

Re_home

University of Illinois Dinner Menu

September 26, 2011

Appetizer

Strawberry Spinach Salad with Sweet & Sour Vinaigrette

Entree

Chicken Breasts Braised with Tomatoes, Onions, and Garlic

Selection of Fresh Sautéed Vegetables

Garlic Mashed Potatoes

Dessert

Fruit Crisp with Ice Cream

Drink

Lemon Water

Strawberry Spinach Salad with Sweet & Sour Vinaigrette

Yield: 8 servings

Ingredients:

Dressing:

¼ cup sugar

¼ cup vegetable oil

2 tablespoons apple cider vinegar

1 green onion, finely chopped

1/8 teaspoon Worcestershire sauce

Salad:

½ pint strawberries, sliced

8 ounces fresh mushrooms, sliced

½ small red onion, sliced

1 package (10 ounces) fresh spinach leaves

1 handful walnuts, chopped

Directions:

For dressing, whisk all dressing ingredients in small bowl. For salad, combine all salad ingredients in salad bowl. Add dressing to salad; toss.

Chicken Breasts Braised with Tomatoes, Onions, and Garlic

Yield: 8 Servings

Ingredients:

2 tablespoons olive oil

2 tablespoons butter or margarine

8 boneless, skinless chicken breast halves

2 onions, sliced

2 cans (29 ounces) Italian stewed tomatoes

2 cups chicken broth

1 cup sliced green olives

½ cup capers (optional)

Directions:

In large skillet, heat oil and butter over medium-high heat. Add chicken; cook, turning once, until browned on both sides. Remove chicken from skillet; set aside. Add onion and garlic to skillet; cook and stir until softened, but not browned. Return chicken to skillet. Add tomatoes, broth, olives, and capers, if desired. Cover; reduce heat and simmer 20-25 minutes or until chicken is no longer pink in center.

Selection of Fresh Sautéed Vegetables

Yield: 8 servings

Ingredients:

2 small zucchini, sliced
2 yellow summer squash, sliced
2 small onions, halved and sliced
2 cups sliced fresh mushrooms
2 small green peppers, julienned
1 cup thinly sliced fresh carrots
2 tablespoons butter
6 cups coarsely chopped fresh spinach
1 teaspoon steak seasoning
½ teaspoon garlic salt

Directions

In a large skillet, sauté the zucchini, yellow squash, onion, mushrooms, green pepper, and carrots in butter until crisp-tender

Add spinach, steak seasoning and garlic salt; sauté 3-4 minutes longer or just until spinach is wilted

Garlic Mashed Potatoes

Yield: 8 servings

Ingredients:

3 pounds all-purpose potatoes
5 garlic cloves, peeled
2/3 cup sour cream
4 tablespoons milk
4 tablespoons snipped fresh parsley
1 teaspoon salt
¼ teaspoon ground black pepper

Directions

Cut potatoes into 1-inch pieces. Place potatoes and garlic in 2-quart saucepan. Cover with water; bring to a boil over high heat. Cover; reduce heat and cook 8-10 minutes or until potatoes are tender. Remove garlic cloves; reserve. Drain potatoes; place in large bowl and mash with pastry blender or fork. Mash garlic cloves; add to potatoes with sour cream, milk parsley, salt and pepper. Mix well.

Fruit Crisp

Yield: 8 servings

Ingredients:

1 medium orange
4 pears, peeled and thinly sliced
1 cup fresh cranberries

¾ cup granulated sugar
5 tablespoons all-purpose flour, divided
½ teaspoon ground cinnamon
¼ cup packed brown sugar
¼ cup cold butter or margarine
1 cup chopped pecans
¾ cup rolled oats
Ice cream

Directions

Preheat oven to 350 degrees. Grate enough peel from orange to measure 1 teaspoon and squeeze enough juice to measure ¼ cup. In large bowl, combine orange juice, pears, cranberries and granulated sugar. Add 2 tablespoons of the flour and cinnamon; toss to coat. Place in greased 8 or 9 inch square baking dish. In medium bowl, combine orange peel, the remaining 3 tablespoons flour and brown sugar. Using pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in pecans and oats. Sprinkle over fruit mixture. Bake 40-45 minutes or until golden brown.

Lemon Water

Yield: Serves 8

Ingredients:

4 lemons, sliced
1 ½ cups firmly packed fresh mint or basil leaves
8 cups water
8 cups ice cubes
Fresh mint or basil sprigs

Directions

Place lemon slices in a large pitcher. Carefully rub the 1-1/2 cups mint leaves between the palms of your hands to slightly bruise the leaves. Add to the pitcher with lemon. Pour in water. Cover and chill for 1 to 8 hours.

