OSU Extension, Hardin County
Family and Consumer Sciences Programs
The Hardin County Family and Consumer Sciences programming focuses on building Healthy People, Healthy Finances, and Healthy Relationships. We help people keep healthy through good nutrition and food safety, use their money wisely, and balance the demands of life and work. Our goal is to enhance the quality of life for individuals, families, and communities through research, education, and outreach. We provide accessible and reliable research-based information to help people help themselves.

Healthy People

Programs—
SNAP-Ed Program, Dining With Diabetes Workshops, ZUMBA Fitness Classes

Healthy Finances

Programs—
Manage Your Money Workshops, Lunch—N—Learns

Healthy Relationships

Programs—
Goo Crew, Girls Group, Successful Co-Parenting, Mental Health First Aid

On-Line

Facebook—Like us on Hardin County OSU Extension
dellifeld.2@osu.edu
Eat, Save and Be Healthy blog -- http://fcs.osu.edu/blog/

2016

HOMEMAKER’S
DISH DAY RECIPES

Today’s Specials

“Beans”
“Appetizers”
“Ham It Up Casserole”
“Mexican Main Dish”
“Beef on a Budget”

SPONSORED BY: HARDIN COUNTY HOMEMAKERS COUNCIL AND OSU EXTENSION, HARDIN COUNTY

The Ohio State University
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
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Kitchen Conversions

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Herbs
1 Tbs fresh = 1 tsp dry

60 drops = 1 tsp
3 tsp = 1 Tbs
4 Tbs = 1/4 cup
2 Tbs = 1 oz
1 cup = 8 oz

Meat Temperatures

Beef - 140 (rare)
Beef - 160 (medium)
Beef - 170 (well)
Pork - 165
Lamb - 145
Ham - 140
Poultry - 180

2 cups = 1 pint
2 pint = 1 quart
4 quart = 1 gallon
**Shortcut Beef Fajitas—**
**From the Kitchen of Gary Whitmer**

- Deli sliced roast beef
- Sliced onions
- Tomatoes
- Lettuce
- Cheese
- Sour cream
- Tortillas

- Season and brown roast beef in a skillet until warm and browned around the edges. Remove from skillet.
- Sauté sliced onion and tomatoes in same skillet to pick up beef flavoring.
- Warm tortillas. Top with beef, onion, tomato and lettuce. Add cheese and sour cream.

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**Salisbury Steak with Potatoes & Green Beans—**
**From the Kitchen of Colleen Collins**

- 2/3 cup beef broth
- 2 tsp. tomato paste
- 3/4 tsp. all-purpose flour
- 1/2 tsp. Dijon mustard
- 1 lb. lean ground beef
- 2 tbsp. minced flat-leaf parsley

- Chopped parsley
- 1 tbsp. minced onion
- 2 tsp. minced flat-leaf parsley
- 2 tsp. minced flat-leaf parsley

- Combine broth, tomato paste, flour & mustard in a small bowl; whisk until well combined.
- Combine beef, parsley, onion, Worcestershire sauce, salt & pepper in a separate bowl; mix well. Shape into 4 (1/2” thick) ovals. In large non-stick skillet, heat oil over medium-high heat. Add beef and cook 7 minutes turning occasionally or until desired degree of doneness. Remove to serving plates.
- Add broth mixture to pan, cook and stir until slightly thickened and reduced to about 1/2 cup. Spoon over beef and sprinkle with chopped parsley.

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**“Mexican Main Dish”**
- Fiesta Casserole
- Creamy Chicken Enchiladas
- Sour Cream Chicken Enchiladas
- Cheesy Mexican Lasagna
- Chili Relleno Casserole

**“Beef on a Budget”**
- Pepperoni Pizza Meatballs
- Beef Stroganoff
- Easy French Dip Sandwiches
- Shredded Beef Meal
- Crock Pot Round Steak in Gravy
- Shortcut Beef Fajitas
- Salisbury Steak with Potatoes and Green Beans
"Beans"

1st Place—Greek Chickpea & Lentil Salad

From the Kitchen of Lori Paul

**Ingredients**
- 2 cans chickpeas, drained
- 1/2 cup green lentils
- 1/2 cup quinoa
- 1 pint cherry tomatoes, cut in quarters
- 1 jar Kalamata olives, sliced
- 2 small zucchini, chopped
- 1 small container of feta cheese (optional)

