

Sinnissippi Centers Recipes

for health, wellness, & sharing

Thanks to all our Sinnissippi Centers' staff that submitted recipes!





Breakfast Recipes

Katie's To-Go Breakfast

Katie Herath



Ingredients

2 cans crescent rolls/crescent roll
pastry sheets
1 lb. pork ground sausage
8oz. cream cheese
8oz. shredded cheddar cheese

Preparation

Preheat oven to 350°. Brown sausage. Add cream cheese and stir until melted.

Layer one can of crescent rolls flat on bottom of greased 9x13" pan. Add sausage mixture on top of crescent rolls.

Sprinkle the shredded cheese on top of sausage mixture. Add the second can of crescent rolls on top.

Bake for approximately 30 minutes or until browned.

Scrambled Eggs with Crispy Corn Tortillas

Destiny Medina



Ingredients

8-10 corn tortillas cut into bite size squares.

El Milagro brand preferred.

1 onion, white, medium, chopped

10 medium eggs

¼ cup Olive Oil, add more as needed

1 large tomato OR ¼ cup salsa

16 oz block of Velveeta Cheese cut into small cubes

Salt and Pepper to Taste

Jalapeno's if desired

Preparation

Put eggs in bowl, add salt & black pepper to taste, scramble lightly, set aside. Cut Velveeta into small cubes and set aside. Cut tortillas into small squares, set aside.

Add olive oil to medium heated pan & sauté chopped onion. Add cut corn tortillas to the oil, toss and cook until partly crispy. Remove from heat.

Add scrambled eggs and tomato. Combine and return to heat. Use spatula to scrape bottom of pan and flip egg mixture to keep eggs from sticking to the bottom of pan. Cook until eggs are done. Remove from heat.

Add Velveeta to the top of mixture. Cover pan with lid until cheese is melted. Serve & enjoy with any additional toppings you desire.

Pluck-It Cake

Tammy Stewart



Ingredients

4 cans biscuits (quarter)

$\frac{3}{4}$ cup sugar

1 tsp. cinnamon

Mix all above together

Preparation

Grease a Bundt Pan and place all above into it

In a small saucepan mix the following:

$\frac{3}{4}$ cups butter (melt first)

Add in 1 $\frac{1}{2}$ tsp cinnamon and

1 cup sugar

Bring to a low boil until all incorporated and then pour over biscuits.

Bake at 350 degrees for 45 minutes.

Every Christmas morning, I make the long-time family favorite (since I was a child), Pluck-it cake. The kids love waking up to that smell.



Main Course

Baked Pork Chops & Apples with Brown Sugar Glaze

Kourtnee Mezo



Ingredients

- 2 apples peeled and sliced
- 4 boneless pork chops
- 4 T butter
- 4 T brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- Salt and Pepper to taste

Preparation

Preheat oven to 350°, Layer apples in bottom of casserole dish. Sprinkle with cinnamon.

Trim fat from pork chops. Lay on top of apple slices. Sprinkle with salt and pepper.

In small saucepan over medium heat, melt butter, brown sugar, cinnamon, and nutmeg, stirring constantly. Pour sauce over the pork chops and apples.

Bake uncovered at 350° for 35-40 minutes.

Ham with Pineapple

Ashley Siepka



Ingredients

- 1 (12 pound) bone-in ham
- ½ cup whole cloves
- 1 (20 ounce) can pineapple rings in heavy syrup
- ½ cup packed brown sugar
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 (4 ounce) jar chopped maraschino cherries

Preparation

Step 1

Preheat the oven to 325 degrees F (160 degrees C).

Step 2

Place ham in a roasting pan. Score the rind of the ham with a diamond pattern. Press a clove into the center of each diamond. Drain the juice from the pineapple rings into a medium bowl and stir in the brown sugar and lemon-lime soda. Coat the ham with this mixture. Arrange the pineapple rings over the outside of the ham. Place a maraschino cherry in the center of each pineapple ring, and secure with a toothpick.

Step 3

Bake uncovered for 4 to 5 hours, basting frequently with the juices, until the internal temperature of the ham is 160 degrees F (72 degrees C). Be sure the meat thermometer is not touching the bone. Remove toothpicks before serving.

