

## Appetizers & Drinks

### Zach's Peanut Butter Milkshake (by Zach's mom, Laura)

1/2 C vanilla or chocolate ice cream  
1/2 C milk

2 Tbsp peanut butter

Blend on high speed until smooth. Add more ice cream for a thicker shake. For more peanutty flavor, add more peanut butter to taste.

Variations: Mix milk and ice cream with Carnation Instant Breakfast for added nutrition. For low fat versions, use low fat or skim products. You can also blend in other fillings or ingredients for your favorite flavors.

"Shakes are a great way to fill an empty stomach when chewing is tough!" -Laura M.

### Tracy's Lively Lemon Tingler

1 1/2 C sugar

1 C water

3 C chilled ginger ale

1 1/2 C fresh lemon juice (5-8 lemons)

In small saucepan, combine sugar and water over medium heat. Stir constantly until sugar dissolved. Remove from heat and cool to room temperature. Add lemon juice and stir to blend. Store base mixture in tightly covered non-metal container or jar in fridge. For each serving, combine 1/2 C chilled base mixture and 1/2 C ginger ale in tall glass. Add ice, if desired and serve immediately.

### Dr. Diane's Green Tea Smoothie

1 C chilled green tea

1 Kiwi, peeled and sliced (optional)

1 Tbs honey or sugar

2 C chopped honeydew melon

1 banana, peeled and sliced

Puree ingredients in blender or food processor until smooth. Serve immediately. Serves 1-2.

### Terry's Peppy Clam Shells

1/2 C finely chopped onion

2 Tbs Flour

1/4 tsp salt

1/2 C crushed Ritz crackers

1/2 C chopped celery Dash of pepper

1 Tbs Parmesan cheese

1/4 C finely chopped green pepper

1 (7.5 oz) can minced clams (undrained)

Dash of Tabasco sauce

3-4 clean clam shells or baking shells

4 Tbs butter + 1 Tbs melted butter

Diced cherry tomatoes for garnish

Dash of Worcestershire sauce

Preheat oven to 350'. In medium skillet, cook onion, celery and green pepper in 4 Tbs of butter until tender. Stir in flour, cheese and seasonings. Add 1/4 C of cracker crumbs; mix well. Stir in undrained clams, and stir till it bubbles and thickens. Divide among 3-4 baking shells or dishes. Combine rest of crumbs and butter. Sprinkle mixture atop shells. Bake for 15 minutes. Garnish with cherry tomatoes.

### Mitch's Taco Salad

1 8 oz pkg. cream cheese (softened)

1 8 oz bag shredded cheddar cheese

Finely chopped scallions

1 16 oz jar salsa

16 oz pkg sour cream

Crushed Nacho chips (Braces friendly if crushed!)

Finely chopped tomatoes

Shredded lettuce

1 envelope taco seasoning

Blend sour cream, cream cheese and taco seasoning very well. Spread mixture in shallow glass dish. Spread salsa over mixture. Spread on vegetables. Top with cheddar cheese. Chill for a few hours. If chilling overnight, don't add veggies right away. Top with nacho chips.

## **Patti's Olive Cheese Puffs** (by Patti and Dr. Jesse)

2 C shredded cheddar cheese  
1/2 C butter  
1 C all-purpose flour

1 Dash Worcestershire sauce  
1 (5 oz.) jar pitted green olives

Preheat oven to 400'. Lightly grease a cookie sheet. In a small bowl, mix together cheese, butter, flour and Worcestershire sauce. Knead the dough. Pinch the dough into small balls; flatten them in the palm of your hand, then roll each circle of dough around one olive. Arrange the wrapped olives on the prepared cookie sheet. Bake for 15 minutes until lightly brown.

