



2020
Annual Holiday
Recipe Book



Happy Holidays

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**Thank you for picking up a
copy of this year's staff
recipe book! We are sharing our
favorite Quick & Easy recipes
with you. Enjoy!**



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Fastest Chili

Linda S

Ingredients

- 2 lbs. lean ground beef
- 1/3 cup chili seasoning
- 2 cans diced tomatoes with pepper and onion
- 2 - (8 oz.) cans tomato sauce
- 1 - (16 oz.) can black beans
- 1 - (16 oz.) can small red beans

Directions

Brown beef; drain fat.

Sprinkle seasoning over meat and cook 1 minute over medium-high heat.

Add remaining ingredients.

Bring to a boil.

Cover pan, reduce heat to low, and simmer for 15 minutes.



Herbed Sweet Corn and Tomato Salad

Susanne R

Ingredients

Serves: 6

- 6 medium ears sweet corn, shucked (could substitute frozen)
- 4 medium tomatoes, as ripe as possible
- 1/4 cup (or small handful) fresh mint leaves
- 1/4 cup (or small handful) fresh mixed herbs—like Italian parsley, basil, rosemary, sage
- 1 Tbs. olive oil
- Kosher salt and fresh black pepper, to taste
- 3 oz. soft goat cheese, chilled and crumbled

Options:

Good with other mix-ins. Can add a few cubes of grilled eggplant, pine nuts, touch of balsamic vinegar.

Directions

Bring a large pot of water to boil over medium-high heat. Add the corn and boil for 5 minutes. Drain and let cool.

Meanwhile, chop the tomatoes in quarters and scrape or squeeze out the juices and seeds. (Reserve, if you want, for a future batch of tomato sauce, or to mix into cream cheese for fresh sandwich spread). Chop the seeded tomato quarters into a rough dice. Pat dry with a paper towel to remove any extra moisture.

When the corn has cooled, stand each ear up in a wide, shallow bowl and slice the corn kernels off with a chef's knife. Toss the corn with the tomatoes.

Finely mince the mint and herb leaves and toss with the vegetables, along with the olive oil. Season to taste with salt and pepper, then crumble in the goat cheese and toss gently. Serve and enjoy!



Caprese Pasta Salad

Heidi K

Ingredients

- 1 box farfalle (bowtie) pasta or 1 bag cheese tortellini for a more substantial option
- 1 pint grape tomatoes
- 1 tub bocconcini (small fresh mozzarella balls)
- 1-2 bunches fresh basil
- Italian dressing or balsamic vinaigrette

Directions

Cook pasta until al dente.

Run under cool water and drain.

Rinse tomatoes, drain mozzarella, tear basil into dime-sized pieces.

Toss all with the dressing and serve cold.

Variations:

Add pepperoni or cold Italian sausage for a protein.

Taco Salad

Chris P

Ingredients

Serves: 1

- 4 oz. cooked chicken or 1/2 cup cooked pinto beans
- 2 cups chopped romaine lettuce
- 1/4 cup sweet corn kernels
- 5 to 6 grape or cherry tomatoes
- 1/4 cup mango salsa or store-bought salsa
- 1/4 avocado, chopped
- Lime wedge, for serving

Directions

Layer the ingredients in a bowl, top with a squeeze of lime, and dig in.



Sugar Spiced Nuts

Heidi K

Ingredients

Makes: 4 cups

- 1 egg white
- 4 cups mixed nuts like pecans/walnuts/ almonds/cashews
- 3/4 cup sugar
- 2 Tbs. good cinnamon
- 1 tsp. nutmeg (optional)

Options:

Try other spices like pumpkin pie spice, cayenne pepper, or add different extracts to the coating to experiment with flavor blends.

Directions

Preheat oven to 300° F.

Whisk the egg white in a large bowl until frothy.

Add the sugar and spices and whisk to blend.

Toss the nuts in the egg white mix and spread on a cookie sheet covered with parchment paper or lightly greased with cooking spray.

Bake for about 45 minutes, turning the nuts once or twice with a spatula so all sides get dried.

Let cool and enjoy!

Pizza Pockets

Lisa S

Ingredients

Makes: 8 pockets

- 1 lb. ground beef
- ¼ cup beer
- 1 (8 oz.) can tomato sauce
- 1 (1- 1 ½ oz.) pkg. spaghetti sauce mix
- 1 (8 oz.) pkg. shredded mozzarella cheese
- 4 pita rounds

Directions

Brown ground beef in skillet, drain fat. Add beer, tomato sauce, and spaghetti sauce to beef.

