

# *C.P.A.s Cook*

FICPA FAMILY FAVORITES 2012





*T*his year, the FICPA is giving you something fun (and tasty!) to pass around. I've reached out to the Executive Committee and staff to compile time-tested recipes and submissions from our cooking contest winners. I hope this FICPA Family Favorites cookbook becomes a favorite in your family!

Enjoy!

Deborah Curry, CGMA  
President/CEO



Florida Institute of Certified Public Accountants

# Table of Contents

## Appetizers

- 6 Bleu Cheese Spread with Figs
- 7 Frank's® RedHot® Buffalo Chicken Dip
- 8 Gorgonzola-Pear Toasts
- 9 Grape Bruschetta with Ricotta
- 10 Hot Artichoke Spinach Dip
- 11 Not-So-Secret Pepper Jelly Meatballs
- 12 Pineapple-Cheese Balls
- 13 Sausage Balls
- 14 Steinhatchee Fish Dip
- 15 Texas Pete® Buffalo Chicken Dip
- 16 Trashy Sausage Balls

## Salads

- 18 Ambrosia Salad
- 19 American Macaroni Salad
- 20 Athena Salad
- 21 Blue Cheese Broccoli Slaw
- 22 Coleslaw Salad
- 23 Cranberry Salad
- 24 Cranberry Vinaigrette
- 25 English Pea Salad
- 26 German Potato Salad
- 27 Seven-Up Salad
- 28 Snap Pea and Cucumber Salad
- 29 Strawberry Pretzel Salad
- 30 Taffy Apple Salad

## Sides

- 32 Anne's Spinach Casserole
- 33 Autumn Vegetable Succotash
- 34 Brussels Sprout Hash with Caramelized Shallots
- 35 Caramelized Sweet Potatoes
- 36 Five-Minute Cranberry Sauce
- 37 Rice Pilaf (Standard French Recipe)
- 38 Sweet Potatoes Roasted with Raisins, Shallots and Pecans
- 39 Veggie Marinade

## Main Dishes

|    |                                  |    |
|----|----------------------------------|----|
| 41 | Baked Pizza Ziti                 |    |
| 42 | Breakfast Sausage Casserole      |    |
| 43 | Butternut Squash & Turkey Chili  |    |
| 44 | Chicken & Rice                   |    |
| 45 | Chicken Broccoli Casserole       |    |
| 46 | Chicken Rolls                    |    |
| 47 | Chicken with Aromatic Vegetables |    |
| 48 | Chili                            |    |
| 49 | Granny B's Glazed Ham            |    |
| 50 | Island Broiled Chicken           |    |
| 51 | Jack's Pulled Pork               |    |
| 52 | Lemon Herb Tilapia Casserole     |    |
| 53 | Mom's Fried Eggplant             | 60 |
| 54 | Mrs. Trib's Roast Chicken        | 61 |
| 55 | Sue's Brunswick Stew             | 62 |
| 56 | Tortilla Casserole               | 63 |
| 57 | White Chicken Chili              | 64 |
| 58 | White Chicken Chili              | 65 |
|    |                                  | 66 |
|    |                                  | 67 |
|    |                                  | 68 |
|    |                                  | 69 |
|    |                                  | 70 |
|    |                                  | 71 |
|    |                                  | 72 |
|    |                                  | 73 |
|    |                                  | 74 |
|    |                                  | 75 |

## Desserts

|  |
|--|
| Bananas Foster                                     |
| Caramel Apple Cheesecake                           |
| Cheese Blintzes                                    |
| Chocolate Chip (and lots of other options) Cookies |
| Chocolate Éclair Cake                              |
| Chocolate Pound Cake                               |
| Death by Chocolate                                 |
| Deluxe Pumpkin Cheesecake                          |
| Golden Rum Cake                                    |
| Holly and Eggnog Pie                               |
| Lemon Meringue Cheesecake                          |
| New Year's Chocolate Fondue                        |
| Sue's Carrot Cake                                  |
| Super Easy, Super Delicious, Peach Cobbler         |
| Whole Cranberries and Brandy                       |
| Yum Yum Cake                                       |

## Appendix

|    |                          |
|----|--------------------------|
| 77 | Dry and Wet Measurements |
| 78 | Food Equivalent Table    |

# *Appetizers*



# Bleu Cheese Spread with Figs

Rachel Lawley

FICPA Interactive Communications Manager

## Ingredients:

6 oz. bleu cheese

6 oz. cream cheese

1/4 cup white wine

1/2 tsp. Worcestershire sauce

1/2 tsp. paprika

1/2 tsp. garlic powder

3 drops hot pepper sauce

package of figs

(optional other sides: pita or  
pretzel chips, pear slices)

Looking for something different to greet your holiday dinner guests, enjoy with wine or even add something different to a football party? Even if you don't care for bleu cheese, you've got to try this! Don't get intimidated by the figs – they're easy to find and add incredible flavor.

## Instructions:

1. Mix the cheeses.
2. Add wine, Worcestershire sauce, paprika, garlic and hot pepper.
3. Refrigerate.
4. Bring out to room temperature, sprinkle with parsley and extra paprika.
5. Cut figs in rounds (if you use pear, cut in thin slices).

# Frank's® RedHot® Buffalo Chicken Dip

**Dianne Dearduff**

FICPA Publications Coordinator

## Ingredients:

**2 boneless, skinless chicken breasts (my husband bakes them with nothing on them, lets them cool, then chops)**

**3/4 cup Frank's® RedHot® buffalo wing sauce**

**1 cup grated sharp cheddar cheese**

**1 8 oz. package cream cheese (softened to room temperature)**

**3/4 cup Marie's® Blue Cheese Dressing**

One of my husband's coworkers shared the basic recipe and then my husband made it his own. This dip is a guaranteed "touchdown" at Super Bowl parties. It would be great as an appetizer as well. Enjoy!

## Instructions:

1. Mix chicken and wing sauce so that all chicken is coated.
2. Add in grated cheese, cream cheese and blue cheese dressing and mix thoroughly.
3. Cook for 20-25 minutes.
4. Serve with your favorite chips, crackers or bread.

# Gorgonzola-Pear Toasts

**Kendra Adams**

FICPA Conference Coordinator

*Recipe adapted from Food Network Chef, Sandra Lee*

## Ingredients:

**1 baguette, cut into  
1/4-inch-thick slices**  
**2 tbsp. extra-virgin olive oil**  
**1 8 oz. package cream cheese**  
**4 oz. crumbled  
Gorgonzola cheese**  
**1/2 cup candied pecans  
or walnuts, chopped**  
**(If you can't find candied  
pecans, simply sauté pecans  
or walnuts in saucepan  
with 1 tbsp. butter and  
2 tbsp. white sugar for  
about 5 minutes. Cool.)**  
**2-3 fresh pears, peeled,  
cored and sliced**  
**2 tbsp. finely chopped  
fresh parsley**

## Instructions:

1. Preheat oven to 400.
2. Lightly brush 1 side of each baguette slice with olive oil. Place slices on a baking sheet.
3. Toast 5 to 7 minutes or just until beginning to brown. Let cool.
4. Meanwhile, in a small bowl, combine the cream cheese and Gorgonzola cheese, stirring until well mixed.
5. Stir in the cooled candied pecans or walnuts to the cheese mixture.
6. Spread cheese mixture onto toast slices.
7. Top with pear slices.
8. Sprinkle with parsley.



# Grape Bruschetta with Ricotta

**Donna Son**

FICPA Chief Financial Officer

## **Ingredients:**

**2 lb. grapes (assortment of green, red and black)**  
**1/3 onion, finely chopped**  
**2 tbsp. mint, finely chopped**  
**1 tbsp. honey**  
**salt and pepper, to taste**  
**2 cups ricotta cheese**  
**1 baguette, cut into sections and halved (or cut in rounds)**

Serve with salami and wine. Yum.

## **Instructions:**

1. Cut grapes into halves or quarters, depending on size
2. In a large bowl, combine grapes, onion, mint, honey, salt and pepper
3. Set aside or refrigerate until ready to serve
4. Lightly toast baguette pieces in a hot pan with olive oil
5. Spread a little ricotta onto each piece and top with grape mixture.

# Hot Artichoke Spinach Dip

Shane Brooks

FICPA Network Administrator

## Ingredients:

**Kosher salt**  
**1 10-12 oz. bag baby spinach**  
**2/3 cup fresh basil**  
**3/4 cup canned cannellini beans, drained and rinsed**  
**6 oz. Neufchatel cream cheese**  
**1 clove garlic, smashed**  
**1/2 cup low-sodium chicken broth**  
**1 14 oz. can artichoke hearts, drained, squeezed dry and finely chopped**  
**1/4 cup grated parmesan cheese**  
**3/4 cup shredded low-fat mozzarella cheese**  
**Pinch of cayenne pepper**  
**2 or 3 dashes Worcestershire sauce**  
**freshly ground black pepper**  
**cooking spray**  
**baked chips, for serving**

## Instructions:

1. Preheat oven to 450.
2. Bring a pot of salted water to a boil and prepare a bowl of ice water. Stir the spinach and basil into the boiling water and cook until bright green, about 30 seconds. Remove with a slotted spoon and immediately plunge into the ice water. Drain and squeeze dry, then roughly chop.
3. Puree the beans, cream cheese, garlic, and chicken broth in a food processor until smooth, scraping the sides as needed. Transfer to a medium bowl and fold in the spinach and basil, artichokes, parmesan, and 1/2 cup mozzarella. Add the cayenne, Worcestershire sauce, 1/2 tsp. salt, and black pepper to taste.
4. Mist a deep, 1-quart casserole dish with cooking spray.
5. Spread the dip mixture in the dish and top with the remaining 1/4 cup mozzarella.
6. Bake until golden and bubbly, 20 to 25 minutes. Serve warm with baked chips.

# Not-So-Secret Pepper Jelly Meatballs

Rachel Lawley,

Interactive Communications Manager

## Ingredients:

**2 bags prepared meatballs  
(I used 1 bag of turkey and  
1 bag of beef – find in frozen)**

**1 12 oz. jar chili sauce**

**6 oz. grape jelly**

**1 jar (11-14 oz.) pepper jelly  
(it's red– not green pepper,  
not jalapeno – Stonewall  
Kitchen® has a good one)**

**Optional: Worcestershire,  
soy sauce, ketchup**

My mom made a crockpot of Pepper Jelly Meatballs that “we” brought to her friend’s holiday party when I was a kid. I never forgot those – and I don’t think anyone else there did either! I’ve seen versions with grape jelly, but none with pepper jelly. Her recipe is top secret, so here’s my attempt (and they’ve disappeared rather quickly every time I make them). I hope you and your friends enjoy them just as much. You can serve on rice, but I’ve always preferred just serving with toothpicks!

