HPS WARMEST WISHES: WINTER RECIPES TO FEED YOUR SOUL
Whether you celebrate holidays during this time of year or not, the end of the Fall semester and the start of the new year is always a time of happiness and reflection in the UNT College of Health & Public Service. Normally, we would be having our annual Chilton Hall Holiday potluck. Through the years, I’ve looked forward to seeing all the interesting homemade family favorites that were brought to the table.

I’ve probably spent more time than I should deciding what to make, and through the years, I’ve done everything from leek and gruyere mashed potatoes to noodle kugel to “Stuffing in a Dash.” It’s always a huge amount of fun for me to find something to share with everyone.

Unfortunately, we weren’t able to do the lunch this year, but we decided to start a new tradition - an HPS winter/holiday recipe book.

This is what we created - a collection of favorite recipes from our HPS Family with a little note about why each person chose their dish. We hope you enjoy our food and, while it’s not the same as getting together in person, we hope it’s a fun way to still feel connected.

Take care and stay safe and healthy!
Dr. Nicole Dash
Dean
Julia Heck’s Great-grandmother’s Pumpkin Pie

1 can pumpkin - 15 or 16 ounces
2 eggs
1 cup brown sugar
1 pint half-and-half
2 teaspoons of cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 teaspoon ginger
1/2 teaspoon salt
Prepared pie crust

Combine ingredients and pour into prepared pie crust.
Bake at 350 degrees for one hour, or until a knife comes out clean.

We’ve been enjoying this recipe for years!

Dr. Julia Heck is the college’s associate dean for research and works in the Dean’s Office.
Nicole Brown’s
Almond Cookies

Cookies
1 cup unsalted butter
3/4 cup sugar
1 teaspoon almond extract
2 cups flour
1/2 teaspoon baking powder
1/4 teaspoon salt

Glaze
1/2 cup powdered sugar
1 teaspoon almond extract
3 teaspoons water

Preheat oven to 400 degrees. In a bowl, with a mixer, cream the butter, sugar and almond extract. In a separate bowl, mix the flour, baking powder and salt. Add the flour mixture, 2 tablespoons at a time, to the butter mixture until completely combined (important!). Roll into small 1-inch balls and flatten slightly. They should look like a thick checker. Cook for 7 minutes (they will not look done) at 400 degrees on a parchment lined pan. Cool cookies until they are just warm and place sliced almonds on top of each cookie.

For the glaze: Combine powdered sugar, almond extract and water. Drizzle a spoonful of glaze on top of the almonds and cookie.

This recipe is requested every year at family events. It’s a buttery cookie that’s a bit out of the ordinary! I highly recommend it!

Nicole Brown is the graduate services coordinator in the Department of Rehabilitation & Health Services.
Nicole Dash's Stuffing in a Dash

6-8 cups of stale cornbread (I use two boxes of Jif, cut into cubes and then dried out in the oven)
1 bunch of celery
16 ounces of sliced mushrooms
1 large yellow onion, chopped
1 pound of mild Italian sausage (omit to make vegetarian)
Vegetable oil
3 large eggs
1 cup of chicken broth or turkey stock, plus more as needed (use vegetable broth for vegetarian)
1 tablespoon of sage (optional)
Salt and pepper to taste
4-5 tablespoons of butter

Heat oven to 400 degrees and butter a baking dish or tin foil pan (for ease!). Slice all the celery into chunks and add one tablespoon of oil to a frying pan, and sauté until the celery just begins to soften. When done, add to medium bowl. Sauté onion in frying pain until onions become translucent. When done, add to the large bowl with celery. Sauté mushrooms until brown and all the water in the pan absorbs. When done, add to large bowl. Brown the sausage until cooked. Add to bowl with vegetables. Crack the eggs in a large bowl and whisk together until well mixed. Add vegetables, cornbread, sage and salt and pepper, and gently mix. Add chicken broth, adding more as needed to moisten all the cornbread. You want it moist but not mushy. You should still be able to see some chunks of cornbread. Spoon the stuffing into prepared pan. Cut the butter into 1/2-inch cubes and scatter over top of the stuffing. Bake stuffing until crisp and browned on top, about 30 to 40 minutes. Keep an eye on it.

My brother, sister and I, in moments of reminiscing about our mom, laugh about how bad of a cook she was when she was alive. (If it helps to imagine this, she would buy a rotisserie chicken, and then cook it for another hour.) Yet despite this, all of us have a handful of recipes she made that are our ultimate comfort foods. This recipe is the only one we all make each year. We've all made a few tweaks because there was never a recipe, but every Thanksgiving, we all make a basic version of this even when it is hard to do. My brother, for example, lives in Switzerland, and finding cornbread isn’t the easiest thing, but he always finds a way. So, for all of us, this recipe connects us even when we are far away from each other, and it reminds us how much we love and miss her.
Tiera Harris’s
Sweet Potato Pie

1 large sweet potato, baked until soft, then peeled
1/2 cup brown sugar
1/2 cup white sugar
1 12 ounce can evaporated milk
2 teaspoons pumpkin pie spice
   OR
   1 teaspoon cinnamon
   1/2 teaspoon nutmeg
   1/2 teaspoon ground ginger
   1 teaspoon vanilla extract
2 eggs
1 9-inch deep dish pie shell (homemade or frozen)

Preheat oven to 350 degrees. Mash baked sweet potato (can be boiled, but baking caramelizes the sugars in the potato and improves the flavor profile) in a large mixing bowl. Add in remaining ingredients and mix until smooth. Pour into pie shell. Bake 55-60 minutes or until center barely jiggles when shook. Allow to cool completely to room temperature before slicing.

*Optional, serve with whipped cream.

Sweet potato pie is a Black American cultural staple! Sweet potatoes (often referred to as yams in the US, although not the same thing) are cheaper and more abundant than pumpkin, and became a common part of Southern cooking. My mom’s family lived in Tennessee for a large part of her youth and she was enamored with the dessert, which my family now makes every year on special occasions.

