVERNIGHT OMELETTE CASSEROLE

Perfect for any special brunch when you have to bring a dish to pass.

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## CHEF

Shiela Julin,  
accreditation specialist,  
GME

## CATEGORY

Brunch

## HOLIDAY

Christmas  
Any special  
occasion

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## INGREDIENTS

6 whole onion rolls  
1 c. grated cheddar cheese  
8 oz. weight cream cheese  
1 1/2 stick butter  
10 whole eggs  
2 c. milk  
1 tsp. chopped chives (fresh are better than dried in this case)  
1/2 tsp. dry mustard  
1/2 tsp. salt  
1 dash cayenne pepper

## INSTRUCTIONS

1. Generously butter a 9x13 baking dish.
  2. Tear onion rolls into chunks and place them in the baking dish.
  3. Sprinkle with cheddar cheese.
  4. Tear cream cheese into small pieces and place over the top.
  5. Cut 1 1/2 sticks butter into pats and place over the top. (I've cut the butter content in half before. I don't recommend it. Go big, or go home right?!)
  6. Mix remaining ingredients and pour over the top of the dish.
  7. Cover and refrigerate overnight.
  8. The next morning, bake at 325 degrees, covered, for 45 minutes.
  8. The remove foil and continue baking at 350 for 10-15 minutes.
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# SPICY GARLICKY GREEN BEANS

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## CHEF

Shiela Julin,  
accreditation specialist,  
GME

## CATEGORY

Sides

## HOLIDAY

Thanksgiving  
Christmas

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## INGREDIENTS

3/4 lb fresh green beans washed/ends  
trimmed  
1 Tbsp sesame oil  
1.5 Tbsp minced garlic  
Crushed red pepper, to taste

For the sauce:

1 tsp chopped green onions  
1 Tbsp soy sauce (use gluten free if necessary)  
1 tsp rice vinegar  
1 Tbsp chili garlic sauce  
1/2 tsp sugar

## INSTRUCTIONS

1. In separate bowl, mix green onions, soy sauce, rice vinegar, chili garlic sauce, and sugar.

Note: These are gluten free if you use GF soy sauce or tamari.

2. In large pan or wok, heat sesame oil over medium-high heat, then add garlic. Saute about 30 seconds, then add green beans and crushed red pepper.

3. Cook for 3-4 minutes until bright green, stirring often.

4. Stir in sauce and cook just until heated through, then serve.

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# SHORTBREAD PRESS COOKIES / COCONUT SHORTBREAD DIPPED IN WHITE CHOCOLATE

## CHEF

Elizabeth Hershey, managing director, Center for Health Communications Research, Rogel Cancer Center

## CATEGORY

Sweet Treats

## HOLIDAY

Christmas

## INGREDIENTS

### For shortbread press cookies:

1 cup (2 sticks) butter, softened  
½ cup powdered sugar  
2 cups flour  
¼ tsp salt (double if using unsalted butter)  
Decorative sugars

## INSTRUCTIONS

Heat oven to 350 degrees. Cream butter, salt and sugar. Mix in flour until well blended.

Extrude cookies through cookie press onto ungreased metal cookie sheets. Decorate with sugars.

Bake for 10-15 minutes until desired level of doneness. Keep in a foil-lined tin until gone.

### Notes:

- Extruding is tricky. The dough has to be at just the right temperature. You can warm dough up for a few seconds at a time on medium power in a microwave, but knead dough before placing in the extruder.
- Dough can be made ahead of time and kept in refrigerator for days before use. Bring to room temperature and re-knead gently.
- Make sure to wash cookie sheets between batches, so dough from extruder sticks to sheet.