## **Soups & Vegetables**

### **Ryan's Pizza Soup** (by Ryan and Dr. Jesse)

1 1/4 C sliced mushrooms  
1 C chopped tomatoes  
1/2 C chopped onion  
1/2 C cooked Italian sausage  
1 tsp vegetable oil  
1/4 tsp Italian seasoning

2 C water  
1/4 C grated Parmesan cheese  
1 (15 oz.) can pizza sauce  
Shredded Mozzarella cheese  
1 C chopped pepperoni

Sautee onion and mushroom in oil until tender. In large saucepan, combine pizza sauce, water and seasoning. Add onion, mushrooms, pepperoni, sausage and tomatoes. Bring to a boil over medium heat. Reduce heat to simmer, covered, for 20 minutes. Stir occasionally. Stir in Parmesan cheese and garnish with mozzarella cheese.

### **Cyndy's Country Potato Salad** (by Cyndy and Dr. Jesse)

3/4 C reduced calorie mayonnaise  
1/4 tsp. pepper  
1/4 C sour cream  
2 lbs red potatoes, cooked and cubed  
3 Tbsp white wine vinegar

1 1/2 frozen green peas, thawed  
2 Tbsp each of fresh dill and parsley  
1/2 C sliced green onions  
2 tsp sugar 1 1/2 tsp salt

In large bowl, combine mayonnaise, sour cream, vinegar, dill and parsley, salt, sugar, and pepper. Add potatoes, peas and green onions. Combine gently. Cover and chill to blend flavors. Serves 8.

### **Kathy's Likity Split Citrus Salad**

1 avocado  
1/4 C slivered red onion  
1 small head Boston lettuce  
2 Tbs sliced black olives

2 oranges, peeled & sliced  
1/3 C Italian salad dressing  
1 small head radicchio

Peel and slice avocado. Cover with plastic wrap until ready to use to prevent browning or oxidation. Arrange lettuce on plate. Arrange radicchio leaves on top of lettuce, and top with orange slices. Next, place avocado slices. Sprinkle red onions and black olives. Drizzle dressing. Cover with plastic wrap until ready to serve. Serves 4.

### **Terry's SpringTime Salad**

1 Bag fresh spinach  
2 pints hulled & halved strawberries  
Dressing:  
1/2 C Sugar  
1/4 tsp Worcestershire sauce  
2 Tbs sesame seeds

1/4 tsp paprika  
1 Tbs poppy seeds  
1/2 C vegetable oil  
1 1/2 tsp minced onion  
1/4 C cider vinegar

Combine spinach and strawberries. For dressing, whisk together sugar, sesame seeds, onion, paprika, Worcestershire, and vinegar. Keep whisking while adding oil slowly. Top salad with desired amount of dressing.

# Entrees

## Brian's Burrito Wraps (by Brian and Dr. Jesse)

1 (1 oz.) pkg Hidden Valley Ranch dressing mix

4-6 (10 inch) flour tortillas

2 C shredded, cooked chicken (beef or pork)

Optional fillings: guacamole, black beans, rice, lettuce, red pepper slices, black olives  
Combine dressing mix, chicken, sour cream and salsa in saucepan; heat thoroughly. Fill tortillas with chicken mixture and garnish with desired fillings.

1 C sour cream

1/2 cup salsa

1 pkg shredded Mexican cheese

## Faye's Italian Beef Caserole (by Faye and Dr. Jesse)

1 lb. lean ground beef

1 can tomato soup

1 pkg dumpling noodles

1 tsp Italian seasoning

Preheat oven to 350'. Brown ground beef and drain. Boil dumpling noodles and drain. Mix ground beef and noodles; stir in tomato soup and seasonings. Mix genely in 4 ounces each cheese. Put in casserole dish and bake for 30 minutes or until cheese is fully melted, and lightly brown on top.

8 oz shredded cheddar cheese

8 oz shredded mozzarella

Salt and pepper to taste

## Dr. Diane's Roasted Vegetable Quesadillas

2 C quartered & sliced potatoes

1/2 tsp dried oregano

1/2 C sliced onion

1/2 tsp salt

3/4 C sliced red or green pepper

1/4 tsp ground black pepper

1 1/2 C sliced zucchini

Preheat oven to 425'. Saute all vegetables, herbs and spices in olive oil until evenly cooked. Spread onto large baking pan in one layer; roast until potatoes are brown and tender (about 25-30 minutes). Spread vegetable filling onto half of tortillas and top each with cheese. Fold tortilla to form half moon shape. Heat oiled skillet on medium heat. Cook quesadillas for 1-2 minutes per side. Serve warm. Serves 4. Prep time approximately 25 minutes.