**Dressing**
- 1/2 cup white balsamic vinegar
- 1/4 cup extra virgin olive oil
- 2 t. lemon juice
- 2 t. sea salt
- 1 t. black pepper
- 1 t. dried oregano

- Rinse and drain the lentils. Place in a saucepan and cover with 2 inches of water. Bring to a boil, reduce heat to low and cover. Simmer 20-25 minutes until tender. Strain and cool.
- Rinse the quinoa. Place quinoa in a small sauce pot with 1 cup water. Bring to a boil. Cover and simmer until all water is absorbed, about 12 minutes. Remove from the heat, keep the lid on and let sit another 2-3 minutes. Fluff with a fork and cool.
- Toss all the salad ingredients together
- Whisk the dressing ingredients together and toss with the salad.

4th Place—Shredded Beef Sandwiches

From the Kitchen of Thelma Musselman

1 boneless beef roast
1/2 tsp. salt
1 envelope beef onion soup mix
1/4 tsp. ground cloves
1/3 cup white vinegar
1/8 tsp. garlic powder
3 bay leaves
12 hamburger buns

- Cut roast in half, place in a 3 quart slow cooker
- Combine vinegar, cloves & garlic powder. Pour into slow cooker. Sprinkle on soup mix, cover and cook on low for 10-12 hours until tender.
- Discard bay leaves. Remove meat and shred with a fork. Serve on buns.

Crock Pot Round Steak in Rich Brown Gravy—

From the Kitchen of Jeannette Kiper

2-3 lb. round steak
1 cup golden cream of mushroom soup
1/2 cup flour
1 onion sliced
1 package dry onion soup mix
2 tbsp. oil
1/4 cup water

- Cut round steak into serving size pieces. Dredge in flour and brown in oil.
- Place browned meat in bottom of crock pot. Place onion slices on top of meat.
- Mix together onion soup mix, cream of mushroom soup and water. Pour over meat and onion.
- Cover and cook for 6-8 hours.
### 2nd Place—Beef Stroganoff

*From the Kitchen of Courtney Kiper*

- 1 lb. angus top loin sliced thin into 1” pieces
- 1 cup mushroom sliced
- 2 tbsp. butter
- 20 oz. mushroom soup

- Sauté mushrooms & onions in butter, when cooked add steak pieces and cook until done to your taste.
- Add soup and heat through
- Remove from heat and add sour cream, yogurt, and cream
- Return to low heat and bring up to temperature, serve over hot noodles

### 2nd Place—Hobo Beans

*From the Kitchen of Tabby Joseph*

#### Ingredients
- 15 oz. can drained black beans
- 16 oz. can drained garbanzo beans
- 15.8 oz can drained great northern beans
- 15.5 oz. can drained lima beans
- 14.5 oz. can drained cut green beans
- 15.5 oz. can drained light red kidney bean
- 16 oz. can drained navy beans
- 15 oz. can drained whole potatoes
- 15.5 oz. can drained large butter beans
- 15.5 oz. can drained cannellini (white kidney beans)
- 1/4 cup chopped onion
- 1 cup ketchup
- 1 cup packed brown sugar
- 1 tbsp. brown mustard
- Salt & pepper to taste
- 1/2 cup BBQ sauce
- 8 oz. hot dog sliced
- 3 bacon strips (fried & crumbled)

- Place all ingredients in crockpot on high 4-6 hours or 6-8 hours on low heat.

### 3rd Place—Easy French Dip Sandwiches

*From the Kitchen of Holly Layman Cannode*

- 1 large can chunked beef
- 1 package sliced provolone cheese
- 1 packet Au Jus Gravy mix
- 1 package hoagie buns

- Pour can of beef into Crock-Pot; add packet of Au Jus Gravy mix and 3 cups water. Skim the fat from the surface and stir to combine ingredients. Cook on low for 4 hours or high for 2 hours.
- When the beef has 1 hour to go, peel the sweet potatoes and slice them into thin strips. Toss in olive or vegetable oil and season with salt and pepper to taste. Bake at 350° degrees for 20-30 minutes or until crisp.
- To assemble the sandwiches, scoop beef onto the hoagie bun and top with provolone cheese. Pour 1-2 tbsp. of Au Jus over the cheese to help melt it. Serve with additional Au Jus for dipping.