Cover and simmer for 10 minutes.

Cut pita rounds in half. Spoon 4 Tbs. of mixture into pita round and top with mozzarella cheese.

Wrap each pita in foil.

Bake in 350° F oven for 8 minutes or until cheese melts.



Grandma's Pizza Dip

Jamie S

Ingredients

Makes: 6 cups

- 8 oz. cream cheese, softened
- 3/4 cup mayo
- 1 cup shredded mozzarella cheese (can substitute other kinds of cheese)
- 8 oz. sliced pepperoni
- 2 chopped tomatoes
- 10 large pitted black olives, chopped
- 4 crusty Italian rolls

Options:

Take out the pepperoni for vegetarians!

Directions

Heat oven to 350° F.

In large bowl, mix together the cream cheese, mayo, mozzarella cheese, pepperoni, tomatoes, and olives.

Put mixture in a 6-cup baking dish.

Bake for 30 minutes until lightly browned and bubbly.

Allow to cool slightly.

Serve with bread pieces for dipping; can substitute for chips, crackers, or your preference.



Roasted Asparagus with Poached Eggs and Goat Cheese

Lisa S

Ingredients

- 1 lb. asparagus, ends snapped
- 1 Tbs. olive oil
- 1 Tbs. minced garlic
- $\frac{3}{4}$ tsp. salt*
- $\frac{1}{4}$ tsp. pepper*
- 4 large eggs
- $\frac{1}{4}$ cup goat cheese

*reserve $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper for topping

Directions

Snap ends off of asparagus. Rinse and pat dry. Add next 4 ingredients and place in a roasting pan.

Put in 400° F oven for 12-15 minutes or until a paring knife can pierce thickest end.

Add 1-inch water to a large skillet and bring to a boil over high heat. Reduce heat to medium, then crack eggs one at a time and poach eggs (approximately 3 minutes). Remove eggs with a slotted spoon.

Top asparagus with eggs, and sprinkle with goat cheese, remaining $\frac{1}{4}$ tsp. salt, and $\frac{1}{8}$ tsp. pepper.

Serve immediately.



Italian Beef Soup

Heidi K

Ingredients

- 1 (15 oz.) container of pre-cooked Italian beef in juice
- 2 packets au jus seasoning mix
- 2 green peppers
- 3 cups cooked rice
- 5 cups water

Directions

Cook rice, rinse in cold water, and let cool.

Use scissors to shred beef in container.

Chop peppers into bite-sized pieces.

Put beef, juice, seasoning, water, and peppers into a large pot and simmer on medium-high until peppers are tender.

Add rice and simmer another 10-15 minutes to warm rice.

Serve with hot Italian bread.

Keto Shrimp and Veggies in a Skillet

Kristina G

Ingredients

- 1 lb. of raw, peeled, and deveined shrimp
- 3 sweet peppers in 3 different colors - slice 1/2-inch thick
- 2 medium zucchinis - chop into 1/2-inch half moons
- 1 red onion - cut in half and slice 1/2-inch
- butter and/or olive oil
- 1 Tbs. Old Bay seasoning

Directions

Place butter and/or olive oil in a large skillet; use at least 1 Tbs. to start and add more if desired.

Toss in the shrimp and cook for 2 minutes max per side and add 1 Tbs. Old Bay to the pan. Mix with shrimp as they cook.

Take shrimp out of pan and set aside.

Toss in the roughly chopped veggies. Bigger pieces are better to retain a bit of bite!

Add a little extra oil or butter if needed, and wait until the veggies are slightly browned (about 6 minutes) before adding shrimp back to pan.

Take off heat, toss everything so that it's all coated in the Old Bay juices, and serve immediately.



Rice Porridge for Comfort ("Jhook")

Soon Har T

Ingredients

- 1/3 cup long-grain rice, rinsed
- 1 one-inch piece of ginger, thinly sliced
- 5 cups water
- Meat of your choice: minced pork or chicken mixed with salt and pepper and shaped into little meatballs OR some small slices of pork tossed with salt and pepper
- A big dash of white pepper
- Salt and pepper to taste
- Thinly sliced scallions to serve

Directions

Put all ingredients except scallions into a slow cooker and cook on high for about four hours or until the rice has completely broken down into a beautiful smooth porridge.

Serve with another dash of white (or black) pepper, salt to taste, and add scallions. Perfect for cooler days!