## Instructions:

1. Combine the jellies and chili sauce in the crockpot and mix thoroughly.
2. Add meatballs and stir to cover (if you need more liquid, add a little ketchup, splash of Worcestershire and/or soy sauce and maybe some water – you just need to cover all the meatballs and have the sauce up to 1/3 of the meatballs).
3. Cook in crockpot on low for at least 3 hours.  
\* To make ahead:
  - a. Cook on low for an hour to defrost and “sauce-up” the meatballs
  - b. Cool, cover and place in refrigerator
  - c. Day of event – cook for 1-1 1/2 hours on low in crockpot before serving.

# Pineapple-Cheese Balls

**Brenda Hubbard**

FICPA Director of Academic Relations & Student Initiatives

## Ingredients:

- 2 8 oz. packages of cream cheese, softened**
- 1 8.5 oz. can crushed pineapple, drained**
- 1/4 cup finely chopped green pepper**
- 2 tbsp. chopped onion**
- 1 tbsp. seasoned salt**
- 1/2 cup chopped pecans**
- 1/2 cup chopped parsley**

This is a recipe from a former FICPA employee.

Serves about 15

## Instructions:

1. Combine cream cheese, pineapple, pepper, onion, and salt; mix well. Chill.
2. Form cheese mixture into a ball and roll it in mixture of pecans and parsley.
3. Serve with your favorite crackers.

# Sausage Balls

**Shane Brooks**

FICPA Network Administrator

## Ingredients:

**1 lb. hot sausage**  
**1 lb. mild sausage**  
**12 oz. sharp cheddar cheese**  
**12 oz. mild cheddar cheese**  
**4 cups Original Bisquick®**

## Instructions:

1. Mix all ingredients.
2. Roll into small balls and place on cookie sheets.
3. Bake at 400 for 10-15 minutes or until done. Best served warm

# Steinhatchee Fish Dip

**Angie Brooke**

FICPA Conference Manager

## Ingredients:

**10 Bluefish fillets smoked**  
**4-6 hours until fairly dry**

**1 large dill pickle, diced small**

**1 1/2 tbsp. yellow mustard**

**2 1/2 tbsp.**  
**Worcestershire sauce**

**1 tbsp. diced minced onion**

**2 cups mayonnaise**

My father in law, Capt. Pat Brooke, is a charter boat captain in Steinhatchee, Florida, and frequently prepares this fish dip to take on the boat with us.

## Instructions:

1. Debone fish.
2. Shred deboned fish in a food processor along with all other ingredients.
3. Refrigerate overnight.
4. Add water after refrigeration if needed. Serve with crackers and hot sauce.

# Texas Pete® Buffalo Chicken Dip

Cyndi Dotson

FICPA Director of Human Resources

## Ingredients:

- 1 pre-cooked rotisserie chicken (skin removed, deboned and chopped)**
- 2 8 oz. packages of cream cheese (softened)**
- 1 cup ranch dressing**
- 6 oz. Texas Pete® Original Hot Sauce**
- 3 cups shredded cheddar cheese**

## Instructions:

1. Mix chicken, cream cheese, ranch dressing, hot sauce, and 1 1/2 cups of cheese together until well blended.
2. Put in a 9 x 13 baking dish, and top with remaining cheese.
3. Bake at 350 for 25 to 30 minutes.
4. For an extra kick you can top with sliced jalapeños.

# Trashy Sausage Balls

Rachel Lawely,

FICPA Interactive Communications Manager

## Ingredients:

**1 lb. ground sausage**  
**1 snack bag of plain potato chips, crushed to fine crumbs**  
**1/2 cup shredded cheddar cheese**  
**3 tbsp. ketchup**  
**1 tbsp. prepared mustard**  
**1 heaping tbsp. ButtRub® Barbeque seasoning (could use Old Bay® instead)**

I made these in a scramble when my husband and I were on our boat and invited to another boat for “Docktail Hour.” I did an inventory of what we had on hand and put these together. They ended up being a huge hit! Not so healthy, but they’ll make you some new friends. (I didn’t measure, so these are estimates – it’s pretty much all to your taste.)

## Instructions:

1. Mix all ingredients.
2. Form meatballs.
3. Place on foil on grill, turn a few times until crispy on the outside (close grill lid).
4. Serve with toothpicks.



# Salads



# Ambrosia Salad

Shane Brooks

FICPA Network Administrator

## Ingredients:

1 tbsp. sugar  
8 oz. cream cheese, softened  
1 oz. container whipped  
topping, thawed  
1 cup sliced strawberries  
1 medium apple,  
cut into chunks  
1 1/2 cups green  
seedless grapes  
1 20 oz. can pineapple  
chunks, drained  
1 11 oz. can Mandarin  
oranges, drained  
1 cup flaked coconut  
1 cup mini marshmallows  
1/2 cup chopped pecans  
or walnuts

## Instructions:

1. Mix together sugar, cream cheese, and whipped topping until blended.
2. Combine with remaining ingredients.
3. Chill at least 2 hours before serving, preferably overnight.

# American Macaroni Salad

Shane Brooks

FICPA Network Administrator

## Ingredients:

**2 cups dry elbow macaroni,  
cooked, rinsed, and drained**

**1/3 cup diced celery**

**1/4 cup minced red onion,  
soaked in cold water  
for 5 minutes, drained**

**1 tbsp. minced  
flat-leaf parsley**

**1/2 cup diced  
vine-ripened tomato**

**1/2 cup prepared mayonnaise**

**3/4 tsp. dry mustard**

**1 1/2 tsp. sugar**

**1 1/2 tbsp. cider vinegar**

**3 tbsp. sour cream**

**1/2 tsp. Kosher salt,  
plus more to taste**

**freshly ground black pepper**

## Instructions:

1. In a large bowl combine the macaroni, celery, onion, parsley, and tomato.
2. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream, and salt.
3. Pour the dressing over the salad and stir to combine.
4. Season with salt and pepper to taste.
5. Refrigerate at least 2 hours or overnight.

# Athena Salad

Shane Brooks

FICPA Network Administrator

## Salad Ingredients:

- 1 1/2 packages  
grape tomatoes
- 1 14 oz. can artichoke hearts
- 1 cucumber, peeled  
and seeded
- 1 small can sliced black olives
- 2-3 oz. feta cheese
- 1 tbsp. fresh chopped flat  
leaf (Italian) parsley

## Dressing Ingredients:

- 1 tsp. dried or 2 tsp  
fresh mint
- 2 tbsp. olive oil
- 3 tbsp. lemon juice
- 2 tsp. roasted garlic
- fresh ground pepper and  
sea salt (to taste)

## Instructions:

1. Blend together salad ingredients.
2. Mix dressing ingredients together with whisk and pour over salad, mixing well.
3. Refrigerate for a couple of hours before serving.

# Blue Cheese Broccoli Slaw

**Rachel Lawley**

FICPA Interactive Communications Manager

## Ingredients:

- 3 tbsp. apple cider vinegar**
- 1 tsp. Balsamic vinegar**  
(I play around with more Balsamic and less apple cider)
- 1/2 tbsp. sugar (to taste)**
- 1/2 tsp. celery salt**
- 1/4 cup olive oil**
- 1 bag broccoli slaw mix**
- 1 4 oz. package blue cheese crumbles**
- 1/2 cup dried cranberries**

## Instructions:

1. Mix all ingredients.
2. Refrigerate for at least one hour.

# Coleslaw Salad

**Dianne Dearduff**

FICPA Publications Coordinator

## Salad Ingredients:

- 1 package coleslaw mix**
- 2 packages Ramen noodles  
(chicken flavored, put  
flavor mix packages aside)**
- 4 tbsp. sesame seeds**
- 1 cup slivered,  
toasted almonds**
- 1 bundle green onions  
(bottom part)**

## Dressing Ingredients:

- 4 tbsp. sugar**
- 3/4 cup salad oil**
- 6 tbsp. red wine vinegar**
- 1 package chicken flavor mix  
(comes with noodles)**
- 1 tsp. pepper**

I've never acquired a taste for coleslaw, but this salad is delicious.

Serves 6

## Instructions:

1. Mix ingredients for slaw, except noodles and refrigerate.
2. Mix ingredients for dressing, but do not refrigerate.
3. Just before serving, add noodles to top of slaw and pour dressing over. Enjoy!

# Cranberry Salad

**Brenda Hubbard**

FICPA Director of Academic Relations & Student Initiatives

## Ingredients:

**1 package of cherry (or orange, berry) gelatin**

**1 tsp. sugar**

**1 cup diced celery**

**1 cup naval orange, cut into small pieces**

**1 cup raw cranberries, cut into fine pieces**

**1/2 cup chopped pecans**

This is a modern variation on a family recipe. It is simple to make and offers a fresh alternative to traditional cranberry salad.

## Instructions:

1. Dissolve gelatin in boiling water. Chill.
2. When mixture is partially set, stir celery, orange, cranberries, and nuts.

# Cranberry Vinaigrette

**Sue Johnson**

FICPA Database Administrator

## Ingredients:

**1/4 cup red wine vinegar**  
**1/4 cup fresh cranberries**  
**2 tbsp. honey**  
**1 tbsp. sugar**  
**1 tbsp. chopped red onion**  
**1/4 tsp. salt and pepper**  
**3/4 cup canola oil**

## Instructions:

1. Combine all ingredients (except canola oil) process until blended – gradually add canola oil while continuing to process in blender.



# English Pea Salad

Shane Brooks

FICPA Network Administrator

## Ingredients:

- 1 #2 (20 oz.) can English peas**
- 1/2 cup cheddar cheese, shredded or cut into small squares**
- 1/2 small onion, chopped fine**
- 2 boiled eggs, chopped**
- 1 small jar pimentos, chopped**
- 2 slices bacon fried crisp and crumbled**
- 2 tbsp. salad dressing (Miracle Whip)**

## Instructions:

1. Mix all ingredients except bacon.
2. Crumble bacon on top and stir lightly.

# German Potato Salad

Rachel Lawley

FICPA Interactive Communications Manager

## Ingredients:

**2 lb. Yukon gold potatoes**  
**8 slices of bacon**  
**2 tbsp. flour**  
**1/4 cup sugar**  
**2/3 cup water**  
**1/2 cup white wine vinegar**  
**1 cup green onions, chopped**  
**salt and pepper to taste**

I was quite curious about this potato salad because it's served warm, but it's really good and goes over well because it's different (and you have pretty good odds no one else will bring the same dish).

## Instructions:

1. Boil potatoes for about 15 minutes. Drain, slice into about 1/4 inch rounds.
2. Cook bacon. Remove bacon and reserve fat.
3. Add flour, sugar, water, vinegar to pan over medium heat with bacon fat. Stir until thick.
4. Add bacon, potatoes, green onions and salt and pepper to taste.
5. Serve warm.