Tiera Harris is the academic and research financial officer for the college and works in the Dean’s Office.
Amanda Labue’s Christmas Crack(ers)

One Sleeve of Saltine Crackers (I prefer the salted ones over unsalted)
1 cup packed brown sugar
1 cup butter
1 teaspoon vanilla extract
2 cups chocolate chips
Chopped nuts, festive sprinkles, Mini M&M’s (optional)

Preheat oven to 400 degrees. Line a 10x15 baking sheet with nonstick aluminum foil, making sure it is completely covered on the bottom and sides. (If not using non-stick foil, spray with Pam). Line saltines in a single layer on the baking sheet. Set aside.

In a medium sauce pan, mix butter and sugar and heat on medium. Stir frequently until butter melts and the mixture starts to boil. Continue to stir constantly for another 3 minutes until the mixture is starting to darken. Remove from heat and stir in vanilla.

Pour sugar/butter mixture evenly over the crackers and gently spread to coat crackers. (Don’t worry too much if you can’t get it to fully spread, it will spread when heated)

Place pan in preheated oven and bake for 5 minutes. Remove from heat and immediately sprinkle chocolate chips evenly over the crackers. Allow the chocolate chips to set for 3-5 minutes (the heat from the crackers will melt the chips). Use a spatula to spread the melted chocolate to evenly coat the crackers. Sprinkle with optional garnish (nuts, sprinkles, M&M’s) or leave plain. Place the pan in the refrigerator and allow to cool completely. Once cooled, remove crackers from foil, break into bite-sized pieces, and serve!

PS — you could also get creative and use pretzels, Ritz, graham crackers, white chocolate, etc. Or, experiment with other toppings (maybe crushed peppermint?).

This is one of my favorite recipes that I make every year. It’s SO easy — takes just minutes — and is always one of the favorites at my gatherings. I don’t have a ton of patience for baking so this is a perfect recipe for me because it’s fast, easy, and so delicious!
Azzama Alia's Baby Spinach and Cheddar Quiche
(Borrowed from Big Flavors from a Tiny Kitchen)

Store-bought frozen deep-dish pie shell
2 tablespoons olive oil
2 cloves garlic, minced
1 tablespoon shallot, minced
4 ounces baby spinach
Freshly grated nutmeg, to taste
Kosher salt and freshly cracked black pepper, to taste
5 large eggs
3/4 cup milk
1 cup shredded cheddar cheese

Preheat oven to 350 degrees. Place frozen pie crust on a baking sheet and set aside. Heat oil in a large, non-stick skillet over moderate heat. Add garlic and shallot and sauté until soft. Add spinach, season with nutmeg, salt and pepper, and cook until the spinach wilts down, stirring occasionally. Remove from heat.

While the spinach mixture is cooling, beat eggs and milk in a large bowl. Stir in cheese. Place spinach mixture in the bottom of the pie crust, spreading it out in an even layer. Pour egg mixture on top and bake for 45-50 minutes, until eggs are set. Remove from oven and let stand a few minutes before diving in. Enjoy!

I love this recipe and I would eat it for breakfast, lunch or dinner… at any time of the year! When I am looking for something easy with a few ingredients, this is my go-to recipe. Happy Baking!

Azzama Alia is an academic counselor in HPS Advising.
Deb Matassa’s Broccoli Casserole

1 cup of minute rice (uncooked)
1 can of Cream of Mushroom soup
1 12 ounce package chopped broccoli (or one 10 ounce package of broccoli cuts chopped)
8 ounces Velveeta cheese (cut in small bite-size pieces)
1 small can of mushrooms with pieces/stems
Milk (use empty mushroom can and fill with milk)
1/2 stick of butter

In 1-1/2 or 2 quart baking dish, sauté broccoli and mushrooms in butter until tender and butter has melted (I usually do this in the microwave). Then, add rice, soup, milk, cheese and stir. Bake at 350 degrees for one hour with no cover. Let it stand for 10 minutes before serving.

These are two of my family’s favorite holiday dishes that I have been making for years. It would not be a holiday without them!

Deb Matassa is the assistant to the dean in HPS and works in the Dean’s Office.
Deb Matassa’s
Caesar Salad

Romaine lettuce
Caesar croutons
1 container crumbled tomato & basil Feta (can also use plain Feta)
1 package of bacon crumbles
1 bundle of green onions
1 can of small black pitted olives
Cardini Caesar salad dressing

Chop or tear romaine lettuce in bite-size pieces. Chop green onions into small pieces. Add bacon crumbles, black olives and Feta cheese. Just before serving, add croutons and salad dressing and toss.
Jennifer Cowley’s
Cranberry Jalapeno Sauce

12 ounces fresh cranberries
1 Orange
3 tablespoons crystallized ginger
2 Jalapenos
1/4 cup mint leaves
1 cup sugar

Place all items into the food processor or blender, chill and serve.

I made this recipe the first holiday I spent with my husband’s family. It was a hit and it has been served every Thanksgiving and Christmas since. I hope you enjoy it as much as our family has.

Dr. Jennifer Evans-Cowley is Provost of the university and a professor in the departments of Emergency Management & Disaster Science and Public Administration.
Bob Bland’s Uncle’s
Potica Bread

Bread dough
2 cups milk – luke warm
1/2 cup melted shortening
1/2 cup sugar
2 teaspoons salt
Combine. Crumble 2 packages (4 teaspoons) of yeast into mixture and let dissolve. Add 2 eggs to this mixture. Add 7–7 1/2 cups of sifted flour (1 cup at a time). Let rise.

Nut mixture
1 1/2 pounds chopped walnuts (very fine)
1/2 box of poppy seeds
2 cups sugar
1 cup honey
2 cups milk
Place combined ingredients over very low heat. Stir frequently.