One-Pan Pasta

Keri D

Ingredients

Serves: 4

- 8 oz, linguine
- 1 pint cherry tomatoes
- 2 oz. baby spinach leaves
- 1 onion, finely sliced
- 3 garlic cloves, finely sliced
- A handful of basil leaves, roughly chopped
- 2 Tbs. extra virgin olive oil
- 1/2 tsp. crushed red pepper
- 1/2 tsp. salt
- 2 oz. Parmesan cheese, grated (optional)

Substitutes:

To make the sauce more creamy, add milk instead of some of the water.

Directions

In a large deep pan, place the linguine, cherry tomatoes, spinach, sliced onions, garlic, and basil.

Drizzle the olive oil on top and season with crushed red pepper and salt.

Pour 4 cups of boiling water (or vegetable/chicken stock) into the pan and bring the mixture to a boil.

Cook for 8-10 minutes on medium heat, stirring occasionally with tongs, until the liquid is nearly evaporated, creating a sauce.

Remove the pan from heat and stir in Parmesan cheese and fresh basil, if desired.

Serve immediately and enjoy warm.

Storage:

Store any leftovers in an airtight container. They will last about 4-5 days in the fridge.

One-Pan Pasta with Spinach and Tomatoes

Linda S

Ingredients

Serves: 4

- Olive oil
- Chopped onion
- Garlic cloves, finely chopped
- 1 (4.5 oz.) can unsalted, petite diced tomatoes, undrained
- Unsalted chicken stock
- Dried oregano
- Whole-grain spaghetti or linguine
- Salt
- Fresh spinach
- About 1/4 cup Parmesan cheese, grated

Substitutes:

Grape tomatoes & add fresh herbs

Directions

Heat a Dutch oven or large saucepan over medium-high heat.

Add oil; swirl to coat. Add onion and garlic to pan; sauté 3 minutes or until onion starts to brown.

Add tomatoes, stock, oregano, and pasta, in that order. Bring to a boil.

Stir to submerge noodles in liquid.

Cover, reduce heat to medium-low, and cook 7 minutes or until pasta is almost done.

Uncover; stir in salt. Add spinach in batches, stirring until spinach wilts.

Remove from heat; let stand 5 minutes. Sprinkle with cheese.

Bacon and Cheddar Chicken

Linda S

Ingredients

- 6 boneless chicken breast halves
- 1 1/2 cups Italian herb seasoned bread crumbs
- 1 egg
- 6 slices bacon
- 1 cup shredded cheddar cheese

Directions

Preheat oven to 500° F. Pound chicken breasts slightly to flatten evenly.

Place bread crumbs on a plate. In a shallow bowl, beat the egg with 2 Tbs. water.

Dip the chicken into the egg mixture, then dredge in bread crumbs to coat completely.

Place chicken on baking sheet. Cut bacon slices in half crosswise, and place them on baking sheet next to the chicken.

Bake until chicken is white in center and coating is golden, about 8 minutes.

Change oven setting to broil. Sprinkle cheese over the chicken, and place bacon slices on top. Blot up any bacon fat with paper towel. Broil about 4" from heat until cheese melts, about 30-60 seconds.

Quick and Easy Mexican Chicken

Fran F

Ingredients

- 4 chicken breast halves, bone and skin removed
- Cooking spray
- 1 clove garlic, minced
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch ground cumin
- 1 cup salsa
- 1 cup shredded cheddar cheese

Directions

Preheat oven to 375° F.

Heat a greased skillet to medium.

Rub chicken pieces with garlic, salt, pepper, and cumin to taste; place in hot skillet.

Cook until brown on both sides and no longer pink, 10 to 15 minutes.

Transfer chicken to 9x13-inch baking dish, top with salsa and cheese, and bake in preheated oven until cheese is bubbly and starts to brown (15 to 20 minutes).



Quick and Easy Tuna Casserole

Fran F

Ingredients

Serves: 5-7

- 1 (12 oz.) package egg noodles
- 2 cups frozen green peas
- 2 (10.75 oz.) can condensed cream of mushroom soup
- 1 (5 oz.) cans tuna, drained
- 1 onion, chopped
- 10 slices American cheese
- Ground black pepper to taste

Directions

Bring a large pot of water to a boil.

Add noodles and frozen peas.

Cook until noodles are al dente; drain well.

Return noodles and peas to the pot.

Mix soup, tuna fish, onions, cheese, and pepper into the pot.

Stir constantly until all of the ingredients are well mixed and the cheese has melted. Serve.



Pork Chop Casserole

Lisa S

Ingredients

- 6 pork chops
- Salt and pepper
- 1 can cream of mushroom soup
- 1 ½ cups water

Directions

Salt and pepper chops, then brown in a skillet.