# Seven-Up Salad

**Brenda Hubbard**

FICPA Director of Academic Relations & Student Initiatives

## Ingredients:

- 1 8 oz. package cream cheese, softened**
- 1 small can crushed pineapple, drained**
- 1 package lemon gelatin**
- 1 tsp. vanilla**
- 1/2 cup chopped pecans**
- 1/2 cup of 7-Up, soda water, or similar**
- food coloring (like red, pink, green)**

This is my grandmother's recipe and was a family favorite that worked for any holiday or occasion by changing the food color used.

## Instructions:

1. Dissolve gelatin in boiling water.
2. Mix cream cheese into gelatin and beat until smooth.
3. Stir in pineapple, vanilla, food coloring, and nuts. Stir in 7-Up. Chill.
4. Just before mixture sets, stir again to keep nuts from rising to the top.

# Snap Pea and Cucumber Salad

**Kendra Adams**

FICPA Conference Coordinator

## Salad Ingredients:

- 1 lb. sugar snap peas,  
trimmed**
- 2 small Persian cucumbers,  
unpeeled, thinly sliced**
- 1 cup (about 1/2 pint) cherry  
or grape tomatoes, halved**
- 1/4 cup chopped fresh dill**

## Dressing Ingredients:

- 2 tbsp. fresh lemon juice  
(from 1/2 large lemon)**
- 2 tbsp.  
extra-virgin olive oil**
- 1 tsp. lemon zest**
- Kosher salt and freshly  
ground black pepper**

As an alternative to boiling, the snap peas can be lightly steamed for 2 minutes. Recipe courtesy of my favorite celebrity chef, Giada De Laurentiis.

## Instructions:

1. Bring a large saucepan of salted water to a boil over high heat.
2. Add the snap peas and cook until vibrant green, about 1 to 2 minutes. Drain and transfer to a bowl of iced water to cool, about 2 minutes.
3. Drain and add to a salad bowl. Stir in the cucumbers, tomatoes and dill.
4. In a small bowl, whisk together the lemon juice, olive oil and lemon zest until smooth. Season with salt and pepper to taste.
5. Pour the dressing over the salad and toss until coated.

# Strawberry Pretzel Salad

**LeAnne Spell**

FICPA Executive Business Supervisor

## Ingredients:

- 1 1/2 sticks margarine, melted**
- 1 1/2 cup pretzels, crushed**
- 1 cup plus 3 tbsp. sugar**
- 1 8 oz. package cream cheese**
- 1 large carton whipped topping**
- 1 6 oz. package strawberry gelatin**
- 2 10 oz. packages frozen strawberries, thawed**

## Instructions:

1. Cream 3 tbsp. sugar and butter.
2. Add pretzels, mix well, press into 9 x 13 pan.
3. Bake at 350 degrees for 10 minutes. Cool.
4. Combine cream cheese and 1 cup sugar; cream until smooth. Fold in whipped topping. Spread over cooled crust.
5. Dissolve strawberry Jell-O in one cup boiling water. Add 1/2 cup cold water, stir in strawberries, let chill partially, spread over cream cheese filling. Chill overnight.

# Taffy Apple Salad

**LeAnne Spell**

FICPA Executive Business Supervisor

## Ingredients:

- 1 15 oz. can pineapple chunks, drained with juice reserved**
- 2 1/2 cups miniature marshmallows**
- 1 egg, beaten**
- 1 tbsp. all-purpose flour**
- 1 1/2 tbsp. distilled white vinegar**
- 1/2 cup white sugar**
- 1 1/2 cups roasted Spanish peanuts**
- 1 8 oz. container frozen whipped topping, thawed**
- 2 tart apples; peeled, cored and chopped**

## Instructions:

1. Combine the pineapple chunks and marshmallows. Mix together, cover and refrigerate overnight.
2. In a medium saucepan, stir together the pineapple juice, egg, flour, vinegar and sugar over medium low heat. Cook and stir sauce until thickened. Transfer to a medium sized bowl, cover and refrigerate overnight.
3. In a large bowl, blend together the marshmallow mix and sauce. Stir in the peanuts, whipped topping and apples. Refrigerate until serving time.

# Sides



# Anne's Spinach Casserole

Jan Dobson

FICPA Senior Director of Marketing & Communications

## Ingredients:

**2 packages of frozen,  
chopped spinach**  
**1 8 oz. package of block  
cream cheese (can  
substitute light but not the  
no-fat cream cheese)**  
**1 can of artichoke hearts**  
**1 tbsp. of lemon juice**  
**1 stick of butter**  
**bread crumbs (or croutons)**  
**a few butter pats for top**

Those who think they hate spinach will change their minds after trying it this way...even the kids!

Serves 6-8

## Instructions:

1. Cook spinach and drain very well.
2. Melt butter, cream cheese, and lemon juice in pan, stirring to blend.
3. Add cooked, drained spinach and mix well.
4. Line bottom of casserole dish with sliced artichoke hearts and top with spinach mixture. Sprinkle top with bread crumbs or croutons and dot with butter.
5. Bake 20 minutes at 350, uncovered.

Note: Can be made the day before. Refrigerate unbaked casserole. Top with croutons just prior to baking. Extend bake time to 60 minutes or until thoroughly heated.



# Autumn Vegetable Succotash

Rachel Lawley

FICPA Interactive Communications Manager [Marthastewart.com](http://Marthastewart.com)

## Ingredients:

**1/2 cup unsalted butter**

**1 medium onion,  
cut into 1/4-inch dice**

**2 cloves garlic,  
finely chopped**

**2 red bell peppers, cut into  
1/4-inch dice**

**2 zucchini, cut into  
1/4-inch dice**

**2 yellow summer squash,  
cut into 1/4-inch dice**

**1 cup frozen lima beans**

**1 cup fresh or  
frozen corn kernels**

**salt and freshly ground  
black pepper to taste**

**2 tbsp. fresh sage,  
coarsely chopped**

I've made this for Thanksgiving dinners; it's easy (besides a lot of chopping) and has always gone over well. It's a sure way to impress the in-laws – especially when you tell them it's a Martha Stewart recipe.

Serves 8

## Instructions:

1. In a skillet over medium-high heat, melt butter.
2. Add onion, cook until translucent, about 2 minutes.
3. Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
4. Season with salt and black pepper; cook, stirring, until vegetables are tender, 10 minutes. (Personal note: Don't let it cook too long or the vegetables will get mushy.)
5. Stir in sage and serve.

# Brussels Sprout Hash with Caramelized Shallots

Justin Thames

FICPA Designated Professional Lobbyist

## Ingredients:

**6 tbsp. (3/4 stick)  
butter, divided**  
**1/2 lb. shallots, thinly sliced**  
**coarse Kosher salt**  
**2 tbsp. apple cider vinegar**  
**4 tsp. sugar**  
**1 1/2 lb. Brussels  
sprouts, trimmed**  
**3 tbsp. extra-virgin olive oil**  
**1 cup water**

## Instructions:

1. Melt 3 tablespoons butter in medium skillet over medium heat. Add shallots; sprinkle with coarse Kosher salt and pepper. Sauté until soft and golden, about 10 minutes.
2. Add vinegar and sugar. Stir until brown and glazed, about 3 minutes.
3. Halve Brussels sprouts lengthwise. Cut lengthwise into thin (1/8-inch) slices.
4. Heat oil in large skillet over medium-high heat. Add sprouts; sprinkle with salt and pepper. Sauté until brown at edges, 6 minutes.
5. Add 1 cup water and 3 tablespoons butter. Sauté until most of water evaporates and sprouts are tender but still bright green, 3 minutes. Add shallots; season with salt and pepper.

# Caramelized Sweet Potatoes

**Eric Randazzo**

FICPA Marketing Copy Manager

## Ingredients:

**1 lb. sweet potatoes**  
**4 tbsp. butter**  
**1/4 cup brown sugar**  
**or honey**  
**2 tbsp. orange or**  
**pineapple juice**  
**2 oz. freshly diced pineapple**  
**1/2 tsp. cinnamon**  
**1/4 tsp. nutmeg**  
**1/4 tsp. allspice**  
**Pinch of ground cloves**

## Instructions:

1. Scrub and peel the sweet potatoes.
2. Individually wrap each sweet potato in a paper towel and place in the microwave for 30-45 seconds to soften the potato for dicing. Let cool before dicing.
3. Preheat the oven to 400.
4. Thickly dice the sweet potatoes and arrange in a layer in a greased dish.
5. Melt the butter and drizzle over the top. Add the diced pineapple and sprinkle the brown sugar and juice on top. Add the spices.
6. Bake, basting occasionally with butter, for 30-40 minutes until golden brown.

# Five-Minute Cranberry Sauce

**Suellen Wilkins**

FICPA Editor *Florida CPA Today*

## Ingredients:

**8 oz. sweetened, dried  
cranberries (about 2 cups)**

**1/2 cup orange juice**

**1/4 cup water**

**1/4 cup chopped ripe mango**

From Prevention Magazine, in honor of “Healthy Heather” Fuselier (previous FICPA Director of Member Services). You can serve this immediately, or make it five days ahead and add the mango the day before. It’s good chilled or at room temperature.

Prep time: 5 minutes

Serves 8

## Instructions:

1. Puree cranberries with orange juice and water in food processor until cranberries are almost smooth, but still retain some texture, one to two minutes. Then stir in mango.

Nutritional info per serving: 98 calories, 0 g. protein, 26 g. carbs, 2 g. fiber, 0.5 g. fat, 0 g. saturated fat, 2 mg. sodium

# Rice Pilaf - {Standard French Recipe}

**Barbara Bennett**

FICPA Peer Review Manager

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

## Ingredients:

**2 cups long-grain white rice**

**1 onion, finely diced**

**4 cups chicken stock (or  
water with 4 tbsp. chicken  
base or Bouillon cubes)**

**1/2 cup butter or olive oil**

**2 tbsp. thyme**

**1 basil leaf**

Make rice pilaf the way Julia Child does it, in an oven. Oven pilaf is generally foolproof and very easy. This method gives you a great deal of flexibility when it comes to recipe specific flavoring. An example of this would be to add some oregano, rosemary and garlic to enhance a Greek recipe or chili powder and garlic for the southwestern recipe.

Try some of your own ideas and see what happens. (The Elias family also rinses and dries the rice first at least once or twice for best results.)

Serves 8

## Instructions:

1. Preheat oven to 400. Place the stock in a saucepot and bring to a boil. In a braising pan or casserole, heat the oil and sauté the onions and rice for several minutes until the rice turns opaque.
2. Add the boiling stock, cover and braise in the oven for 20 to 25 minutes. When the rice is finished, toss with a fork to separate, and serve.
3. Pilaf can be held in a hot water bath for a long time. It can also be re-heated in a microwave.