### 3rd Place—Penne in Roasted Chickpea Sauce

*From the Kitchen of Rebecca Hazelton*

- 3 tbsp. extra virgin olive oil
- 2 cans chickpeas
- 3 cups cherry tomatoes
- 16 oz. penne rigate
- 1 cup reserved pasta water
- 1 tsp tomato bouillon

- Drain & rinse chickpeas. Add to a cookie sheet, drizzle with 1 tbsp. olive oil, salt & pepper. Roast @ 425° for 15 minutes.
- Add tomatoes to a cookie sheet, drizzle with 1 tbsp. olive oil, salt & pepper and roast until burst @ 425° for 15-20 minutes.
• Cook pasta to Al Dente, reserve 1 cup cooking water. Add 1 tsp. tomato bouillon to hot reserved pasta water.

• Add chickpeas and some bouillon water to food processor with lemon juice. Process until smooth adding water to get desired consistency. Taste for salt and pepper.

• In small skillet, sauté garlic in 1 tbsp. oil for 1 min. Add dehydrated or sun-dried tomatoes until warm, about 1 min. Add basil and stir.

• In large bowl combine pasta, chickpea sauce, roasted tomatoes and sautéed garlic/tomato mix.

8 Layer Bean Dip—From the Kitchen of Courtney Kiper

2 tbsp. bacon grease 1 cup shredded cheddar cheese
1/2 cup diced onion 1/2 cup sour cream
16 oz. can refried beans 1/4 diced tomatoes
16 oz. can black beans 2 tbsp. taco seasoning
8 oz. package cream cheese 2-3 tbsp. water
2 tbsp. milk Tortilla chips
1/2 to 1 cup salsa Green onion diced for garnish

• Sauté onions in bacon grease then add refried beans, taco seasoning and water; cook through. Cool and layer on bottom of plate.

• In same pan cook black beans until soft. Cool and layer on top of refried beans.

• Soften cream cheese, mix with milk to a spreadable softness, layer on top of black beans.

• Continue layering remaining ingredients.

• Refrigerate until ready to serve.

• Serve with chips or bread of your choice.

~”Beef On A Budget”~

1st Place—Pepperoni Pizza Meatballs
From the Kitchen of Lori Paul

Meatball Ingredients
1 lb. lean ground sirloin
3/4 cup dry bread crumbs
1/2 cup milk
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. salt
1/4 tsp black pepper
4 oz. mozzarella cheese, cubed
1/2 cup flour
3 tbsp. extra virgin olive oil
1/2 cup turkey pepperoni, chopped

Sauce Ingredients
(1) 28 oz. can tomato puree
3/4 cup water
2 tbsp. sugar
3 tbsp. extra virgin olive oil
3/4 tsp. lemon juice
3/4 tsp. salt
3/4 tsp. oregano
1/2 tsp. basil
1/2 tsp. thyme
1/2 tsp. garlic powder
1/2 cup turkey pepperoni, chopped

• In a bowl, combine the ground sirloin, bread crumbs, milk, onion powder, garlic salt and pepper.

• For each meatball, slightly flatten the meat in the palm of your hand. Place 1 cube of cheese in the center of the flattened meatball and then form the meat around the cheese cube. Make sure the cheese is completely covered with the meat mixture.

• Place the flour in a small bowl. Roll each meatball in the flour to lightly coat the outside. Heat the oil in a large skillet over medium heat. Add the meatballs and brown them on all sides. Use a fork to roll them around.

• Drain the fat, if there is any. Add the sauce to the meatballs and heat it until boiling. Reduce the heat to medium low and cover the pan. Simmer the meatballs for 20-25 minutes.

• Serve over pasta, rice, or put on hoagie buns for sandwiches.
4th Place—Cheesy Mexican Lasagna  
*From the Kitchen of Jeannette Kiper*

1 lb. lean ground beef 1 1/2 cup shredded cheddar cheese
3/4 cup mild salsa 1 can refried black beans
1 pkg. taco seasoning mix 1 tomato, seeded, chopped
6 flour tortillas 1/4 cup sour cream

- Heat oven to 400°
- Brown meat in large skillet, drain and return meat to skillet.
- Stir in salsa and seasoning mix, simmer on medium low heat 10 minutes stirring occasionally.
- Spread 1/2 cup meat mixture onto bottom of 8” greased baking pan, top with 2 tortillas.
- Cover with layers of 1/2 cup meat mixture, half the refried beans, 1/2 cup cheese and 2 remaining tortillas; repeat layers.
- Top with remaining meat mixture and cheese; cover
- Bake 30 minutes, uncover, let stand 5 minutes. Top with remaining ingredients.