Remove chops from skillet.

Make a gravy of meat juices, soup, and water.

Place chops in oven safe skillet or dish; top with gravy.

Bake at 350° F for 1 ¼ hours.



Quick and Easy Chicken Taquitos

Fran F

Ingredients

- 1 (10 oz.) can diced tomatoes with green chile peppers, drained
- 1 (4 oz.) can diced green chiles, drained
- 1 tsp. ground cumin
- ½ tsp. chili powder
- ½ tsp. salt
- ½ tsp. minced garlic
- 1 cup shredded Mexican cheese blend
- 18 (6 inch) corn tortillas
- cooking spray

Directions

Preheat oven to 350° F degrees.

Combine chicken, beans, diced tomatoes with green chile peppers, diced green chile peppers, cumin, chili powder, salt, and garlic in a saucepan over medium heat; cook and stir until filling is heated through, 5 to 10 minutes. Add Mexican cheese blend to filling and stir until cheese is melted, 2 to 3 minutes. Remove saucepan from heat.

Place corn tortillas on a microwave-safe plate and cover with a wet paper towel; heat in microwave until tortillas are warmed, about 30 seconds.

Spoon 2 to 3 Tbs. filling down the middle of each tortilla. Roll tortilla tightly around the filling and place, seam-side down, on a baking sheet. Spray the rolled tortillas with cooking spray. Bake in the preheated oven until lightly browned and crispy, about 30 minutes.

Peaches and Cream Pie

Lisa S

Ingredients

- 1 pre-made pie crust
- 2 cups peeled, sliced peaches
- $\frac{1}{4}$ cup flour
- $\frac{3}{4}$ cup sugar
- Pinch of salt and nutmeg
- 1 pint whipping cream

Directions

Mix peaches with dry ingredients, then add to shell.

Pour $\frac{1}{2}$ of whipping cream over peaches (enough to slightly cover peaches only)

Bake at 400° F for 35-40 minutes.

Cool. Serve. Enjoy!



Peanut Butter Cookies

Jamie S

Ingredients

Makes: 10-12 cookies

- 1 cup peanut butter (smooth)
- 1 cup white sugar
- 1 egg

Directions

Mix all three ingredients into a mixing bowl.

Drop spoonfuls or rolled balls of dough onto cookie sheet/pan.

Bake at 350° F for 10 minutes (if you like crispy cookies, bake longer to preference).

Let cool, then enjoy!



No-Bake Chocolate Peanut Butter Cookies

Jamie S

Ingredients

- Milk chocolate chips
- Peanut butter (smooth)

Directions

Melt chocolate in bowl.

Add peanut butter to bowl until you have an even amount of both ingredients; mix.

Drop spoonfuls or rolled balls of “dough” onto cookie sheet/pan.

Put pan in freezer for about 30 minutes to an hour.

Take out and serve.

Store any leftovers in the fridge.



Banana Bread

Winnie W

Ingredients

- 1 cup granulated sugar
- 8 Tbs. (1 stick) unsalted butter, room temperature
- 2 large eggs
- 3 ripe bananas
- 1 Tbs. milk
- 1 tsp. ground cinnamon
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt

Directions

Preheat the oven to 325° F. Butter a 9 x 5 x 3 inch loaf pan. Cream the sugar and butter in a large mixing bowl until light and fluffy.

Add the eggs one at a time, beating well after each addition. In a small bowl, mash the bananas with a fork. Mix in the milk and cinnamon.

In another bowl, mix together the flour, baking powder, baking soda, and salt. Add the banana mixture to the creamed mixture and stir until combined. Add dry ingredients, mixing just until flour disappears.

Pour batter into prepared pan and bake 1 hour to 1 hour 10 minutes, until a toothpick inserted in the center comes out clean. Set aside to cool on a rack for 15 minutes. Remove bread from pan, invert onto rack, and cool completely before slicing.

Spread slices with honey or serve with ice cream.

Triple Fudge Brownies

Susanne R

Ingredients

- 1 package (3.9 oz.) instant chocolate pudding mix
- 1 package chocolate cake mix (regular size)
- 2 cups semisweet chocolate chips
- Confectioners' sugar
- Vanilla ice cream (optional)

Directions

Prepare pudding according to package directions.

Whisk in dry cake mix.

Stir in chocolate chips.

Pour into a greased 15x10x1 inch baking pan.

Bake at 350° F until the top springs back when lightly touched, 30-35 minutes.

Dust with confectioners' sugar.

Serve with ice cream if desired.





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