dinner menu

From 'the Crossroads of America' to YOURtable

Mozzarella Tomato Skewers

Strawberry Melon Cooler

Mixed Berry Salad

Midwest Stuffed Meatloaf with Beef au jus

Roasted Red Potatoes Rosemary Garlic

Lemon Rosemary Green Beans

Grandma's Apple Crisp

Served with:

Ice Water & Iced Tea Lemonade

dinner menu

From 'the Crossroads of America' to YOURtable

Fruit Skewers

Walnut Cranberry Salad

Country Breaded Chicken

Indiana Sweet Corn

Creamy Coleslaw

Triple Chocolate Mousse

Served with:

Ice Water and Iced Tea Lemonade

dinner menu

Ingredients

Cherry tomatoes
Mozzarella
Olive oil
Basil
Cantaloupe
Watermelon
Cucumber
Strawberries
Lime
Spinach leaves
Blueberries
Italian dressing
Green beans
Rosemary
Red potatoes
Extra-virgin olive oil
Garlic
Red pepper flakes
Ground beef
Ground pork
Eggs
Capicola
Steak seasoning
Citrus seasoning
Bread crumbs
Kosher salt
Dijon mustard
Beef stock
Green apples
Flour
Pumpkin pie spice
Lemon

Vanilla ice cream
Cinnamon spice oatmeal
Cinnamon
Butter
Black pepper

Buttermilk
Pineapple
Cantaloupe
Canola oil
Melon
Strawberries
Grapes
Honey
Sweet Corn
Cabbage
Apples
Onion
Apple Cider Vinegar
Plain low-fat yogurt
Low-fat poppy seed dressing
Sugar
Candied walnuts
Cranberries
Feta cheese
Vegetable oil
Spinach leaves
Salt
Black pepper
Garlic powder
Tabasco Sauce
Raspberries
Panko bread crumbs
Eggs
Flour
Cocoa
Gelatin
Milk
Soy
Red 40, Yellow 5, Blue 2
Paprika
Garlic powder
Mint leaves

TEAM PURDUE INHOME

From INhome to YOURhome

The Cookbook

dinner menu

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Mozzarella Tomato Skewers

Serving size: 8

Ingredients

12 cherry tomatoes
24 marinated mozzarella balls
Olive oil
Basil for garnish

Preparation
Slice cherry tomatoes in half.
Alternating, add two halves of cherry tomato and two mozzarella balls to wooden skewers.

Serve
Serve skewers on a garnish of basil leaves.

Drizzle with olive oil.

Strawberry Melon Coolers

Serving size: 8

Ingredients

4 cups (1-inch cubes) cantaloupe
4 cups (1-inch cubes) seedless watermelon
2 cucumber, peeled, seeded and chopped
2 pounds organic strawberries, hulled, divided
2 tablespoon fresh lime juice

Preparation

Place cantaloupe, watermelon, cucumber, half of strawberries, and lime juice in a blender and blend until puréed.
Chop remaining strawberries.

Serve

Refrigerate puree until chilled.
Serve in six-ounce dessert glass.
Before serving, add remaining strawberries to each glass.

Fruit Skewers

Serving size: 8

Ingredients

½ cantaloupe (cut into 1 inch squares)
½ qt strawberries
½ medium melon (balled with melon baller)
¼ pineapple
6oz grapes
honey

Preparation

Arrange 2 pieces of each fruit on a wooden skewer.

Serve

Serve skewers on small platter with small drizzle of honey.

Mixed Berry Salad

Serving size: 8

Ingredients
6 cups baby green spinach
1 q. fresh strawberries, washed, hulled, and sliced
2/3 pint fresh blueberries, washed
1 bottle (8 ounce size) vinaigrette dressing
1/3 large onion, finely chopped
½ C. sugar

Preparation
In a large salad bowl, combine the spinach, strawberries, and blueberries.
In a small bowl, combine the remaining ingredients; mix well and add to the spinach mixture.

Serve
In a large serving bowl, toss ingredients well and serve immediately.

Walnut Cranberry Salad

Serving size: 8

Ingredients

8 cups baby green spinach (about 1 large container)
1/2 cups candied walnuts
1/2 cups dried cranberries
1 cup feta cheese
2 cups apple cider vinegar
2 cups vegetable oil
¾ cups sugar

Preparation

Mix spinach, walnuts, cranberries, and feta cheese.
Toss to blend before serving.
Mix vinegar and sugar in a small bowl.
Pour in vegetable oil and stir.
Add salt and pepper to taste.

Serve

Serve individually on salad plate with a drizzle of dressing.

Lemon Rosemary Green Beans

Serving size: 8

Ingredients

2 lbs green beans, trimmed and cut or snap into 1-inch pieces
3 tbsp unsalted butter
1 tsp freshly grated lemon zest
1 teaspoon dried rosemary, crumbled
Salt and pepper to taste

Preparation

Bring six quarts of water and a pinch of salt to boil in a large stock pot.
Add the green beans and cook for five minutes, or until they are slightly tender, and drain them.
In a small, microwave-safe dish, melt the butter with the zest, the rosemary, and salt and pepper to taste and keep the mixture warm.

Serve

Transfer the beans to a serving dish, add the butter mixture, and toss the mixture well.
Serve family style while hot.