# Sweet Potatoes Roasted with Raisins, Shallots and Pecans

**Donna Son**

FICPA Chief Financial Officer

## Ingredients:

**5 sweet potatoes,  
peeled and cubed**  
**4 tbsp. olive oil**  
**3 tbsp. balsamic vinegar**  
**salt and pepper**  
**1/2 cup raisins**  
**1 cup shallots, finely chopped**  
**2 tbsp. butter**  
**1/2 cup pecan pieces**  
**1/2 cup maple syrup**

## Instructions:

1. Preheat oven to 350. Toss sweet potatoes with olive oil, balsamic vinegar, salt and pepper, raisins and shallots. Spread sweet potatoes in a single layer in a 9 x 13 inch baking dish.
2. In a skillet over medium heat, melt butter. Add pecans and stir until fragrant, about 3 minutes.
3. Add maple syrup and stir until most of the liquid has been absorbed, about 3 minutes.
4. Top potatoes with pecans, cover with aluminum foil and bake in preheated oven over 50-60 minutes or until potatoes are tender.

# Veggie Marinade

Vicky Wade

FICPA Student & Educator Outreach Assistant

## Ingredients:

**4 stalks broccoli, chopped**

**1 medium green pepper, chopped**

**3 stalks celery, chopped**

**1 small head cauliflower, chopped**

**2 carrots, chopped**

**Optional: 8 large mushrooms, chopped**

## Dressing Ingredients:

**1 small onion, grated**

**1/2 cup vinegar**

**1/2 cup salad oil**

**1 cup sugar**

**2 tsp. dry mustard**

**2 tbsp. poppy seeds**

**1 tsp. salt**

This dish is what gives our Thanksgiving dinner a healthy balance...nice color and crunch! It keeps well in the fridge for a good week, in fact, make sure to put it together at least 3 hours before serving it well chilled.

## Instructions:

1. Mix all ingredients.

# *Main Dishes*





# Baked Pizza Ziti

**Stephanie Thomas**

FICPA Conference Senior Manager

## Ingredients:

**1 lb. ground beef**  
**1 lb. Jimmy Dean® hot sausage**  
**1 32 oz. jar of Ragu® pasta sauce**  
**2-3 cups cheese, your choice**  
**1 package Hormel® pepperoni**  
**1 small onion, chopped**  
**1 box ziti noodles, cooked**

## Instructions:

1. Preheat oven to 350.
2. Sautee onions, add and brown beef and sausage.
3. Pour Ragu® into pan with meat and onions.
4. Add about half of the pepperoni to the mix, reserving the rest for the top of the casserole.
5. Combine meat sauce to cooked ziti noodles; pour into a 13 x 9 greased casserole dish, top with cheese and pepperoni. It should look like the top of a pizza.
6. Bake at 350 for about 30 minutes until cheese is bubbly.

# Breakfast Sausage Casserole

**Stephanie Thomas**

FICPA Conference Senior Manager

## Ingredients:

**2 lb. Jimmy Dean®  
hot sausage**

**1 bag Ore-Ida®  
Potatoes O'Brien**

**10 large eggs**

**1/2 cup whole milk**

**10 slices white bread, cubed**

**2 cups cheese**

This is a great way to start out Thanksgiving or Christmas morning.

## Instructions:

1. Add sausage and potatoes to a hot skillet, cook until sausage is brown and potatoes are soft; season to taste with salt and pepper, set aside.
2. Grease a 13 x 9 casserole pan and line with cubed bread.
3. Mix together eggs, milk, salt and pepper.
4. Pour meat and potatoes over the cubed bread, distribute evenly across the bread cubes. Pour egg mixture over the casserole, top with cheese and cover with foil.
5. Refrigerate overnight.
6. Bake for 45 minutes the next morning uncover for the last 10 minutes. Serve hot.

# Butternut Squash & Turkey Chili

Kendra Adams

FICPA Conference Coordinator

## Ingredients:

22 tbsp. olive oil  
1 onion, chopped  
2 cloves garlic, minced  
2 bay leaves  
1 lb. ground turkey breast  
1 lb. butternut squash -  
peeled, seeded and  
cut into 1-inch cubes  
3/4 cup chicken broth  
(slightly more may be  
needed if it gets too thick)  
1 14.5 oz. can petite  
diced tomatoes  
2 spoonful's (approximately  
2 tbsp.) tomato paste  
1 15 oz. can kidney  
beans lightly drained  
1 can creamed corn, (regular  
canned corn or frozen corn  
may be used as well, if  
canned corn is used,  
it should be drained)  
1 8 oz. can tomato sauce  
1 tbsp. chili powder  
1 tbsp. ground cumin  
1 tsp. garlic salt

Twelve 1 cup servings

## Instructions:

1. Spread squash on a large baking sheet, drizzle with olive oil and roast in pre-heated oven at 425 for about 15 minutes (until just slightly tender, do not allow squash to get mushy). This can be done while cooking onion, garlic and turkey.
2. Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.
3. Add the butternut squash, chicken broth, tomato paste, tomatoes, kidney beans, corn, and tomato sauce; season with chili powder, cumin, and garlic salt and bay leaves. Bring to a simmer, then reduce heat to medium-low, cover, and simmer about 20 minutes. Making it the night before is even better!
4. Serve with sour cream and cheese on top!

# Chicken & Rice

Angie Brooke

FICPA Conference Manager

## Ingredients:

3 chicken breasts (skin on)  
1 can cream of chicken soup  
1 cup rice  
1 package long grain and wild  
rice or yellow rice  
salt (to taste)  
pepper (to taste)  
oregano (to taste)  
garlic powder (to taste)  
Ac'cent® Flavor Enhancer  
(to taste)

My “Granny B” (Edna Bradshaw) makes this dish for almost all of our family functions. It is especially good on a cold and rainy day.

## Instructions:

1. Boil chicken with just salt and pepper until tender.
2. Remove skin and discard but make sure to save chicken stock.
3. Pull chicken apart or cut into small chunks. Put diced chicken back into the chicken stock and add soup, rice and spices.
4. Bring to a boil, reduce heat to low, cover and cook for 20 minutes or until rice is tender. Do not cook dry. It's best if it's a little soupy.

# Chicken-Broccoli Casserole

Jeffrey Barbacci

FICPA Board of Governors Director

## Ingredients:

4 large chicken breasts  
2 packages frozen  
broccoli spears  
2 cans cream of chicken soup  
1 cup mayonnaise  
1/2 cup grated  
cheddar cheese  
1/4-1/2 tsp. curry powder  
1 tbsp. lemon juice  
cracker crumbs or  
Pepperidge Farm dressing  
butter

Recipe courtesy of Emily Barbacci.

Serves 6

## Instructions:

1. Preheat oven to 350.
2. Cook chicken, cut into bite-size pieces.
3. Cook broccoli-drain and cool.
4. Mix together the soup, mayo, cheese, curry powder and lemon juice.
5. Combine the chicken with the soup mixture, then add the broccoli.
6. Put entire mixture into an 11 x 13 casserole dish.
7. Sprinkle the crumbs on top with approximately 8 pats of butter.
8. Bake 30-40 minutes at 350.

# Chicken Rolls

Cyndi Dotson

FICPA Director of Human Resources

## Ingredients:

- 2 cans Pillsbury®  
crescent rolls**
- 2 lb. chicken breast/thighs**
- 1 large can cream of  
chicken soup**
- 1 1/2 cup shredded  
cheddar cheese**
- 1/2 cup milk**

This is a family recipe from my Aunt Dorothy in Mississippi.

## Instructions:

1. Preheat oven to 350.
2. Boil chicken, remove skin and bones and chop well.
3. Separate crescent rolls into their separate triangles and stretch them slightly to make them larger. Take about 2-3 tablespoons of chopped chicken and place it in the larger section of the triangle. Fold in the sides and then roll up the rest of the roll covering the chicken.
4. Place the chicken rolls in a greased 10 x 13 baking dish.
5. Mix soup, cheese and milk together, pour over the top of the chicken rolls.
6. Bake for 35 to 45 minutes until the tops are golden brown.

# Chicken with Aromatic Vegetables

Vicky Wade

FICPA Student & Educator Outreach Assistant

## Ingredients:

- 2 carrots, julienned
- 2 onions, julienned
- 2 celery stalks, julienned
- 2 leeks, julienned
- 4 chicken breasts or one chicken cut apart
- 1/2 cup sherry
- 1 cup chicken broth

This was a dish I saw prepared by Julia Child when she used to have a television show. It is very simple to prepare and has an elegant flavor with the addition of the leeks.

## Instructions:

1. Put first four ingredients in large pan with chicken.
2. Add sherry and broth.
3. Simmer until chicken is done...approximately 45 minutes.
4. Can serve over rice as is or make cream sauce.
5. Make a paste and lightly brown in medium skillet: 2 tbsp. butter and 2 tbsp. flour.
6. Add chicken juices, cream and grated, mild cheddar and stir until smooth.
7. Pour over chicken and brown in oven.

# Chili

**Brenda Hubbard**

FICPA Director of Academic Relations & Student Initiatives

## Ingredients:

- 1 1/2 lb. of ground beef or ground turkey**
- 1 medium onion, chopped**
- 1 large can crushed tomatoes**
- 1 can diced tomatoes**
- 1 soda sized can of V-8® low-sodium juice**
- 3 cans kidney beans, rinsed and drained**
- 1 1/2 tsp. chili powder**
- 1/2 tsp. red pepper flakes**

**This recipe won 3<sup>rd</sup> place in the 2010 FICPA staff Chili Cook-off.**

I got this recipe from my mother. We use V8® rather than regular tomato juice in this because it's more nutritious. You can also use the Spicy Hot V8®. Another tip is to rinse the beans until there are no remaining air bubbles. Drain well. This step eliminates most of the gas that comes from eating beans.

## Instructions:

1. Brown beef with chopped up onion in a large pot. When brown and onion is cooked, drain fat. Return to heat.
2. Add washed kidney beans, crushed tomatoes, and diced tomatoes (including juice) to meat mixture. Add chili powder and red pepper.
3. Add as much V8® as necessary to reach desired consistency (most likely the whole can); drink any remaining V8®. Add more chili powder or pepper as preferred.
4. Bring to a boil and cook for 5 minutes. Let simmer another 45-60 minutes.



# Granny B's Glazed Ham

**Angie Brooke**

FICPA Conference Manager

## Ingredients:

- 1 picnic shoulder**
- 2 cups mustard**
- 1 lb. light brown sugar**

For as long as I can remember we have always had my Granny B's (Edna Bradshaw) glazed ham at all of our holiday celebrations. I have a fairly large family so we are always try to be the first one to get to her house to make sure that we get some glazed ham before it's gone. My sister; who lives 8 hours away says that Granny B's ham is worth the drive!