Baking
Divide the bread dough into three equal parts. Roll out dough until it is thin enough to see through. Sprinkle cinnamon and sugar on dough; dot butter onto dough; spread hot nut mixture onto dough. Roll up dough with nut mixture and place into bread pan. (Distribute the roll fairly evenly in the pan.) Pinch the ends of the roll closed to seal in nut mixture. Allow dough with nut mixture to rise in pan. Then bake at 350 degrees for 20-30 minutes or until thoroughly baked. Spread light coating of butter on dough while cooking. Makes 3 loaves.

Allow bread to cool, then slice. Bon appetit.

This recipe, pronounced paw-tee’-tzah bread, comes from an uncle by marriage, whose family was from Italy. He worked in the steel mill in Pueblo, Colorado, and prepared this delicious Slovenian nut bread for our holiday family gathering. As a teenager, I loved it so much that I requested his recipe. And although I am not a chef, over the years I have devoted the 4+ hours to preparing it for many holiday meals.

Dr. Bob Bland is an Endowed Professor of Local Government in the Department of Public Administration.
Courtney Taylor’s
Kale Salad People Will Actually Eat

1 16 ounce bag Kroger fresh kale (or 16 oz. of any other kale, chopped)
1 3 ounce container fresh basil (or 3 ounces fresh basil if you can’t find the big container)
2 3 ounce bags smoked sun-dried tomatoes (can also use regular sun-dried tomatoes)
2 containers crumbled tomato & basil Feta (can also use regular Feta)
1 cup walnut pieces
2 large or 4 small lemons, juiced
1/2 cup olive oil
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon pepper

Dressing
Combine lemon juice, olive oil, garlic powder, salt and pepper, and whisk. It will taste really salty. It’s supposed to. The kale can handle it.

Dump kale into a large bowl. Chop or tear the basil into smaller pieces and add it to the bowl (I cut it into thin strips - chiffonade it). Add the sun-dried tomatoes and walnuts. Pour the dressing over the salad, toss it all together, and let it sit in the fridge for at least half an hour to break down the kale. When you get ready to serve it, add the Feta and toss it again to combine.

I love making this salad for people who swear they hate kale. They end up really liking it and either ask me for the recipe, or request it when I come over for dinner.

Courtney Taylor is the HPS program director and designed this cookbook. Please forgive her for any typos.
Courtney Taylor’s
Curry Pumpkin Soup

1 tablespoon of coconut oil (can use olive oil)
2 cups yellow or white onion, chopped
3 cloves garlic, minced
1 tablespoon fresh ginger, grated (can also use the squeeze ginger)
2 jars Thai Kitchen Gluten Free Green Curry Paste (use a butter knife to get it out easily)
1 tablespoon cumin
1 teaspoon turmeric
1 1/2 teaspoons salt (more to taste)
2 teaspoons coconut sugar (can use brown sugar)
1/4 teaspoon cayenne pepper (optional)
2 large limes (or 4 small), juiced
1 1/2 cups vegetable broth
2 cans pumpkin (make sure it’s not sweetened)
2 cans unsweetened coconut cream (not coconut milk)
Fresh cilantro, chopped or torn into pieces
Toasted pumpkin seeds

Melt the coconut oil over medium heat in a large dutch oven or pot. Add the chopped onion and saute for 5 minutes. Add the garlic, ginger, curry paste, cumin and turmeric and cook an additional two minutes, being careful not to burn the garlic. Stir in the vegetable broth and lime juice, then add the pumpkin, coconut cream, salt, cayenne (if using) and coconut sugar. Stir until well combined and cook for 30 minutes, stirring occasionally. Taste it and add salt if needed. Using an immersion blender, puree the soup until it’s completely smooth. If you don’t have an immersion blender, carefully transfer the soup to a regular blender in batches and puree until smooth. If the soup is too thick, add more coconut cream or vegetable broth. If it’s too thin, thicken it by mixing equal parts cornstarch and COLD water and whisking it into the soup until you reach the desired consistency. Top with the cilantro and toasted pumpkin seeds to serve.

This is the vegan, gluten-free pumpkin curry soup I made for soup day last year. A lot of you asked for the recipe, but I never got around to giving it to any of you. I’m so sorry!! Here it FINALLY is!
Katy Schmitz’s Granny Myrtle’s

Very Good Rich Hot Rolls

3/4 cup of milk
1/2 cup of shortening
1/2 cup of sugar
1 teaspoon salt
2 packages of active dry yeast
1/2 cup of warm water (110-115 degrees)
4 1/4 to 4 3/4 cups sifted all-purpose flour
2 eggs

Makes about 30 rolls, exact number depending on the shape and size.

Scald milk then add shortening, sugar and salt. Take off burner and cool to lukewarm (below 100 degrees). Sprinkle yeast on warm water and stir to dissolve. Add 1 1/2 cups of flour to milk mixture. Beat well by hand or with an electric mixer at low speed for 1 minute. Beat in eggs and yeast. Gradually stir in enough remaining flour, a little at a time, to make a soft dough that leaves the sides of the bowl. You may not use all of the flour to get the dough to this point. Turn onto lightly floured board and knead until smooth, satiny and no longer sticky, 5 to 8 minutes. Place in lightly greased bowl; invert to grease the top. Cover and let rise in a warm place until doubled, for example you can place in an oven that is OFF with a pan of heated water. Let rise for 1 to 1 1/2 hours. Punch down and turn onto board. Divide in half, shape as desired, and place rolls on a greased baking sheet. Brush tops lightly with melted butter; let rise on the baking sheet until doubled, 30-45 minutes. Bake in a 375 degree over for 12 to 15 minutes or until golden brown.