Strain lemon-water mixture. Discard herbs. Divide lemon slices and additional fresh mint or basil sprigs equally among 6 to 8 tall glasses or pint-sized canning jars. For each serving, add 1 cup of ice cubes; fill with the lemon water. Makes 6 to 8 servings.

Re_home

University of Illinois Dinner Menu

September 28, 2011

Appetizer

Corn Salsa with Chips

Entree

Fish Tacos with Chipotle Mayo Sauce

Mexican Rice with Onions, Peppers, and Garlic

Black Beans with Fresh Cilantro

Dessert

Vanilla Ice Cream with Cinnamon Sugar Cookies

Drink

Virgin Margarita

Corn Salsa

Yield: Makes 8 servings

Ingredients:

1 can niblets corn, drained and rinsed
1 can black beans, drained and rinsed
About ½ of a large red onion, chopped
2 large tomatoes, chopped
1 large red bell pepper, diced
3 tbs. red wine vinegar
2 tbs. olive oil
1 tsp. salt
¼ tsp. black pepper
2 tbs. chopped fresh basil or cilantro

Directions:

Combine all ingredients in a large bowl and serve.

Fish Tacos

Yield: Makes 8 servings

Ingredients:

2 lbs. Mahi Mahi fillets (preferably large)
2 2/3 tablespoons olive oil
1 1/3 teaspoon salt
2/3 teaspoon black pepper
1 1/3 cup mayonnaise
2/3 cup plain yogurt
2/3 teaspoon chipotle chile powder
10 2/3 cups coleslaw mix (1 1/3 lb bag)
18 (6 to 7 inch) corn tortillas (not low-fat)
Accompaniments: salsa, lime wedges

Directions:

Preheat broiler.

Pat fish dry and place in a shallow baking pan, then brush fish with olive oil and sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Broil fish 3 to 4 inches from heat, without turning, until opaque and just cooked through, about 4 minutes (depending on thickness of fillet).

While fish cooks, make sauce by stirring together mayonnaise, yogurt, chipotle powder, and remaining 1/2 teaspoon salt in a small bowl. Toss together coleslaw mix with 1/2 cup sauce in a large bowl.

Wrap stack of tortillas in dampened paper towels and microwave on high power until warm and pliable, 1 to 3 minutes. Discard paper towels and wrap tortillas in a cloth napkin to keep warm.

Transfer fish to a platter along with bowls of coleslaw, remaining sauce, salsa, lime wedges, and a basket of warm tortillas. Serve immediately.

Cooks' note: For additional texture and color, instead of broiling the fish, sauté lightly floured fillets in a skillet with hot oil over high heat until lightly golden, about 2 minutes per side.

Mexican Rice

Yield: Makes 8 servings

Ingredients:

2 tablespoons butter
1 ½ cups long-grain rice
½ cup chopped onion
½ cup chopped green bell pepper
1 clove garlic, minced
2 cups water
1 (14 ½-ounce) can diced tomatoes with green chiles
1 teaspoon chili powder
1 teaspoon salt
1 cup shredded cheddar

Directions:

In a large saucepan, melt the butter over medium heat. Add the rice, onion, peppers, and garlic. Cook until the rice is browned and vegetables are tender. Stir in the water, tomatoes, chili powder, and salt and bring to a boil. Reduce the heat and simmer, covered, until the rice is tender, about 15 to 17 minutes. Stir in the cheese and transfer to a serving bowl.

Black Beans with Fresh Cilantro Garnish

Yield: Makes 8 servings

Ingredients:

2 (16 ounce) cans black beans
1 small onion, chopped
1 clove garlic, chopped
1 tablespoon chopped fresh cilantro
¼ teaspoon cayenne pepper
Salt to taste

Directions:

In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low, season with cilantro, cayenne, and salt. Simmer for 5 minutes, and serve.

Vanilla Ice Cream with Cinnamon Sugar Cookies

Sugar Cookies

Yield: Makes 4 dozen

Ingredients:

½ cup butter, softened
½ cup shortening

1 ½ cups white sugar
2 eggs
2 teaspoons vanilla extract
2 ¾ cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt
2 tablespoons white sugar
2 teaspoons ground cinnamon

Directions:

Preheat oven to 400 degrees F (200 degrees C). Cream together butter, shortening, 1 ½ cups sugar, the eggs and the vanilla. Blend in the flour, cream of tartar, soda and salt. Shape dough by rounded spoonful into balls.

Mix the 2 tablespoons sugar and the cinnamon. Roll balls of dough in mixture. Place 2 inches apart on ungreased baking sheets.

Bake 8 to 10 minutes, or until set but not too hard. Remove immediately from baking sheets.

Virgin Margarita

Yield: Makes 8 servings

Ingredients:

Ice
12 oz. sour mix
4 oz. lime juice
4 oz. orange juice
Lime wedges, for garnish

Directions:

Pour ingredients into a cocktail shaker. Shake and pour into a rocks glass or a margarita glass. Add more ice if needed. Garnish with a wedge of lime.