## Instructions:

1. Cut off all of the fat and skin from ham. Place a long sheet of foil in a roasting pan and bring up around ham and seal tightly.
2. Bake at 350 for 3-4 hours.
3. Cut up ham, mix mustard and brown sugar. Pour over ham. Put back in the oven for 30-45 minutes or until lightly brown.

# Island Broiled Chicken

Jan Dobson

FICPA Senior Director of Marketing & Communications

## Ingredients:

**1/3 cup olive oil**  
(for lower-fat option,  
okay to reduce oil to 3 tbsp.)

**4 tbsp. lemon juice**

**2 tbsp. soy sauce**

**1 clove garlic**

**1/2 tsp. dried oregano**

**1/4 tsp. salt**

**1/8 tsp. pepper**

**6-8 broiler-fryer chicken**  
**pieces (legs, thighs,**  
**breasts, or wings)**

**gallon size Ziploc® bag**

This marinated chicken recipe can be prepared a day ahead. Make extra marinade and spoon it over rice for a tasty side dish.

## Instructions:

1. Combine first 7 ingredients to make marinade.
2. Seal chicken pieces and marinade in plastic bag. Marinate in refrigerator for 4-5 hours, turning several times. Greater quantities of sauce for marinating additional pieces of chicken can be made by increasing the amounts of the first 7 ingredients at the same given ratios.
3. Place chicken (skin side down) in broiler pan (for oven cooking) or on outdoor barbeque for grilling.
4. Cook 5-7 inches from the heat for about 20 minutes on each side or until chicken is lightly browned. Brush occasionally with marinating sauce while cooking until chicken is done.

# Jack's Pulled Pork

Karen Hardy

FICPA Professional Development Coordinator

## Ingredients:

**14 lb. whole, uncut Boston butt (ask meat cutter for the whole double-pack in the cry-o-vac plastic bag. I like to buy my Boston butts at the local IGA.)**

**Kosher salt  
powdered chicken bullion**

My husband, Jack Hardy, provided the secret to his delicious pulled pork. I usually make this for someone who is sick, down or going through tough times. There truly is more happiness in giving than receiving! Make it for someone and see who really feels the best! It will be you!

## Instructions:

1. Dry rub the pork butts with Kosher salt and a little powdered chicken bouillon. Let sit for about 30 minutes while you get the charcoal fire going. I use a Brickman grill with a smoke box at the end; a half bag of Kingsford® charcoal; and a few pieces of hard oak.
2. Light the fire in the smoke box and let it burn for about 10 minutes, then close the smoke-box lid and crack the airflow vent about a quarter of the way. Also, close the main grill lid and open the smoke-stack cover.
3. When you see smoke coming from the stack, place the pork butts (fat side up!) on the far end away from the smoke box. I've built a makeshift foil wall in front of the butt, in case I think the fire is still too hot. Close the lid and close the smoke-stack cover about 2/3's. Cook for about 2 1/2, hours turning once and adding oak and/or charcoal if needed.
4. Take the butts off the grill and place them in a large Dutch oven (fat side up again). Cover and bake at 200 for 8-10 hours.
5. Remove from the oven let cool for about 30 minutes, and then carefully remove any large pieces of fat from the butts, turning if possible. Pull the lean pieces of meat and put them in a strainer.
6. With help, drain as much fat as possible from the Dutch oven.
7. Put the Dutch oven (covered) and remaining pork back in the oven for about another hour, then repeat.
8. Let the meat cool to the touch, then shred by hand or cut into cubes. Enjoy plain or with Sweet Baby Ray's® Sweet Vidalia Onion barbeque sauce or Jack Daniels® Original No. 7 Recipe™ barbeque sauce.

# Lemon Herb Tilapia Casserole

Mona Davis

FICPA Accounting Coordinator

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

## Ingredients:

**2 large red potatoes, sliced**  
**2 plum tomatoes, sliced**  
**1/2 cup of red onions**  
**3/4 cup McCormick® Lemon Herb Seafood Sauce, divided**  
**1 tsp. of McCormick® Perfect Pinch® Lemon & Pepper seasoning**  
**1 1/2 lb. tilapia fillets**  
**olive oil**  
**1/4 cup sliced pitted black olives (optional)**

## Instructions:

1. Preheat oven to 400.
2. Toss potatoes and onions with 1/2 cup of the Seafood Sauce. Spread evenly in 13 x 9 baking dish, greased with olive oil; cover with foil.
3. Bake 30 minutes or until potatoes are almost tender. Meanwhile, season 1 tsp. of McCormick® Perfect Pinch® Lemon & Pepper seasoning. Then put the fish in a Ziploc® bag and add the 1/4 cup Seafood Sauce. Mix it up and refrigerate for about 30 minutes.
4. Arrange the fish over the potatoes. Place the tomatoes, neatly, over the fish. Bake 10-15 minutes or until fish flakes easily with a fork and potatoes are tender. Garnish with olives, if desired.

# Mom's Fried Eggplant

**Darice Sasnett**

FICPA Member Services Representative

## Ingredients:

**2 eggs**  
**2 tbsp. water**  
**1 cup cornmeal**  
**1/2 cup flour**  
**1 tsp. salt**  
**1/2 tsp. black pepper**  
**2 medium eggplants**  
**vegetable oil**

Serves 6-8

## Instructions:

1. Beat an egg with water in a shallow bowl. Combine cornmeal, flour, salt and pepper. Spread out onto waxed paper.
2. Peel eggplants, cut them into fairly thick rounds (1/4 " to 1/2" thick). Dip each slice first into the beaten egg mixture and then in the cornmeal mixture. Place each slice in a single layer on a large platter or plate.
3. Fill a deep skillet with about 3 inches of oil (or enough to cover the slice) and heat almost to smoking or 350 on a cooking thermometer.
4. Add the eggplant slices a few at a time and fry until lightly browned. Turn only once. Drain on paper towels and serve.

# Mrs. Trib's Roast Chicken

Suellen Wilkins

FICPA Editor *Florida CPA Today*

From *Cooking with Friends* by Amy Lyles Wilson and Jack Bishop

## Ingredients:

**1 roasting chicken (about 5 lb.), rinsed and patted dry**  
**4 medium cloves garlic, sliced thin**  
**4 sprigs fresh rosemary**  
**1 large lemon**  
**salt and ground black pepper**

## Instructions:

1. Preheat the oven to 400.
2. Place the chicken in a large roasting pan.
3. Lift the skin from around the breast and thigh (without tearing it) and slip garlic slices between the meat and skin. Slide one rosemary sprig under the skin on each breast and place the remaining two sprigs in the bird's cavity. Halve the lemon and squeeze the juices over the chicken. Place the lemon halves in the cavity. Season the skin and cavity well with salt and pepper to taste.
4. Roast the chicken, basting occasionally, until the leg juices run clear when pierced with a knife, about 1 1/2 hours. Carve the chicken and serve with potatoes or rice.

# Sue's Brunswick Stew

Sue Johnson

FICPA Database Administrator

## Ingredients:

**about 1 lb. chicken**  
**8-10 oz. Boston butt**  
**or pork roast**  
**1 large onion, chopped**  
**3 cups potatoes, diced**  
**2 cans stewed tomatoes**  
**1 can or 1 small**  
**bag frozen corn**  
**1 stick of butter**  
**1 1/2 cup ketchup**  
**1 bag frozen butter**  
**or baby lima beans**  
**1 bag frozen okra**  
**1 can chicken broth**  
**2 tbsp. Worcestershire sauce**  
**1-2 tsp. hot sauce**  
**Salt and pepper to taste**

## Instructions:

1. In a large pot place chicken and enough water to cover boil chicken till it falls apart (can use whole chicken or chicken parts) drain (reserve this stock) and remove skin and bones.
2. Cook small Boston butt or pork roast in oven till tender - cut in to small pieces.
3. In a Dutch oven or large stock pot add: onion, potatoes, meats, tomatoes, corn, butter, ketchup, beans, okra, reserved chicken stock plus can of broth (enough to cover), Worcestershire, and hot sauce.
4. Simmer for about 2 hours until thick.

# Tortilla Casserole

Rachel Lawley

FICPA Interactive Communications Manager

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

## Ingredients:

- 1 1/2 lb. ground turkey**
- 1 large onion, chopped**
- 4 garlic cloves, chopped**
- 1 green bell pepper, chopped (optional)**
- 1 tbsp. chili powder**
- 1 tsp. cumin**
- 3-6 cilantro sprigs**
- 1 cup olives, chopped (I used green and black)**
- 1 lb. tomatoes**
- 1 1/4 cups enchilada sauce**
- 8 corn tortillas**
- 1/2 lb. reduced fat cheddar cheese, grated**
- 1/2 lb. reduced fat Monterey Jack cheese, grated (or Mexican white cheese)**
- 1 cup baked corn chips, crushed (optional as topping or just to serve on the side)**

This healthy and easy casserole will become a favorite – for a crowd or just the two of you. Also re-heats well for lunches.

## Instructions:

1. Brown ground turkey; drain any excess fat. Add onion, garlic and bell pepper; cook until soft.
2. Cut tomatoes into chunks and add to meat mixture, including liquid. Add enchilada sauce, chili powder, cumin and cilantro. Add salt and pepper to taste. Bring to a boil; reduce heat and simmer uncovered for 20 minutes.
3. Grease a 3-quart casserole. Put approximately 1/3 of the meat mixture in the casserole dish followed by a layer of tortillas, cheese and olives. Repeat twice.
4. Sprinkle crushed corn chips around the edges and bake at 350 for 20 minutes or until heated through.



# White Chicken Chili

Cyndi Dotson

FICPA Director of Human Resources

## Ingredients:

**2 lb. boneless skinless chicken breasts**  
**2 tbsp. oil**  
**1 1/2 cups onions, chopped**  
**1 tbsp. garlic, minced**  
**4 15 oz. cans great Northern beans (drain 2 cans)**  
**2 cups chicken broth**  
**1 7 oz. can green chilies, chopped**  
**4 tbsp. jalapenos, chopped**  
**1 tsp. oregano**  
**4 tsp. ground cumin**  
**1 tsp. salt**  
**3 cups Monterey Jack cheese, shredded**  
**1 cup sour cream**

**This recipe placed first in the 2011 FICPA staff Chili Cook-off.**

## Instructions:

1. Boil chicken (season well with your favorite seasoning). Reserve 2 cups of broth. Chop/dice/shred chicken and set aside.
2. In large stock pot, heat oil over medium/high heat. Add onions and garlic and sauté for 3 minutes.
3. Stir in reserved broth, beans, chicken, jalapeños, chilies, salt, cumin and oregano.
4. Bring to a boil, reduce hit; cook 15 minutes – stirring occasionally.
5. Stir in cheese and sour cream, cook just until cheese is melted.