1 C grated cheese

2 Tbs olive oil 1 pressed garlic clove

4 (8" round) tortillas

Optional ingredients: (toppings)

Salsa, seeded and chopped tomatoes, olives, guacamole, & sour cream

## Valerie's Sweet Potatoes with Marshmallow Clouds

6 Large peeled sweet potatoes

1/2 tsp ground cinnamon

1/4 C unsalted butter

1 tsp vanilla extract

Place sweet potatoes in 8 quart sauce pan, cover with water and bring to boil. Reduce heat to low and simmer for 20-25 minutes or until fork tender. Preheat oven to 350'. Grease 9x13 glass baking dish. Drain sweet potatoes. Put in large bowl and mash with butter, cream, brown sugar, cinnamon and vanilla. Transfer to baking dish, cover with foil and bake for 35-40 minutes. Uncover and place marshmallows on top. Return to oven for 5-8 minutes or until marshmallows are golden brown. Serves 6-8.

1 C light cream

12 large marshmallows, cut in half

1/2 C dark brown sugar (packed)

# Desserts

## Sharon's Low Fat Marshmallow Fudge (by Sharon and Dr. Jesse)

1 1/3 semi-sweet chocolate chips

1 tsp vanilla

1 1/3 miniature marshmallows

2 whole reduced fat graham crackers, broken into bite sized pieces

2/3 C fat free sweetened condensed milk

Line an 8 inch square pan with foil and spray with nonstick spray. In a saucepan over low heat, melt chocolate chips with milk. Stir in vanilla. Fold in marshmallows and cracker pieces. Pour into pan. Refrigerate 1 hour. Lift out of pan; remove foil and cut into 48 pieces.

## Joanna's No Longer Secret Family Apple Bread (we waited a LONG time for this one!)

4 eggs

1Tbs vanilla

1tsp ground cloves

3 C peeled & diced apples

2 1/2 C brown sugar

2 tsp cinnamon

1/2 tsp baking powder

1 1/2 tsp salt

1 1/4 C vegetable oil

1 1/2 tsp baking soda

3 C flour

Pre-heat oven to 325°. Grease 2 9x5x3 pans. Beat eggs, sugar, oil, vanilla, cinnamon, salt, baking soda, cloves and baking powder together. Stir in flour. Batter will be thick! Beat one minute on low speed. Stir in apples to the batter. Pour into pans, filling each one 2/3 full. Bake 1 hour. Yum! One of our staff's favorite!

## Dr. Deb's Peach Melba

3 (12 oz) bags frozen red raspberries

Canned peach slices or sweet ripe ones

Vanilla ice cream

3 Tbs minute tapioca

2 C sugar

For raspberry sauce, place thawed raspberries in blender on high speed (liquid). Strain out the seeds and put seedless raspberry puree in sauce pan. Add 2 C of sugar and 3 Tbs of tapioca to puree. Bring to boil on medium heat, stirring constantly until reaches full boil. Reduce heat, and simmer for 5 minutes, stirring occasionally. (Add more sugar if too tart.) Remove from heat and cool. Store in fridge until ready to use. To serve, scoop ice cream into parfait glass. Build layers of ice cream, peaches and raspberry sauce. Serves 6.

## Carolyn's Cheesecake Squares, a la Welch's!

1 roll refrigerated sugar cookies

3/4 C Welch's grape jam

8 oz. cream cheese

1/2 tsp vanilla

1 C sour cream

1/4 C sugar

1 egg

Pre-heat oven to 375°. Slice cookie roll into 1/4" thicknesses; place slices on ungreased 9x13 pan.

Bake for 12-15 minutes or until light brown and puffy. Spread with jam. In large bowl, combine remaining ingredients until smooth. Pour over jam layer, spreading to edges. Bake again for 25-30 minutes or until inserted knife comes out clean. Let cool and cut into dessert squares. Serves 12.