Cranberry BBQ Chicken

Ashley Siepka



Ingredients

- 1 (2 to 3 pound) whole chicken, cut into pieces
- 2 tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup chopped celery
- 1 onion, chopped
- 1 (16 ounce) can whole cranberry sauce
- 1 cup barbecue sauce

Preparation

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

In a large skillet brown the chicken in butter/margarine. Season with salt and pepper. Remove from skillet and place in a lightly greased 9x13 inch baking dish.

Step 3

In the drippings (in the skillet), sauté onion and celery until tender. Add cranberry sauce and barbecue sauce. Mix well.

Step 4

Pour cranberry mixture over chicken and bake in the preheated oven for 90 minutes, basting every 15 minutes

Prime Rib

Synthia Jones



Ingredients

5 pounds beef prime rib (or larger *if larger, double the spices/seasonings)
2 teaspoons freshly ground black pepper
2 teaspoons fresh rosemary
1 teaspoon fresh thyme
8 cloves garlic , minced
1/4 cup olive oil
Sea salt to taste
Horseradish , for serving (optional)

Preparation

Remove prime rib from refrigerator 1 hour before cooking. Season on all sides with salt. Cover loosely with plastic wrap while it comes to room temperature. Adjust oven rack so the meat will cook in the center of the oven. Preheat the oven to 500 degrees F.

Mix 1 ½ teaspoons salt, pepper, rosemary, thyme, garlic, and olive oil. Pat the roast with paper towels. Spoon seasoning over it, rubbing it onto all sides. Place bone-in roast with the bones down, inside a roasting pan cast iron pan. Place a boneless roast on a rack inside the pan. **Bake prime rib at 500 degrees for 15 minutes**, then reduce oven temperature to 325 degrees and continue baking until desired doneness: **Medium rare**: Cook until thermometer reaches 130 degrees F (13-14 min/lb) **Medium**: Cook until thermometer reaches 140 degrees F (14-15 min/lb) **Medium well**: Cook until thermometer reaches 150 degrees F (15-17 min/lbs).

Things to keep in mind: A meat thermometer is essential to ensure it cooks to your perfect doneness. Not all roasts or ovens are the same. Also, the meat will continue to cook once it's taken out of the oven (your thermometer will continue to rise 5-10 degrees) so remove it from the oven 5-10 degrees before it reaches your optimal temperature. Remove it from the oven and tent it with foil. Allow it to rest for 30 minutes before carving. Carve your roast by slicing against the grain at about ½ inch thickness. Serve with horseradish, if desired.

Maggiano’s Famous Rigatoni “D”

Maggie Lafever



Ingredients

1/4 cup	Balsamic Vinegar	4 tbsp	Butter
1 ½ cup	Sliced Mushrooms	1/2 cup	Chardonnay White Wine
3/8 cup	Diced Onion	3/4 cup	Sweet Marsala Wine
1 tbsp	Pressed Garlic	2 cups	Heavy Cream
2 cups	Cold Chicken broth	1 tbsp	Salt
1 ½ tbsp	Corn starch	1/2 tsp	Black Pepper
2 cups	Rigatoni Pasta	2 tbsp	Chopped Basil
1/4 cup	Olive oil	3/8 cup	Grated Parmesan
1 lb.	Chicken Breasts (boneless and skinless)		

Preparation

1. Preheat oven to 450°. On a 12 X 18 cookie sheet or tray, mix the diced onions, mushrooms, finely chopped garlic, and balsamic vinegar together ensuring all ingredients are evenly mixed and coated. Bake for 15 minutes until mushrooms are a deep brown color and almost all liquid and moisture has evaporated. Set aside mixture.
2. In a medium bowl, combine the corn starch with cold chicken broth with a whisk. Set aside mixture. Prepare pasta as directed on the box to the al dente stage approximately 10 minutes before you plan on cooking the entire pasta dish. Do not shock in ice water and do not run under cold water. Drain pasta in a colander, shake out excess water, then toss in an 8-quart bowl with half of your olive oil and reserve for the final dish.
3. Cut Chicken into pieces approximately 1” long x ¾” wide.
4. In a 12”-14” sauté pan or Dutch oven, heat the remaining olive oil and butter until melted and butter begins to lightly brown, add cut chicken and cook for approximately 3-4 minutes until a light golden-brown color is achieved. Immediately add the white wine to the sautéed chicken, reduce until dry, add the Marsala wine and reduce by half, then add the cold chicken broth/corn starch mixture, bring to a simmer.
5. Then add the heavy cream, kosher salt, black pepper, and the mushrooms, onions, and garlic from step 2. Bring to a simmer and allow the sauce to thicken. Add the Rigatoni Pasta and continue cooking for 2 minutes while simmering allowing the starch from the pasta to thicken the sauce and the corn starch to bloom and tighten the sauce.
6. Finish the pasta and sauce with fresh basil, fresh Italian parsley, and grated parmesan cheese.
7. Serve in a larger serving dish or in the Dutch oven casserole dish.