This is my husband’s great-grandmother’s recipe (that’s Granny Myrtle). She made these rolls for every holiday meal and in his family, it isn’t a holiday meal without them. My husband and I learned how to make the rolls from one of his elderly family members. Now we make the rolls for his family at the holidays. When the rolls come out, his family gets so excited and they can’t help but start talking about them. They like to reminisce about Granny Myrtle, their memories of eating them as kids, or maybe the first time they had them if they are like me and married into the family. I always enjoy hearing the family’s stories of Granny Myrtle and their fond memories of these rolls.
Irine Abraham’s
Pretzel M&M Hugs
(Borrowed from CookingClassy.com)

Square Pretzels (not butter flavor!)
M&M’s
Hersey’s Hugs Chocolates

Preheat oven to 200 degrees. Line a cookie sheet with a Silpat or parchment paper. Align pretzels on cookie sheet in a single layer then top each pretzel with one Hershey’s Hug chocolate.

Bake in preheated oven for 4–6 minutes, until the chocolate is shiny and soft, not totally melted! Remove from oven and carefully place one M&M in the center of each soft Hug and press down on M&M to spread the chocolate.

Place in freezer or refrigerator and allow to rest until chocolate has set, about 5-15 minutes (freezer will be fastest). Store in an airtight container.

This is a fun and easy recipe that our family enjoys around Christmas time. These yummy treats go perfect with a Christmas movie and a cup of hot cocoa!

Irine Abraham is a lecturer in the Department of Social Work.
Hungarian Mushroom Soup

4 tablespoons unsalted butter
2 cups chopped onions
1 pound fresh mushrooms, sliced
2 tablespoons dill weed (you can use dried, but fresh dill is SOOOO much better)
1 tablespoon paprika
1 tablespoon soy sauce
2 cups chicken broth
1 cup milk
3 tablespoons all-purpose flour
1 teaspoon salt
Ground black pepper to taste
2 teaspoons lemon juice
1/4 cup chopped fresh parsley
1/2 cup sour cream

Melt the butter in a large pot over medium heat. Saute the onions in the butter for 5 minutes. Add the mushrooms and saute for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover and simmer for 15 minutes.

In a separate small bowl, whisk the milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally.

Finally, stir in the salt, ground black pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil. Serve immediately.

John Mayfield is the college’s cross functional IT support analyst in HPS IT Services.
Great-Grandmother Mayfield’s Delectable Bleu Cheese Cheeseball

4 packages of cream cheese
2 (4 ounces each) containers of crumbled bleu cheese
2 (5 ounces each) jars of Kraft Old English Sharp Cheddar spread
1 cup pecan pieces
1/2 cup minced FRESH parsley (fresh is really necessary here)
1/2 cup finely chopped red or vidalia onion
1 teaspoon Worchestershire Sauce
1 tablespoon hot sauce (I prefer Crystal or Tabasco)

Soften all of the cheeses at room temperature for an hour.

Mix everything EXCEPT half the fresh parsley and pecans in a big bowl. You can do it with a stand mixer if they are room temp, otherwise you can just do it with your hands—wash them first. : )

Form into a ball and roll or cover them with the remaining parsley and chopped pecans.

This is a holiday staple at our house. Best served with Ritz or Club Crackers.
Mama Mayfield’s Super Simple Homemade Cranberry Sauce

12 ounce package of fresh cranberries
1 cup of white sugar (can replace with one cup of honey)
1 cup of orange juice
1 teaspoon ground nutmeg (can use cinnamon instead)
1/2 cup of chopped pecans

This is an easy one. Toss everything in a dutch oven or large sauce pan and simmer it until the cranberries start to pop open. Serve.

This is an easy way to impress people at your holiday dinner... and its super easy.
Mama Mayfield’s
Tex-Mex Chicken Enchiladas
with Sour Cream Sauce

10-12 flour Tortillas (you can use corn, but flour tend to hold together better)
1 fresh Jalapeno pepper sliced very thin (optional)
3-4 boneless skinless chicken breasts, cooked and shredded (I cook mine in the Instant Pot)
1/2 cup diced onion
2 tablespoons butter
1/2 cup of flour
1 cup of sour cream
1 1/2 to 2 cups of chicken broth
1 cup Shredded white cheese (Oaxaca is best, but Monterrey Jack works as well)
1/2 cup of shredded cheddar cheese
1/2 cup chopped fresh Cilantro
1 tablespoon chili powder
2 teaspoons cumin
Salt and pepper to taste

In a bowl, mix the cooked, shredded chicken with the white cheese, diced onion, cumin and half of the chopped cilantro. Spread a good amount into a flour tortilla and lay it seam side down in a casserole dish. Continue until you fill the dish with enchiladas.

Sour cream sauce
Melt the butter in a saucepan on medium heat. Add flour to make the roux about the consistency of peanut butter. Thin out the roux with the chicken broth, again just eyeball it till it gets to whatever consistency you want. I usually look for it to be thick, but still pourable, like a thick soup. Add the sour cream and stir well.

Pour the sour cream sauce over the enchiladas in the casserole dish, and sprinkle with any chopped cilantro you have left, the shredded cheddar cheese and the thinly sliced jalapenos, if you want them. Bake uncovered in a 400 degree oven for 25-30 minutes until the cheese on top is melted and JUST starting to get brown.

Serve with a simple salad or pinto beans. This is a Tex-Mex family classic!
Jackie Thames’s
Grandmother’s Fruitcake

1 1/2 boxes vanilla wafers (about 16 ounces)
1 quart pecans, chopped
1 (15 ounces) can sweetened condensed milk
1 small jar cherries, well drained
Raisins (optional, as many as you like)

Crush vanilla wafers. Combine all ingredients thoroughly. Shape into rectangle or square, wrap in wax paper. Refrigerate until firm. Slice into cubes for serving.

A simple recipe my grandmother pulled from a church cookbook is now made by her grandchildren and great-grandchildren each year.