## Patti's Cream-Filled Strawberries (by Patti and Dr. Jesse)

18 large fresh strawberries

1/4 almond extract

2 C reduced fat whipped topping

1 (1 oz) pkg sugar free instant pudding

1 C fat-free milk

Wash and remove stems from berries. Cut a deep "x" in the top of each berry and spread apart. In small bowl whisk milk and pudding mix for 2 minutes. Fold in whipped topping and extract.

Pipe or spoon about 5 teaspoons into each berry. Chill until ready to eat.

# Halloween Happiness

## Frightful Finger Cookies

Makes: Approx 24 cookies

1 cup butter, softened  
1 cup powdered sugar  
1 egg  
1 teaspoon almond extract  
1 teaspoon vanilla extract  
2 3/4 cups flour  
Preheat oven to 325°F.

1 teaspoon baking powder  
1 teaspoon salt  
1/4 cup almond slices, or whole almonds  
1 tube red decorating gel  
1 tube green food coloring (optional)

Beat together butter, sugar, egg, almond extract and vanilla. Slowly beat in the flour, baking powder and salt. If you want green finger cookies, add drops of green food coloring to dough until you achieve a nice deep green color. Divide the dough into four equal parts, cover and refrigerate for 30 minutes. Take one quarter of the dough at a time from the refrigerator. Break off one heaping teaspoonful and roll it into a finger shape. Squeeze in around the middle of the finger to create a knuckle shape. Then, using a butter knife, make indents in several places to resemble a finger. Repeat with rest of dough.

Place cookies on a lightly greased baking sheet and bake for 20 to 25 minutes - let cool. Then, squeeze red decorating gel onto the tip of each finger and gently press an almond on top so the gel oozes out from underneath. Remove cookies from baking sheets and let them cool on wire racks.

## Spider Bites

Recipe idea adapted from "The Braces Cookbook" by Pamela Waterman

Makes: Approx 36 treats

1 cup shortening  
1 cup sugar  
2 Tbsp. water  
1 Tsp. vanilla  
2 eggs  
2 cups all-purpose flour  
1/2 cup cocoa  
Directions:

1 Tsp. salt  
1/2 Tsp. baking powder  
1 package black rope licorice, cut into 1-inch pieces\*\*  
1 small tube of white (or color of choice) frosting  
Toothpicks

Preheat oven to 375 degrees.

In a large bowl, combine shortening, sugar, water, and vanilla. Beat until smooth. Add eggs into the mixture and blend. Slowly mix in flour, cocoa, salt and baking powder using low/medium speed. Drop tablespoon helpings of mixture onto ungreased cookie sheets and roll each helping into a ball. Bake 9 minutes at 375 degrees. The batch should produce around three dozen cookies. Let cookies cool for about 10 minutes. Then using a toothpick, create four small holes in either side of the cookie. Still using the toothpick, push one end of a piece of the cut licorice into each hole, creating the "legs" of the spider. Once all eight pieces are in place, create eyes or decorate at will using the white frosting. Then eat and enjoy!

\*\*Licorice can sometimes stick to braces; parents should monitor

## Pumpkin Chocolate-Chip Softies

Recipe idea adapted from "The Braces Cookbook" by Pamela Waterman

Makes 36 – 40 cookies

1 1/3 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger

1/2 teaspoon nutmeg  
1 15-ounce can plain pumpkin purée  
3/4 cup light brown sugar, packed  
2 eggs  
1/4 cup vegetable oil  
2 tablespoons molasses

1 tablespoon milk

1 12-ounce bag chocolate chips

Preheat oven to 350°F.

In medium-sized mixing bowl, stir together flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In large mixing bowl, with a mixer or whisk, combine pumpkin, brown sugar, eggs, oil, molasses and milk. Add flour mixture slowly into pumpkin mixture until well combined. Stir in chocolate chips.

The dough is very soft. Drop by heaping tablespoons onto greased cookie sheets, 12 cookies to a pan. Bake for 25 minutes. Store in a covered container between sheets of waxed paper.