Roasted Red Potatoes with Rosemary and Garlic

Serving size: 8

Ingredients

3 lbs small red potatoes (about 25)
1/2 C. extra-virgin olive oil
8 cloves garlic, crushed
1 ½ tsp dried rosemary
½ tsp red pepper flakes
Salt and pepper to taste

Preparation

Scrub and dry potatoes, and microwave (approximately 10 at a time) for three minutes. Remove from microwave and peel a narrow strip of peel from the middle of each potato.
In a large bowl mix the oil, garlic, rosemary, red pepper flakes, salt, and pepper; add the potatoes and toss well.
Transfer the potatoes to a shallow baking pan and roast at 350 degrees until potatoes are tender when tested with the tip of a knife, about 15 minutes.

Serve

Remove from oven and serve family style while hot.

Indiana Sweet Corn

Serving size: 8

Ingredients

8 ears of sweet corn

Preparation

Steam ears of corn in their husk, in the microwave for five minutes.

Remove husks from corn and cut each ear of corn in half.

Serve

Serve family style in a dish.
Add butter, salt, and pepper to taste.

Creamy Coleslaw

Serving size: 8

Ingredients

8 cups shredded green cabbage (about 1 large bag)
3 medium carrots, peeled, coarsely grated (about 2 1/2 cups)
3 medium Granny Smith apples, peeled, cored, coarsely grated
4 green onions, thinly sliced
2 tablespoons apple cider vinegar
 cup plain low-fat yogurt
1 cup low-fat poppy seed dressing

Preparation

Mix cabbage, carrots, apples, and green onions in large bowl. Add vinegar and toss to coat.
Whisk yogurt and poppy seed dressing in medium bowl to blend.
Add to cabbage mixture and toss to blend.
Season to taste with salt and pepper.
Cover and refrigerate at least 1 hour.
Toss to blend before serving.

Serve

Serve family style in a dish.

Midwest Stuffed Meatloaf with Beef au jus

Serving size: 8

Ingredients

3 lbs lean ground beef
1 tbsp citrus seasoning
1 lb ground pork
1 tbsp steak seasoning
spinach leaves
2 tbsp Dijon
capicola (salami)
2 tsp kosher salt
10 hard-boiled eggs, yolk only
1.5 C bread crumbs
4 whole raw eggs
beef stock

Preparation

Work together meat, steak and citrus seasoning, three raw eggs, bread crumbs, and salt until well-blended.
Lay meat out into two squares to match the length of the loaf pans, and press to consistent thickness.
Layer spinach leaves and capicola.

Stuffed Meatloaf cont'd.

In a separate bowl, combine Dijon, hard-boiled egg yolks, and one raw egg. Beat mixture with a spoon until no solid pieces of yolk remain.
Spoon ½ of the mixture onto each meatloaf square in a two-inch strip along the length of the meatloaf.
Roll the loaf towards you, pinch ends together, and add to loaf pans (two).
Add a small amount of stock to pan and bake at 350 degrees Fahrenheit for about 40 minutes, or until no pink remains in the loaf.

Serve

Remove meat loaf from pan.
Slice into 1" thick sections and serve family style immediately with Roasted Red Potatoes with Rosemary and Garlic.

Country Breaded Chicken

Ingredients

12 chicken breast (each piece divided into thirds)
1 qt canola oil
¼ gal low-fat buttermilk
6 tbsp Tabasco Sauce
2 tbsp black pepper
1 8oz box of panko breadcrumbs
1 1/3 cup flour
1 tsp paprika
1tsp garlic power
1 tsp salt
6 eggs

Preparation

Soak chicken in buttermilk, Tabasco sauce, and black pepper for 1 hour.
Mix flour, paprika, garlic powder, and salt in a small bowl.
Break all eggs into a small bowl. Also fill a small bowl with panko breadcrumbs.
Fill frying pan with approximately ¼ inch of oil and bring to 360°F.
Place Chicken pieces in frying pan and cook each side for 3-4 minutes or until a light golden brown.
Serve family style in a large platter

Grandma's Apple Crisp

Serves 8

Ingredients
Apple mixture
8 green apples
8 tbsp flour
8 tbsp sugar
1 tsp of salt
3 tsp pumpkin pie spice
1 tbsp water
Juice from one lemon

Crumb topping
1 pkg cinnamon spice oatmeal
¾ C. cold butter, diced
1 ½ C. flour
Vanilla ice cream

Preparation

Peel apples and dice them evenly.
Sautee the apples in butter.
Add flour, sugar, salt, spice, lemon juice, and water to thicken mixture.
Separate mixture evenly into ramekins.
Combine ingredients for crumb topping in a separate bowl and add to top of apple mixture.

Grandma's Apple Crisp cont'd.

Bake at 450 degrees for 20 minutes in a convection oven.

Serve
Add one scoop of ice cream to top of each ramekin.
Garnish with apple peel and cinnamon.

Serve immediately.

Chocolate Mousse Decadence

Serves 8

Ingredients

1 pkg Jello-O Temptations Chocolate Mousse Decadence
3 cups 2% milk split
1 small pkg raspberries
mint leaves

Preparation

Beat filling mix and 2 cups milk with whisk 2 min in a small bowl. Pour mix into 6oz dessert glass.
Beat mousse mix to 1 cup milk with whisk 4.5 min small bowl.

Serve

Garnish each serving with 1 raspberry and 1 mint leaf.Serve immediately or store in refrigerator for no longer than 1 hr.

Iced Tea Lemonade

Ingredients

Sweet Ice tea
Lemonade
1 lemon

Preparation

Mix equal parts of lemonade and sweet tea.

Serve

Garnish with mint leaf and lemon slices.
Serve over ice.