Jackie Thames is the senior IT support manager for HPS IT Services and works in the Dean’s Office. She also serves as the building manager for Chilton Hall.
Jackie Thames’s
Mom’s Gumbo

3 pounds peeled and deveined shrimp
4 slices of bacon, browned and set aside
2 cans (14.5 ounces) tomatoes and okra
1 can (14.5 ounces) chicken broth
2 cans water
1 large onion, chopped and sautéed
1 garlic clove, chopped and sautéed
2-3 bay leaves
Pinch of thyme
Salt & pepper to taste
Cooked rice

Use some of the bacon grease to sauté the onion and garlic until light brown.
Make a roux: Brown 2-3 tablespoons of flour in leftover bacon grease, the darker the better. Add salt and pepper.
Add onion and garlic.
Add chicken broth.
Add cooked bacon, water, tomatoes and okra, thyme and bay leaves.
Simmer for 15 minutes or until thick.
Add shrimp and continue to simmer until shrimp is cooked.
Serve over cooked rice.

Christmas Eve gumbo is our family tradition. My grandmother taught my Mom to make it and now Mom’s grandchildren are learning to make it.
Chisom Iwundu’s Jollof Rice

4 cups rice (parboiled rice preferred; don’t use long-grain rice as it tends to end up soggy)
Curry
Thyme
Stock cube
Salt
3 large tomatoes
2 large red bell pepper
2 medium onions
Tomato paste
Canola oil (or any oil of your choice)
Chicken stock (preferred) or water

Optional (I most times add everything here)
Garlic (a small chunk)
Ginger (3 cloves)
4 Bay leaves

Rinse rice several times until water is clear and set aside. Blend the tomatoes, one onion, bell peppers, ginger and garlic, and set aside. Chop the second onion into tiny cubes. Pour about 1 cup of canola oil in a pot and heat until slightly hot (medium heat). Pour in the cubed onions and sauté for a while. Using a spoon, place the tomato paste in pot with oil and onions and stir to avoid burning, then pour in the blended tomato sauce. Season with thyme, curry, stock cube, salt and throw in the bay leaf. Allow to simmer on medium heat for about 25 minutes. Then pour in rinsed rice. Pour the chicken stock to slightly be above the rice. (Pouring too much will make the rice soggy.) Reduce to low heat (so it does not burn). Allow to cook on low heat for about 45 minutes or until soft (you can stir after the first 20 minutes).

Voila! Your jollof rice is ready!

Jollof rice is a staple dish in every Nigerian family. In fact, no gathering – Christmas, Thanksgiving, birthday, you name it, is complete without jollof rice. It tastes great (when made properly :) and can be paired with chicken, plantain, etc.
Chu Chuah's Tiramisu

2 fresh eggs (separate yolk and white)
8 ounces Mascarpone
2 tablespoons sugar
7 ounces Savoiardi ladyfingers (1 pack)
8 tablespoons Cocoa powder for dusting
1 cup espresso (4 tablespoons instant espresso powder dissolved in 1 cup hot water)
1/4 cup Rum (blanco) more, less or none to your preference
(Makes two 4.5” x 6.25” dishes; 8 servings)

Make 1 cup of espresso and chill it to room temperature before adding rum.
Beat egg whites with 1 tablespoon sugar until soft to stiff peak.
In another bowl combine and stir together egg yolks, tablespoon sugar and mascarpone. Gently fold in the egg whites to the combined mascarpone ingredients.

Putting the Tiramisu together in a dish:
- 1st layer – Thin layer of mascarpone mixture at the bottom of dish (*optional layer)
- 2nd layer – Dipped ladyfingers in espresso rum liquid (no more than 3 seconds)
- 3rd layer – A layer of mascarpone mixture
- 4th layer – A generous dusting of cocoa powder (*optional layer)
- 5th layer – Dipped ladyfingers in espresso rum liquid (no more than 3 seconds)
- 6th layer – A layer of mascarpone mixture
- 7th layer – A generous dusting of cocoa powder
Chill at least 2 hours before serving.

Warning: do not over soak the ladyfingers or you get liquid pool at the bottom.
Note: Best if chilled overnight and serve with a shot of Mr. Black Cold Brew coffee liqueur.

This is how I like my Tiramisu; not overly sweet. The rum, espresso and cocoa powder give you the bitter-sweet taste. Pairing each bite with a sip of coffee liqueur elevates the taste.

Chu Chuah is a system administrator in HPS IT Services.
Erin Schafer’s Hershey Bar Pie

8 ounces of Hershey bar (we like to mix half milk chocolate and half dark chocolate)
2 teaspoons of instant coffee dissolved in 2 tablespoons of water
12 ounce carton of Cool Whip, thawed
Graham cracker crust

Break up the Hershey bar, and use microwave to melt the chocolate in the coffee liquid. Stir after 30-second intervals in the microwave. Fold the chocolate into the carton of Cool Whip. You can top the pie with some extra Cool Whip, chocolate shavings, Andes candies shavings, or crushed peppermint. Freeze overnight.

I selected this recipe because it was my husband’s grandmother’s recipe, and we love to make it during the holidays. You can make this super easy pie one day before your event. It's one of our family favorites!

Dr. Erin Schafer is a professor and the director of graduate studies for audiology in the Department of Audiology & Speech-Language Pathology.
Maia Cudhea’s Mom
Mieke’s Roll-Out Cookies

Wet ingredients:
1 cup (2 sticks) butter
2 cups white sugar
2 egg yolks
1 teaspoon almond extract
1 cup sour cream

Dry ingredients:
5 cups flour
1/4 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda

Measure the flour, and add salt, baking powder and baking soda. In a BIG bowl, beat the wet ingredients (butter, sugar, egg yolk, almond extract, sour cream) together. Gradually mix in the dry ingredients. The dough will be pretty thick by the time you get to the end, so mixing with clean hands is encouraged (that’s a fun step for kids to help with). Cover dough & refrigerate at least 4 hours (ideally, overnight). Roll out a handful of chilled dough to 1/4-1/2 inch thickness on a lightly floured board (wax paper or parchment paper on your table/counter works just as well if you don’t have a large board). Cut out desired shapes and decorate as you please. Small candies/chips, sprinkles, etc. should go on before baking; any icing should wait until cookies are cooled. Bake at 350 degrees for 10–12 minutes. Let cool & enjoy!