Chicken Pot Pie

Jennifer Elder



Ingredients

- 1 traditional roasted chicken
- 1 Pillsbury rolled pie crust (double)
- 1 can mixed vegetables
- 1 small can peas (opt.)
- 2 cans Campbell's chicken gravy
- 2 tablespoons butter

Preparation

Heat oven to 400 degrees. Unroll and place bottom crust in pie dish or iron skillet. Debone chicken, cut into chunks and place in a mixing bowl. Drain mixed vegetables and peas, add to chicken. Mix in 2 cans of chicken gravy, and pour into pie dish, melt 2 T. butter and pour over the top of mixture. Unroll, and place the top crust on top of mixture, then flute edges. Cut 4 small slits in the top, middle of the crust , as you would a pie. Bake for 1 hour at 400 degrees or until the crust is a golden brown. Let cool for 15 minutes before serving.

Pesto Chicken Sandwich

Wyatt Zakosek



Ingredients

Ciabatta Roll
Chicken Breast
Tomato (optional)

Aoli

1 Part Mayo
1 Part Pesto

Topping

3-5 cloves of garlic
2 strips of bacon
Grated Parmesan
Thyme
Butter

Preparation

Preheat oven to 350 F. Slice bacon into thin strips, place into pan with a pad of butter on medium heat. Place garlic and 3 sprigs of thyme on the edge of the pan. Remove thyme once it starts turning brown.

Once bacon is cooked, remove bacon and garlic from the pan. Place your chicken breast onto a baking sheet and baste with the bacon fat. Salt and pepper the breast, flip it, and repeat.

Bake chicken breast at 350 for 35-40 minutes or until internal temperature reads 165. Roughly chop the bacon, more fresh thyme and cooked garlic and toss it with grated parmesan to make topping.

Once chicken is cooked, let sit for 10 minutes to firm up before cutting.

Slice ciabatta in half and warm in oven for 5-10 minutes.

Once warmed, mix 1 part mayo with 1 part pesto and coat both halves of the ciabatta. Slice chicken breast and lay onto bread, cover top with parmesan bacon mixture.

Easy Keto Pizza Chaffles (made with almond flour)

Joan Whaley



Ingredients

- 1 egg
- 1 heaping tbsp almond flour
- 1/2 cup shredded mozzarella (plus more for topping)
- 1 tbsp grated parmesan
- 1/8 tsp Italian seasoning
- 1/8 tsp garlic powder
- pizza toppings of your choice

Preparation

- 1.Preheat your oven to 400 degrees and turn on your mini waffle maker.
- 2.In a small bowl, whisk the egg together and then combine with the rest of the ingredients.
- 3.Once your mini waffle maker is hot, sprinkle the griddle with a little shredded mozzarella.
- 4.Pour HALF of the batter in and then sprinkle with more cheese. Close the lid and cook until the automatic timer or light goes off; repeat for next waffle.
- 5.Place the chaffles on a baking sheet and allow them to cool for a few minutes (so that they don't get soggy), and then spread with a low carb pizza sauce, shredded cheese and the toppings of your choice.
- 6.Bake for 3-4 minutes and then an additional minute or two with the broiler on to brown the cheese.
- 7.Sprinkle with a little more Italian seasoning and enjoy!

Keto Wonder Bread Chaffle and Tuna Salad

Joan Whaley



Ingredients

Chaffle:

1 large egg
3 tbsp almond flour
1 tbsp mayonnaise
1/4 tsp baking powder
1 tsp water

Tuna Salad:

Tuna of choice
Mayo to taste
Garlic powder to taste
Black pepper to taste
Diced celery or pickles to taste

Preparation

Preheat your mini waffle maker.

Whisk together the egg in a small bowl until well beaten.

Add the almond flour, mayo, baking powder and water; mix well.

Spray your waffle maker with non-stick spray and pour half of your batter in. Close the lid and allow to cook for about 3 minutes or until the automatic timer or light goes off. Repeat for second waffle.