# White Chicken Chili

**Jeffrey Barbacci**

FICPA Board of Governors Director

## Ingredients:

**1 tbsp. oil (veg.)**  
**1 onion, chopped**  
**2 cloves garlic, crushed**  
**1 4 oz. can chopped green chilies**  
**2 tsp. brown**  
**1 tsp. oregano**  
**2-3 cans chicken broth**  
**4 chicken breasts or whole rotisserie chicken**  
**3 cans great Northern beans – do not drain**

## Instructions:

1. Sauté onion and garlic in the oil.
2. Mix in everything else – let simmer.

# *Desserts*



# Bananas Foster

Carol Kearney

FICPA Member Services Representative

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

## Ingredients:

**1/4 cup (1/2 stick) butter**  
**2-3 dashes of cinnamon**  
**4 bananas cut in half lengthwise, then halved**  
**4 scoops vanilla ice cream**  
**1 cup brown sugar**  
**splash banana liqueur**  
**1/4 cup dark rum**

This is one of my son's favorite recipes. He and his wife included this in their cookbook thank you gifts to guests at their wedding.

In 1951, Chef Paul Blangé created Bananas Foster. The dessert was named for Richard Foster, who served on the New Orleans Crime Commission, and who was a frequent customer of Brennan's. This is the actual Bananas Foster recipe from Brennan's Restaurant in New Orleans. It has quantities for the cinnamon and the banana liqueur, but we prefer less of the liqueur. Try adding a dash of nutmeg.

Serves 4

## Instructions:

1. Combine the butter, sugar and cinnamon in a flambé pan or skillet.
2. Place the pan over low heat and stir until the sugar dissolves.
3. Stir in the banana liqueur.
4. Place the bananas in the pan.
5. When the banana sections soften and begin to brown, carefully add the rum.
6. Continue to cook the sauce until the rum is hot, then carefully using a match or long lighter, ignite the rum.
7. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream.
8. Generously spoon warm sauce over the top of the ice cream and serve immediately.

# Caramel Apple Cheesecake

Stephanie Thomas

FICPA CPE Conference Senior Manager

## Ingredients:

**3 8 oz. blocks Kraft PHILADELPHIA® cream cheese, softened**  
**1 cup sugar**  
**1 tsp. vanilla**  
**3 large eggs, slightly beaten**  
**2 tbsp. melted butter**  
**1 can Duncan Hines Comstock® apple pie filling**  
**1 jar caramel ice cream topping**  
**1/2 cup pecan chips**  
**1 Keebler® Ready Crust® Graham Pie Crust (family size)**

## Instructions:

1. Preheat oven to 350.
2. In a small saucepan, heat half of the apple pie filling with 1/3 cup of caramel topping over low heat until hot, and set aside.
3. In a large mixing bowl, mix cream cheese and sugar until smooth, then add the eggs, vanilla and melted butter.
4. Pour cooled apple pie mixture into the bottom of the pie shell, reserving a little less than half for the top of the pie. Be sure to leave enough room for the cream cheese mixture.
5. Pour cream cheese mixture over the pie filling.
6. Bake for 35 minutes (or until set) at 350.
7. Remove from oven and top with remaining pie filling. Sprinkle pecan chips on top and drizzle with warm caramel.
8. Chill pie for at least 4 hours, preferably overnight.

# Cheese Blintzes

Sarabeth Scherer

FICPA Technical Coordinator

## Crepe Ingredients:

**4 eggs**  
**1/2 cup milk**  
**1/2 cup water**  
**1 cup flour**  
**1/4 cup granulated white sugar**  
**1 dried vanilla bean**  
**Pinch salt**  
**1 tbsp. oil**

## Filling Ingredients:

**1/2 lb. farmer's cheese**  
**4 oz. cream cheese**  
**4 tbsp. maple syrup**  
**juice of 1/2 lemon**  
**1 egg yolk**

## Topping Ingredients:

**sour cream, to taste**  
**blueberry, cherry or apple pie filling, to taste**

This is a traditional Jewish dish that is often served around Chanukah. Growing up, we ate these for breakfast and dessert. This is how my mom makes them. Recipe is modified by Glenna Scherer from "Joy of Cooking."

Yields 12 Blintzes

## Instructions:

1. To make vanilla sugar: fill a sealable container with granulated white sugar and place 1 dried vanilla bean in the container with the sugar. Seal the container and let sit overnight. Remove dried vanilla bean before scooping sugar for recipe.
2. Heat 7" skillet on stovetop. Preheat oven to 325.
3. In large mixer bowl, combine eggs, milk and water. Blend well. Gradually add flour, vanilla sugar, salt and oil. Blend well until there are no lumps in the batter.
4. Ladle 1/3 cup of batter into hot (but not smoking) skillet and tilt pan to swirl the batter to cover bottom of skillet. Fry on one side until air bubbles form, top is set and bottom is golden brown. Loosen edges and slip out of skillet.
5. To make filling: combine farmer's cheese, cream cheese, maple syrup, lemon juice and egg yolk in bowl and beat until smooth (alternatively, use a blender).
6. Place 3 tbsp. of filling in crepe. Fold the crepe around the filling. Bake blintzes in oven at 325 for 20 minutes.
7. Top blintzes with 2 tsp. sour cream and pie filling (or to taste).

# Chocolate Chip (and lots of other options) Cookies

**Marshall Gunn**

FICPA Board of Governors Director

## Ingredients:

**2 cups Crisco®**  
**1 1/2 cups sugar**  
**1 1/2 cups brown sugar**  
**2 tsp. vanilla**  
**2 tsp. salt**  
**4 eggs**  
**2 tsp. baking soda**  
**2 tsp. hot water**  
**3 cups flour**  
**4 cups oatmeal**  
**24 oz. semisweet chocolate chips**

You may substitute chocolate chips with M&Ms®, white chocolate chips, peanut butter chips, macadamia nuts or other cookie filling favorites.

## Instructions:

1. Preheat oven to 375.
2. Cream Crisco® and sugars. Blend in vanilla, salt, eggs, baking soda, and hot water.
3. Add flour.
4. Spoon in oatmeal and chocolate chips.
5. Grease baking sheets for first pan of cookies only.
6. Spoon about 1 tsp. of dough for each cookie on baking sheet.
7. Bake at 375 for approximately 10 minutes.

# Chocolate Éclair Cake

Angie Brooke

FICPA Conference Manager

## Ingredients:

- 1 box honey graham crackers
- 2 boxes French vanilla instant pudding mix
- 3 cups milk
- 1 12 oz. container Cool Whip®
- 1 16 oz. container of milk chocolate frosting

This dessert won 2nd place in the 2012 FICPA staff Halloween Dessert Contest.

Recipe courtesy of Doris Pruitt, my grandmother.

## Instructions:

1. Line the bottom of an ungreased 9 x 13 inch pan with 1/3 of the graham crackers.
2. In a large bowl, whisk together pudding mix and milk; add Cool Whip®, stirring until mixture thickens.
3. Spread half of the pudding mixture over the graham crackers in baking dish.
4. Repeat layers with one third of graham crackers and remaining pudding mixture.
5. Top with the remaining graham crackers and spread chocolate frosting on top of graham crackers.
6. Cover and chill for 8 hours before serving.



# Chocolate Pound Cake

**Drew Miller**

FICPA Corporate Sales Manager

## Ingredients:

**2 sticks real butter**  
**1/4 tsp. salt**  
**1/2 cup shortening**  
**1/2 tsp. baking powder**  
**3 cups sugar**  
**1/2 cup cocoa**  
**5 eggs**  
**1 1/4 cups milk**  
**3 cups sifted plain flour**  
**1 tbsp. vanilla extract**

## Instructions:

1. Preheat oven to 350.
2. Mix butter and shortening in a large bowl. Add sugar and mix well. Add eggs one at a time, beating well after each addition. Add vanilla.
3. Sift dry ingredients together and add to cake batter with milk. Mix well.
4. Pour batter into 10 inch tube pan. Bake at 350 for 60-70 minutes.
5. Allow cake to cool for 10 minutes before removing from pan.
6. Slice and serve warm with Breyers® vanilla ice cream.

# Death by Chocolate

LeAnne Spell

FICPA Executive Business Supervisor

## Ingredients:

- 2 boxes brownie mix (or homemade if desired)**
- 2-3 boxes Knorr® Chocolate Mousse (or homemade)**
- 1 large tub of Cool Whip® (or homemade) – do not use Reddi-wip®**
- 2 bags of Heath Toffee Bar miniature candy bars (chopped up to small pieces; but not ground)**
- 1/2 – 3/4 cup Kahlua® coffee liqueur**

This has been a family favorite at Christmas for years... enjoy!

## Instructions:

1. Bake brownies in size dish of preference.
2. As soon as the brownies come out of the oven, take a fork and punch holes all over the brownies.
3. Slowly pour the Kahlua® over the hot brownies; set aside until cool.
4. Using a glass trifle dish (size will determine how much of the above prepared ingredients you will end up using\*\*), alternate layers in the following order (listing from bottom up):
  - Small amount of mousse to coat bottom of dish (to keep brownies from sticking to bottom of dish)
  - Layer of brownie/Kahlua® mixture – spoon the brownie mixture over mousse; about an inch to inch and half deep (brownie mixture will be moist and sticky)
  - Layer of Knorr® Chocolate Mousse (enough to cover brownie mixture and even out surface)
  - Layer of Cool Whip® (about inch to inch and a half deep)
  - Sprinkle a couple of handfuls of chopped Heath bars over Cool Whip®
5. Repeat layering, ending up with Cool Whip® on top; lightly sprinkled with Heath (usually has two layers of each- depending on size of trifle dish).
6. Keep in refrigerator until ready to serve. Best if you make a couple of days ahead to let the flavors set.

*\*\*You may use any leftovers to prepare smaller individual servings if desired.*

# Deluxe Pumpkin Cheesecake

Rachel Lawley

FICPA Interactive Communications Manager

## Ingredients:

1 cup crushed gingersnap cookies (about 20 cookies)

1/3 cup finely chopped pecans

1/4 cup butter, melted

4 8 oz. packages cream cheese, softened, divided

1 1/2 cups sugar, divided

2 tbsp. cornstarch

4 eggs

2 tsp. vanilla extract

1 cup canned pumpkin

2 tsp. ground cinnamon

1 1/2 tsp. ground nutmeg

**Garnish Options: chocolate syrup, caramel ice cream topping, whipped topping and additional crushed gingersnap cookies**

**This dessert placed 3rd in the 2012 FICPA staff Halloween Dessert Contest.**

My husband, Scott, has a talent for making cheesecake (and that's not just my opinion!). We topped this with a melted dark chocolate spider web and pecan pieces.