This is my mom’s recipe for cut-out cookies that she made with me and my sister every holiday season. They are soft & chewy, and perfectly hold up to decorating. Decorating pro tip: if you don’t like eating those little cinnamon “red hot” candies, you shouldn’t decorate the cookies with them. As an adult, I now realize how ridiculously annoying that would be. But dang, is it fun to put those little red buggers all over them. : )

Maia Cudhea is the HPS budget officer and works in the Dean’s Office.
Becky Cagle’s West Indies Salad

1 medium onion chopped
1 pound fresh lump or claw crabmeat (lobster may be substituted)
4 ounces vegetable oil
3 ounces cider vinegar
4 ounces ice water
Salt and pepper

Spread half of onion over bottom of large bowl. Cover with separated crab lumps and then remaining onion. Add salt and pepper to taste. Pour oil, vinegar, ice water over all. Cover and marinate for two to twelve hours. Toss lightly before serving.

(Bayley’s Seafood Restaurant-Near Dauphin Island, AL, since 1947)

Fresh crabmeat makes this a special occasion dish. It’s one of the first emptied bowls at family reunions.

Becky Cagle is a senior trainer for UNT Workplace Inclusion & Sustainable Employment (UNTWISE).
Becky Caglo’s
King Ranch Casserole

1/4 cup butter
1 large onion, chopped
1 can Rotel tomatoes
1 can Cream of Mushroom soup
1 cup chicken stock
10 corn tortillas
2 cups diced cooked chicken
1 cup grated Longhorn cheese

Preheat oven to 300 degrees. In a large saucepan, melt butter over medium heat. Add onion and cook until transparent. Add Rotel, soup and stock. Cook stirring until thickened. In a large flat casserole, layer tortillas, chicken and sauce. Top with cheese and bake 30 minutes. Serves 6.
Becky Cagle’s
Asian Chicken Salad

4-5 ounce chicken breast (tofu or Tempeh work well, too)
1/2 cup soy sauce (or tamari)
1/2 cup toasted almonds (sliced)
1 tablespoon olive oil
1 pound field greens or spring mix
1/4 red onion, thinly sliced
Zest of half an orange for garnish
Asian Crispy Noodles

Dressing
1/2 cup balsamic vinegar
1/2 cup soy sauce (or tamari)
1/2 cup brown sugar (or coconut sugar)
1/4 cup orange juice

Mix dressing ingredients and chill until ready to serve.
In a sauté pan on medium heat, heat olive oil. Once the oil is hot, add chicken breast and cook for about 3 minutes on each side. Turn the chicken breast over and finish cooking until the center of the chicken is white and at 165 degrees Fahrenheit. Remove the chicken from the pan, cover, and keep warm.

In another pan, use medium heat and add the almonds. Keep the almonds moving with a wooden spoon to keep from burning. Toast until you start to smell them—about 1 minute. Remove from pan and let cool. Slice the chicken and serve on a bed of greens with red onion, orange zest, toasted almonds and crispy noodles.
Serves with the dressing. Serves 4.
Becky Cagle’s Pecan Pie

1 stick butter (1/4 pound)
1 cup dark brown sugar
1 1/4 cup dark brown corn syrup
1/4 teaspoon salt
3 eggs
1 1/2 teaspoon vanilla
2 cups pecans
2 tablespoon molasses (unsulphured)
2 8-9 inch unbaked pie shells

Preheat oven 350 degrees. Melt butter (but don’t get it hot). Beat eggs lightly. Chop up 1 1/2 cups pecans (Keep aside the nicest pecan halves to top the pie). Mix all ingredients (except the pecan halves for topping the pie) and pour into unbaked pie shells. Top with pecan halves and bake pies in the middle of the oven. After 30 minutes, check pies to see if crust is getting too brown (if getting too brown, cover edges of the crust with foil or cover crust edges using a pie crust shield). Bake an additional 15 minutes. When doubled, this makes 3 deep-dish pies. (Deep dish will need to cook longer.)

Each bite of this pie is full of pecans. Using plump (not wrinkled) pecans means you have fresh pecans and will yield better flavor. Some people think “yuck” when they read molasses is in the pie. The small amount makes the pie taste richer and adds to the texture and color. Molasses is also high in potassium.
Becky Cagle’s
Parmesan Zucchini

1 tablespoon olive oil
1 onion, thinly sliced
1 clove garlic, minced
4 zucchini sliced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup shredded parmesan cheese

In a large saucepan, heat the oil. Sauté the onions until softened. Add the garlic, sauté 1 minute or until fragrant. Do not overcook the garlic. Add the sliced zucchini. Cover and cook until zucchini is crisp tender. Season with salt and pepper. Toss with parmesan cheese. Serves 6.
Ryan Appleton’s Natchitoches Meat Pies

Filling:
1 1/2 pounds ground beef
1 1/2 pounds ground pork
1 cup chopped green onions with tops
1 tablespoon salt
1 teaspoon coarsely ground black pepper
1 teaspoon coarsely ground red pepper
1/2 teaspoon cayenne pepper
1/3 cup all-purpose flour

Prepare filling: Combine beef, pork, green onions, salt, black pepper, red pepper and cayenne pepper in Dutch oven or skillet. Cook over medium heat, stirring often, until meat is no longer red; do not overcook. Sift flour over meat mixture and stir to mix well. Remove from heat, place in colander to drain excess grease and juice and let stand until room temperature.