For the tuna salad: Simply mix together tuna with a little mayo, garlic powder, black pepper and diced celery and/or pickles for crunch.



Side Dish

Detox Salad

Jennifer Elder



Ingredients

All Fresh not frozen:

2 cups	Broccoli florets	2 tsp	Honey
2 cups	Brussel sprouts	½ cup	Lemon juice
1 cup	Carrots	¼ tsp	Sea salt
1 tbsp	Fresh ginger	3 tbsp	Olive oil
2 cups	Kale	½ cup	Almonds
½ cup	Fresh parsley	1 tbsp	Sunflower seeds
2 cups	Red cabbage	½ cup	Dried cranberries
3 tsp	Dijon mustard		

Preparation

1. Using a food processor, process all the veggies up to the parsley until finely chopped and mix together in a large bowl. This may take a few batches.
2. Add almonds to the food processor and pulse until roughly chopped and mix in with the salad along with the sunflower seeds and cranberries.
3. In a small bowl, whisk together all the ingredients for the dressing and drizzle over top of the salad, OR place in a jar and use as needed.

Nutritional Information (without the dried cranberries):

Serving size: 1 ½ cups. Calories: 175. Fat: 11.8 g. Sat. Fat.: 1.6 g. Carbs: 15.4 g. Fiber: 4.7 g.

Protein: 5.3g Sugar 5.6 g.

Grandma's Rice Dish

Connie Davis



Ingredients

2 Cups of Rice (Your favorite rice that is not instant)
6 Cups of Water
4 1/4 Cups of Milk
1 pinch of salt
1/2 Vanilla Bean
6 Tablespoons of sugar

Preparation

Bring water to boil - Add the rice and cook for 5 minutes

In a separate pan bring milk to a boil over medium heat.

Remove and drain rice from water

Slowly drop the rice into the boiling milk.

Lower the heat and add salt, vanilla bean, and sugar

Cover and simmer for 15 - 20 minutes until rice is cook through.

Stirring occasionally - add more milk if necessary

My great grandmother made a rice dish that was loved by the family, but no one took the time to learn. I have been playing with combinations of different recipes for years and this is what I have come up with.

Sweet Potato Souffle

Ashley Siepka



Ingredients

Souffle:

1/2 cup butter (1 stick), room temperature.
5 medium sweet potatoes
2 large eggs
1 cup granulated sugar
1 1/2 teaspoons vanilla extract
1/2 cup milk
Pinch of salt

Topping:

1 cup finely chopped pecans
1 cup brown sugar, packed
1/2 cup all purpose flour
1/4 cup butter (1/2 stick), softened

Preparation

Souffle: Preheat the oven to 350 degrees F. Use butter to grease a 2 1/2-quart baking dish. Use a fork to poke sweet potatoes and bake on a baking sheet covered in foil until they are soft, approximately 1 hour. When cooled enough to handle, peel the potatoes, place the flesh in a large mixing bowl and mash until very smooth. Add eggs, sugar, butter, vanilla, milk and salt to the mixing bowl. Combine well with an electric mixer or hand mixer. Turn the mixture into the baking dish.

Topping: In a medium or large bowl, stir together the pecans, brown sugar, flour, and butter until completely combined. Spoon the mixture over the sweet potatoes, making an even layer. Bake the casserole until slightly browned, approximately 40 minutes. Let the casserole sit for 5 minutes before serving.

This is one of our family staples and most requested dish to bring to any gathering. It's a different take on the traditional sweet potato casserole that is usually topped with marshmallows.