## Instructions:

1. Place a greased, 9-inch springform cake pan on two sheets of heavy-duty foil (about 18 inch square). Securely wrap foil around pan.
2. In a small bowl, combine cookie crumbs, pecans and butter. Press onto the bottom of prepared pan. Place on a baking sheet. Bake at 350 for 8-10 minutes or until set. Cool on a wire rack.
3. For filling, in a large bowl, beat 1 package of cream cheese, 1/2 cup sugar and 1/2 cup cornstarch until smooth, about 2 minutes. Beat in remaining cream cheese, one package at a time, until smooth. Add remaining sugar and vanilla. Add 4 eggs; beat on low just until combined.
4. Place 2 cups filling in a small bowl; stir in the pumpkin, cinnamon and nutmeg. Remove 3/4 cup pumpkin filling; set aside. Pour remaining pumpkin filling over crust; top with remaining plain filling. Cut through with a knife to swirl. Drop reserved pumpkin filling by spoonfuls over cheesecake; cut through with a knife to swirl.
5. Place springform pan in a large baking pan; add 1 inch of hot water to larger pan. Bake at 350 for 55-65 minutes, or until center is just set and top appears dull. Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight.
6. Garnish with chocolate syrup, caramel sauce, whipped topping and additional crushed gingersnaps if desired.

# Golden Rum Cake

**Tim Scott**

FICPA Creative/Multi-media Manager

## Cake Ingredients:

- 1 cup chopped walnuts**
- 1 18.25 oz. package yellow cake mix**
- 1 3.4 oz. package instant vanilla pudding mix**
- 4 eggs**
- 1/4 cup water**
- 1/2 cup vegetable oil**
- 3/4 cup dark rum**

## Glaze Ingredients:

- 1/2 cup butter**
- 1/4 cup water**
- 1 cup white sugar**
- 1/2 cup dark rum**

## Instructions:

1. Preheat oven to 325. Grease and flour a 10 inch Bundt pan. Sprinkle chopped nuts evenly over the bottom of the pan.
2. In a large bowl, combine cake mix and pudding mix. Mix in the eggs, water, oil and rum. Blend well. Pour batter over chopped nuts in the pan.
3. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Let sit for 10 minutes in the pan, then turn out onto serving plate. Brush glaze over top and sides. Allow cake to absorb glaze and repeat until all glaze is used.
4. To make the glaze: in a saucepan, combine butter, water and sugar. Bring to a boil over medium heat and continue to boil for 5 minutes, stirring constantly. Remove from heat and stir in rum.

# Holly and Eggnog Pie

Sue Johnson

FICPA Database Administrator

From the *Pillsbury® Classic Cookbooks: Holiday XI*

(#142 December 1992)

## Crust Ingredients:

- 1 15 oz. package Pillsbury® refrigerated pie crusts (2 pie crusts)
- 1 egg, separated
- 6 drops red and 6 drops green food color

## Filling Ingredients:

- 1 envelope unflavored gelatin
- 1 1/2 cups eggnog
- 1 cup powdered sugar
- 1/4 cup margarine or butter, softened
- 2 8 oz. packages cream cheese
- 1/4 tsp. nutmeg
- 1/2 tsp. rum extract

**This dessert won 1st place in the 1992 (or 1993) FICPA staff Dessert Contest.**

Serves 10

## Instructions:

1. Allow crusts to reach room temperature, heat oven to 450.
2. Prepare crust according to package instructions for unfilled, one-crust pie using 9-inch pie pan.
3. Make decorative edge using 2-inch holly leaf-shaped cutter or leaf pattern. Cut 16 leaves from remaining crust. Make 24 1/4-inch balls. Beat egg white in small bowl, brush edge of crust with egg white. Brush bottoms of leaves and balls with egg white and arrange around edge of crust to resemble holly and berries.
4. Place 1/2 of egg yolk in each of 2 small cups. Add green food color to one and red to the other. With small brush, paint the holly leaves green and the berries red. Bake at 450 for 9-11 minutes, or until crust is lightly browned. Cool completely.
5. For filling: in small saucepan, evenly sprinkle gelatin over 1/2 cup eggnog; let stand 1 minute to soften gelatin.
6. Cook over medium heat, stirring constantly, until gelatin is dissolved. Remove from heat, set aside.
7. In large mixer bowl, combine powdered sugar, margarine and cream cheese. Beat on low until light and fluffy. Gradually add nutmeg, rum-extract gelatin mixture and remaining eggnog. Beat on high until smooth. Refrigerate 15 minutes or until mixture mounds slightly when stirred; pour into cooled crust.
8. Refrigerate until firm, about 4 hours. If desired, sprinkle with nutmeg.

# Lemon Meringue Cheesecake

Marshall Gunn

FICPA Board of Governors Director

## Ingredients:

**2 graham cracker ready  
crust pie shells**  
**1 8 oz. package cream  
cheese, softened**  
**1 can Eagle Brand®  
Sweetened Condensed Milk**  
**1/2 cup ReaLemon  
lemon juice**  
**1 tsp. vanilla flavoring**  
**1 package JELL-O® lemon  
pie filling**  
**1 cup sugar**  
**2 1/4 cup water**  
**2 egg yolks**  
**4 egg whites**

Yields 2 pies

## Instructions:

1. Beat cream cheese until light and fluffy. Add condensed milk. Blend thoroughly. Stir in lemon juice and vanilla. Pour into pie crusts equally. Refrigerate 2 to 3 hours.
2. Mix pie filling with 1/2 cup sugar, 1/4 cup water and egg yolks. Stir in 2 cups water.
3. Stir over medium heat until mixture comes to a boil. Cool 5 minutes, stirring twice. Pour on top of cheesecakes equally.
4. Meringue: Beat egg whites until foamy. Add 1/2 cup sugar gradually. Beat until stiff. Spread over pies equally. Brown at 425 for about 5 minutes. Cool 4 hours.

# New Year's Chocolate Fondue

**Todd Schimpf**

FICPA Marketing Project Manager

## Ingredients:

**14-16 oz. semi-sweet  
chocolate chips**

**8 oz. white chocolate chips**

**1 jar marshmallow fluff**

**3/4 cup whipping cream**

**2-3 tbsp. caramel ice cream  
topping (optional)**

**Dipping foods: strawberries,  
cherries, bananas, orange  
slices, pound cake, angel  
food cake, cookies,  
marshmallows, pretzels**

Family tradition that is served every New Year's Eve.

## Instructions:

1. Combine whipping cream, marshmallow fluff and 1/2 chips in fondue pot or crockpot on low heat.
2. Gradually add remaining chips until melted. Stir in caramel topping.
3. Dip and enjoy.

# Sue's Carrot Cake

Sue Johnson

FICPA Database Administrator

## Cake Ingredients:

**2 cups sugar**  
**3 cups flour**  
**1 tsp. soda**  
**1 tsp. baking powder**  
**1/2 tsp. salt**  
**1 tsp. ground cinnamon**  
**2 cups grated carrots**  
**1 1/2 cups salad oil**  
**2 eggs, beaten**  
**1/2 cup pecans, chopped**  
**1/2 cup walnuts, chopped**  
**1 cup crushed pineapple,  
drained**  
**1 tsp. vanilla extract**  
**1/2 tsp. almond extract**

## Frosting Ingredients:

**2 sticks butter**  
**1 8 oz. block cream cheese**  
**1 box confectioners' sugar**  
**1 tsp. vanilla flavoring**

## Instructions:

1. Combine dry ingredients in large mixing bowl. Add carrots, oil and eggs. Beat until well-mixed.
2. Add other ingredients and stir.
3. Pour into baking pans and bake at 350 for approximately one hour.



# Super Easy, Super Delicious, Peach Cobbler

Angie Harris

FICPA Events Coordinator

## Ingredients:

**1 stick butter**  
**1 cup granulated sugar**  
**3/4 cup self-rising flour**  
**1 can peach pie filling**  
**(or any flavor you'd like)**  
**3/4 cup whole milk**  
**(skim or 2% is fine also)**

This is a family recipe. Eat by itself or with as side of ice cream or whipped cream.

## Instructions:

1. Melt butter in 2 quart oblong bakeware dish. Mix together dry ingredients on their own, then add milk.
2. Gently mix together (it may look a little like paste but that is OK). Pour into the baking dish on top of the butter. Do not stir mixture and butter together.
3. Next add the pie filling to the top of mixture and let it settle. Do not mix this either. Items should be layered (butter, mixture, pie filling).
4. Bake on the middle rack of a 350 preheated oven for one hour. Remove and cool on a cooling rack.
5. The ingredients bake over the pie filling forming a buttery, crunchy, delicious top.
6. After cooling for a minimum of 30 minutes, dig in!

# Yum Yum Cake

Vicky Wade

FICPA Student & Educator Outreach Assistant

## Ingredients:

2 cups water  
3/4 cup raisins  
3/4 cup dates, chopped  
3/4 cup figs, chopped  
1 tsp. ground cloves  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 cup butter  
2 cups sugar  
4 cups flour  
1 cup water  
1 tsp. baking soda  
1 pinch salt  
1 cup walnuts, chopped

This is the only kind of “fruit” cake I enjoy during the holidays. It is so aromatic, rich, healthy and moist...really yummy. They make great little gifts too... no one would ever want to re-gift your cake or use it as a bookend or doorstop...like I’ve heard about those others.

## Instructions:

1. Preheat oven to 325.
2. Boil water, raisins, dates, figs, cloves, cinnamon and nutmeg for 15 minutes.
3. Remove from heat and add butter, sugar, flour, water, baking soda, salt and walnuts.
4. Put in tube pan and bake for about one hour in oven.