Crust:
1/3 mounded cup vegetable shortening
2 cups self-rising flour, sifted
1 egg, beaten
3/4 cup milk

Prepare crust: Cut shortening into flour. Add egg and milk, mixing to form dough. Shape dough into a ball. Using about 1/3 of the dough at a time, roll out on a lightly floured surface. Cut into 5- to 5 1/2-inch circles. Stack circles on baking sheet, separating with wax paper. Assemble meat pies by placing a rounded tablespoon of meat filling just 1 side of pastry circle. Using fingertips dipped in water, moisten edge of circle, fold top over meat, and crimp to seal with fork tines dipped in water. Prick upper surface twice with fork tines.

To cook: deep-fry meat pies in oil heated to 350 degrees until golden brown.

When I first moved to Louisiana to attend college I had a very conservative palate and these things were the first “Louisiana food” that I really loved. They served as my gateway to the more complex dishes of the region. If you ever find yourselves in Natchitoches, go grab one (or a dozen) from Lasyone’s.

Ryan Appleton is a senior training & program specialist for UNT Workplace Inclusion & Sustainable Employment (UNTWISE).
For cinnamon rolls

Filling
1 1/2 cups sugar
2 teaspoons cinnamon
1/4 cup butter, melted

After dough has risen the first time, punch down and divide in two. Roll out each half on well-floured surface into an 18”x12” rectangle, 1/4” thick. Brush surface with half of the butter. Combine cinnamon and sugar and sprinkle half the mixture on dough. Starting with the long end, roll up and seal edge. Using a thread or dental floss, cut roll into 12, 1/2” rolls. Repeat with other half of dough. Place rolls in a large greased pan with sides slightly touching. Let rise 1-2 hours. Bake at 350 degrees.

Glaze
2 cups powdered sugar
1/2 teaspoon vanilla
Milk

Sprinkle yeast over warm water. Sprinkle 2 tablespoons of sugar over top of yeast to make it fall to the bottom. After 10-15 minutes, there should be a froth on the top of the water. In a large bowl, mix shortening, sugar, salt and egg. Add yeast mixture. Gradually add flour, one cup at a time, until dough leaves sides of the bowl. Grease top of dough and place hot, wet towel over bowl. Let rise 2-4 hours until doubled. If making cinnamon rolls, skip to section above. If making bread, punch down and turn out onto well-floured surface. Divide in half, shape into loaves and place in greased pans. Let rise 1-2 hours. Bake at 350 degrees for 30 minutes.

For Glaze: Combine all ingredients, adding milk 1 tablespoon at a time until thick glaze is reached. Spread over hot rolls.

This is a family recipe for cinnamon rolls that I’ve been eating and making since I was a kid! I’ve still never had a cinnamon roll in a restaurant or from a store that’s better than these! I use vegan butter and egg replacer in the bread and non-dairy milk in the icing to make them vegan. They still turn out great!

Mariah Hope is an instructional development coordinator in the Department of Behavior Analysis.
Kenda Morrison’s
Cranberry Salad

2 cups fresh cranberries
3/4 cup granulated sugar
2 cups miniature marshmallows
1 cup heavy cream
2 cups tart apples, chopped
1/2 cup chopped walnuts
1 cup seedless grapes halved
1 teaspoon salt

Grind cranberries or pulse in a food processor until minced, but not pureed. Mix in sugar and marshmallows. Refrigerate overnight.

Whip the cream until medium/stiff peaks form; don’t let it turn into butter! Gently fold in the cranberry mixture, apples, walnuts, grapes and salt. Refrigerate for a few hours before serving.

This recipe has stood the test of time in our family, from my grandma serving it in the 1950s, until now when it is a must on the holiday table of all her grandchildren.

Dr. Kenda Morrison is a principal lecturer in the Department of Behavior Analysis.
Paula Heller-Garland’s
Mom’s Pecan Pie

**Pie Crust Ingredients**
- 2 1/2 cups All-purpose flour
- 1/2 cup unsalted butter
- 1/2 cup shortening (I prefer Crisco)
- Pinch of Salt
- Ice cold water (teaspoon amount varies)

Mix together flour, unsalted (un-melted) butter, shortening, and salt. Slowly add ice cold water by the teaspoon until you reach the desired consistency. Knead and roll.

Do not top the pie with crust.

**Pie Filling Ingredients**
- 3 eggs
- 1 cup white sugar
- 1 cup light corn syrup (I use Karo)
- 2 tablespoons butter, melted (I use unsalted)
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/2 cups pecan halves

Preheat oven to 400 degrees.

Beat eggs slightly in medium bowl.

Beat in sugar, and then blend in syrup, butter, vanilla, salt and pecans.

Pour filling into unbaked pie shell.

Bake in preheated oven for 15 minutes.

Reduce heat to 350 degrees and continue baking 35 to 40 minutes.

The pie will be brown and slightly puffed.

I debated between my mom’s two best pie recipes – Lemon Meringue and Pecan. Both were hits and very southern. This was a special holiday recipe made by my mom every year. No one can duplicate this amazing pie. I can smell her kitchen on Christmas Eve when I think about her.

Paula Heller-Garland is a senior lecturer in the Department of Rehabilitation & Health Studies.
Holly Mitchell’s

Baked Spinach Artichoke Dip

(Borrowed from Betty Crocker)

1 cup mayonnaise or salad dressing
1 cup freshly grated Parmesan cheese
1 can (about 14 ounces) artichoke hearts, drained and coarsely chopped
1 box (9 ounces) frozen chopped spinach, thawed and squeezed to drain
1/2 cup chopped red bell pepper
1/4 cup shredded Monterey Jack or Mozzarella cheese
Toasted baguette slices or assorted crackers, if desired

Heat oven to 350 degrees. Mix mayonnaise and Parmesan cheese. Stir in artichokes, spinach and bell pepper. Spoon mixture into 1-quart casserole. Sprinkle with Monterey Jack cheese. Cover and bake about 20 minutes or until cheese is melted. Serve warm with baguette slices.