Homemade Noodles

Jennifer Thomason



Ingredients

1 cup flour
½ teaspoon salt
2 eggs

Preparation

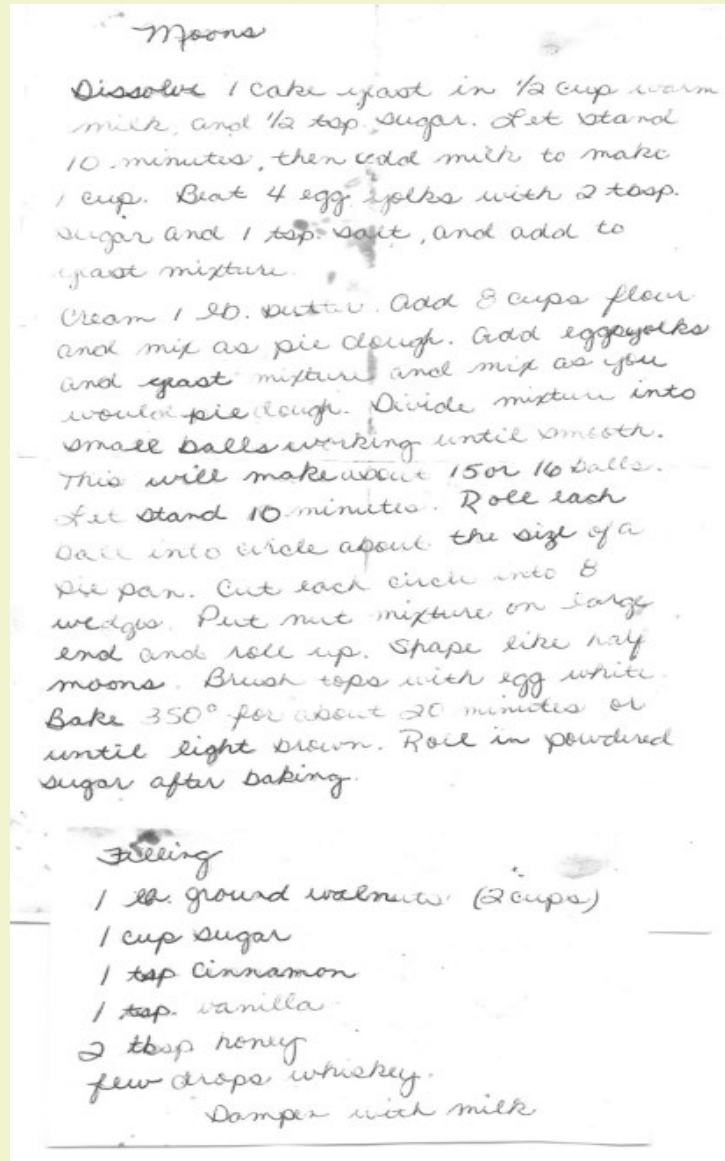
1. Whisk together flour and salt. Create a well in the middle.
2. Crack eggs into the well. Using a fork, whisk eggs allowing flour to mix into the dough slowly. Stir until a dough forms. The dough will be sticky.
3. Turn dough out onto a lightly floured surface. Knead the dough until it becomes smooth and shiny.
4. Wrap in plastic wrap and refrigerate for at least 30 minutes to overnight.
5. On a floured surface, roll the dough to desired thickness. (Remember, they will swell a bit as you cook them.)
6. Using a pizza cutter, cut noodles into even shapes. As an alternative, lightly flour the top of the dough and then roll the dough loosely like you would a rolled cake. Use a sharp knife to cut in equal pieces. Unroll the noodles to dry.
7. To dry, place on a wire rack for 2 to 3 hours or cook fresh. Package noodles in an airtight container. Refrigerate for up to 3 days or freeze for up to 8 months.
8. To cook, bring 3 quarts of chicken broth and 1 teaspoon salt to a boil. Slowly add noodles to the boiling water to avoid sticking and cook for 2-10 minutes depending upon thickness of noodles. Add 1-2 cups of shredded turkey, salt & pepper to taste and enjoy.



Desert Recipes

1/2 Moons (Cookies)

Patrick Phelan



Ingredients

1 cake yeast
1/2 cup milk
4 eggs
1lb butter
8 cups flower

Filling

2 cups ground walnuts
1 cup sugar
1 tsp. cinnamon
1 tsp. vanilla
2 Tbsp honey
Few drops whiskey

Preparation

As you will see in the instructions you prepare a dough that is then divided into 15-16 balls, rolled out into circles and then but into triangles.

My grandfather, an engineer, would weigh the dough balls to ensure that they were all even. When rolling them out they had to be perfect circles, or you started over. The process took a good 5-6 hours. Clearly that is both a warm memory and a tiny bit traumatic.

Being less precise myself, I can get them done in about 3 hours although they are not near as pretty as the cookies that came out grandma's kitchen. I have never seen these cookies anywhere else (I am sharing deeply protected family secrets here).

This recipe is one that has been in the family for a long time. My maternal grandfather's parents were from Austria/Hungary, and one or the other brought this recipe with them. Although we made a lot of cookies every Christmas when I was young, this was the one we all went to my grandparents' house to make together.