## INGREDIENTS

### For coconut shortbread dipped in white chocolate:

Triple Batch of Shortbread Press Cookie (left)  
One 14 oz bag of Baker's Sweetened Coconut  
One bag of Ghirardelli White Melting Wafers

## INSTRUCTIONS

Heat oven to 350 degrees. On a metal cookie sheet with at least a half inch side all the way around, crumble coconut out into an even layer completely covering sheet. Place sheet in oven and keep a close eye on the coconut, removing the sheet repeatedly and frequently to mix it on the sheet and re-spread the layer evenly, until all the coconut is crisp and a consistent, rich light golden brown. Allow coconut to cool. Once cool, crush coconut with your hands so it is in nice small pieces.

Make a triple batch of the shortbread press cookie recipe. Add coconut to the completed dough, kneading it in thoroughly.

Measure dough using a 1 TBSP measure (flush at the top, not mounded). Form dough into a nicely shaped ball and place onto parchment-lined cookie sheet - 3x4 cookies for a standard sheet. Once entire dozen is on cookie sheet, cover sheet with a single layer of plastic wrap and use a flat-bottomed implement (preferably a clear glass cup) to flatten cookies one at a time to about 1.5 inches in diameter. It is more important to flatten to all the same diameter and thickness, so find your groove.

Bake until light golden brown, turning pan if oven runs hot in areas, probably about 15 mins. Place cookies on wire rack to cool.

Melt about a quarter of the white melting wafers in microwave-proof glass bowl, according to package instructions.

Dip each cookie halfway into white chocolate and then place on parchment paper to cool and set. If your baking area is clean, cool and dry, it is great to leave them overnight or for several hours before packing in single layers (separated by waxed paper) in tins. Store in a cool, dry place and they will last for several weeks - assuming the stash is not ransacked by cookie aficionados! **Note: This makes about 125 cookies, so if you want to go smaller-scale, adjust accordingly.**



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# CRANBERRY-PINEAPPLE JELLO MINIS

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## CHEF

Marilyn Cullen, clerical  
supervisor, Nursing  
Clerical Services

## CATEGORY

Other

## HOLIDAY

Thanksgiving

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## INGREDIENTS

1 Can (20 oz.) Crushed Pineapple, in juice,  
undrained  
2 pkg. (3 oz. each) JELL-O Raspberry  
Flavor Gelatin  
1 can (16 oz.) whole berry cranberry sauce  
2/3 cup chopped walnuts  
1 apple, chopped

## INSTRUCTIONS

1. Drain pineapple, reserving juice.
  2. Add enough water to reserved juice to measure 2-1/2 cups; pour into small saucepan.
  3. Bring to boil.
  4. Add to dry gelatin mixes in large bowl; stir 2 min. until completely dissolved.
  5. Stir in pineapple cranberry sauce, nuts and apples. If making "minis," spoon into 24 paper-lined muffin cups.
  6. Refrigerate 1-1/2 hours or until firm. Remove desserts from liners before serving.
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# ROSEMARY SHORTBREAD

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## CHEF

Mary Beth Lewis, comm.  
specialist, Michigan Center  
for Interprofessional  
Education

## CATEGORY

Sweet Treats

## HOLIDAY

Thanksgiving  
Christmas  
New Years

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Perfect with coffee or tea anytime!

## INGREDIENTS

### Makes about 16 wedges

A few sprigs of fresh rosemary

1 cup unsalted butter

1/2-cup confectioners sugar

1-and-a-half cups sifted flour

half-cup rice flour (can use regular flour if necessary)

High-quality sea salt (optional)

## INSTRUCTIONS

1. Finely snip rosemary leaves (no stems) until you have about a tablespoon worth. Set aside.
  2. Cream butter, gradually add confectioners sugar, then flour, and then the rosemary snips--do not overmix.
  3. Pat out on a cookie sheet to a 3/4-inch thick round. Prick lightly with fork all over. Refrigerate dough for a half-hour.
  4. Preheat oven to 375. Remove cookie sheet from fridge and bake for 5 min. Then lower heat to 300 and bake for about 50 minutes more until lightly golden.
  5. Remove from oven and cut into wedges while warm.
  6. Sprinkle lightly with sea salt (optional).
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# MAPLE GLAZED ROASTED BRUSSELS SPROUTS