Chili Relleno Casserole—*From the Kitchen of Roberta Whitmer*

3 cups sliced fresh chilies or equivalent 4 eggs
1 cup sliced onion 1/4 cup flour
1 1/2 cup shredded cheese 1/4 tsp. salt
1 cup milk 1/8 tsp. pepper

- Sauté chilies and onion until tender and moisture has evaporated
- Place 1/2 of chilies in bottom of greased casserole. Top with half the cheese
- Repeat layers
- In a bowl, beat remaining ingredients, pour over chilies.
- Bake uncovered 40-50 minutes or until knife inserted comes out clean.

Mock Pecan Pie—*From the Kitchen of Thelma Musselman*

2 cups sugar 2 tsp vanilla
4 eggs 1 can pinto beans (drained & mashed)
1/2 cup melted margarine

Mix all ingredients in order given. Pour into unbaked pie shell. Bake 350’ until firm (30-40 min) Yields 2 pies 1-9” and 1-8”

Chicken Chili—*From the Kitchen of Kate Newman*

1 lb. chicken breast (2) 15 oz. cans black beans
(1) 10 1/2 oz. cream of chicken soup (2) cans mild Ro-Tel
1 tsp cumin Sour cream
(2) 15 oz. cans great northern beans Mozzarella cheese or cheese of choice

Put chicken and cream of chicken soup in crock pot and cook until well done. Add beans (drained) and Rot-Tel (not drained). Heat thru and serve with sour cream, mozzarella cheese (or cheese of choice) and chips. If you like it a little more juicy add chicken broth.

Calico Beans—*From the Kitchen of Marjorie Cannode*

6 bacon strips (diced) 1/2 cup ketchup
1 lb. ground beef 1/2 cup packed brown sugar
1/2 cup chopped onion 1 tbsp. vinegar
1 can pork & beans (undrained) 1 tsp. mustard
1 can kidney beans (rinsed & drained) 1 tsp. salt
1 can lima beans (rinsed & drained)

Cook bacon until crisp, drain. In same skillet cook beef & onions, drain. Combine beef, onions, and bacon with remaining ingredients. Spoon into a greased 2 qt. baking dish, bake uncovered at 300’ for one hour or until the beans reach desired thickness. Makes 8 to 10 servings.
**Taco Dip—From the Kitchen of Jeannette Kiper**

- 2 lb. ground beef, cooked & drained
- 1 envelope taco seasoning mix
- 2 cans refried beans
- 1 bottle taco sauce
- 1 bag sharp cheddar cheese
- 1 pint sour cream

Mix first 4 ingredients. Put in slow cooker. Heat till 45 minutes before serving time and add cheese and sour cream. Ready to serve when cheese is melted.

**Dill Vegetable Dip—From the Kitchen of Janice Durenberger**

- 1 cup sour cream
- 1 cup Hellmann’s mayonnaise
- 1 tsp. dried parsley
- 1 tsp. dried onions, finely diced or can use dried onion
- 2 tsp. dried dill weed
- 2-3 drops green food coloring

Blend all ingredients together and refrigerate. Make it early as it tastes even better after it has a chance to sit and blend the flavors.

**Pate`—From the Kitchen of Kate Newman**

- 1 lb. liverwurst
- 2 tsp. garlic powder
- 1/2 minced onion
- 8 oz. cream cheese
- 1 tbsp. mayonnaise

Serve with rye bread.

**Hot Ham & Cheese Dip—From the Kitchen of Nadine Boehm**

- 3 pkgs. Cream cheese
- 2-3 cups chopped ham
- Small onion
- 2-3 cups shredded yellow cheese

Soften cream cheese, mix in onion, chopped ham, and cheese. Turn out into greased 8x10 pan or pie plate. Bake @ 350˚ for 30 minutes.