# Whole Cranberries and Brandy

Deborah Curry  
FICPA President-CEO

## Ingredients:

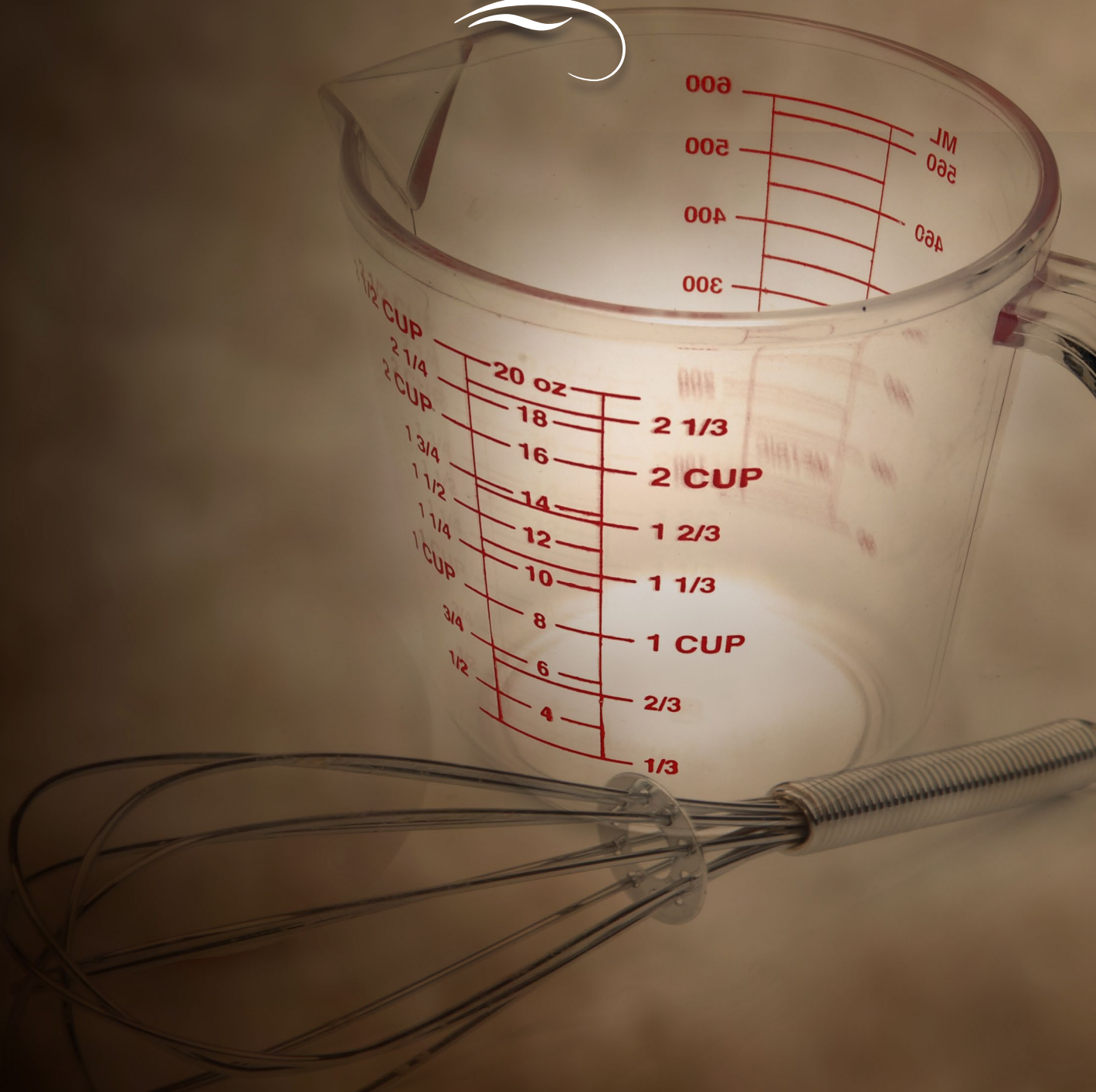
**1 package (12 oz.)  
fresh cranberries**  
**2 tbsp. orange juice**  
**1 1/2 cups sugar -  
use white granulated**  
**1/3 cup brandy**

## Instructions:

1. Rinse, drain and dry cranberries. Discard any spoiled cranberries.
2. Mix cranberries and sugar in an 8- or 9-inch square baking dish.
3. Sprinkle orange juice over the top of cranberries.
4. Bake, uncovered, in a 325 oven for about 45 minutes. Remove from oven and add the brandy. Stir slightly to incorporate and return to oven.
5. Bake for an additional 20 minutes.
6. Berries will become tender (check them with a fork) and almost of the liquid will have evaporated. Remove from oven.

May serve warm or cool. Excellent to serve over vanilla ice cream as a topping. Cranberries may be made in advance and stored in the refrigerator for 1 week. Reheat in the microwave.

# Appendix



| CUP   | OZ | CUP   |
|-------|----|-------|
| 2 1/4 | 20 | 2 1/3 |
| 2 CUP | 18 | 2 CUP |
| 1 3/4 | 16 | 1 2/3 |
| 1 1/2 | 14 | 1 1/3 |
| 1 1/4 | 12 | 1 CUP |
| 1 CUP | 10 | 2/3   |
| 3/4   | 8  | 1/3   |
| 1/2   | 6  |       |
|       | 4  |       |

# Dry and Wet Measurements

## Dry Measurements

Level all dry ingredients – do not create a mound.

| Cups | Decimal | Tablespoons | Teaspoons |
|------|---------|-------------|-----------|
| 1    | 1.00    | 16          | 48        |
| 3/4  | 0.75    | 12          | 36        |
| 2/3  | 0.67    | 11          | 32        |
| 1/2  | 0.50    | 8           | 24        |
| 1/3  | 0.33    | 5           | 16        |
| 1/4  | 0.25    | 4           | 12        |
| 1/8  | 0.13    | 2           | 6         |
| 1/16 | 0.063   | 1           | 3         |

3 teaspoons = 1 tablespoon

1 ounce = 28 grams

1 pound = 16 ounces = 454 grams

1 kilogram = 2.2 pounds

8 quarts = 1 peck

4 pecks = 1 bushel

1 pinch = about 1/16 teaspoon = the amount you can hold between your thumb and two fingers

## Wet Measurements

| Cups | Decimal | Ounces | Tablespoons | Teaspoons | Milliliters | Grams  |
|------|---------|--------|-------------|-----------|-------------|--------|
| 1    | 1.00    | 8      | 16          | 48        | 237         | 236.56 |
| 3/4  | 0.75    | 6      | 12          | 36        | 177         | 177.42 |
| 2/3  | 0.67    | 5      | 11          | 32        | 158         | 157.71 |
| 1/2  | 0.50    | 4      | 8           | 24        | 118         | 118.28 |
| 1/3  | 0.33    | 3      | 5           | 16        | 79          | 78.85  |
| 1/4  | 0.25    | 2      | 4           | 12        | 59          | 59.14  |
| 1/8  | 0.13    | 1      | 2           | 6         | 30          | 29.57  |
| 1/16 | 0.063   | 0.5    | 1           | 3         | 15          | 14.785 |

1 dash = about 3 drops = about 1/16 teaspoon

3 teaspoons = 1 tablespoon

1 pint = 2 cups = 1 pound (“a pint’s a pound the world around”)

1 quart = 2 pints = 4 cups = 32 fluid ounces = 0.95 liters

1 gallon = 4 quarts = 128 fluid ounces = 3.785 liters = 3785 cubic centimeters

1 liter = 100 centiliters = 1000 milliliters = 34 fluid ounces = 1.01 quarts

# Food Equivalent Table

| INGREDIENT         | QUANTITY          | EQUIVALENT                              |
|--------------------|-------------------|---|
| Active Dry Yeast   | 1 package         | 1 cake compressed                       |
| Apples             | 1 medium          | 1 cup sliced                            |
| Bananas            | 3 medium          | 1 cup mashed                            |
| Beans              | 1 cup dry         | 2 1/2 cups cooked                       |
| Bread Crumbs       | 4 slices          | 1 cup dry crumbs                        |
| Bread Crumbs       | 1 slice           | 3/4 cup soft crumbs                     |
| Butter             | 1 pound           | 2 cups <b>or</b> 4 sticks               |
| Butter             | 1 stick           | 1/2 cup <b>or</b> 1/4 pound (113 grams) |
| Cabbage            | 1 pound           | 4 cups shredded                         |
| Cheese, American   | 1 lb shredded     | 4 cups                                  |
| Cheese, Bleu       | 1/4 lb crumbled   | 1 cup                                   |
| Cheese, Cheddar    | 1 pound           | 4 cups grated                           |
| Cheese, Cheddar    | 4 ounces          | 1 cup grated                            |
| Cheese, Cottage    | 1 pound           | 2 cups                                  |
| Cheese, Cream      | 1/2 pound         | 8 ounces                                |
| Cheese, Cream      | 6 ounces          | 3/4 cup                                 |
| Cherries           | 1 quart           | 2 cups pitted                           |
| Chocolate          | 1 ounce           | 1 square                                |
| Chocolate Chips    | 6 ounces          | 1 cup                                   |
| Corn Flakes        | 3 cups            | 1 cup crushed                           |
| Crackers, Soda     | 28 crackers       | 1 cup crumbs                            |
| Crackers, Graham   | 14 squares        | 1 cup crumbs                            |
| Cranberries        | 1 pound           | 3 cups sauce                            |
| Cream              | 1 cup unwhipped   | 2 cups whipped                          |
| Dates              | 1 lb whole        | 1 1/2 cups pitted and cut               |
| Eggs               | 5 medium          | 1 cup                                   |
| Egg Whites         | 8 to 10           | 1 cup                                   |
| Egg Yolks          | 12 to 14          | 1 cup                                   |
| Fat                | 2 cups            | 1 pound                                 |
| Flour, Sifted      | 4 cups            | 1 pound                                 |
| Flour, Cake        | 4 1/2 cups        | 1 pound                                 |
| Flour, Whole Wheat | 3 1/2 cups        | 1 pound                                 |
| Horseradish        | 1 Tbsp fresh      | 2 Tbsp bottled                          |
| Lemon              | 1 medium          | 3 Tbsp juice                            |
| Macaroni           | 1/2 pound         | 4 cups cooked                           |
| Marshmallows       | 10 miniatures     | 1 large                                 |
| Mushrooms          | 1 lb fresh        | 6 oz canned                             |
| Onions             | 1 medium          | 1/2 cup chopped                         |
| Orange             | 1 medium          | 1/3 cup juice                           |
| Peanuts            | 5 ounces          | 1 cup                                   |
| Pecans, chopped    | 4 1/2 ounces      | 1 cup                                   |
| Pecans, halves     | 3 3/4 ounces      | 1 cup                                   |
| Rice               | 1 cup uncooked    | 3 1/2 cups cooked                       |
| Sugar, Granulated  | 2 cups            | 1 pound                                 |
| Sugar, Powdered    | 3.5 to 4 cups     | 1 pound                                 |
| Sugar, Brown       | 2 1/4 cups packed | 1 pound                                 |
| Spaghetti          | 7 ounces          | 4 cups cooked                           |
| Vanilla Wafers     | 22 wafers         | 1 cup crumbs                            |
| Walnuts, chopped   | 4 1/2 ounces      | 1 cup                                   |
| Walnuts, halves    | 3 1/2 ounces      | 1 cup                                   |
| Walnuts            | 1 lb unshelled    | 1 1/2 cups shelled                      |

# My Family Recipes

**Recipe** \_\_\_\_\_

**Ingredients:**

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**Instructions:**

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**Recipe** \_\_\_\_\_

**Ingredients:**

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**Instructions:**

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