## CHEF

Dena Harris, C.R.A.,  
imaging specialist,  
Kellogg Eye Center

## CATEGORY

Side dish

## HOLIDAY

Thanksgiving  
Hanukkah  
Christmas

## INGREDIENTS

1 lb Brussels sprouts  
Avocado oil for roasting if bacon fat isn't used  
1/2 lb bacon  
1/2 cup pecans  
2 TBSP balsamic vinegar  
2 TBSP pure maple syrup  
Shaved parm  
Salt and pepper

## INSTRUCTIONS

1. Cut Brussels sprouts in half.
2. In a cast iron skillet cook bacon until crisp. At this point either remove bacon fat and replace with avocado oil.
3. Heat oil, place Brussels sprouts cut side down and in a single layer in heated skillet. When bottoms are browned to your liking, remove from pan and continue with the rest of the sprouts.
4. Once all the sprouts are browned, toss all the sprouts in pan. Salt and pepper to taste.
5. On low heat, add in pecans, balsamic and maple syrup. Watch carefully, as things can turn ugly quickly and burn.
6. Toss to glaze sprouts. Remove from pan.
7. Shave parm over sprouts and serve.



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# CORNBREAD

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## CHEF

Linda Prevost, internal  
medicine, nephrology  
transplant

## CATEGORY

Bread

## HOLIDAY

Thanksgiving  
Christmas  
Any time you want  
cornbread!

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## INGREDIENTS

1 cup softened butter  
1 cup sugar  
4 eggs  
1 16 oz can creamed corn  
½ cup shredded Monterey Jack cheese  
½ cup shredded Cheddar Cheese  
1 cup flour  
1 cup yellow cornmeal  
4 t. baking powder

## INSTRUCTIONS

1. Cream butter and sugar together.
2. Add eggs one at a time. Stir in corn and cheeses. Sift in dry ingredients.
3. Pour into a 9X13 in pan.
4. Bake at 350 degrees for 30 minutes.

**Notes:** If you throw in 2 sticks of margarine instead of butter, I don't guarantee anything. Life is short. Use butter.

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# THE PRACTICAL MIDWEST BEEF POT ROAST

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## CHEF

Tyler Rentenbach,  
exercise physiologist,  
nuclear cardiology

## CATEGORY

Savory Delights

## HOLIDAY

Thanksgiving  
Christmas  
New Year's  
(Eve and Day)

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This dish is designed to be a delicious and hearty home-cooked meal that requires very little prep work and maintenance. Total cooking time of 3.25 hours.

## INGREDIENTS

- 2.5-3lb Beef Chuck eye roast (bone in preferable)
- 5-6 Michigan redskin potatoes - cubed
- 2 medium sized yellow onions - thinly sliced
- 6 cloves of garlic - minced
- 4 large carrots or 8 oz baby carrots - cubed
- 4 stalks celery - thinly sliced
- 32oz beef broth
- 1 packet of beef stew seasoning

## INSTRUCTIONS

- The first step is to preheat your oven to 325 degrees. Then heat a Dutch oven or roasting pan (either works fine as long as it has a lid) on medium heat on the stove top for 5 minutes.
  - While that is heating up, lightly dust the outside of the beef with flour and then sear in the pan each side for 3 minutes with a little bit of oil.
  - Remove beef then add onions and garlic to pot and cook for approximately 5 minutes or until the onions are translucent.
  - Put the beef back in the pot then add all of the beef broth and the seasoning packet.
  - Cover and place in the oven for 90 minutes.
  - Add the carrots, celery, and potato to the pot then put back in the oven for another 90 minutes.
  - After 3 hours in the oven, the beef should be so tender and just fall apart.
  - Remove beef from the pot and shred using a fork on the cutting board, then put back in the pot. It is now ready to eat. Enjoy!
- 