**3rd Place—Sour Cream Chicken Enchiladas**

*From the Kitchen of Lori Paul*

- 4 cups sour cream (divided)
- (2) 28 oz. cans cooked chicken
- 1/2 of large sweet onion, chopped
- 6 oz. jar of sliced mushrooms, drained
- 4 oz. can green chilies, drained
- 4 oz. can black olives
- 1 tsp. garlic, minced
- Olive oil for sautéing
- 12 burrito sized flour tortillas
- 6 cups shredded cheddar and Monterey Jack cheese blend
- 2 tsp chili powder
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder
- Canola oil

- Sauté the onions until cooked through in the olive oil and spices. Add the green chilies, mushrooms, and black olives.
- Take off the heat, add the chicken and enough sour cream to bind all the ingredients together.
- Spread sour cream in the bottom of a 9 x 13 baking dish.
- Heat about 3 tbsp. canola oil in a skillet on medium high. Put one tortilla in the pan. Turn when it starts to puff up and brown. Blot the tortilla between paper towels on a dinner plate.
- Put a handful of cheese down the center of the warm tortilla. Spoon the chicken mixture down the center on the cheese-about 1/2 cup. Top with more cheese and roll up.
- Place seam side down in the prepared baking dish.
- Repeat with the rest of the ingredients.
- Spread sour cream over the tops and sides of the enchiladas with a rubber spatula. Top with more cheese and sprinkle chili powder on each enchilada.
- Bake for about 25-30 minutes in a 375˚ oven until lightly browned.
- *note* you can make at least 2 dishes of enchiladas with this recipe. After baking, they freeze well.
2nd Place—Creamy Chicken Enchiladas

From the Kitchen of Courtney Kiper

1/2 can boned chicken drained (50oz.)
4 oz. cream cheese
10 oz. can cream of mushroom soup
1/2 cup whipping cream
1/2 cup milk
1/2 cup plain yogurt divided in half
1/2 cup sour cream divided in half
1/2 cup salsa
1/2 cup fresh sliced mushrooms
1/4 diced onions
2 tbsp. butter
1 cup shredded cheddar cheese
10 oz. can green enchilada sauce
8-10 flour tortilla shells 10”

- Pre-heat oven to 350°
- In a bowl mix chicken and cream cheese, set aside
- In another bowl mix mushroom soup, whipping cream, milk, half of the yogurt and half the sour cream.
- In a skillet sauté mushrooms and onions in the butter, when cooked to taste, add them to the chicken and cream cheese mixture along with the salsa.
- Add the enchilada sauce to the mushroom soup mixture, stir well
- Add the remaining yogurt and sour cream to the chicken and mix well.
- Spoon about 1/4-1/2 cup chicken mixture into each tortilla shell. Roll and place in a 9 x 13 greased baking dish.
- When dish is full pour mushroom soup sauce mix over the top.
- Sprinkle cheese on top and bake for 20-40 minutes or until cooked through and hot.

Spinach Dip—From the Kitchen of Beverly Zimmerman

1 envelope Lipton Recipe Secrets Vegetable Soup Mix
8 Oz. Sour cream
1 cup Hellmann’s mayonnaise
1 pkg. frozen chopped spinach (cooked, cooled, and squeezed dry)

Mix together and chill for a minimum of 2 hours.

Antipasto Skewers—From the Kitchen of Karen Harpster

1 cup cherry tomatoes
1 cup fresh mozzarella balls, small (Bocconcini, marinated if possible)
1 can jumbo black olives
1 jar pepperoncini
1 jar whole mushrooms, marinated
1/3 lb. pepperoni, thinly sliced
1/3 lb. salami, thinly sliced (Volpi Genoa)
1/4 cup fresh basil leaves
Cheese tortellini (refrigerated section)
9” skewers (if possible)

- Cook the tortellini according to directions. Once it’s al dente, drain and toss with Italian salad dressing, set aside or refrigerate over night.
- Line up all your ingredients in an assembly line. Pierce each ingredient onto the skewer and slide down towards the bottom of the skewer. (black olive, pepperoncini, tortellini, pepperoni, mozzarella ball wrapped in basil, cherry tomato, salami, mushroom, green olive)
- Think about what order you want the ingredients in so that colors and shapes complement each other. For the salami it is best to fold it in half, then in half again so it makes a triangle shape. Best to let refrigerate over night.
- Stack antipasto skewers onto a platter
~"Ham It Up Casserole"~