I thought I would share this dip as I make it for my husband’s Christmas potluck at the library. He is the librarian in our small town with a population of 1502. Serve with a baguette, pita chips or as a crostini.

Holly Mitchell is a course design instructional support assistant in the Department of Rehabilitation & Health Services.
Vasilis Angelogiannos’s
Melomakarona

For cookies
3 cups olive oil
1/2 cup orange juice
Some salt
1 cup sugar
9 cups all purpose flour
1/2 cup cognac (or brandy)
2 teaspoons baking powder
1 teaspoon baking soda
Walnuts (broken into tiny pieces)
1 teaspoon ground cloves
Orange zest (2-3 oranges)

Preheat oven to 350 degrees. Mix sugar with olive oil until sugar is not visible. Add all liquids and mix (orange juice, cognac). Once the liquids are mixed, add all other ingredients except walnuts and mix well. Form into little oval shaped cookies (about 1.5 to 2 inches long), place on cake pan and bake in oven for about 20 minutes.

For syrup
2 cups sugar
1 cup water
3 cups honey

Mix all ingredients until sugar is completely dissolved.

As cookies are coming out of the oven, cover them with the syrup, let them stand for about 30 minutes and turn over for another round of covering with syrup. Sprinkle the walnuts over the cookies.

These are traditional Greek Cookies that we make during the Christmas season. They are pretty easy to make and they are found in every house in Greece during this time of the year. My mom and grandma make them bite size but if they are small, they don’t absorb enough syrup.

Vasilis Angelogiannos is senior system administrator in HPS IT Services.
Mix the butter, Crisco, sugar, powdered sugar, eggs and vanilla. In a separate bowl, mix the flour, cream of tartar, baking soda and salt. Add the dry mixture to the creamy mixture. Mix thoroughly. Roll the mixture into balls, roll in sugar and then press down with a glass. Sprinkle the balls with red and green decorative sugar. Bake the cookies at 375 degrees for 8 to 9 minutes. These are great for filling tins for Christmas gifts.

This is a sugar cookie recipe that my “Nana” (Gwen Wood) made every Christmas. She would bake them and then add red and green sprinkles on top. My sisters and I looked forward to her making them every year and now I make them since our grandmother has passed.

Shannon Presley is as senior lecturer and speech clinical supervisor in the Department of Audiology & Speech-Language Pathology.
Jennifer Ulmer’s

Reindeer Poop (Includes peanuts)

1/2 cup peanut butter (or any nut butter)
20 ounces vanilla almond bark OR 1 package white chocolate chips
(milk chocolate can be used if that is the preferred flavor)
1/2 cup roasted peanuts
1 cup mini marshmallows
2 cups Rice Krispies, Chex or Captain Crunch (original or peanut butter)
*You can add to or subtract measurements for the dry ingredients to customize how crunchy or
fluffy you like your poop : )

Lay out a large sheet of wax or parchment paper first.
In a saucepan or microwave safe container, melt together almond bark and peanut butter.
In a large bowl, combine all other ingredients. With a spatula, pour melted mixture over
dry ingredients and incorporate until consistent. Drop in large spoonfuls on the wax
paper and wait to cool and harden.
Enjoy!

This is a fun sweet treat that tastes great and is fun to say! : )

Jennifer Ulmer is the clinic administrative assistant at the UNT Speech & Hearing Center
for the Department of Audiology & Speech-Language Pathology.
2 1/4 cups Old Fashioned oatmeal
2 1/4 cups flour
1 1/2 cups brown sugar
1 cup butter (2 sticks)
1 1/2 teaspoons baking soda
1/2 teaspoon salt
3 cups fresh or frozen blueberries
1/4 cup sugar
1 tablespoon corn starch
2 teaspoons of lemon juice

Preheat oven to 350 degrees. In a glass bowl, mix together the oatmeal, flour, brown sugar, baking soda and salt. Melt the butter quickly in the microwave for about 45 seconds. Keep an eye on it to be sure that it doesn’t bubble over. Once melted pour it over the oatmeal mixture. Mix the butter and oatmeal mixture until it’s incorporated and crumbly. Press 2/3 of the oatmeal mixture into a 9x13 pan, saving the other 1/3 for the topping. In a separate bowl, combine the blueberries, lemon juice, sugar and corn starch. Mix until the blueberries are evenly coated with the sugar and corn starch. Pour about 2/3 of the mixture over the bottom crust. Crumble the remaining oatmeal mixture over the blueberries. Bake at 350 degrees for 20-25 minutes or until golden brown. Remove from the oven and let cool completely for about 20-25 minutes before cutting.

I love sweets...they are my vice and there’s no better time to indulge than the holidays. But life is busy, my kiddos have ZERO patience and I at least have to try to be healthy right? Enter....blueberry breakfast bars.

Dr. Chandra Carey is the associate dean for academics and works in the Dean’s Office.
Jennifer Middleton’s
Creamy Cheese and Ham Dip

16 oz bag of cheddar cheese
8 ounces sour cream
8 ounces softened block of cream cheese
1 small can of green chilies
1/4 cup chopped green onions
1 tablespoon Worcestershire Sauce
1 small package of diced ham (can use cheap lunch meat and cut into small pieces)
1 french loaf (for presentation)
1 bag of Frito Scoops

Mix cheese, sour cream, cream cheese, chilies, onion, Worcestershire Sauce and ham together. For presentation, hollow out the bread loaf to form a bowl. Fill the loaf with cheese mixture. Cover bread with foil. Or mixture can be baked and served in a glass pie plate. Bake at 350 degrees for 1 hour. Serve with Frito Scoops.

This appetizer is always a fan favorite but anything with Fritos Scoops is a winner to me! :)

Jennifer Middleton is the assistant director of field education for the Department of Social Work.
Here’s to hoping
2021 is better
than 2020...