Movie Night

Autumn Oats Snack Mix

Ingredients:

½ cup butter or margarine
1/3 cup honey
¼ cup packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon salt
3 cups square oat cereal
1 ½ cups old-fashioned oats
1 cup chopped walnuts
½ cup dried cranberries
½ cup chocolate or yogurt covered raisins

Directions:

In a saucepan or microwave safe bowl, combine the first five ingredients; heat until the butter is melted.

Stir until the sugar is dissolved.

In a large bowl, combine cereal, oats, and nuts. Drizzle with butter mixture and mix well. Place in a greased 15 in x 10 in x 1 in baking pan. Bake, uncovered, at 275 degrees F for 45 minutes, stirring every 15 minutes. Cool for 15 minutes, stirring occasionally. Stir in cranberries and chocolate-covered raisins. Store in an airtight container.

Ingredients List

Dinner One

Dressing:

¼ cup sugar
¼ cup vegetable oil
2 tablespoons apple cider vinegar
1 green onion, finely chopped
1/8 teaspoon Worcestershire sauce

Salad:

½ pint strawberries, sliced
8 ounces fresh mushrooms, sliced
½ small red onion, sliced
1 package (10 ounces) fresh spinach leaves
1 handful walnuts, chopped

2 tablespoons olive oil
2 tablespoons butter or margarine
8 boneless, skinless chicken breast halves
2 onions, sliced
2 cans (29 ounces) Italian stewed tomatoes
2 cups chicken broth
1 cup sliced green olives
½ cup capers (optional)

2 small zucchini, sliced
2 yellow summer squash, sliced
2 small onions, halved and sliced
2 cups sliced fresh mushrooms
2 small green peppers, julienned
1 cup thinly sliced fresh carrots
2 tablespoons butter
6 cups coarsely chopped fresh spinach
1 teaspoon steak seasoning
½ teaspoon garlic salt

3 pounds all-purpose potatoes
5 garlic cloves, peeled
2/3 cup sour cream
4 tablespoons milk
4 tablespoons snipped fresh parsley
1 teaspoon salt
¼ teaspoon ground black pepper

1 medium orange
4 pears, peeled and thinly sliced
1 cup fresh cranberries
¾ cup granulated sugar
5 tablespoons all-purpose flour, divided
½ teaspoon ground cinnamon
¼ cup packed brown sugar
¼ cup cold butter or margarine

1 cup chopped pecans
¾ cup rolled oats
Ice cream

4 lemons, sliced
1 ½ cups firmly packed fresh mint or basil leaves
8 cups water
8 cups ice cubes
Fresh mint or basil sprigs

Dinner Two

1 can niblets corn, drained and rinsed
1 can black beans, drained and rinsed
About ½ of a large red onion, chopped
2 large tomatoes, chopped
1 large red bell pepper, diced
3 tbs. red wine vinegar
2 tbs. olive oil
1 tsp. salt
¼ tsp. black pepper
2 tbs. chopped fresh basil or cilantro

2 lbs. Mahi Mahi fillets (preferably large)
2 2/3 tablespoons olive oil
1 1/3 teaspoon salt
2/3 teaspoon black pepper
1 1/3 cup mayonnaise
2/3 cup plain yogurt
2/3 teaspoon chipotle chile powder
10 2/3 cups coleslaw mix (1 1/3 lb bag)
18 (6 to 7 inch) corn tortillas (not low-fat)
Accompaniments: salsa, lime wedges

2 tablespoons butter
1 ½ cups long-grain rice
½ cup chopped onion
½ cup chopped green bell pepper
1 clove garlic, minced
2 cups water
1 (14 ½-ounce) can diced tomatoes with green chiles
1 teaspoon chili powder
1 teaspoon salt
1 cup shredded cheddar

2 (16 ounce) cans black beans
1 small onion, chopped
1 clove garlic, chopped
1 tablespoon chopped fresh cilantro
¼ teaspoon cayenne pepper
Salt to taste

½ cup butter, softened
½ cup shortening
1 ½ cups white sugar
2 eggs

2 teaspoons vanilla extract
2 $\frac{3}{4}$ cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
2 tablespoons white sugar
2 teaspoons ground cinnamon
Ice cream

Ice
12 oz. sour mix
4 oz. lime juice
4 oz. orange juice
Lime wedges, for garnish

Movie Night

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{3}$ cup honey
 $\frac{1}{4}$ cup packed brown sugar
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon salt
3 cups square oat cereal
1 $\frac{1}{2}$ cups old-fashioned oats
1 cup chopped walnuts
 $\frac{1}{2}$ cup dried cranberries
 $\frac{1}{2}$ cup chocolate or yogurt covered raisins