1st Place—Ham & Swiss Pasta Bake
From the Kitchen of Lori Paul

1 lb. pasta (I used cavatappi) 4 1/2 cups milk (divided)
1 1/2 lbs. ham, cubed 1 stick butter
8 oz. natural Swiss cheese, cubed 1/2 cup flour
8 oz. baby Swiss cheese, cubed 1/2 tsp. black pepper
8 oz. smoked Swiss cheese, cubed 1/2 tsp. caraway seeds
8 oz. Swiss cheese, shredded
6 oz. Swiss cheese, shredded

- Cook and drain the pasta.
- Heat 3 cups milk with 1 stick of butter in a large sauce pot until the butter is melted.
- Whisk together 1 1/2 cups milk, flour and pepper. Pour into the hot milk in sauce pot. Stir until it becomes thick and bubbly.
- Return the pasta to the saucepot. Add the cheeses and ham. Stir to combine. Spoon into 1 large baking dish or several smaller dishes.
- Bake until lightly browned on top at 350˚ for about 40 minutes.

2nd Place—Ham & Egg Breakfast Casserole
From the Kitchen of Courtney Kiper

8 oz. Diced ham 1/4 cup diced onions
4.5 oz. Pkg. dehydrated hash browns 1 cup cheddar cheese, shredded
6 eggs 1 yellow pepper
1/2 cup milk 1 red pepper
1 tbsp. butter 1/4 cup sour cream
1 tbsp. bacon grease Salt and pepper to taste
1/2 cup fresh mushrooms

~"Mexican Main Dish"~

1st Place—Fiesta Casserole
From the Kitchen of Jeannie Houser

6 oz. ground turkey 8 oz. shredded Mexican cheese
10 oz. ground beef 2 round whole wheat tortillas
2 oz. taco seasoning 8 oz. sour cream divided
8 oz. canned refried beans Chopped tomatoes (optional)
16 oz. mild picante, divided Crushed tortilla chips (optional)

- Brown and drain meat
- Add taco seasoning, refried beans, 8 oz. picante sauce and simmer
- Put one tortilla on bottom of 8" round casserole dish. Put half meat mixture, half sour cream, half shredded cheese, & other half picante sauce on top of tortilla.
- Add another soft tortilla, rest of meat mixture
- Bake at 325˚ for 25 minutes
- Add remaining cheese, bake 5 more minutes
- Garnish with tomatoes, sour cream, and tortilla chips
Cheesy Scalloped Potatoes with Smoked Ham—
From the Kitchen of April Holbrook

- 1 lb. smoked ham, cut into small pieces
- 2 cups shredded cheddar cheese
- 1 small onion, diced
- 6-7 medium potatoes, sliced thin
- 1 stick butter, melted

- In a large sauce pan, over medium heat, whisk together until smooth and bubbly melted butter, flour, salt, and pepper.
- Remove from heat. Whisk in milk 1/2 cup at a time, whisking each time until smooth.
- Return to heat, stirring constantly until thickens.
- Arrange potatoes in 9 x 13 casserole dish in 3 layers, topping each layer with ham, onion, cheese and flour mixture.
- Cover and bake in oven at 350˚ for 40 minute. Uncover and bake for 1 hour more. Sprinkle with shredded cheese and pepper to top.

Ham, Zucchini and Cheese Quiche—
From the Kitchen of Bethany Miller

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<thead>
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<th>Pie Crust</th>
<th>Filling</th>
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<td>1 1/2 cup flour</td>
<td>12 eggs</td>
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<tr>
<td>1 1/2 tsp. sugar</td>
<td>1 tsp. salt</td>
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<tr>
<td>1/2 tsp salt</td>
<td>1/2 tsp. pepper</td>
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<tr>
<td>1/2 cup butter, melted</td>
<td>4 tbsp. sour cream</td>
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<tr>
<td>2 tbsp. milk</td>
<td>1 cup diced ham</td>
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<td></td>
<td>1 cup shredded cheddar</td>
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<td></td>
<td>1 1/2 tsp minced dry onion</td>
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<td>1/4 shredded zucchini</td>
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Ham, Zucchini and Cheese Quiche—
From the Kitchen of Bethany Miller