JoJo's Scotcharoos

Jessica Burrows



Ingredients

- 1 cup white sugar
- 1 cup karo syrup
- 1 cup peanut butter
- 6 cups rice Krispy's
- 1 cup butterscotch chips
- 1 cup chocolate or semi-sweet chips

Preparation

Combine 1 cup white sugar and 1 cup karo syrup over low heat in large saucepan. Be careful not to burn the sugar. Once the sugar is completely dissolved into the syrup, stir in 1 cup peanut butter.

Once all ingredients are combined, stir in 6 cups rice Krispy's. Mix all of that together in the pot and once mixed, pour into a 9X13 pan using a spatula to even out.

In a separate glass bowl, microwave 1 cup of butterscotch chips and 1 cup of chocolate or semi-sweet chips. Start with about 1 minute of time, stir and continue microwaving/stirring in 15-30 second increments until completely melted and mixed.

Once melted and mixed, pour over the rice Krispy mixture. Let the coating harden, cut and serve.

All the women in my family (my grandma, my mom, me and my sister) have learned to make Scotcharoos from one another, so that recipe has become a staple at most holidays.

Date Rum Ball

Gloria Martin



Ingredients

12 ounces chocolate chips
½ cup chopped nuts, I prefer walnuts
1 cup chopped dates
1 to 1.5 cups graham crackers chopped very fine in food processor or blender

1 can Eagle Brand condensed milk
1 teaspoon rum flavoring
Powdered sugar

Preparation

Melt chocolate chips over low heat, add milk, nuts, dates, rum flavoring, and graham crackers.

Allow melted chocolate to cool enough to form into approximate 1-inch balls and roll in powdered sugar.

Store in a cool space for a week or so. They freeze well for several months.

You should be safe to drive unless you use (or consume) too much real rum! 😊

Over the years baking cookies together has been a tradition in my family for several generations. I use a recipe that I got from a church lady in Chadwick in 1973 and have made them every year since. They are quick, easy, and very tasty.

Zucchini Brownies

Kourtnee Mezo



Ingredients

2 cups shredded zucchini (do not squeeze out extra moisture)
1 1/2 cups granulated sugar
1/2 cup vegetable oil (or canola oil or coconut oil)
1 teaspoon vanilla extract (optional)
2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1 1/4 cup semi-sweet chocolate chips

Preparation

Mix the zucchini, sugar, oil and vanilla extract.
Mix the flour, cocoa powder, baking soda, and salt.
Mix the mixture of the dry ingredients into the wet.
Mix 1 cup of the chocolate chips into the batter and pour it into a greased 9×13-inch baking pan. (Optionally lined with aluminum foil or parchment paper.)
Sprinkle the remaining chocolate chips on top.
Bake in a preheated 350F/180C oven until a toothpick pushed into the center comes out clean, about 25-30 minutes.
Optional: Add chopped walnuts.

Nutrition Facts:
Calories 177, Fat 7g(Saturated 2g, Trans 0), Cholesterol 0, Sodium 114mg, Carbs 27g (Fiber 1g, Sugars 17g), Protein 1g



Drink Recipes

Poinsettia

Teresa Good



Ingredients

1 bottled chilled Prosecco (or other dry bubbly white wine)
½ cup Cointreau or Grand Marnier or Triple Sec (chilled)
2 cups chilled cranberry juice

Preparation

Mix Prosecco with the Cointreau or Grand Marnier or Triple Sec in a large pitcher. Add the cranberry juice and mix. Keep chilled.

Pour into your favorite wine or champagne glass....(or any other glass for that matter).

This makes a very pretty Christmas drink.

Country Christmas Tea

Phyllis Berge



Ingredients

16 Chai Tea bags
8 cups water
½ cup spiced rum
½ cup vanilla flavored vodka
2 cinnamon sticks (more to garnish)
2 cups sweetened condensed milk

Preparation

Pour 8 cups boiling water into a slow cooker. Add 16 chai tea bags; secure lid with tea bag tabs hanging outside. Steep for 10 minutes.

Remove tea bags. Stir in ½ cup each spiced rum and vanilla flavored vodka and 2 cinnamon sticks.

Cover and cook on low for 2 hours. Stir in 2 cups of sweetened, condensed milk; switch to warm setting until ready to serve.

Ladle into mugs and garnish with cinnamon sticks.

If you don't have a slow cooker, keep this drink warm in a saucepan on the stovetop over low heat.



Sinnissippi Recipes