- Rehydrate potatoes per package directions.
- Sauté mushrooms and onion in butter and bacon grease
- Drain potatoes and add to mushrooms and onion in a large mixing bowl
- In smaller bowl, scramble eggs well and add milk. Mix and add to potatoes. Stir in Ham and cheese.
- Pour into greased crock pot and cook on low for 5-6 hours or until heated through and eggs are set.
- Slice peppers and garnish top with slices and a tbsp. of sour cream

3rd Place—Spaghetti, Ham, & Cabbage Casserole
From the Kitchen of Marlene Brooks

<table>
<thead>
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<th>Amount</th>
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<tr>
<td>8 oz. thin spaghetti, cooked al dente</td>
<td>1/2 tsp. black pepper</td>
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<tr>
<td>6-7 cups uncooked, chopped cabbage</td>
<td>1/2 tsp. salt</td>
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<tr>
<td>2 cups chopped ham, cooked</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1 medium onion, coarsely chopped</td>
<td>1 can cream of mushroom soup</td>
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<tr>
<td>1/2 cup butter or margarine</td>
<td>2 cups shredded cheese</td>
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<tr>
<td>1/3 cup all purpose flour</td>
<td>1 cup bread crumbs</td>
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- Combine butter, flour, pepper, salt, milk and cream of mushroom soup in a sauce pan on top of stove. Bring to a slow boil.
- Remove and stir in shredded cheese until melted.
- Spray a 9 x 13 casserole dish. Mix the chopped onion and cabbage together.
- Layer half the cabbage & onion in dish, add half of cooked spaghetti.
- Sprinkle on 1 cup of cooked ham. Pour on half the cheese soup mixture.
- Do another layer ending with soup.
- Cover and bake in preheated oven on 350˚ for 1 hour.
- Remove cover and sprinkle on bread crumbs and more cheese if desired.
- Return to oven until cheese melts.
4th Place—Ham & Noodle Bake
From the Kitchen of Thelma Musselman

- 1/4 cup margarine
- 1/4 cup flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 cups milk
- 1 tbsp. prepared mustard

- In a sauce pan, melt margarine, add flour salt and pepper.
- Gradually add milk, stirring constantly. Bring to a boil, boil and stir for 2 minutes.
- Add mustard, mix well, stir in noodles, ham and cheese, and peas.
- Pour into a well greased 2 1/2 qt. baking dish. Cover and bake at 350˚ for 20 minutes.
- Uncover, sprinkle with bread crumbs. Bake 10-15 minutes longer or until bubbly and heated through.

Creamy Ham & Pasta with Peas—From the Kitchen of Jeannette Kiper

- 2 tbsp. butter
- 1 cup onion, diced
- 8 oz. rotini (or other pasta)
- 2 cups low sodium chicken broth

- Melt butter in a 12” skillet over medium heat. Cook onions until golden brown, about 15 minutes. Add broth, half and half, and pasta to skillet and bring to a boil. Add diced ham, then reduce heat to medium low and simmer, covered until pasta is tender, about 8-10 minutes. If the cream is not thick enough, stir together 1 tbsp. cornstarch and 3 tbsp. cold water. Pour into skillet. Season with salt and pepper, then stir to combine. Sauce should thicken immediately. Add peas and lemon juice to skillet and cook until heated through, about 2 minutes.

Ham a la King—From the Kitchen of Marjorie Cannode

**Ingredients**

- 2 tbsp. butter
- 1/4 green peppers
- 3 tbsp. sliced green onion
- 1 cup sliced mushrooms
- 10 oz. frozen peas cooked
- 2 cups cooked ham
- 3/4 tsp. ground mustard
- 1/2 tsp. salt
- 3 hard cooked eggs

**White Sauce**

- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 1/4 tsp salt
- Dash white pepper
- 2 cups milk
- 1/2 tsp. salt

- In a skillet melt butter over medium heat.
- Sauté green pepper, onion, and mushrooms until tender.
- Stir in peas, ham mustard and salt. Heat through.
- Gently stir in eggs. Set aside
- For sauce, melt the butter in a saucepan.
- Stir in flour, salt and pepper until smooth.
- Gradually add milk. Bring to a boil, cook and stir until thickened and bubbly.
- Cook and stir 1 minute longer.
- Add ham mixture and heat through. Serve on biscuits.